

JANUARY 23, 2018  
7 PM PST / 10 PM EST

JUDITH ORLOFF M.D.  
THE EMPATH'S GUIDE  
TO SURVIVAL

**Ep. 793**  
**F2B**  
WITH JIMMY CHURCH



DRJUDITHORLOFF.COM

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1  
00:00:13,459 --> 00:00:11,740

[Music]

2  
00:00:17,370 --> 00:00:13,469

[Applause]

3  
00:00:20,250 --> 00:00:17,380

this hope radio for the masses Atlanta

4  
00:00:21,660 --> 00:00:20,260

between July 8 1947

5  
00:00:24,540 --> 00:00:21,670

you're on the airport who has announced

6  
00:00:26,910 --> 00:00:24,550

that a flying bit - found and is now in

7  
00:00:30,439 --> 00:00:26,920

the possession of the army the game is

8  
00:00:33,290 --> 00:00:30,449

rigged changed the game changer I

9  
00:00:37,619 --> 00:00:33,300

occasionally think how quickly our

10  
00:00:40,259 --> 00:00:37,629

differences worldwide would vanish if we

11  
00:00:43,500 --> 00:00:40,269

were facing an alien threat from outside

12  
00:00:48,709 --> 00:00:45,979

[Applause]

13  
00:00:51,709 --> 00:00:48,719

this is fade to black with your host

14

00:00:55,040 --> 00:00:51,719

Jimmy Church on the game changer radio

15

00:00:58,710 --> 00:00:55,050

network and K GRA

16

00:01:03,870 --> 00:01:01,460

I need your help to get to the

17

00:01:08,010 --> 00:01:03,880

1985

18

00:01:11,219 --> 00:01:08,020

[Music]

19

00:01:12,640 --> 00:01:11,229

fade to black with jimmy touch only game

20

00:01:19,800 --> 00:01:12,650

change in network

21

00:01:23,870 --> 00:01:19,810

[Music]

22

00:01:35,610 --> 00:01:23,880

good evening fade to black

23

00:01:45,250 --> 00:01:41,380

he-man today's Tuesday January 23rd 23

24

00:01:48,880 --> 00:01:45,260

days into the new year just 342 days

25

00:01:51,520 --> 00:01:48,890

left we are live from a bunker somewhere

26  
00:01:52,480 --> 00:01:51,530  
in downtown Burbank California and I

27  
00:01:53,980 --> 00:01:52,490  
would like to welcome everybody

28  
00:01:56,590 --> 00:01:53,990  
listening all around the world all

29  
00:01:58,420 --> 00:01:56,600  
across the United States hither entender

30  
00:02:01,540 --> 00:01:58,430  
to and fro back and forth up and down

31  
00:02:03,300 --> 00:02:01,550  
east and west north and south far and

32  
00:02:06,640 --> 00:02:03,310  
near

33  
00:02:08,830 --> 00:02:06,650  
this is fade to black for Cait ACR the

34  
00:02:09,900 --> 00:02:08,840  
game-changer Network and K GRA the

35  
00:02:12,540 --> 00:02:09,910  
planet

36  
00:02:17,650 --> 00:02:12,550  
I'm your host Jimmy Church what is

37  
00:02:20,080 --> 00:02:17,660  
cracking everybody how you do it okay

38  
00:02:22,300 --> 00:02:20,090

here we go midweek Tuesday night here on

39

00:02:26,920 --> 00:02:22,310

fade to black and we have very special

40

00:02:30,360 --> 00:02:26,930

guest dr. Judith Orlov is here and we

41

00:02:33,580 --> 00:02:30,370

are going to talk about her new book

42

00:02:38,170 --> 00:02:33,590

that's right the empath's Survival Guide

43

00:02:40,420 --> 00:02:38,180

and and other things she is an MD and

44

00:02:43,000 --> 00:02:40,430

we're gonna go right there tonight

45

00:02:45,670 --> 00:02:43,010

she's also speaking at the conscious

46

00:02:48,160 --> 00:02:45,680

life Expo in two weeks so we'll also

47

00:02:50,110 --> 00:02:48,170

cover that wanna remind everybody

48

00:02:51,910 --> 00:02:50,120

tomorrow night William Henry is here

49

00:02:56,590 --> 00:02:51,920

we're going to talk some Egypt and of

50

00:02:57,880 --> 00:02:56,600

course the iron throne of Osiris that's

51  
00:03:01,180 --> 00:02:57,890  
going to be tomorrow night that new

52  
00:03:04,060 --> 00:03:01,190  
chamber right found above the Grand

53  
00:03:06,070 --> 00:03:04,070  
Gallery in the Great Pyramid over in

54  
00:03:07,690 --> 00:03:06,080  
Giza so we're gonna talk about that

55  
00:03:10,000 --> 00:03:07,700  
tomorrow night love it when we do a full

56  
00:03:13,150 --> 00:03:10,010  
on Egypt show and it's even better when

57  
00:03:15,490 --> 00:03:13,160  
it's William Henry and also William will

58  
00:03:19,539 --> 00:03:15,500  
be that the conscious life Expo that's

59  
00:03:20,860 --> 00:03:19,549  
just a synchronicity twist on events but

60  
00:03:23,020 --> 00:03:20,870  
we'll talk about that tomorrow night too

61  
00:03:25,449 --> 00:03:23,030  
with William he's gonna be on my ancient

62  
00:03:28,630 --> 00:03:25,459  
aliens panel on Friday night they're at

63  
00:03:30,670 --> 00:03:28,640

the conscious life Expo Thursday night

64

00:03:32,620 --> 00:03:30,680

is another Fator night and the no more

65

00:03:34,810 --> 00:03:32,630

fake newsroom live with Jon Rappoport

66

00:03:38,920 --> 00:03:34,820

followed by open lines all night long

67

00:03:42,550 --> 00:03:38,930

and then after that on Friday I'm over

68

00:03:45,759 --> 00:03:42,560

at coast-to-coast a.m. and my guest is

69

00:03:48,460 --> 00:03:45,769

Jason Martel and that is also followed

70

00:03:51,070 --> 00:03:48,470

by open lines

71

00:03:53,770 --> 00:03:51,080

all night long all right we're gonna

72

00:03:55,720 --> 00:03:53,780

take calls tonight to with dr. Judith

73

00:03:57,970 --> 00:03:55,730

Orloff three two three eight to five

74

00:04:06,330 --> 00:03:57,980

five zero four or five so get ready for

75

00:04:15,850 --> 00:04:12,990

at JT radio we use TweetDeck here and

76

00:04:17,830 --> 00:04:15,860

TweetDeck for those out there can be

77

00:04:22,150 --> 00:04:17,840

hard to find and it's not really hard to

78

00:04:24,640 --> 00:04:22,160

find it's a twitter product so go and

79

00:04:26,170 --> 00:04:24,650

search tweet deck and get the download

80

00:04:29,170 --> 00:04:26,180

because tweet deck will change your life

81

00:04:31,150 --> 00:04:29,180

the way that you run with twitter

82

00:04:34,420 --> 00:04:31,160

because you can have four or five says

83

00:04:36,840 --> 00:04:34,430

many people or companies that you want

84

00:04:39,730 --> 00:04:36,850

to follow and their tweets are all

85

00:04:42,550 --> 00:04:39,740

automatically fed into a timeline right

86

00:04:45,100 --> 00:04:42,560

in front of you like and I often compare

87

00:04:46,030 --> 00:04:45,110

it to a slot machine because that's what

88

00:04:47,740 --> 00:04:46,040

it looks like right

89

00:04:49,510 --> 00:04:47,750

they just don't line up well they may

90

00:04:52,540 --> 00:04:49,520

line up sometimes they do it's pretty

91

00:04:54,940 --> 00:04:52,550

cool well anyway it's all automatic and

92

00:04:59,800 --> 00:04:54,950

you get to see all of the conversations

93

00:05:03,580 --> 00:04:59,810

going on we use hashtag f2b hashtag F

94

00:05:05,830 --> 00:05:03,590

the number to be F to be that's our

95

00:05:07,240 --> 00:05:05,840

sandbox that's where the fader knots

96

00:05:09,400 --> 00:05:07,250

hang out all night and that's where the

97

00:05:11,950 --> 00:05:09,410

conversations occur we also have to

98

00:05:15,550 --> 00:05:11,960

chatrooms everybody we have one over on

99

00:05:18,909 --> 00:05:15,560

Spreaker and we have the chat room over

100

00:05:20,740 --> 00:05:18,919

at kg ra the planet all the chat rooms

101  
00:05:25,600 --> 00:05:20,750  
are open pick your poison do what you

102  
00:05:28,270 --> 00:05:25,610  
want to do the sandboxes is more like a

103  
00:05:31,210 --> 00:05:28,280  
chatroom now because twitter kicked it

104  
00:05:34,120 --> 00:05:31,220  
up to what is it now is 140 is 280

105  
00:05:36,280 --> 00:05:34,130  
characters now I can't ever remember it

106  
00:05:39,730 --> 00:05:36,290  
was 140 before did they double it I

107  
00:05:41,850 --> 00:05:39,740  
can't remember now I hate to now it's

108  
00:05:46,860 --> 00:05:41,860  
too long tweets are too long

109  
00:05:48,960 --> 00:05:46,870  
I have yet to run out of Twitter space I

110  
00:05:55,360 --> 00:05:48,970  
haven't done it yet

111  
00:05:57,130 --> 00:05:55,370  
no I haven't okay where am I add

112  
00:06:00,219 --> 00:05:57,140  
Facebook YouTube everything is fade to

113  
00:06:02,230 --> 00:06:00,229

black and Jimmy Church radio go follow

114

00:06:06,040 --> 00:06:02,240

like and subscribe the Sam

115

00:06:07,839 --> 00:06:06,050

box is hashtag f2b on twitter okay very

116

00:06:10,029 --> 00:06:07,849

simple get TweetDeck

117

00:06:11,740 --> 00:06:10,039

any questions comments throughout the

118

00:06:15,430 --> 00:06:11,750

show tonight for myself for the good

119

00:06:16,990 --> 00:06:15,440

doctor dr. judith Orlov hashtag f2b q

120

00:06:19,029 --> 00:06:17,000

email throughout the shows Jimmy at jim

121

00:06:21,010 --> 00:06:19,039

insurance radio calm I want to get to

122

00:06:23,290 --> 00:06:21,020

this because Ronnie McMullen is gonna be

123

00:06:26,950 --> 00:06:23,300

here in a couple of minutes with his big

124

00:06:29,920 --> 00:06:26,960

announcement and so last week my little

125

00:06:32,710 --> 00:06:29,930

rant on Bitcoin has gotten some

126

00:06:36,520 --> 00:06:32,720

attention and I didn't mean for it to do

127

00:06:41,460 --> 00:06:36,530

that because I was just ranting I'm just

128

00:06:44,020 --> 00:06:41,470

ranting just speaking my mind right but

129

00:06:46,570 --> 00:06:44,030

it's always good when that happens all

130

00:06:48,460 --> 00:06:46,580

right the good and the bad but you

131

00:06:51,010 --> 00:06:48,470

should read some of the email I have

132

00:06:55,029 --> 00:06:51,020

been getting from Bitcoin professionals

133

00:06:56,980 --> 00:06:55,039

from those who know everything right and

134

00:06:58,870 --> 00:06:56,990

they want to they want to hear what they

135

00:07:02,080 --> 00:06:58,880

want to hear and they you know they're

136

00:07:05,439 --> 00:07:02,090

so used to shaming people that that

137

00:07:08,860 --> 00:07:05,449

criticized Bitcoin you know on social

138

00:07:13,209 --> 00:07:08,870

media and and Twitter and Facebook and

139

00:07:15,879 --> 00:07:13,219

via email and what is interesting is the

140

00:07:18,399 --> 00:07:15,889

flood of email that I got in the last 24

141

00:07:21,430 --> 00:07:18,409

hours here here's a little taste of it

142

00:07:25,180 --> 00:07:21,440

are you ready Jimmy you don't understand

143

00:07:30,279 --> 00:07:25,190

Bitcoin it's not money Jimmy you don't

144

00:07:32,140 --> 00:07:30,289

understand Bitcoin it's money what Jimmy

145

00:07:35,320 --> 00:07:32,150

you don't understand Bitcoin it's not

146

00:07:38,800 --> 00:07:35,330

money it's an investment Jimmy you don't

147

00:07:40,350 --> 00:07:38,810

understand Bitcoin it's money not an

148

00:07:44,620 --> 00:07:40,360

investment huh

149

00:07:46,300 --> 00:07:44,630

like back-to-back emails today Jimmy you

150

00:07:49,899 --> 00:07:46,310

don't understand Bitcoin it's not money

151

00:07:52,809 --> 00:07:49,909

or an investment it's the future it's

152

00:07:54,879 --> 00:07:52,819

our world Jimmy you don't understand

153

00:07:57,580 --> 00:07:54,889

Bitcoin it's not money or an investment

154

00:08:01,540 --> 00:07:57,590

it's a way of sticking it to the man

155

00:08:04,439 --> 00:08:01,550

it's like what Jimmy you don't

156

00:08:07,839 --> 00:08:04,449

understand Bitcoin it's it's money

157

00:08:09,580 --> 00:08:07,849

Amazon accepts it Jimmy you don't

158

00:08:15,730 --> 00:08:09,590

understand Bitcoin it's not money

159

00:08:17,440 --> 00:08:15,740

Goldman Sachs trades it it's crazy Ville

160

00:08:21,270 --> 00:08:17,450

Jimmy you don't understand Bitcoin it's

161

00:08:26,080 --> 00:08:21,280

not money it's money without a middleman

162

00:08:27,490 --> 00:08:26,090

and everybody is trying to defend their

163

00:08:29,500 --> 00:08:27,500

position here because they're a

164

00:08:32,320 --> 00:08:29,510

professional they're a financial adviser

165

00:08:37,240 --> 00:08:32,330

and they want to help me out they want

166

00:08:39,340 --> 00:08:37,250

to help me understand nobody I have yet

167

00:08:41,590 --> 00:08:39,350

out of all of the email that I've got I

168

00:08:45,760 --> 00:08:41,600

swear I feel like just posting all of it

169

00:08:48,400 --> 00:08:45,770

for every but in its completeness nobody

170

00:08:49,900 --> 00:08:48,410

has told me the same story all these

171

00:08:51,760 --> 00:08:49,910

professionals have been clicking on

172

00:08:53,770 --> 00:08:51,770

their websites and they're sending me

173

00:08:55,570 --> 00:08:53,780

links go check out my blog post go check

174

00:08:58,210 --> 00:08:55,580

out this website I work for I write for

175

00:09:00,400 --> 00:08:58,220

this magazine you know go and check this

176

00:09:02,290 --> 00:09:00,410

out and and I've been doing that and

177

00:09:04,750 --> 00:09:02,300

everybody's message when it comes to

178

00:09:07,450 --> 00:09:04,760

Bitcoin totally different totally

179

00:09:09,430 --> 00:09:07,460

different now everything that I just

180

00:09:13,390 --> 00:09:09,440

read to you was copy and pasted from

181

00:09:18,840 --> 00:09:13,400

actual email from professionals they

182

00:09:24,820 --> 00:09:18,850

don't know anything they know nothing

183

00:09:28,590 --> 00:09:24,830

the the makers of Bitcoin don't know

184

00:09:32,080 --> 00:09:28,600

we don't even know who that is so how

185

00:09:35,530 --> 00:09:32,090

it's crazy so today I watched for

186

00:09:40,060 --> 00:09:35,540

professional money men on TV no joke I

187

00:09:42,600 --> 00:09:40,070

watched for professionals on TV on one

188

00:09:46,720 --> 00:09:42,610

of those money market shows argue about

189

00:09:50,290 --> 00:09:46,730

Bitcoin all four were very serious

190

00:09:52,390 --> 00:09:50,300

Bitcoin dudes one runs an exchange one

191

00:09:53,980 --> 00:09:52,400

was a securities lawyer nether was an

192

00:09:56,020 --> 00:09:53,990

investment advisor another one was a

193

00:09:58,510 --> 00:09:56,030

columnist for a major newspaper all

194

00:10:02,080 --> 00:09:58,520

fighting about what Bitcoin actually is

195

00:10:04,840 --> 00:10:02,090

what to do with it you know but one

196

00:10:08,200 --> 00:10:04,850

thing and not not only that but see this

197

00:10:11,350 --> 00:10:08,210

is the thing they were trying to argue

198

00:10:13,930 --> 00:10:11,360

about what it is what to do with it but

199

00:10:16,780 --> 00:10:13,940

then they all agreed on one thing and it

200

00:10:21,160 --> 00:10:16,790

was amazing to me that Bitcoin is

201  
00:10:28,750 --> 00:10:21,170  
worthless unless people buy into it with

202  
00:10:31,840 --> 00:10:28,760  
actual wait for it money nuts

203  
00:10:34,720 --> 00:10:31,850  
it's nuts watching them fight today

204  
00:10:37,660 --> 00:10:34,730  
sounded exactly like the email that was

205  
00:10:39,009 --> 00:10:37,670  
flooding in my inbox everything that I

206  
00:10:40,509 --> 00:10:39,019  
just read to you it was the same

207  
00:10:42,850 --> 00:10:40,519  
argument going out on the screen

208  
00:10:46,840 --> 00:10:42,860  
and I was like what's going on here

209  
00:10:48,759 --> 00:10:46,850  
nobody knows nobody knows so today I

210  
00:10:50,829 --> 00:10:48,769  
posted some of the email that I've been

211  
00:10:54,009 --> 00:10:50,839  
getting on Facebook the ones that I just

212  
00:10:56,680 --> 00:10:54,019  
read to you and then my brother Greg yes

213  
00:11:00,069 --> 00:10:56,690

my brother brother Greg posted a video

214

00:11:02,199 --> 00:11:00,079

from awaken with JP in a threat awakened

215

00:11:04,500 --> 00:11:02,209

with JP one of the best YouTube channels

216

00:11:07,389 --> 00:11:04,510

on all of the Internet all of YouTube

217

00:11:10,930 --> 00:11:07,399

just amazing and it was so good it was

218

00:11:13,960 --> 00:11:10,940

so funny so what's the word I want to

219

00:11:16,120 --> 00:11:13,970

use perfect that I transcribed it and

220

00:11:19,120 --> 00:11:16,130

then I modified it and stuff so for

221

00:11:20,680 --> 00:11:19,130

those that post as Bitcoin pros that are

222

00:11:23,350 --> 00:11:20,690

listening to me right now

223

00:11:26,530 --> 00:11:23,360

those that think they are a Bitcoin pro

224

00:11:29,350 --> 00:11:26,540

right right for a blog whatever you do

225

00:11:32,259 --> 00:11:29,360

you got a Twitter feed that your your

226

00:11:34,750 --> 00:11:32,269

the Bitcoin pro all of that right the

227

00:11:37,840 --> 00:11:34,760

Facebook pages for those of you that

228

00:11:40,480 --> 00:11:37,850

have seen or read or have a friend who

229

00:11:43,860 --> 00:11:40,490

was a quote-unquote air quotes here

230

00:11:46,840 --> 00:11:43,870

Bitcoin Pro check this word for word

231

00:11:50,949 --> 00:11:46,850

seriously close your eyes and listen

232

00:11:55,509 --> 00:11:50,959

this is what a Bitcoin professional will

233

00:11:58,180 --> 00:11:55,519

say to you alright you ready

234

00:11:59,980 --> 00:11:58,190

close your eyes your Bitcoin for a

235

00:12:03,730 --> 00:11:59,990

professional buddy comes up to you and

236

00:12:07,960 --> 00:12:03,740

says I have Bitcoin and you should too

237

00:12:10,269 --> 00:12:07,970

right if you wouldn't have invested in

238

00:12:12,600 --> 00:12:10,279

Bitcoin three months ago you would have

239

00:12:14,860 --> 00:12:12,610

tripled your money by now well doubled

240

00:12:18,629 --> 00:12:14,870

tripled was two weeks ago

241

00:12:21,900 --> 00:12:18,639

you're so stupid for not buying it then

242

00:12:24,730 --> 00:12:21,910

right that's what they say is shaming

243

00:12:27,550 --> 00:12:24,740

every conversation they have they're

244

00:12:29,110 --> 00:12:27,560

telling people to buy Bitcoin every

245

00:12:31,420 --> 00:12:29,120

conversation it's all they want to talk

246

00:12:34,150 --> 00:12:31,430

about and when they are not actually

247

00:12:37,660 --> 00:12:34,160

speaking they are professing their

248

00:12:38,380 --> 00:12:37,670

Bitcoin prophecies on social media so

249

00:12:42,670 --> 00:12:38,390

what they do

250

00:12:46,750 --> 00:12:42,680

being a Bitcoin advocate is like the

251  
00:12:49,389 --> 00:12:46,760  
veganism of the financial world that's

252  
00:12:53,380 --> 00:12:49,399  
right you'll find out where they stand

253  
00:12:57,040 --> 00:12:53,390  
on that matter within eleven seconds of

254  
00:13:01,269 --> 00:12:57,050  
meeting them you'll find yourself being

255  
00:13:04,389 --> 00:13:01,279  
appropriately belittled as vegans do as

256  
00:13:06,880 --> 00:13:04,399  
these new Bitcoin pros do if you don't

257  
00:13:09,220 --> 00:13:06,890  
feel the same way about it they'll say

258  
00:13:12,790 --> 00:13:09,230  
let me explain how Bitcoin works

259  
00:13:15,610 --> 00:13:12,800  
people worry when there's no gold behind

260  
00:13:18,040 --> 00:13:15,620  
the money but you don't have to worry

261  
00:13:20,949 --> 00:13:18,050  
about that with Bitcoin because not only

262  
00:13:23,740 --> 00:13:20,959  
is there no gold behind it there is no

263  
00:13:26,230 --> 00:13:23,750

anything else behind it either so

264

00:13:28,960 --> 00:13:26,240

technically it's nothing and this is

265

00:13:30,790 --> 00:13:28,970

their explanation but because the

266

00:13:33,670 --> 00:13:30,800

good-hearted anonymous people behind

267

00:13:36,040 --> 00:13:33,680

Bitcoin release only a limited amount of

268

00:13:39,730 --> 00:13:36,050

this nothing it's worth something

269

00:13:40,990 --> 00:13:39,740

because scarcity is what makes anything

270

00:13:45,040 --> 00:13:41,000

valuable

271

00:13:47,890 --> 00:13:45,050

so with Bitcoin scarcity is what makes

272

00:13:51,150 --> 00:13:47,900

nothing valuable as well

273

00:13:53,140 --> 00:13:51,160

the Bitcoin probe will continue that the

274

00:13:56,890 --> 00:13:53,150

instrumental part of Bitcoin is the

275

00:13:58,630 --> 00:13:56,900

blockchain right it's it's a ledger that

276

00:14:01,000 --> 00:13:58,640

keeps track of Bitcoin and keeps

277

00:14:03,430 --> 00:14:01,010

everyone accountable that the blockchain

278

00:14:05,590 --> 00:14:03,440

helps cut out the third party of banks

279

00:14:08,680 --> 00:14:05,600

that you you know have to deal with with

280

00:14:10,480 --> 00:14:08,690

normal money transactions so it's like a

281

00:14:12,699 --> 00:14:10,490

third party that cuts out the other

282

00:14:14,860 --> 00:14:12,709

third party because they don't need a

283

00:14:18,280 --> 00:14:14,870

third party in their exchange of rare

284

00:14:20,980 --> 00:14:18,290

and precious digital currencies right

285

00:14:23,890 --> 00:14:20,990

they'll finish with the genius behind

286

00:14:26,560 --> 00:14:23,900

Bitcoin is that it's an alternative

287

00:14:29,199 --> 00:14:26,570

currency to money which means next

288

00:14:34,090 --> 00:14:29,209

Bitcoin money doesn't really matter

289

00:14:39,780 --> 00:14:34,100

any more now I saw this argument going on

290

00:14:43,060 --> 00:14:39,790

TV today amongst Bitcoin professionals

291

00:14:45,940 --> 00:14:43,070

and I'm listening to it and and then I

292

00:14:48,880 --> 00:14:45,950

go and I watch this video Jaypee of

293

00:14:50,980 --> 00:14:48,890

awaken with JP who's just just one of

294

00:14:53,860 --> 00:14:50,990

the smartest funniest talents anywhere

295

00:14:55,929 --> 00:14:53,870

and we're gonna post the original video

296

00:14:59,049 --> 00:14:55,939

of this and you can go and check it out

297

00:15:01,239 --> 00:14:59,059

but I saw it go down on TV as well and

298

00:15:04,449 --> 00:15:01,249

it's in my email and it's just proving

299

00:15:07,929 --> 00:15:04,459

to me one thing nobody knows nothing

300

00:15:11,439 --> 00:15:07,939

hey no nothing all they want all they

301

00:15:15,219 --> 00:15:11,449

want is for you to invest your money

302

00:15:18,819 --> 00:15:15,229

into Bitcoin for them that's the goal

303

00:15:21,339 --> 00:15:18,829

and they'll put any spin on it that that

304

00:15:24,009 --> 00:15:21,349

tags at your emotions that pulls you

305

00:15:25,509 --> 00:15:24,019

down that gets to you you know this is

306

00:15:27,099 --> 00:15:25,519

putting it to the man it's not really

307

00:15:28,869 --> 00:15:27,109

money it is money it's an investment

308

00:15:29,619 --> 00:15:28,879

it's not an investment whatever works

309

00:15:32,739 --> 00:15:29,629

for you

310

00:15:34,779 --> 00:15:32,749

whatever ties you down that's what's

311

00:15:37,539 --> 00:15:34,789

gonna that that's the Rope that's the

312

00:15:41,319 --> 00:15:37,549

snag that's the hook think about that

313

00:15:43,269 --> 00:15:41,329

all right and with that there's gonna be

314

00:15:45,129 --> 00:15:43,279

more on Bitcoin as you know I could

315

00:15:48,699 --> 00:15:45,139

already I could already read the emails

316

00:15:51,399 --> 00:15:48,709

tomorrow after everybody gets through

317

00:15:53,919 --> 00:15:51,409

with this today but I would like to

318

00:15:56,739 --> 00:15:53,929

welcome now Ronnie McMullen from life

319

00:15:59,169 --> 00:15:56,749

change T in ancient life oil with a very

320

00:16:01,569 --> 00:15:59,179

special announcement Ronnie good evening

321

00:16:07,629 --> 00:16:01,579

how are you I'm doing good how you doing

322

00:16:17,259 --> 00:16:07,639

buddy do you have Bitcoin yes you do yes

323

00:16:19,059 --> 00:16:17,269

if you just listen to my rant I did you

324

00:16:20,979 --> 00:16:19,069

know what you know my comment about

325

00:16:23,859 --> 00:16:20,989

Bitcoin last week that just enraged

326

00:16:26,049 --> 00:16:23,869

everybody was that you know what I said

327

00:16:28,089 --> 00:16:26,059

I said look do what you want to do you

328

00:16:31,089 --> 00:16:28,099

know it's your money you do your thing

329

00:16:33,189 --> 00:16:31,099

me it's like walking through a casino

330

00:16:34,599 --> 00:16:33,199

and you're watching people win and loose

331

00:16:36,339 --> 00:16:34,609

right you're listening to the machines

332

00:16:37,989 --> 00:16:36,349

ding ding ding ding ding people over in

333

00:16:40,239 --> 00:16:37,999

the roulette tables screaming and craps

334

00:16:42,369 --> 00:16:40,249

and and then there's people losing and

335

00:16:46,089 --> 00:16:42,379

you know what sometimes it's best just

336

00:16:48,159 --> 00:16:46,099

to watch walk through the casino go out

337

00:16:50,049 --> 00:16:48,169

the other side and hit the buffet right

338

00:16:52,749 --> 00:16:50,059

and and you know and that's where that's

339

00:16:54,369 --> 00:16:52,759

where I'm at with Bitcoin treat I see if

340

00:17:02,139 --> 00:16:54,379

you go to the buffet you could die of

341

00:17:04,840 --> 00:17:02,149

GMOs so then then what go there but but

342

00:17:07,260 --> 00:17:04,850

but that's really the honest take on

343

00:17:09,929 --> 00:17:07,270

this you know it's

344

00:17:11,220 --> 00:17:09,939

for me this is this is the deal I've

345

00:17:13,110 --> 00:17:11,230

been doing this out for a couple of

346

00:17:16,079 --> 00:17:13,120

months I've been doing it for a few

347

00:17:17,160 --> 00:17:16,089

years observing Bitcoin but for the last

348

00:17:20,220 --> 00:17:17,170

couple of months

349

00:17:23,100 --> 00:17:20,230

I have been in the exchanges every day

350

00:17:24,960 --> 00:17:23,110

reading everybody's comments watching

351  
00:17:27,000 --> 00:17:24,970  
the market you know go up and down up

352  
00:17:29,730 --> 00:17:27,010  
and down 24 hours I've been watching it

353  
00:17:31,830 --> 00:17:29,740  
and it's entertainment man it's

354  
00:17:35,040 --> 00:17:31,840  
entertainment well it's another stock

355  
00:17:36,390 --> 00:17:35,050  
market it is and it's not only is I mean

356  
00:17:38,490 --> 00:17:36,400  
there's some there's some stuff behind

357  
00:17:40,650 --> 00:17:38,500  
it that's way better than stock market

358  
00:17:42,750 --> 00:17:40,660  
but it's kind of like a stock market and

359  
00:17:44,790 --> 00:17:42,760  
in really the analogy of being in Vegas

360  
00:17:48,150 --> 00:17:44,800  
it's very much like that - I mean

361  
00:17:50,460 --> 00:17:48,160  
there's more behind it but again I can

362  
00:17:53,190 --> 00:17:50,470  
see you know what everybody sees I just

363  
00:17:54,780 --> 00:17:53,200

feel like you know I don't have a whole

364

00:17:57,180 --> 00:17:54,790

bunch in there you know to me if you're

365

00:17:59,730 --> 00:17:57,190

gonna do Bitcoin you do it to know that

366

00:18:01,980 --> 00:17:59,740

it's going to be a loss and if you do it

367

00:18:03,360 --> 00:18:01,990

that way as the same way you go to Vegas

368

00:18:04,890 --> 00:18:03,370

it's going to be a loss that people go

369

00:18:06,330 --> 00:18:04,900

to Vegas to gamble to think they're

370

00:18:07,710 --> 00:18:06,340

going to make money they're the ones

371

00:18:09,840 --> 00:18:07,720

that lose the bibs and ones that lose

372

00:18:11,760 --> 00:18:09,850

that's right and you know and if you're

373

00:18:13,830 --> 00:18:11,770

in it for the long haul and you want to

374

00:18:15,510 --> 00:18:13,840

ride this thing out for five ten twenty

375

00:18:17,460 --> 00:18:15,520

years if it's around that long maybe

376

00:18:21,570 --> 00:18:17,470

it'll be around longer for that I don't

377

00:18:23,610 --> 00:18:21,580

know but if you can do that do it it's

378

00:18:27,150 --> 00:18:23,620

it's sure it's fun

379

00:18:29,100 --> 00:18:27,160

I you know I totally get that it's it's

380

00:18:31,200 --> 00:18:29,110

it's not fun when you lose but you know

381

00:18:34,680 --> 00:18:31,210

again if you're going in to make a

382

00:18:36,630 --> 00:18:34,690

million dollars you know particles get

383

00:18:39,030 --> 00:18:36,640

seen a million dollars not anything else

384

00:18:40,950 --> 00:18:39,040

yeah those days are gone with it you you

385

00:18:42,870 --> 00:18:40,960

would have to have a million dollars to

386

00:18:44,669 --> 00:18:42,880

invest to make a million dollars today I

387

00:18:46,740 --> 00:18:44,679

mean that's that's that's really the

388

00:18:48,570 --> 00:18:46,750

truth anybody that became millionaires

389

00:18:52,080 --> 00:18:48,580

you know got in it at a hundred bucks

390

00:18:55,620 --> 00:18:52,090

500 bucks you know thousand dollars with

391

00:18:58,070 --> 00:18:55,630

a huge investment and and then they

392

00:19:01,290 --> 00:18:58,080

watched this meteoric line but that's

393

00:19:03,660 --> 00:19:01,300

this bubble you know so that's that's it

394

00:19:05,700 --> 00:19:03,670

so anyway enough for that man enough a

395

00:19:07,560 --> 00:19:05,710

Bitcoin I can I like I said I can

396

00:19:11,970 --> 00:19:07,570

already see the email tomorrow but

397

00:19:15,659 --> 00:19:11,980

speaking of money big changes for

398

00:19:18,210 --> 00:19:15,669

ancient life oil tell us about it well I

399

00:19:20,520 --> 00:19:18,220

am so excited because I've had a lot of

400

00:19:21,240 --> 00:19:20,530

people go to the website and all we've

401  
00:19:24,150 --> 00:19:21,250  
had is

402  
00:19:26,280 --> 00:19:24,160  
green money which is a cheque which

403  
00:19:29,000 --> 00:19:26,290  
which is cool but and then of course

404  
00:19:33,090 --> 00:19:29,010  
snail mail which is really not cool and

405  
00:19:35,490 --> 00:19:33,100  
we finally got banking and there in the

406  
00:19:37,920 --> 00:19:35,500  
US and there's no sleight of hand and we

407  
00:19:40,560 --> 00:19:37,930  
don't have to say that it's puppy oil or

408  
00:19:42,690 --> 00:19:40,570  
something weird so we get to say this is

409  
00:19:47,040 --> 00:19:42,700  
the real deal and so now people can go

410  
00:19:49,860 --> 00:19:47,050  
and get the best CBD oil there is I'm a

411  
00:19:52,320 --> 00:19:49,870  
little biased and you do it with a

412  
00:19:54,210 --> 00:19:52,330  
credit card and we're so excited about

413  
00:19:56,910 --> 00:19:54,220

that because now the visitors that come

414

00:19:59,760 --> 00:19:56,920

can buy and they're gonna come back it's

415

00:20:01,710 --> 00:19:59,770

so funny Jimmy you know people ask me

416

00:20:03,540 --> 00:20:01,720

what does it do and I always say you

417

00:20:06,120 --> 00:20:03,550

know what what's quicker to say what it

418

00:20:08,940 --> 00:20:06,130

doesn't do because that's how much it

419

00:20:10,650 --> 00:20:08,950

does and people that have bought okay in

420

00:20:13,260 --> 00:20:10,660

other words they did the snail mail or

421

00:20:15,690 --> 00:20:13,270

they did the e check they're repeating

422

00:20:17,790 --> 00:20:15,700

your orders that tells you that it's

423

00:20:20,400 --> 00:20:17,800

working of course I have all the stuff

424

00:20:21,540 --> 00:20:20,410

that says my CBD has been tested because

425

00:20:24,060 --> 00:20:21,550

there's a lot of companies out there

426

00:20:26,370 --> 00:20:24,070

that that you buy the CBD oil nation

427

00:20:28,620 --> 00:20:26,380

OCPD in it you you're thinking it's

428

00:20:30,870 --> 00:20:28,630

working but it's not working mine

429

00:20:34,320 --> 00:20:30,880

actually have all the tests to show all

430

00:20:39,240 --> 00:20:34,330

the COAS to say this is the real deal

431

00:20:40,980 --> 00:20:39,250

and yes it will help you the dosages I

432

00:20:43,350 --> 00:20:40,990

wanted to ask you about this really

433

00:20:46,320 --> 00:20:43,360

quick because I used the thousand

434

00:20:48,120 --> 00:20:46,330

milligram and the reason why I used the

435

00:20:50,760 --> 00:20:48,130

thousand milligram is because I'm not a

436

00:20:53,700 --> 00:20:50,770

small dude right I'm a big guy and I

437

00:20:55,470 --> 00:20:53,710

everything that I do is double right I

438

00:20:58,650 --> 00:20:55,480

get double hamburgers I get double

439

00:21:00,840 --> 00:20:58,660

steaks I get a bigger car I have to wear

440

00:21:04,050 --> 00:21:00,850

bigger clothes everything in my life is

441

00:21:07,020 --> 00:21:04,060

double size right I'm 2x that's why I do

442

00:21:09,450 --> 00:21:07,030

it what's the difference for somebody if

443

00:21:13,290 --> 00:21:09,460

they were you know doing the 250

444

00:21:16,800 --> 00:21:13,300

milligram or 500 and if they kick it up

445

00:21:18,780 --> 00:21:16,810

to a thousand it is it is it all being

446

00:21:24,540 --> 00:21:18,790

used what's the difference is in the

447

00:21:26,250 --> 00:21:24,550

dosages well 250 we have okay we have

448

00:21:28,320 --> 00:21:26,260

200 which is a source and then we have

449

00:21:30,750 --> 00:21:28,330

the ancient life well which is 250 that

450

00:21:32,340 --> 00:21:30,760

that to me is you know you get I I I

451  
00:21:33,320 --> 00:21:32,350  
want variety so people can get what they

452  
00:21:35,510 --> 00:21:33,330  
want

453  
00:21:36,950 --> 00:21:35,520  
but 250 people are kind of worried oh is

454  
00:21:38,330 --> 00:21:36,960  
it gonna make me sleep is it gonna make

455  
00:21:39,950 --> 00:21:38,340  
it you know first of all there's no

456  
00:21:41,090 --> 00:21:39,960  
psychoactive effect in it so you're not

457  
00:21:42,530 --> 00:21:41,100  
gonna get high you could drink a whole

458  
00:21:43,730 --> 00:21:42,540  
bottle and then somebody else's bottle

459  
00:21:45,050 --> 00:21:43,740  
and then somebody else's bottle and you

460  
00:21:46,880 --> 00:21:45,060  
still wouldn't be high and you pass it

461  
00:21:48,830 --> 00:21:46,890  
redirect test you need to pass so

462  
00:21:50,660 --> 00:21:48,840  
that'll tell you that but some people

463  
00:21:52,340 --> 00:21:50,670

like you know am I gonna get tired if I

464

00:21:54,650 --> 00:21:52,350

you know take a dropper full and then I

465

00:21:57,170 --> 00:21:54,660

Drive I'm gonna be tired no it just

466

00:21:59,600 --> 00:21:57,180

takes away some of your anxiety it takes

467

00:22:01,940 --> 00:21:59,610

away it just kind of puts you in like

468

00:22:04,550 --> 00:22:01,950

the pickup mode where you you pick up on

469

00:22:07,040 --> 00:22:04,560

energies you just I feel you're sharper

470

00:22:09,890 --> 00:22:07,050

because if you're stressed you're not

471

00:22:13,370 --> 00:22:09,900

sharp you're making wrong decisions okay

472

00:22:14,960 --> 00:22:13,380

I call it Scrat you know if you're Scrat

473

00:22:16,670 --> 00:22:14,970

you're not making the right decisions

474

00:22:18,560 --> 00:22:16,680

right so it just kind of kicks you right

475

00:22:20,390 --> 00:22:18,570

where you need to be so you make the

476

00:22:21,920 --> 00:22:20,400

right decisions now that's not talking

477

00:22:24,050 --> 00:22:21,930

about a bunch of other stuff that

478

00:22:26,840 --> 00:22:24,060

happens that's really a good thing that

479

00:22:28,910 --> 00:22:26,850

I probably can't talk about because the

480

00:22:30,470 --> 00:22:28,920

FDA be like holla Jimmy's gonna do it

481

00:22:31,970 --> 00:22:30,480

isn't it was it Ronnie or Jimmy which

482

00:22:33,470 --> 00:22:31,980

one are though they're both in it you

483

00:22:36,110 --> 00:22:33,480

know all right so we have to be careful

484

00:22:39,350 --> 00:22:36,120

but it does a lot of wonderful things

485

00:22:41,420 --> 00:22:39,360

you can look it up and know the one

486

00:22:42,980 --> 00:22:41,430

thing I will say is our ancient life oil

487

00:22:44,870 --> 00:22:42,990

has three different oils in it it has

488

00:22:48,290 --> 00:22:44,880

hemp oil it has grapeseed oil and

489

00:22:50,660 --> 00:22:48,300

coconut oil and the reason for that and

490

00:22:53,470 --> 00:22:50,670

it's blended just right the reason for

491

00:22:55,970 --> 00:22:53,480

that is so it absorbs better and faster

492

00:22:58,190 --> 00:22:55,980

so people want relief so now back to

493

00:23:00,200 --> 00:22:58,200

your question so we have a 250 if you go

494

00:23:01,880 --> 00:23:00,210

to 500 you're gonna double that effect

495

00:23:05,020 --> 00:23:01,890

if you go to a thousand you're gonna

496

00:23:09,620 --> 00:23:05,030

double that effect and people that have

497

00:23:12,590 --> 00:23:09,630

issues and read between those lines you

498

00:23:14,690 --> 00:23:12,600

want a higher dose because if you're

499

00:23:17,930 --> 00:23:14,700

having problems we'll leave it with that

500

00:23:20,870 --> 00:23:17,940

then you're wanting a higher dose and if

501  
00:23:23,360 --> 00:23:20,880  
you're having major problems then we're

502  
00:23:25,190 --> 00:23:23,370  
moving upward in our company to put even

503  
00:23:27,530 --> 00:23:25,200  
higher stuff out that you normally can't

504  
00:23:29,570 --> 00:23:27,540  
get because again you could drink the

505  
00:23:30,680 --> 00:23:29,580  
whole bottle even if it was 3,000

506  
00:23:32,030 --> 00:23:30,690  
milligrams you could drink the whole

507  
00:23:37,880 --> 00:23:32,040  
bottle and you're not gonna get high

508  
00:23:41,270 --> 00:23:37,890  
you're just going to get better so for

509  
00:23:45,080 --> 00:23:41,280  
somebody that it's somebody that's a

510  
00:23:46,970 --> 00:23:45,090  
smaller body right hundred pounds and

511  
00:23:50,060 --> 00:23:46,980  
they took the thousand milligrams

512  
00:23:50,419 --> 00:23:50,070  
is just the rest of it just flush out of

513  
00:23:52,130 --> 00:23:50,429

the body

514

00:23:54,620 --> 00:23:52,140

you don't like vitamin C or something

515

00:23:56,150 --> 00:23:54,630

like that where no what had absorbs the

516

00:23:58,850 --> 00:23:56,160

sores but it's not like let's say you

517

00:24:00,890 --> 00:23:58,860

got a hundred pound girl and she takes

518

00:24:03,110 --> 00:24:00,900

you know a whole bottle of a thousand

519

00:24:06,080 --> 00:24:03,120

milligram you know we think she's gonna

520

00:24:08,390 --> 00:24:06,090

be laying down like mom you know no not

521

00:24:10,760 --> 00:24:08,400

at all it depends also what she has

522

00:24:14,000 --> 00:24:10,770

what's going on so if like a lot of

523

00:24:16,250 --> 00:24:14,010

people are stressed and people listen to

524

00:24:19,280 --> 00:24:16,260

me stress will kill you there they're

525

00:24:21,020 --> 00:24:19,290

doing a study that 30 year olds okay

526

00:24:22,730 --> 00:24:21,030

that are stressed or having heart

527

00:24:24,950 --> 00:24:22,740

attacks and their cardiovascular is

528

00:24:26,930 --> 00:24:24,960

perfect mmm and and they're having

529

00:24:29,990 --> 00:24:26,940

they're having heart attacks so know

530

00:24:34,400 --> 00:24:30,000

that a killer is stress this is like

531

00:24:37,669 --> 00:24:34,410

anti stress and much much more again it

532

00:24:39,409 --> 00:24:37,679

is the gamut of all the things that does

533

00:24:42,830 --> 00:24:39,419

it's quicker to say what it doesn't do

534

00:24:46,330 --> 00:24:42,840

let's say I have some pretty major

535

00:24:48,470 --> 00:24:46,340

problems in physical and I take a

536

00:24:50,539 --> 00:24:48,480

thousand and actually I take three

537

00:24:51,740 --> 00:24:50,549

thousand two and I can take three

538

00:24:53,659 --> 00:24:51,750

thousand in the middle of the day and

539

00:24:55,909 --> 00:24:53,669

turn around jump in my car and drive

540

00:24:58,820 --> 00:24:55,919

down the road and be fine be coherent be

541

00:24:59,990 --> 00:24:58,830

alert in fact I feel more alert than

542

00:25:00,980 --> 00:25:00,000

when I'm stressed because you ever

543

00:25:03,140 --> 00:25:00,990

notice when you're stressed you're

544

00:25:05,270 --> 00:25:03,150

thinking about the problem or whatever

545

00:25:07,130 --> 00:25:05,280

stressing you out that's right and you

546

00:25:08,150 --> 00:25:07,140

don't pay attention somebody pulls out

547

00:25:09,950 --> 00:25:08,160

in front of you you're thinking about

548

00:25:11,960 --> 00:25:09,960

that stressful event and next thing you

549

00:25:14,180 --> 00:25:11,970

know you're in a car accident so this

550

00:25:15,409 --> 00:25:14,190

will to me makes you sharper because

551  
00:25:16,280 --> 00:25:15,419  
you're like hey whoa there's a car

552  
00:25:18,260 --> 00:25:16,290  
pulling out for me

553  
00:25:20,150 --> 00:25:18,270  
I dunno just sleeping on the wheel I

554  
00:25:22,220 --> 00:25:20,160  
just did a full drop or while you were

555  
00:25:24,470 --> 00:25:22,230  
talking of the thousand milligram taste

556  
00:25:27,500 --> 00:25:24,480  
good you know this is the other thing

557  
00:25:29,480 --> 00:25:27,510  
about it I do the cinnamon right just

558  
00:25:42,010 --> 00:25:29,490  
the sentiment but it tastes like

559  
00:25:45,500 --> 00:25:42,020  
cinnamon and weed it's a really like we

560  
00:25:48,289 --> 00:25:45,510  
it's got that thing man the brownies I

561  
00:25:51,409 --> 00:25:48,299  
like I like that herb thing that is

562  
00:25:53,090 --> 00:25:51,419  
going on here I do it I do it Oh see I

563  
00:25:55,880 --> 00:25:53,100

don't like to taste your because it's a

564

00:25:58,130 --> 00:25:55,890

little it could be better so for me my

565

00:26:00,470 --> 00:25:58,140

favorite and I have chocolate mint

566

00:26:00,920 --> 00:26:00,480

I have sentiment but my favorite is

567

00:26:03,560 --> 00:26:00,930

cinema

568

00:26:08,600 --> 00:26:03,570

with hands down hands down okay Sinemet

569

00:26:10,940 --> 00:26:08,610

can you vape this no not my stuff no

570

00:26:12,230 --> 00:26:10,950

it's oil okay okay so you can't vape it

571

00:26:14,390 --> 00:26:12,240

because it's oil

572

00:26:16,940 --> 00:26:14,400

yeah it's all you I'm sure there's

573

00:26:18,890 --> 00:26:16,950

places you can go buy stuff to vape but

574

00:26:20,870 --> 00:26:18,900

know that this is just take a dropper

575

00:26:25,280 --> 00:26:20,880

full put it in your mouth and go rock

576

00:26:27,860 --> 00:26:25,290

it's good yeah and I've had that ancient

577

00:26:30,320 --> 00:26:27,870

life oil can be vaped question

578

00:26:32,570 --> 00:26:30,330

come at me probably half a dozen times

579

00:26:34,520 --> 00:26:32,580

over the last week I'm sure there is not

580

00:26:36,470 --> 00:26:34,530

my company we don't do the vape stuff

581

00:26:38,900 --> 00:26:36,480

okay but I'm sure there's something out

582

00:26:40,220 --> 00:26:38,910

there that you can this is something to

583

00:26:44,180 --> 00:26:40,230

me when you put a dropper in your mouth

584

00:26:46,790 --> 00:26:44,190

and go you know it's pretty easy and you

585

00:26:49,910 --> 00:26:46,800

know for me I would not be let's put it

586

00:26:52,040 --> 00:26:49,920

this way I have issues in my body that I

587

00:26:54,460 --> 00:26:52,050

have to take some kind of pharmaceutical

588

00:26:58,550 --> 00:26:54,470

for that I hate with a passion and

589

00:27:01,850 --> 00:26:58,560

because I have been taking CBD that's

590

00:27:04,490 --> 00:27:01,860

going away and the doctor is of course

591

00:27:06,470 --> 00:27:04,500

always blaming and saying oh well it's

592

00:27:09,920 --> 00:27:06,480

the drug is really working all of a

593

00:27:13,400 --> 00:27:09,930

sudden wow really rocking right exact

594

00:27:15,650 --> 00:27:13,410

same time I start taking CBD so it's

595

00:27:19,130 --> 00:27:15,660

exciting to me what it does and people

596

00:27:20,810 --> 00:27:19,140

are waking up by the droves so the big

597

00:27:24,500 --> 00:27:20,820

thing right now is making sure that you

598

00:27:26,540 --> 00:27:24,510

get a good company for the CBD that you

599

00:27:27,950 --> 00:27:26,550

can trust that it's going to be CBD that

600

00:27:29,060 --> 00:27:27,960

when you get a thousand milligram that's

601  
00:27:30,380 --> 00:27:29,070  
what you're getting if you get three

602  
00:27:32,090 --> 00:27:30,390  
thousand milligram that's what you're

603  
00:27:34,730 --> 00:27:32,100  
getting and I'll tell you something else

604  
00:27:37,430 --> 00:27:34,740  
we have a saw which basically if you put

605  
00:27:40,940 --> 00:27:37,440  
that on say something that sore knees

606  
00:27:42,980 --> 00:27:40,950  
sore joints elbows whatever I use it on

607  
00:27:45,890 --> 00:27:42,990  
my neck because my neck gets jacked up

608  
00:27:48,530 --> 00:27:45,900  
mm-hm see what happens then I'll just

609  
00:27:50,990 --> 00:27:48,540  
put it that way now really quick before

610  
00:27:52,850 --> 00:27:51,000  
we say good night here you've got a

611  
00:27:54,530 --> 00:27:52,860  
special for the fader knots through the

612  
00:27:56,540 --> 00:27:54,540  
end of the month tell us about it

613  
00:27:59,150 --> 00:27:56,550

yeah for one month I'm doing this for

614

00:28:02,240 --> 00:27:59,160

only only only only for the fader nuts

615

00:28:04,130 --> 00:28:02,250

free shipping so if you go and order

616

00:28:06,890 --> 00:28:04,140

whether you order on a check or you

617

00:28:09,440 --> 00:28:06,900

order on your credit card you get free

618

00:28:11,270 --> 00:28:09,450

shipping and so you just have to put in

619

00:28:14,350 --> 00:28:11,280

and you have to do this or you will not

620

00:28:17,740 --> 00:28:14,360

get free shipping needs to be fader if

621

00:28:19,900 --> 00:28:17,750

EER fader will get free shipping thank

622

00:28:22,000 --> 00:28:19,910

you so much for that Ronnie and we're

623

00:28:24,520 --> 00:28:22,010

gonna see you also can you believe it in

624

00:28:27,520 --> 00:28:24,530

two short weeks at the conscious life

625

00:28:29,920 --> 00:28:27,530

Expo I know it's gonna be a blast no I

626

00:28:31,600 --> 00:28:29,930

cannot wait for that and and I'm just

627

00:28:35,440 --> 00:28:31,610

gonna tell The Fader knots now drinks

628

00:28:38,770 --> 00:28:35,450

are on Ronnie Ronnie we'll see you at

629

00:28:40,420 --> 00:28:38,780

the copy I cannot wait thank you so much

630

00:28:43,420 --> 00:28:40,430

for doing this for the fader nods promo

631

00:28:45,250 --> 00:28:43,430

code fader f ad er click on the ancient

632

00:28:49,870 --> 00:28:45,260

live oil banners over at Jimmy Church

633

00:28:52,960 --> 00:28:49,880

radio.com finally this is this is this

634

00:28:54,520 --> 00:28:52,970

is here for us and our audience and I

635

00:28:56,890 --> 00:28:54,530

want to thank you so much Ronnie for

636

00:28:59,170 --> 00:28:56,900

everything that you do love you brother

637

00:29:01,210 --> 00:28:59,180

right back at you Ronnie Ronnie is gonna

638

00:29:03,850 --> 00:29:01,220

be at the conscious life Expo everybody

639

00:29:06,040 --> 00:29:03,860

February 9 through the 12 come and hang

640

00:29:08,770 --> 00:29:06,050

out with us and everybody wants to know

641

00:29:11,890 --> 00:29:08,780

what Ronnie looks like right so there

642

00:29:13,360 --> 00:29:11,900

you go I'm thinking I talked to him

643

00:29:17,590 --> 00:29:13,370

about this I think he's pulling my chain

644

00:29:19,440 --> 00:29:17,600

I'm thinking ah you're gonna have to

645

00:29:22,780 --> 00:29:19,450

find out at the conscience life Expo I

646

00:29:25,380 --> 00:29:22,790

picture me being Fred Flintstone he's

647

00:29:28,300 --> 00:29:25,390

Barney Rubble I'm the big dude he's the

648

00:29:30,280 --> 00:29:28,310

he's the little in shape guy we'll find

649

00:29:31,750 --> 00:29:30,290

out at the conscious life Expo this is

650

00:29:35,170 --> 00:29:31,760

fade to black I'll be back with our

651  
00:29:38,380 --> 00:29:35,180  
guest dr. Judith Porlock on the game

652  
00:29:39,070 --> 00:29:38,390  
changer network and kg RA the planet

653  
00:29:53,370 --> 00:29:39,080  
I'll be right back

654  
00:29:59,690 --> 00:29:59,680  
[Music]

655  
00:30:06,070 --> 00:30:02,720  
you're listening to Jimmy Church fade to

656  
00:30:12,560 --> 00:30:09,050  
fade to black will now pause for aided

657  
00:30:20,300 --> 00:30:12,570  
identification the station there talks

658  
00:30:22,970 --> 00:30:20,310  
that kgr a radio when you take the beams

659  
00:30:25,520 --> 00:30:22,980  
from Central America with dashes of

660  
00:30:27,920 --> 00:30:25,530  
Indonesian and African mixed in and then

661  
00:30:30,770 --> 00:30:27,930  
roast it to the dark side of fade to

662  
00:30:33,950 --> 00:30:30,780  
black you create the ultimate brew of

663  
00:30:37,700 --> 00:30:33,960

Fringe introducing the fade to black

664

00:30:40,280 --> 00:30:37,710

blend from River moon coffee yes River

665

00:30:41,930 --> 00:30:40,290

moons darkest customized roast was

666

00:30:45,560 --> 00:30:41,940

created for the love of

667

00:30:48,110 --> 00:30:45,570

fade to black the alchemy of masterful

668

00:30:51,350 --> 00:30:48,120

roasting and smoking the beans is in

669

00:30:55,550 --> 00:30:51,360

every sip of this full-bodied dark Java

670

00:30:57,860 --> 00:30:55,560

I need my coffee dog deep with distinct

671

00:31:00,590 --> 00:30:57,870

bittersweet chocolate highlights just

672

00:31:03,020 --> 00:31:00,600

like the bunker leaning further into the

673

00:31:06,290 --> 00:31:03,030

darkness of the roast is fade to black

674

00:31:07,970 --> 00:31:06,300

blend from river moon coffee just click

675

00:31:11,270 --> 00:31:07,980

on the banner at Jimmy Church radio.com

676  
00:31:16,720 --> 00:31:11,280  
and use the promo code F to B blend for

677  
00:31:19,340 --> 00:31:16,730  
15% off of your order today gobekli tepe

678  
00:31:21,230 --> 00:31:19,350  
natural help solutions with Chris and

679  
00:31:21,830 --> 00:31:21,240  
Robbie hey Ronnie how you doing great

680  
00:31:24,530 --> 00:31:21,840  
Chris

681  
00:31:27,200 --> 00:31:24,540  
now you're the CEO of get the t.com

682  
00:31:29,120 --> 00:31:27,210  
right yes I am what is get the tea calm

683  
00:31:32,150 --> 00:31:29,130  
I mean is this tea you buy in a store

684  
00:31:35,000 --> 00:31:32,160  
well no it's not I've changed teas just

685  
00:31:37,280 --> 00:31:35,010  
that life changing life change tea is an

686  
00:31:39,470 --> 00:31:37,290  
herbal tea that gently cleanses your

687  
00:31:40,100 --> 00:31:39,480  
body from intruders what do you mean by

688  
00:31:45,650 --> 00:31:40,110

intruders

689

00:31:47,360 --> 00:31:45,660

heavy metals and more there are food in

690

00:31:50,600 --> 00:31:47,370

our water in our air we breathe

691

00:31:52,790 --> 00:31:50,610

seriously yeah seriously and life

692

00:31:55,550 --> 00:31:52,800

changed tea will help you with removing

693

00:31:57,200 --> 00:31:55,560

these as you say intruders ester I Chris

694

00:31:59,270 --> 00:31:57,210

are there side effects with this team

695

00:32:01,340 --> 00:31:59,280

well you might lose a little weight when

696

00:32:03,620 --> 00:32:01,350

you clean your colon you lose weight you

697

00:32:05,810 --> 00:32:03,630

feel better and you have more energy Wow

698

00:32:07,130 --> 00:32:05,820

Ronnie where can people purchase life

699

00:32:10,280 --> 00:32:07,140

change tea oh that's easy

700

00:32:12,890 --> 00:32:10,290

get the tea calm that's get the tea

701  
00:32:14,480 --> 00:32:12,900  
Gea comm funny I want to thank you for

702  
00:32:18,590 --> 00:32:14,490  
being on the show people don't forget

703  
00:32:24,110 --> 00:32:18,600  
get the T te a.com nine out of ten

704  
00:32:29,480 --> 00:32:24,120  
geneticists agreed fade to black

705  
00:32:33,890 --> 00:32:29,490  
is not your father's radio show on the

706  
00:32:40,220 --> 00:32:33,900  
game changer radio network and K GRA the

707  
00:32:41,840 --> 00:32:40,230  
planet KCRA this summer tickets and

708  
00:32:44,000 --> 00:32:41,850  
hotel accommodations to the biggest

709  
00:32:46,220 --> 00:32:44,010  
conferences autographed books and DVDs

710  
00:32:48,230 --> 00:32:46,230  
chances to win all-inclusive conference

711  
00:32:51,620 --> 00:32:48,240  
cruises and private dinners with your

712  
00:32:54,260 --> 00:32:51,630  
favorite K GRA hosts click the contest

713  
00:32:56,390 --> 00:32:54,270

to have a que GRA radio.com for your

714

00:32:58,520 --> 00:32:56,400

chance to win big this summer your

715

00:33:04,030 --> 00:32:58,530

contact for the best alternative talk

716

00:33:08,580 --> 00:33:05,810

[Music]

717

00:33:10,860 --> 00:33:08,590

hi this is Rob Reiner from anvil and

718

00:33:15,990 --> 00:33:10,870

you're listening to Jimmy's George radio

719

00:33:21,990 --> 00:33:16,000

calm combats and we're listening to

720

00:33:22,000 --> 00:33:32,039

[Music]

721

00:33:35,710 --> 00:33:34,539

all right welcome back fade to black I'm

722

00:33:38,889 --> 00:33:35,720

your host of new church you can follow

723

00:33:41,139 --> 00:33:38,899

me on Twitter at Jay Church radio very

724

00:33:43,119 --> 00:33:41,149

simple this segment of fade to black has

725

00:33:46,090 --> 00:33:43,129

proudly brought to you by life change T

726  
00:33:48,789 --> 00:33:46,100  
and we just had Ronnie McMullen on from

727  
00:33:52,450 --> 00:33:48,799  
life change T with his new promotion

728  
00:33:55,389 --> 00:33:52,460  
promo code fader FA BER will get you

729  
00:33:58,029 --> 00:33:55,399  
free shipping on everything from ancient

730  
00:34:01,330 --> 00:33:58,039  
life oil and life change t head over to

731  
00:34:03,430 --> 00:34:01,340  
the website tonight our guest dr. Judith

732  
00:34:04,060 --> 00:34:03,440  
Orlov is here we're gonna get to that in

733  
00:34:06,549 --> 00:34:04,070  
just a bit

734  
00:34:08,470 --> 00:34:06,559  
tomorrow night William Henry is going to

735  
00:34:11,859 --> 00:34:08,480  
be stopping by to talk some Egypt and

736  
00:34:13,540 --> 00:34:11,869  
the iron throne of Osiris Thursday night

737  
00:34:14,950 --> 00:34:13,550  
is another Fator night and the no more

738  
00:34:17,109 --> 00:34:14,960

fake newsroom with Jon Rappoport

739

00:34:20,200 --> 00:34:17,119

followed by open lines and then Friday

740

00:34:23,020 --> 00:34:20,210

I'm over at coast-to-coast a.m. and my

741

00:34:25,480 --> 00:34:23,030

guests will be Jason Martel also

742

00:34:28,599 --> 00:34:25,490

followed by open line so two straight

743

00:34:31,869 --> 00:34:28,609

nights of open lines keeps me in shape

744

00:34:35,139 --> 00:34:31,879

everybody there you go dr. Judith Orlov

745

00:34:38,020 --> 00:34:35,149

MD is a New York Times bestselling

746

00:34:40,480 --> 00:34:38,030

author of the empath Survival Guide life

747

00:34:42,730 --> 00:34:40,490

strategies for sensitive people dr.

748

00:34:45,040 --> 00:34:42,740

Orloff is a psychiatrist and empath an

749

00:34:47,950 --> 00:34:45,050

intuitive healer and is on the UCLA

750

00:34:50,079 --> 00:34:47,960

psychiatric clinical faculty she

751

00:34:52,000 --> 00:34:50,089

synthesizes the pearls of traditional

752

00:34:54,970 --> 00:34:52,010

medicine with cutting-edge knowledge of

753

00:34:57,010 --> 00:34:54,980

intuition energy and spirituality dr.

754

00:34:59,440 --> 00:34:57,020

Orloff also specializes in treating

755

00:35:02,140 --> 00:34:59,450

empaths and highly sensitive people in

756

00:35:04,450 --> 00:35:02,150

her private practice she passionately

757

00:35:06,819 --> 00:35:04,460

believes that the future of Medicine

758

00:35:10,420 --> 00:35:06,829

involves integrating the mind the body

759

00:35:12,309 --> 00:35:10,430

and spirit to achieve total wellness dr.

760

00:35:15,099 --> 00:35:12,319

or laughs work has been featured on The

761

00:35:17,710 --> 00:35:15,109

Today Show CNN The Oprah Magazine and

762

00:35:19,630 --> 00:35:17,720

USA Today I would like to welcome for

763

00:35:22,510 --> 00:35:19,640

the first time to fade to black dr.

764

00:35:24,520 --> 00:35:22,520

Judith Orloff dr. Judith Orlov

765

00:35:27,790 --> 00:35:24,530

now I'm gonna say Judith and Judith

766

00:35:30,190 --> 00:35:27,800

welcome to the show how are you thank

767

00:35:32,230 --> 00:35:30,200

you I'm excited to be on the show well

768

00:35:35,109 --> 00:35:32,240

what's what's really cool what we get to

769

00:35:37,569 --> 00:35:35,119

do first is we get to do the first time

770

00:35:38,950 --> 00:35:37,579

guest disclaimer the next time you're on

771

00:35:42,280 --> 00:35:38,960

the show you don't get it but you're

772

00:35:44,500 --> 00:35:42,290

gonna get it tonight which is this it's

773

00:35:46,770 --> 00:35:44,510

just you and I sitting on my couch

774

00:35:49,030 --> 00:35:46,780

your psychiatrist I guess that he

775

00:35:50,830 --> 00:35:49,040

sitting on my couch having a

776

00:35:52,810 --> 00:35:50,840

conversation as friends and where the

777

00:35:54,760 --> 00:35:52,820

conversation starts it starts where it

778

00:35:58,630 --> 00:35:54,770

ends it ends both working and his

779

00:36:00,790 --> 00:35:58,640

friends see simple you ready to go yes

780

00:36:04,780 --> 00:36:00,800

you can actually use that with your

781

00:36:06,970 --> 00:36:04,790

patients if you think about that I don't

782

00:36:09,940 --> 00:36:06,980

even need a credit I don't even need a

783

00:36:14,800 --> 00:36:09,950

credit for that let's let's kind of

784

00:36:17,410 --> 00:36:14,810

let's kind of start here because I kind

785

00:36:20,260 --> 00:36:17,420

of want to go backwards first because

786

00:36:22,780 --> 00:36:20,270

being a psychiatrist being an MD and

787

00:36:26,560 --> 00:36:22,790

then talking about empaths

788

00:36:32,470 --> 00:36:26,570

and using that as a career path is not

789

00:36:34,120 --> 00:36:32,480

your normal MD job route is it what what

790

00:36:39,820 --> 00:36:34,130

what what got you started

791

00:36:42,670 --> 00:36:39,830

oh no no job route for an MD but I want

792

00:36:44,320 --> 00:36:42,680

to say that I do combine my conventional

793

00:36:47,620 --> 00:36:44,330

medical knowledge everything I learned

794

00:36:50,440 --> 00:36:47,630

at UCLA during my psychiatric residency

795

00:36:52,840 --> 00:36:50,450

and at USC during my medical school

796

00:36:57,420 --> 00:36:52,850

training I combine that with my

797

00:37:00,730 --> 00:36:57,430

knowledge of intuition spirituality and

798

00:37:03,730 --> 00:37:00,740

sensitivities and sensitivity can be a

799

00:37:08,260 --> 00:37:03,740

wide range of intuition from trusting

800

00:37:10,630 --> 00:37:08,270

your gut to connecting to spirit so I

801  
00:37:13,210 --> 00:37:10,640  
combine everything I haven't excluded

802  
00:37:16,420 --> 00:37:13,220  
anything in my training but I want to

803  
00:37:19,510 --> 00:37:16,430  
say that I got I got started on this

804  
00:37:22,290 --> 00:37:19,520  
when I was a child I was an empath as a

805  
00:37:27,190 --> 00:37:22,300  
child an empath is somebody who has very

806  
00:37:30,010 --> 00:37:27,200  
sensitive abilities to perceive energy

807  
00:37:32,410 --> 00:37:30,020  
and to perceive emotions and even

808  
00:37:34,690 --> 00:37:32,420  
physical symptoms so that we absorb it

809  
00:37:37,810 --> 00:37:34,700  
into our own bodies it could be positive

810  
00:37:40,300 --> 00:37:37,820  
energy it could be toxic energy but

811  
00:37:42,880 --> 00:37:40,310  
empaths don't have the usual filters

812  
00:37:44,710 --> 00:37:42,890  
that other people have and that's why I

813  
00:37:47,800 --> 00:37:44,720

wanted to write the empath Survival

814

00:37:49,660 --> 00:37:47,810

Guide to say number one if you've been

815

00:37:52,810 --> 00:37:49,670

labeled as overly sensitive all your

816

00:37:55,750 --> 00:37:52,820

life you could be an empath and if you

817

00:37:58,180 --> 00:37:55,760

are it's a whole different phase of

818

00:37:59,830 --> 00:37:58,190

treatment and awakening then

819

00:38:01,660 --> 00:37:59,840

you know if you're not an empath so it's

820

00:38:04,810 --> 00:38:01,670

really important to know if you are an

821

00:38:07,420 --> 00:38:04,820

empath and as a little girl I was a an

822

00:38:09,520 --> 00:38:07,430

intuitive child and empathic child I

823

00:38:10,810 --> 00:38:09,530

would make predictions that would come

824

00:38:12,850 --> 00:38:10,820

true

825

00:38:14,920 --> 00:38:12,860

that scared my parents my parents were

826

00:38:18,610 --> 00:38:14,930

both physicians and I come from a

827

00:38:21,340 --> 00:38:18,620

lineage of 25 physicians in my family so

828

00:38:24,370 --> 00:38:21,350

you know here I was the only child of

829

00:38:26,770 --> 00:38:24,380

two physicians and I couldn't go into

830

00:38:29,230 --> 00:38:26,780

shopping malls or crowded places because

831

00:38:31,720 --> 00:38:29,240

I would walk in fine and I would walk

832

00:38:34,360 --> 00:38:31,730

out exhausted or was some Aker pain I

833

00:38:37,450 --> 00:38:34,370

didn't have before and I didn't realize

834

00:38:39,790 --> 00:38:37,460

that I was an empath and that I was

835

00:38:41,770 --> 00:38:39,800

picking up all that energy and shopping

836

00:38:45,220 --> 00:38:41,780

balls all the energy feels that people

837

00:38:48,370 --> 00:38:45,230

emit are condensed in such a crowded

838

00:38:51,340 --> 00:38:48,380

place an empath can feel anxiety

839

00:38:53,170 --> 00:38:51,350

depression overwhelmed but I didn't know

840

00:38:55,170 --> 00:38:53,180

that as a child and I didn't have anyone

841

00:38:57,940 --> 00:38:55,180

to talk to

842

00:39:00,640 --> 00:38:57,950

well your parents are both doctors you

843

00:39:03,490 --> 00:39:00,650

didn't talk to them but would your

844

00:39:08,200 --> 00:39:03,500

parents have even understood what you

845

00:39:10,780 --> 00:39:08,210

were trying to relate yes and no they

846

00:39:12,640 --> 00:39:10,790

said that they didn't but then you know

847

00:39:16,120 --> 00:39:12,650

as I wrote about in my first book Second

848

00:39:19,270 --> 00:39:16,130

Sight my mother on her deathbed told me

849

00:39:21,970 --> 00:39:19,280

that she had had psychic abilities all

850

00:39:24,370 --> 00:39:21,980

her life and healing abilities and she

851  
00:39:26,140 --> 00:39:24,380  
does never share that with me because

852  
00:39:29,260 --> 00:39:26,150  
she didn't want me to be thought as

853  
00:39:32,020 --> 00:39:29,270  
strange or weird and she was seeing

854  
00:39:33,760 --> 00:39:32,030  
these abilities coming through me and so

855  
00:39:35,920 --> 00:39:33,770  
I learned that on her deathbed so

856  
00:39:38,770 --> 00:39:35,930  
growing up I didn't really know but

857  
00:39:42,940 --> 00:39:38,780  
finally the pieces of the puzzle were

858  
00:39:45,670 --> 00:39:42,950  
put together and now let's I want to

859  
00:39:47,770 --> 00:39:45,680  
come back to your childhood but let's

860  
00:39:50,740 --> 00:39:47,780  
move forward really quickly we're gonna

861  
00:39:55,150 --> 00:39:50,750  
do some some time-traveling here did

862  
00:39:59,080 --> 00:39:55,160  
being an empath conflict with medical

863  
00:40:01,960 --> 00:39:59,090

school you know the orthodoxy and and

864

00:40:04,120 --> 00:40:01,970

every you know that or is UCLA at a

865

00:40:06,640 --> 00:40:04,130

little you know they've been pretty free

866

00:40:09,100 --> 00:40:06,650

in the past with different things

867

00:40:10,720 --> 00:40:09,110

telepathy and psychic experiments and

868

00:40:11,310 --> 00:40:10,730

they were open to that

869

00:40:14,670 --> 00:40:11,320

type of

870

00:40:17,430 --> 00:40:14,680

thing but for you going to med school

871

00:40:19,770 --> 00:40:17,440

and being an empath how did that end up

872

00:40:22,680 --> 00:40:19,780

working out I want to say I worked with

873

00:40:24,960 --> 00:40:22,690

them a loss in her lab at UCLA when I

874

00:40:27,540 --> 00:40:24,970

was a teenager so I got kind of rooted

875

00:40:30,300 --> 00:40:27,550

there and so I got some really good

876

00:40:33,000 --> 00:40:30,310

training at a very young age working

877

00:40:35,190 --> 00:40:33,010

with parapsychology while I was working

878

00:40:38,160 --> 00:40:35,200

there I had a dream that told me to go

879

00:40:40,160 --> 00:40:38,170

to medical school and a voice told me

880

00:40:43,020 --> 00:40:40,170

that you are going to become a

881

00:40:45,780 --> 00:40:43,030

psychiatrist in order to help legitimize

882

00:40:48,060 --> 00:40:45,790

intuition in medicine and it was a dream

883

00:40:50,970 --> 00:40:48,070

when that was really the last thing I

884

00:40:53,250 --> 00:40:50,980

wanted to do I did you know I'd been

885

00:40:54,870 --> 00:40:53,260

brought I was brought up around doctors

886

00:40:56,850 --> 00:40:54,880

and I really didn't find them that

887

00:40:58,200 --> 00:40:56,860

interesting I was more creative and

888

00:41:00,750 --> 00:40:58,210

writing I didn't know what I was going

889

00:41:04,350 --> 00:41:00,760

to do but I had the dream so I rien

890

00:41:06,240 --> 00:41:04,360

rolled in school and one class became

891

00:41:10,140 --> 00:41:06,250

two became 14 years of medical training

892

00:41:12,360 --> 00:41:10,150

so I want to say that energy and spirit

893

00:41:15,240 --> 00:41:12,370

propelled me to take this light path I

894

00:41:18,360 --> 00:41:15,250

didn't want to do it at first but then

895

00:41:21,870 --> 00:41:18,370

it just became the absolute right thing

896

00:41:25,650 --> 00:41:21,880

to do for me and what about the medical

897

00:41:30,150 --> 00:41:25,660

community today in general are they

898

00:41:35,370 --> 00:41:30,160

opening up to the spiritual side of life

899

00:41:37,890 --> 00:41:35,380

or is it still just science well mainly

900

00:41:40,230 --> 00:41:37,900

UCLA the psychiatry department is

901  
00:41:42,900 --> 00:41:40,240  
biologically oriented and so I was

902  
00:41:46,020 --> 00:41:42,910  
trained to give out medication and treat

903  
00:41:48,030 --> 00:41:46,030  
people from a biological sense and so

904  
00:41:50,430 --> 00:41:48,040  
they're not really oriented towards

905  
00:41:52,680 --> 00:41:50,440  
spirituality though other parts of UCLA

906  
00:41:55,530 --> 00:41:52,690  
strict Department of Psychiatry isn't

907  
00:41:57,360 --> 00:41:55,540  
really that open but nationally and

908  
00:41:58,950 --> 00:41:57,370  
internationally I think people are

909  
00:42:02,010 --> 00:41:58,960  
becoming more and more open

910  
00:42:03,990 --> 00:42:02,020  
I give trainings for doctors and

911  
00:42:09,210 --> 00:42:04,000  
healthcare professionals and giving one

912  
00:42:11,400 --> 00:42:09,220  
to be able to treat empaths

913  
00:42:14,010 --> 00:42:11,410

properly and not over medicate them and

914

00:42:16,680 --> 00:42:14,020

or misdiagnosed them or if their aunt

915

00:42:20,010 --> 00:42:16,690

asked themselves how to you know really

916

00:42:22,620 --> 00:42:20,020

be a thriving practitioner and not

917

00:42:24,320 --> 00:42:22,630

absorb your patients stress and pain

918

00:42:26,990 --> 00:42:24,330

which many empath

919

00:42:31,100 --> 00:42:27,000

care professionals do so I'm trying to

920

00:42:34,180 --> 00:42:31,110

do my part to educate the scientific

921

00:42:37,210 --> 00:42:34,190

community but traditionally empaths get

922

00:42:39,440 --> 00:42:37,220

overmedicated misdiagnosed because

923

00:42:42,380 --> 00:42:39,450

traditional medicine doesn't believe in

924

00:42:44,330 --> 00:42:42,390

energy fields they don't believe that we

925

00:42:46,190 --> 00:42:44,340

are comprised of these subtle energy

926

00:42:49,820 --> 00:42:46,200

fields that penetrate our body and

927

00:42:52,460 --> 00:42:49,830

extend way beyond them and that can have

928

00:42:55,760 --> 00:42:52,470

an intense effect on our behavior on our

929

00:42:57,740 --> 00:42:55,770

physiology our neurology and so they

930

00:43:01,130 --> 00:42:57,750

don't believe that we can absorb energy

931

00:43:03,830 --> 00:43:01,140

from other people so you know that makes

932

00:43:06,050 --> 00:43:03,840

diagnosing an empath really difficult

933

00:43:09,290 --> 00:43:06,060

because empath live in the world of

934

00:43:12,350 --> 00:43:09,300

energy now I'm an empath I can sense you

935

00:43:15,500 --> 00:43:12,360

I can sense other people I feel what's

936

00:43:17,240 --> 00:43:15,510

invisible and that's how I've always led

937

00:43:19,220 --> 00:43:17,250

my life I've never known anything

938

00:43:21,140 --> 00:43:19,230

different than that you see and not

939

00:43:23,420 --> 00:43:21,150

everybody does that and I'm not saying

940

00:43:26,300 --> 00:43:23,430

it's better or worse I'm just saying

941

00:43:28,850 --> 00:43:26,310

that many many people are empaths

942

00:43:29,930 --> 00:43:28,860

and are ashamed of it and feel like

943

00:43:31,820 --> 00:43:29,940

there's something wrong with them

944

00:43:34,690 --> 00:43:31,830

because they're misdiagnosed as a

945

00:43:38,140 --> 00:43:34,700

agoraphobia generalized anxiety disorder

946

00:43:40,970 --> 00:43:38,150

depression when really the primary

947

00:43:42,050 --> 00:43:40,980

diagnosis is you're an empath and here's

948

00:43:45,370 --> 00:43:42,060

what you do about it

949

00:43:49,310 --> 00:43:45,380

you don't go first line two medications

950

00:43:51,650 --> 00:43:49,320

you learn how to not absorb the energy

951  
00:43:53,390 --> 00:43:51,660  
of others into your own body and begin

952  
00:43:55,250 --> 00:43:53,400  
to think of it from a totally different

953  
00:43:58,190 --> 00:43:55,260  
mindset that's why I wrote the empath

954  
00:44:00,140 --> 00:43:58,200  
Survival Guide to give people a lens to

955  
00:44:04,070 --> 00:44:00,150  
see the experience in a very practical

956  
00:44:06,080 --> 00:44:04,080  
way because I love being an empath I I

957  
00:44:07,760 --> 00:44:06,090  
wouldn't know what it's like not to be

958  
00:44:11,000 --> 00:44:07,770  
and I wouldn't want to because my

959  
00:44:13,160 --> 00:44:11,010  
experience of life is so deep and my

960  
00:44:15,890 --> 00:44:13,170  
intuition can go to so many different

961  
00:44:19,160 --> 00:44:15,900  
levels and I love nature as many amp

962  
00:44:21,770 --> 00:44:19,170  
hours do I lift water but I have a great

963  
00:44:24,530 --> 00:44:21,780

need for a long time as many am past due

964

00:44:26,480 --> 00:44:24,540

and solitude and quiet now I couldn't

965

00:44:30,140 --> 00:44:26,490

live in a house with the TV blaring all

966

00:44:33,020 --> 00:44:30,150

the time it was just assault me and you

967

00:44:35,930 --> 00:44:33,030

know there some accommodations I have to

968

00:44:36,590 --> 00:44:35,940

make with my partner because of my need

969

00:44:39,080 --> 00:44:36,600

for a loan

970

00:44:41,750 --> 00:44:39,090

time and their conversations that he and

971

00:44:43,790 --> 00:44:41,760

I have to have all the time you know

972

00:44:45,700 --> 00:44:43,800

about what it's like for me to be an

973

00:44:48,080 --> 00:44:45,710

empath and feel comfortable and

974

00:44:51,290 --> 00:44:48,090

compromise and all that so it's a whole

975

00:44:52,850 --> 00:44:51,300

new world when you open up as an empath

976

00:44:54,590 --> 00:44:52,860

and there are many different things to

977

00:44:57,920 --> 00:44:54,600

consider other than you have a

978

00:45:01,630 --> 00:44:57,930

pathological diagnosis I sleep with the

979

00:45:10,760 --> 00:45:08,060

so that kills that right there let's

980

00:45:14,600 --> 00:45:10,770

let's talk about this for a second how

981

00:45:17,450 --> 00:45:14,610

does one know if they are an empath or

982

00:45:19,310 --> 00:45:17,460

not because this audience is a big

983

00:45:20,930 --> 00:45:19,320

audience and and right now they're

984

00:45:23,150 --> 00:45:20,940

listening to you in some are saying you

985

00:45:25,190 --> 00:45:23,160

know what I'm resonating with this I've

986

00:45:28,400 --> 00:45:25,200

always wondered if I'm an empath they

987

00:45:30,050 --> 00:45:28,410

may not be how does one figure that out

988

00:45:33,800 --> 00:45:30,060

because a lot of people are drained by

989

00:45:35,120 --> 00:45:33,810

malls or crowded subways if you know

990

00:45:36,680 --> 00:45:35,130

what I mean what have you and that

991

00:45:39,260 --> 00:45:36,690

doesn't mean that they are an empath

992

00:45:41,750 --> 00:45:39,270

right well you know they might be

993

00:45:45,200 --> 00:45:41,760

partial impasse because non empath

994

00:45:48,680 --> 00:45:45,210

actually get energized by large parties

995

00:45:50,450 --> 00:45:48,690

and noise and lots of people they feel

996

00:45:51,800 --> 00:45:50,460

like something's happening and you know

997

00:45:53,240 --> 00:45:51,810

they're really you know getting

998

00:45:55,340 --> 00:45:53,250

energized by it but there's a

999

00:45:56,960 --> 00:45:55,350

self-assessment test in the beginning of

1000

00:45:59,240 --> 00:45:56,970

the empath Survival Guide

1001  
00:46:01,040 --> 00:45:59,250  
so you can self diagnose yourself as

1002  
00:46:03,200 --> 00:46:01,050  
you're an empath and some of the

1003  
00:46:06,200 --> 00:46:03,210  
questions include have I been labeled

1004  
00:46:09,890 --> 00:46:06,210  
overly sensitive or introverted all my

1005  
00:46:13,790 --> 00:46:09,900  
life do I frequently get overwhelmed or

1006  
00:46:16,160 --> 00:46:13,800  
anxious do I often feel like I don't fit

1007  
00:46:18,680 --> 00:46:16,170  
in you know that's very common where I

1008  
00:46:20,840 --> 00:46:18,690  
felt as a little girl that I wish that

1009  
00:46:23,000 --> 00:46:20,850  
you know my real family from another

1010  
00:46:23,660 --> 00:46:23,010  
planet would land in my front yard and

1011  
00:46:27,530 --> 00:46:23,670  
take me away

1012  
00:46:35,030 --> 00:46:27,540  
rawhide right yeah I am definitely not

1013  
00:46:37,760 --> 00:46:35,040

an empath everything I want the party I

1014

00:46:42,320 --> 00:46:37,770

want the crowded room I want you know I

1015

00:46:44,330 --> 00:46:42,330

I need I love and I am gregarious I got

1016

00:46:47,270 --> 00:46:44,340

to be the loudest guy in the room it's

1017

00:46:50,030 --> 00:46:47,280

just the way that it is so then well

1018

00:46:56,420 --> 00:46:50,040

okay my dashes my hopes are dashed

1019

00:46:58,190 --> 00:46:56,430

I think it's wonderful how you are it's

1020

00:47:00,080 --> 00:46:58,200

wonderful how we all are but the thing

1021

00:47:01,820 --> 00:47:00,090

is with them pass is that they kind of

1022

00:47:03,250 --> 00:47:01,830

power in the corners and they think

1023

00:47:05,780 --> 00:47:03,260

there's something wrong with them and

1024

00:47:09,560 --> 00:47:05,790

you know they're very sensitive to noise

1025

00:47:11,630 --> 00:47:09,570

smells or excessive talking and chemical

1026

00:47:13,310 --> 00:47:11,640

sensitivities and they prefer to take

1027

00:47:15,770 --> 00:47:13,320

their own car place and so they could

1028

00:47:18,530 --> 00:47:15,780

leave early and all of this should not

1029

00:47:20,270 --> 00:47:18,540

be labeled as quote neurotic right right

1030

00:47:22,190 --> 00:47:20,280

it's it's about I want everyone

1031

00:47:24,560 --> 00:47:22,200

listening to just know that there's

1032

00:47:27,140 --> 00:47:24,570

nothing wrong with you and when you

1033

00:47:30,050 --> 00:47:27,150

really learn how to honor your needs and

1034

00:47:32,630 --> 00:47:30,060

not take on the energy of others then

1035

00:47:34,790 --> 00:47:32,640

you can thrive as an empath I mean you

1036

00:47:38,180 --> 00:47:34,800

can really sort I have so much fun in

1037

00:47:40,580 --> 00:47:38,190

life and I love Dean I love going deep

1038

00:47:42,920 --> 00:47:40,590

with people I don't like a lot of people

1039

00:47:46,580 --> 00:47:42,930

at once but I like one to one or a few

1040

00:47:48,800 --> 00:47:46,590

people and I see patients so I you know

1041

00:47:51,200 --> 00:47:48,810

have that one-to-one depth of contact

1042

00:47:55,460 --> 00:47:51,210

which I've done since I did my residency

1043

00:47:58,430 --> 00:47:55,470

you know in the 80s and I was just gonna

1044

00:48:00,980 --> 00:47:58,440

say like a small dinner party for five

1045

00:48:09,890 --> 00:48:00,990

six people you thrive there don't you

1046

00:48:12,640 --> 00:48:09,900

well that's actually a large yeah Wow we

1047

00:48:17,290 --> 00:48:12,650

are opposite I find that fascinating I

1048

00:48:20,000 --> 00:48:17,300

really really really yeah right exactly

1049

00:48:21,530 --> 00:48:20,010

well well the next dinner party that we

1050

00:48:26,630 --> 00:48:21,540

have will make sure that it's extra

1051

00:48:31,130 --> 00:48:26,640

small for you but the let's continue

1052

00:48:33,470 --> 00:48:31,140

down this continue down this road so for

1053

00:48:35,900 --> 00:48:33,480

you with your patients and your

1054

00:48:37,420 --> 00:48:35,910

one-on-one do you disclose with them

1055

00:48:40,040 --> 00:48:37,430

that you're an empath

1056

00:48:42,800 --> 00:48:40,050

well most of them no because that's why

1057

00:48:43,580 --> 00:48:42,810

they come to me right right okay a dumb

1058

00:48:46,010 --> 00:48:43,590

question

1059

00:48:48,110 --> 00:48:46,020

but if but I think I know you know what

1060

00:48:50,860 --> 00:48:48,120

I'm alluding to here is this something

1061

00:48:53,900 --> 00:48:50,870

that you are completely open with now

1062

00:48:55,850 --> 00:48:53,910

well you know if somebody came to me and

1063

00:48:57,380 --> 00:48:55,860

they didn't know this let's say I

1064

00:48:59,420 --> 00:48:57,390

wouldn't make a big deal about it I

1065

00:49:01,640 --> 00:48:59,430

wouldn't mention it I would just use it

1066

00:49:03,480 --> 00:49:01,650

to help them and to be of service to

1067

00:49:06,270 --> 00:49:03,490

them and whether

1068

00:49:08,100 --> 00:49:06,280

and with our children this is this is

1069

00:49:11,820 --> 00:49:08,110

very interesting if we see some of these

1070

00:49:14,520 --> 00:49:11,830

things going on with our children let's

1071

00:49:17,430 --> 00:49:14,530

not jump to conclusions here and think

1072

00:49:19,560 --> 00:49:17,440

that it's some kind of OCD or there's

1073

00:49:22,350 --> 00:49:19,570

something else going on here that some

1074

00:49:25,110 --> 00:49:22,360

crazy chronic thing that just maybe they

1075

00:49:29,700 --> 00:49:25,120

may be sensitive and we need to identify

1076

00:49:32,430 --> 00:49:29,710

that very early exactly and I feel

1077

00:49:35,160 --> 00:49:32,440

especially strongly about that because I

1078

00:49:36,990 --> 00:49:35,170

wasn't you know acknowledged I was all

1079

00:49:39,630 --> 00:49:37,000

alone as a child and it's a horrible

1080

00:49:42,540 --> 00:49:39,640

feeling to not know what's going on and

1081

00:49:45,690 --> 00:49:42,550

I was an only child anyway so it was you

1082

00:49:47,760 --> 00:49:45,700

know lonely and you know to raise them

1083

00:49:49,590 --> 00:49:47,770

and support them in a way where they can

1084

00:49:52,890 --> 00:49:49,600

thrive and there's a chapter in the book

1085

00:49:55,290 --> 00:49:52,900

on raising empath children and what to

1086

00:49:57,930 --> 00:49:55,300

look for if your child is an empath and

1087

00:50:00,150 --> 00:49:57,940

how to help them and how to help bring

1088

00:50:02,010 --> 00:50:00,160

out all their talents and their gifts

1089

00:50:04,290 --> 00:50:02,020

you know and one thing that parents

1090

00:50:06,930 --> 00:50:04,300

traditionally do is they over schedule

1091

00:50:09,480 --> 00:50:06,940

their children if they're an impact that

1092

00:50:12,050 --> 00:50:09,490

won't work well the empath child will

1093

00:50:15,060 --> 00:50:12,060

get overwhelmed or sick or you know

1094

00:50:17,220 --> 00:50:15,070

anxious so empath children are very

1095

00:50:19,740 --> 00:50:17,230

creative and they look you know they're

1096

00:50:21,720 --> 00:50:19,750

a long time where they could imagine now

1097

00:50:24,810 --> 00:50:21,730

I remember always living between the

1098

00:50:27,300 --> 00:50:24,820

spaces of everything you know I always

1099

00:50:28,920 --> 00:50:27,310

knew there was a reality that was so

1100

00:50:31,470 --> 00:50:28,930

much bigger and so much more interesting

1101

00:50:33,930 --> 00:50:31,480

than this one and I would just kind of

1102

00:50:36,570 --> 00:50:33,940

find my way there in my daydreams and

1103

00:50:38,940 --> 00:50:36,580

empath children often like to do that

1104

00:50:42,780 --> 00:50:38,950

because their intuition is so intense

1105

00:50:45,420 --> 00:50:42,790

they can feel into realities that though

1106

00:50:46,530 --> 00:50:45,430

most people can't and so parents need to

1107

00:50:51,000 --> 00:50:46,540

be aware of that

1108

00:50:53,070 --> 00:50:51,010

what percentage of us are empaths well

1109

00:50:56,100 --> 00:50:53,080

there's been studies done by Elaine

1110

00:51:00,720 --> 00:50:56,110

Aaron on high sensitivity and it's about

1111

00:51:02,850 --> 00:51:00,730

20% however I feel it's more than that

1112

00:51:04,860 --> 00:51:02,860

because on my book tour for the empath

1113

00:51:07,110 --> 00:51:04,870

Survival Guide I met people all around

1114

00:51:09,270 --> 00:51:07,120

the country who were never and past

1115

00:51:12,990 --> 00:51:09,280

before his children or earlier in their

1116

00:51:15,330 --> 00:51:13,000

life but have become and passed now as a

1117

00:51:16,450 --> 00:51:15,340

result of the world situation and the

1118

00:51:19,420 --> 00:51:16,460

insane amount of

1119

00:51:22,030 --> 00:51:19,430

stress negativity and horror every day

1120

00:51:25,300 --> 00:51:22,040

it gets transmitted through the news and

1121

00:51:28,240 --> 00:51:25,310

so their normal defenses aren't working

1122

00:51:31,060 --> 00:51:28,250

and they get tired and they get upset

1123

00:51:33,370 --> 00:51:31,070

and they feel more sensitive than they

1124

00:51:33,880 --> 00:51:33,380

ever have in their lives and so empath

1125

00:51:36,490 --> 00:51:33,890

sir

1126  
00:51:38,530 --> 00:51:36,500  
being awakened each day just by the

1127  
00:51:42,849 --> 00:51:38,540  
sheer level of stress and negativity

1128  
00:51:45,849 --> 00:51:42,859  
that's in the airwaves what is that is

1129  
00:51:49,089 --> 00:51:45,859  
that advice that should be dispensed

1130  
00:51:52,510 --> 00:51:49,099  
regularly you know avoid avoid the news

1131  
00:51:55,060 --> 00:51:52,520  
I do I avoid that it changes me

1132  
00:51:58,060 --> 00:51:55,070  
physically if I watch any mainstream

1133  
00:52:00,970 --> 00:51:58,070  
media I just I get very upset so maybe I

1134  
00:52:04,060 --> 00:52:00,980  
am a little bit of an empath but is that

1135  
00:52:06,670 --> 00:52:04,070  
is that is that advice that everybody

1136  
00:52:08,770 --> 00:52:06,680  
should listen to well especially yeah

1137  
00:52:10,510 --> 00:52:08,780  
well especially on past each person has

1138  
00:52:14,650 --> 00:52:10,520

to decide for themselves how much they

1139

00:52:17,140 --> 00:52:14,660

can take but it's very negative to keep

1140

00:52:20,890 --> 00:52:17,150

having that input into your psyche you

1141

00:52:23,829 --> 00:52:20,900

know read poetry and you know read

1142

00:52:25,900 --> 00:52:23,839

novels and meditate and go out in nature

1143

00:52:29,560 --> 00:52:25,910

and be good to your family and

1144

00:52:32,020 --> 00:52:29,570

experience love and connection you don't

1145

00:52:33,910 --> 00:52:32,030

want to focus all your energies on this

1146

00:52:36,730 --> 00:52:33,920

darkness that's all around us all the

1147

00:52:40,180 --> 00:52:36,740

time it's just not healthy but if you're

1148

00:52:43,230 --> 00:52:40,190

a biker in a gang right and you're an

1149

00:52:48,820 --> 00:52:43,240

empath you can't tell him to read poetry

1150

00:52:53,650 --> 00:52:48,830

we probably does he probably does but

1151  
00:52:57,190 --> 00:52:53,660  
you know what I mean so how do we start

1152  
00:52:59,230 --> 00:52:57,200  
to address this I mean there are those

1153  
00:53:01,150 --> 00:52:59,240  
out there that that know that they're

1154  
00:53:03,070 --> 00:53:01,160  
getting upset by certain things but they

1155  
00:53:06,099 --> 00:53:03,080  
have a lifestyle but they need to

1156  
00:53:08,589 --> 00:53:06,109  
initiate change or there could be a bad

1157  
00:53:11,589 --> 00:53:08,599  
diagnosis coming down the road yeah

1158  
00:53:13,900 --> 00:53:11,599  
unfortunately that is true because when

1159  
00:53:17,320 --> 00:53:13,910  
you're on sensory overload chronically

1160  
00:53:19,900 --> 00:53:17,330  
for year after year your immunity goes

1161  
00:53:21,820 --> 00:53:19,910  
down and I've also written a chapter in

1162  
00:53:24,480 --> 00:53:21,830  
the book on empty house and health and

1163  
00:53:27,640 --> 00:53:24,490

autoimmune diseases because when you are

1164

00:53:29,710 --> 00:53:27,650

constantly stressed out your immunity

1165

00:53:32,109 --> 00:53:29,720

goes down and then you're just

1166

00:53:35,260 --> 00:53:32,119

acceptable to things like fibromyalgia

1167

00:53:40,060 --> 00:53:35,270

chronic fatigue in all kinds of things

1168

00:53:42,580 --> 00:53:40,070

an adrenal burnout and so what you have

1169

00:53:46,089 --> 00:53:42,590

to learn as an empath is how to calm

1170

00:53:49,240 --> 00:53:46,099

your energy in your body and really

1171

00:53:52,390 --> 00:53:49,250

remedy the sensory overload a sensory

1172

00:53:54,550 --> 00:53:52,400

overload is extremely painful I have it

1173

00:53:56,770 --> 00:53:54,560

at times when I'm in situations that I

1174

00:53:58,780 --> 00:53:56,780

can't avoid like being in airports and

1175

00:54:00,370 --> 00:53:58,790

being stuck there it's really a trigger

1176

00:54:04,630 --> 00:54:00,380

for me it's just too much stimulation

1177

00:54:07,540 --> 00:54:04,640

and it's painful and so I encourage

1178

00:54:09,190 --> 00:54:07,550

impasse to just catch it early you know

1179

00:54:12,099 --> 00:54:09,200

if you notice you're going on sensory

1180

00:54:14,440 --> 00:54:12,109

overload you know stop breathe go in the

1181

00:54:16,599 --> 00:54:14,450

bathroom wherever you are you know do a

1182

00:54:18,370 --> 00:54:16,609

meditation you know then I heart

1183

00:54:21,640 --> 00:54:18,380

meditation that I described in the book

1184

00:54:24,010 --> 00:54:21,650

to bring your energy down and so you

1185

00:54:26,440 --> 00:54:24,020

have to learn these techniques to shift

1186

00:54:28,240 --> 00:54:26,450

your own energy very quickly and when

1187

00:54:29,980 --> 00:54:28,250

you do a life is very different because

1188

00:54:33,670 --> 00:54:29,990

you don't go year after year just

1189

00:54:37,540 --> 00:54:33,680

feeling off on sensory overload about

1190

00:54:39,339 --> 00:54:37,550

ten years ago doctor I encountered

1191

00:54:45,190 --> 00:54:39,349

something like I had to go to my doctor

1192

00:54:48,400 --> 00:54:45,200

my hands hurt like the the surface of my

1193

00:54:51,640 --> 00:54:48,410

skin I could feel my and it was only

1194

00:54:55,540 --> 00:54:51,650

from the wrists up right I could feel my

1195

00:54:57,910 --> 00:54:55,550

nerves it fit I could feel that the ends

1196

00:55:00,190 --> 00:54:57,920

of my nerves it was a bizarre thing I

1197

00:55:02,440 --> 00:55:00,200

thought I was losing my mind and the

1198

00:55:06,640 --> 00:55:02,450

only thing that would chill it out was

1199

00:55:08,950 --> 00:55:06,650

cold water and and I was constantly do

1200

00:55:10,960 --> 00:55:08,960

washing my all day long right just

1201  
00:55:17,560 --> 00:55:10,970  
constantly till I finally went to my

1202  
00:55:24,310 --> 00:55:20,950  
I took one I took one and it stopped it

1203  
00:55:27,609 --> 00:55:24,320  
for the night but she also said you need

1204  
00:55:30,820 --> 00:55:27,619  
to this is you're getting a sensory

1205  
00:55:31,750 --> 00:55:30,830  
overload your do you you are excited you

1206  
00:55:36,609 --> 00:55:31,760  
need to calm down

1207  
00:55:39,070 --> 00:55:36,619  
and you need more sleep and and so the

1208  
00:55:41,589 --> 00:55:39,080  
first night I took the medication yes it

1209  
00:55:43,450 --> 00:55:41,599  
ended it was like the misery was gone

1210  
00:55:45,910 --> 00:55:43,460  
but what I started to

1211  
00:55:49,900 --> 00:55:45,920  
was not getting excited trying not to

1212  
00:55:52,840 --> 00:55:49,910  
and sleeping more and that fixed it

1213  
00:55:58,390 --> 00:55:52,850

could I have not taken the medication

1214

00:56:00,700 --> 00:55:58,400

and still fixed it probably did you just

1215

00:56:04,300 --> 00:56:00,710

take it temporarily I took it one night

1216

00:56:05,140 --> 00:56:04,310

oh yeah well sleep is the great bomb and

1217

00:56:08,200 --> 00:56:05,150

great healer

1218

00:56:10,570 --> 00:56:08,210

whenever I get overloaded I just go in

1219

00:56:13,990 --> 00:56:10,580

my room close the door nobody's allowed

1220

00:56:16,690 --> 00:56:14,000

in and I sleep I meditate I just quiet

1221

00:56:17,530 --> 00:56:16,700

it down but sleep is just essential if

1222

00:56:20,590 --> 00:56:17,540

you want to heal

1223

00:56:23,350 --> 00:56:20,600

you can't not sleep or you can't sleep

1224

00:56:26,230 --> 00:56:23,360

four hours a night and heal properly so

1225

00:56:28,840 --> 00:56:26,240

healing is so deep and there's a type of

1226

00:56:31,180 --> 00:56:28,850

memoir called a dream empath which you

1227

00:56:32,680 --> 00:56:31,190

know I am I've always remembered my

1228

00:56:35,380 --> 00:56:32,690

dreams since I've been little and I

1229

00:56:37,240 --> 00:56:35,390

follow their guidance so I need to dream

1230

00:56:38,830 --> 00:56:37,250

and I need to remember my dreams and

1231

00:56:41,830 --> 00:56:38,840

write them down because they guide me

1232

00:56:44,380 --> 00:56:41,840

each day and if I don't sleep I can't

1233

00:56:46,720 --> 00:56:44,390

remember my dreams and so it's just a

1234

00:56:49,570 --> 00:56:46,730

vicious cycle so I need my sleep so I

1235

00:56:51,820 --> 00:56:49,580

really underscore your point how

1236

00:56:54,310 --> 00:56:51,830

important sleep is for healing yeah

1237

00:56:57,010 --> 00:56:54,320

absolutely let's take a break right here

1238

00:56:59,340 --> 00:56:57,020

our guest tonight dr. Judith Orlov and

1239

00:57:01,930 --> 00:56:59,350

we're talking about her book the empaths

1240

00:57:04,000 --> 00:57:01,940

Survival Guide life strategies for

1241

00:57:06,430 --> 00:57:04,010

sensitive people she's also going to be

1242

00:57:07,990 --> 00:57:06,440

speaking at the conscious life Expo in

1243

00:57:11,260 --> 00:57:08,000

two short weeks right here in Los

1244

00:57:12,460 --> 00:57:11,270

Angeles at the LAX Hilton more with the

1245

00:57:15,010 --> 00:57:12,470

good doctor but after this short break

1246

00:57:17,290 --> 00:57:15,020

I'm Arrow's to be Church this is fade to

1247

00:57:19,980 --> 00:57:17,300

black on the GameChanger network and kg

1248

00:57:36,650 --> 00:57:19,990

RA the planet we'll be right back

1249

00:57:40,650 --> 00:57:38,730

this is fade to black

1250

00:57:44,310 --> 00:57:40,660

with Jimmy Church on the game changer

1251  
00:57:46,100 --> 00:57:44,320  
radio network and K GRA the global radio

1252  
00:57:49,440 --> 00:57:46,110  
alliance

1253  
00:57:52,770 --> 00:57:49,450  
this is kera digital broadcasting

1254  
00:57:57,240 --> 00:57:52,780  
station Salt Lake City Utah Van Buren

1255  
00:57:59,430 --> 00:57:57,250  
Arkansas hello fader Knotts this is

1256  
00:58:00,450 --> 00:57:59,440  
Jimmy Church and I'm introducing new

1257  
00:58:02,820 --> 00:58:00,460  
Pharma

1258  
00:58:05,900 --> 00:58:02,830  
a company whose products are based on

1259  
00:58:10,350 --> 00:58:05,910  
science human function based on the

1260  
00:58:12,810 --> 00:58:10,360  
endocannabinoid system or ECS new pharma

1261  
00:58:15,450 --> 00:58:12,820  
firmly believes in this science and

1262  
00:58:18,360 --> 00:58:15,460  
their research indicates that support of

1263  
00:58:21,510 --> 00:58:18,370

the ECS provides the beneficial effects

1264

00:58:24,540 --> 00:58:21,520

for a healthy lifestyle new Pharma

1265

00:58:25,350 --> 00:58:24,550

science includes relief capsules for

1266

00:58:28,410 --> 00:58:25,360

pain relief

1267

00:58:31,500 --> 00:58:28,420

sleep capsules which are natural support

1268

00:58:34,950 --> 00:58:31,510

for occasional sleeplessness Foundation

1269

00:58:38,010 --> 00:58:34,960

is support for your ECS and fit capsules

1270

00:58:39,660 --> 00:58:38,020

support your active lifestyle just click

1271

00:58:41,280 --> 00:58:39,670

on the banner at Jimmy Church radio.com

1272

00:58:45,300 --> 00:58:41,290

and use the promo code

1273

00:58:48,660 --> 00:58:45,310

f2b for a 33% discount on all of their

1274

00:58:50,550 --> 00:58:48,670

products or visit new Pharma comm for

1275

00:59:03,449 --> 00:58:50,560

all of the knowledge on the science

1276

00:59:07,959 --> 00:59:06,099

hi this is Ray sobs here reppin the

1277

00:59:10,959 --> 00:59:07,969

planet and you're listening to my good

1278

00:59:13,509 --> 00:59:10,969

friend Jimmy Church fade to black

1279

00:59:18,069 --> 00:59:13,519

on the GameChanger network and the kgr a

1280

00:59:20,229 --> 00:59:18,079

digital broadcast station this is Toby

1281

00:59:44,559 --> 00:59:20,239

Kebbell you're listening to Jimmy Church

1282

00:59:48,099 --> 00:59:44,569

radio.com ancient life oil life changing

1283

00:59:50,709 --> 00:59:48,109

the real oil CBB is truly ancient life

1284

00:59:53,259 --> 00:59:50,719

oil from the source this oil has no

1285

00:59:56,349 --> 00:59:53,269

psychoactive effect and is also legal in

1286

00:59:58,269 --> 00:59:56,359

all 50 states when you're healthy you're

1287

01:00:00,759 --> 00:59:58,279

happy the truth about this wonderful

1288

01:00:03,719 --> 01:00:00,769

plant is that it wants to give back to

1289

01:00:07,029 --> 01:00:03,729

mankind life longevity and happiness

1290

01:00:09,459 --> 01:00:07,039

ancient life oil our golden grain all

1291

01:00:12,009 --> 01:00:09,469

organic non-gmo and infused with

1292

01:00:14,349 --> 01:00:12,019

high-quality liquid coconut oil it's

1293

01:00:17,709 --> 01:00:14,359

simple just go to ancient life oil

1294

01:00:21,579 --> 01:00:17,719

dot-com today that's ancient life oil

1295

01:00:25,709 --> 01:00:21,589

dot-com the best purest organic and

1296

01:00:27,609 --> 01:00:25,719

non-gmo CBD in the world gobekli tepe

1297

01:00:28,959 --> 01:00:27,619

the statements made regarding these

1298

01:00:30,099 --> 01:00:28,969

products have not been evaluated by the

1299

01:00:31,299 --> 01:00:30,109

Food and Drug Administration these

1300

01:00:33,279 --> 01:00:31,309

products are not intended to diagnose

1301  
01:00:34,479 --> 01:00:33,289  
treat cure or prevent any disease please

1302  
01:00:35,949 --> 01:00:34,489  
consult your health care professional

1303  
01:00:37,809 --> 01:00:35,959  
about potential interactions or other

1304  
01:00:39,549 --> 01:00:37,819  
possible complications before using any

1305  
01:00:41,259 --> 01:00:39,559  
product this is my - Hanks of the

1306  
01:00:43,749 --> 01:00:41,269  
graylien report and you're listening to

1307  
01:00:45,609 --> 01:00:43,759  
jimmy church on fade to black across the

1308  
01:00:48,249 --> 01:00:45,619  
globe on the GameChanger radio network

1309  
01:00:49,260 --> 01:00:48,259  
and the one and only kgr a radio the

1310  
01:01:04,680 --> 01:00:49,270  
planet

1311  
01:01:11,589 --> 01:01:09,180  
[Music]

1312  
01:01:12,849 --> 01:01:11,599  
welcome back fade to black our meals to

1313  
01:01:16,180 --> 01:01:12,859

be Church you can follow me on Twitter

1314

01:01:19,839 --> 01:01:16,190

at Jay Church radio you can follow dr.

1315

01:01:22,270 --> 01:01:19,849

Judith Orla Judith Orlov MD on Twitter

1316

01:01:23,950 --> 01:01:22,280

the links are up this segment of fade

1317

01:01:26,050 --> 01:01:23,960

black is proudly brought to you by River

1318

01:01:28,780 --> 01:01:26,060

Moon coffee makers of the fade to black

1319

01:01:32,349 --> 01:01:28,790

blend use the promo code f2b blend

1320

01:01:35,620 --> 01:01:32,359

you'll get 15% off of your order now dr.

1321

01:01:38,710 --> 01:01:35,630

Judith I just mentioned coffee right

1322

01:01:41,140 --> 01:01:38,720

we're big coffee people around here is

1323

01:01:43,329 --> 01:01:41,150

that something that could be negative

1324

01:01:47,470 --> 01:01:43,339

towards an empath getting getting the

1325

01:01:50,230 --> 01:01:47,480

nerves a little excited well it can go

1326

01:01:53,230 --> 01:01:50,240

either way yes hot coffee it can be a

1327

01:01:56,020 --> 01:01:53,240

mild antidepressant and it can help you

1328

01:01:58,030 --> 01:01:56,030

to feel balanced I depend on my one cup

1329

01:02:01,990 --> 01:01:58,040

of coffee in the morning it just gets me

1330

01:02:03,760 --> 01:02:02,000

going and my creativity and but if I

1331

01:02:06,910 --> 01:02:03,770

drink more than that I'll burn myself

1332

01:02:09,339 --> 01:02:06,920

out so each empath really has to

1333

01:02:11,230 --> 01:02:09,349

determine with food with coffee with

1334

01:02:13,450 --> 01:02:11,240

anything now how does it feel in your

1335

01:02:15,730 --> 01:02:13,460

body and if you abuse it are you gonna

1336

01:02:17,620 --> 01:02:15,740

burn out is your stomach going to be you

1337

01:02:19,690 --> 01:02:17,630

know upset are you going to have

1338

01:02:22,210 --> 01:02:19,700

insomnia or other problems you have to

1339

01:02:23,800 --> 01:02:22,220

kind of weigh and measure everything but

1340

01:02:26,430 --> 01:02:23,810

being an empath doesn't mean that you

1341

01:02:28,930 --> 01:02:26,440

can't you know into wonderful food or

1342

01:02:31,200 --> 01:02:28,940

you know drink coffee it just means you

1343

01:02:33,849 --> 01:02:31,210

have to be sensitive to your body if you

1344

01:02:37,510 --> 01:02:33,859

over stimulate yourself or if you burn

1345

01:02:40,660 --> 01:02:37,520

yourself out now we started to talk

1346

01:02:45,160 --> 01:02:40,670

about this earlier which is this turning

1347

01:02:48,339 --> 01:02:45,170

it on and off you know being able to how

1348

01:02:50,430 --> 01:02:48,349

does one go about that if you you know

1349

01:02:53,890 --> 01:02:50,440

super sensitive and everything is

1350

01:02:56,109 --> 01:02:53,900

electric in your world and you're

1351

01:02:59,140 --> 01:02:56,119

hearing and seeing all of these things

1352

01:03:01,720 --> 01:02:59,150

how do you turn it off well I sent

1353

01:03:03,730 --> 01:03:01,730

really good boundaries with people and

1354

01:03:06,520 --> 01:03:03,740

pass need to learn how to say no to

1355

01:03:08,650 --> 01:03:06,530

people and they're often people pleasers

1356

01:03:11,650 --> 01:03:08,660

they want everyone to be happy they want

1357

01:03:13,750 --> 01:03:11,660

everyone to heal everyone and that's a

1358

01:03:15,970 --> 01:03:13,760

big cause for burnout among implants

1359

01:03:18,010 --> 01:03:15,980

because they're such givers and so I've

1360

01:03:20,319 --> 01:03:18,020

learned to really say no and to have

1361

01:03:21,880 --> 01:03:20,329

fierce time management I don't you know

1362

01:03:24,550 --> 01:03:21,890

let too many people invade my

1363

01:03:27,160 --> 01:03:24,560

space there's a chapter in the in the

1364

01:03:29,290 --> 01:03:27,170

book on energy vampires you know and

1365

01:03:32,050 --> 01:03:29,300

these are people who can suck the very

1366

01:03:34,390 --> 01:03:32,060

life out of you and so I don't really

1367

01:03:38,320 --> 01:03:34,400

give them the time of day you know I I

1368

01:03:40,150 --> 01:03:38,330

set limits I say no I don't engage them

1369

01:03:41,740 --> 01:03:40,160

and there are all kinds of strategies on

1370

01:03:44,140 --> 01:03:41,750

what to do with different types that

1371

01:03:46,780 --> 01:03:44,150

impassé you to learn but you do need to

1372

01:03:48,490 --> 01:03:46,790

learn how to deal with these kinds of

1373

01:03:51,580 --> 01:03:48,500

influences because otherwise you're just

1374

01:03:54,670 --> 01:03:51,590

going to be sapped and overloaded all

1375

01:03:56,890 --> 01:03:54,680

the time and this question just came in

1376

01:03:59,500 --> 01:03:56,900

from Twitter and the question is this my

1377

01:04:02,290 --> 01:03:59,510

cousin has bipolar disorder diagnosed

1378

01:04:08,590 --> 01:04:02,300

and medicated could that in some cases

1379

01:04:12,180 --> 01:04:08,600

be misdiagnosed as an empath probably

1380

01:04:15,430 --> 01:04:12,190

not but but this person who could have

1381

01:04:17,200 --> 01:04:15,440

part empathy and part empath and that

1382

01:04:19,720 --> 01:04:17,210

when you learn how to ground yourself

1383

01:04:21,610 --> 01:04:19,730

oftentimes you know with bipolar you

1384

01:04:23,710 --> 01:04:21,620

have to ground yourself it's very

1385

01:04:25,810 --> 01:04:23,720

essential because your biochemistry is

1386

01:04:27,520 --> 01:04:25,820

going all over the place bouncing all

1387

01:04:29,860 --> 01:04:27,530

over the place so you have to use

1388

01:04:32,980 --> 01:04:29,870

techniques through meditation through

1389

01:04:36,520 --> 01:04:32,990

being in nature through visualizations

1390

01:04:38,860 --> 01:04:36,530

to ground yourself and it only help this

1391

01:04:40,960 --> 01:04:38,870

person who's bipolar you know to learn

1392

01:04:44,620 --> 01:04:40,970

these techniques and if it really makes

1393

01:04:47,380 --> 01:04:44,630

a difference you know then I would say

1394

01:04:49,300 --> 01:04:47,390

yes this person is part in path but when

1395

01:04:52,180 --> 01:04:49,310

your biochemistry is is bouncing around

1396

01:04:59,350 --> 01:04:52,190

like that it's also just physical are we

1397

01:05:01,540 --> 01:04:59,360

over medicated today everybody's over

1398

01:05:04,690 --> 01:05:01,550

medicated if you look at television ads

1399

01:05:06,340 --> 01:05:04,700

every two seconds for medications you

1400

01:05:08,310 --> 01:05:06,350

know they're looking at us like a sick

1401

01:05:10,030 --> 01:05:08,320

society and so everyone's you know

1402

01:05:13,300 --> 01:05:10,040

hypochondriac they always think they

1403

01:05:16,300 --> 01:05:13,310

have something because of the money you

1404

01:05:20,410 --> 01:05:16,310

know behind you know big pharma is

1405

01:05:23,020 --> 01:05:20,420

really poisoning our minds to what true

1406

01:05:25,900 --> 01:05:23,030

health means do you do you have that

1407

01:05:28,360 --> 01:05:25,910

problem do you have you know your your

1408

01:05:31,920 --> 01:05:28,370

patients coming to you with the

1409

01:05:35,770 --> 01:05:31,930

diagnosis that they got from television

1410

01:05:40,359 --> 01:05:35,780

maybe not just from television but from

1411

01:05:43,329 --> 01:05:40,369

you know a psychiatrist or or a general

1412

01:05:45,970 --> 01:05:43,339

practitioner where I get sent people who

1413

01:05:49,140 --> 01:05:45,980

were not diagnosed properly as impasse

1414

01:05:53,799 --> 01:05:49,150

and they were given less a valium or

1415

01:05:56,710 --> 01:05:53,809

xanax or risperidone which is for really

1416

01:05:59,349 --> 01:05:56,720

intense anxiety you know due to what's

1417

01:06:02,230 --> 01:05:59,359

known as psychosis you know or they're

1418

01:06:04,390 --> 01:06:02,240

given lithium or bipolar so you know the

1419

01:06:07,000 --> 01:06:04,400

first thing I do when I see a patient as

1420

01:06:09,700 --> 01:06:07,010

I give them the the self-assessment exam

1421

01:06:12,450 --> 01:06:09,710

to see if they're an empath because that

1422

01:06:14,680 --> 01:06:12,460

changes how I treat them enormous Lee

1423

01:06:16,750 --> 01:06:14,690

because if you have somebody who's

1424

01:06:18,370 --> 01:06:16,760

absorbing the energy of other people

1425

01:06:20,079 --> 01:06:18,380

into their body all the time and they've

1426

01:06:22,299 --> 01:06:20,089

been doing that since they've been a

1427

01:06:25,420 --> 01:06:22,309

child they have to learn techniques not

1428

01:06:27,609 --> 01:06:25,430

to do that and when you do I can't tell

1429

01:06:29,829 --> 01:06:27,619

you the revelations that people have

1430

01:06:31,510 --> 01:06:29,839

they could finally feel comfortable in

1431

01:06:34,480 --> 01:06:31,520

their own skin because they feel in

1432

01:06:37,599 --> 01:06:34,490

control of what comes in to their bodies

1433

01:06:40,030 --> 01:06:37,609

oh yeah how quick did does that happen

1434

01:06:44,470 --> 01:06:40,040

where they finally start to settle down

1435

01:06:46,660 --> 01:06:44,480

oh pretty quick it's such an aha it's

1436

01:06:49,390 --> 01:06:46,670

such a missing piece for a lot of people

1437

01:06:51,309 --> 01:06:49,400

because they identify with so much of

1438

01:06:53,319 --> 01:06:51,319

you know what I'm talking about and the

1439

01:06:55,870 --> 01:06:53,329

questions I've received so many emails

1440

01:06:59,200 --> 01:06:55,880

and thank-yous and I've worked you know

1441

01:07:01,599 --> 01:06:59,210

so many people where knowing this piece

1442

01:07:03,670 --> 01:07:01,609

of information can be a radical turning

1443

01:07:06,099 --> 01:07:03,680

point for somebody who has never been

1444

01:07:08,380 --> 01:07:06,109

given the context to see themselves in a

1445

01:07:11,079 --> 01:07:08,390

positive way what's the difference

1446

01:07:14,170 --> 01:07:11,089

though between empathy and being an an

1447

01:07:17,109 --> 01:07:14,180

empath because well yeah what is the

1448

01:07:19,120 --> 01:07:17,119

difference well empathy is when your

1449

01:07:22,299 --> 01:07:19,130

heart goes out to someone either in

1450

01:07:24,220 --> 01:07:22,309

sadness or pain or with happiness you

1451

01:07:26,680 --> 01:07:24,230

know somebody just you know has a baby

1452

01:07:29,950 --> 01:07:26,690

born and they're so happy your heart

1453

01:07:31,660 --> 01:07:29,960

goes out to them but with an empath your

1454

01:07:34,660 --> 01:07:31,670

heart goes out to them but you absorb

1455

01:07:36,700 --> 01:07:34,670

that energy you're like a sponge and you

1456

01:07:40,660 --> 01:07:36,710

absorb that happiness or that sadness

1457

01:07:42,339 --> 01:07:40,670

into your own body and but empaths

1458

01:07:44,170 --> 01:07:42,349

aren't really trained to ask the

1459

01:07:46,660 --> 01:07:44,180

question is this emotion mine or

1460

01:07:49,270 --> 01:07:46,670

somebody else's as the minute you start

1461

01:07:51,490 --> 01:07:49,280

to train yourself to view situations

1462

01:07:53,890 --> 01:07:51,500

like that then you can really deal with

1463

01:07:57,970 --> 01:07:53,900

things differently so you could be an

1464

01:08:00,670 --> 01:07:57,980

empath with empathy but you but if you

1465

01:08:04,510 --> 01:08:00,680

have empathy you're not necessarily an

1466

01:08:06,790 --> 01:08:04,520

empath correct and I don't want to sound

1467

01:08:09,280 --> 01:08:06,800

like a novice here but and that sounds

1468

01:08:12,520 --> 01:08:09,290

very simple but for most that may be a

1469

01:08:14,530 --> 01:08:12,530

hard thing to differentiate yeah well

1470

01:08:16,690 --> 01:08:14,540

the key is whether you're absorbing

1471

01:08:19,420 --> 01:08:16,700

energy from other people and just notice

1472

01:08:21,730 --> 01:08:19,430

does your energy go up and down around

1473

01:08:23,829 --> 01:08:21,740

certain people you know do you suddenly

1474

01:08:26,530 --> 01:08:23,839

feel angry when you didn't feel that way

1475

01:08:29,020 --> 01:08:26,540

before do you suddenly feel nervous or

1476

01:08:32,500 --> 01:08:29,030

are all your symptoms exacerbated when

1477

01:08:35,110 --> 01:08:32,510

you're around certain people yeah I'm

1478

01:08:36,789 --> 01:08:35,120

sorry yeah go ahead and finish yeah so

1479

01:08:39,039 --> 01:08:36,799

when you have to ask yourself that and a

1480

01:08:41,050 --> 01:08:39,049

quick way to know that is it just get 50

1481

01:08:43,390 --> 01:08:41,060

feet away from them you're outside of

1482

01:08:46,570 --> 01:08:43,400

their energy field and usually the those

1483

01:08:50,320 --> 01:08:46,580

kind of symptoms go down and can you see

1484

01:08:54,870 --> 01:08:50,330

the energy too as well as an empath me

1485

01:08:57,880 --> 01:08:54,880

personally yes yes I can sometimes

1486

01:09:00,849 --> 01:08:57,890

especially during meditation or if I'm

1487

01:09:03,130 --> 01:09:00,859

in an altered state and even I feel it

1488

01:09:05,440 --> 01:09:03,140

all over I mean that's the joy of being

1489

01:09:08,620 --> 01:09:05,450

an empath but I don't absorb it I've

1490

01:09:11,380 --> 01:09:08,630

always seen reality as pinpoints of

1491

01:09:13,420 --> 01:09:11,390

light I've seen reality like that since

1492

01:09:15,400 --> 01:09:13,430

I've been a child and not everybody sees

1493

01:09:17,950 --> 01:09:15,410

it that way when I look at a white

1494

01:09:19,930 --> 01:09:17,960

ceiling you know or a wall

1495

01:09:22,510 --> 01:09:19,940

I see pinpoints of colored light and

1496

01:09:24,550 --> 01:09:22,520

that's just my baseline perception

1497

01:09:26,079 --> 01:09:24,560

that's better yeah that's very

1498

01:09:31,300 --> 01:09:26,089

interesting and you also mentioned

1499

01:09:34,090 --> 01:09:31,310

dreams yes I'm a big lover of dreams and

1500

01:09:36,970 --> 01:09:34,100

you know the dream and path loves James

1501

01:09:39,460 --> 01:09:36,980

and they are able to travel in their

1502

01:09:42,190 --> 01:09:39,470

dreams they're able to get guidance in

1503

01:09:45,430 --> 01:09:42,200

their dreams and even sometimes healing

1504

01:09:48,010 --> 01:09:45,440

energy and their dreams and so anyone

1505

01:09:49,900 --> 01:09:48,020

who's listening you know maybe you had

1506

01:09:52,030 --> 01:09:49,910

dreams as a child and then you've lost

1507

01:09:53,740 --> 01:09:52,040

track of them and maybe you're listening

1508

01:09:55,150 --> 01:09:53,750

to me and you suddenly feel something

1509

01:09:58,030 --> 01:09:55,160

where you want to remember them again

1510

01:10:00,730 --> 01:09:58,040

and get a dream journal put it by your

1511

01:10:03,010 --> 01:10:00,740

bed ask a question before you go to

1512

01:10:05,800 --> 01:10:03,020

sleep at night you know such as

1513

01:10:07,990 --> 01:10:05,810

send me a dream you know just to begin

1514

01:10:10,180 --> 01:10:08,000

again and then in the morning in the

1515

01:10:14,470 --> 01:10:10,190

hypnagogic state between sleep and

1516

01:10:16,660 --> 01:10:14,480

waking just be silent and see whatever

1517

01:10:19,450 --> 01:10:16,670

comes to you it can be a color it can be

1518

01:10:20,890 --> 01:10:19,460

an emotion it can be a flash whatever it

1519

01:10:23,320 --> 01:10:20,900

is then write it down immediately

1520

01:10:25,270 --> 01:10:23,330

because you won't remember it later this

1521

01:10:27,070 --> 01:10:25,280

dreams are very elusive because you're

1522

01:10:29,440 --> 01:10:27,080

in a different level of awareness and

1523

01:10:32,830 --> 01:10:29,450

then use that information that you write

1524

01:10:35,680 --> 01:10:32,840

down to guide your life you know I

1525

01:10:37,740 --> 01:10:35,690

literally was guided to go to medical

1526

01:10:42,190 --> 01:10:37,750

school on the basis of a dream I had

1527

01:10:46,060 --> 01:10:42,200

when somebody has a problem remembering

1528

01:10:48,250 --> 01:10:46,070

dreams or waking up in that state and I

1529

01:10:51,280 --> 01:10:48,260

think that most do we talk about that a

1530

01:10:54,910 --> 01:10:51,290

lot on this show what what do we do

1531

01:10:55,420 --> 01:10:54,920

about that me personally I remember my

1532

01:10:58,120 --> 01:10:55,430

dreams

1533

01:11:00,610 --> 01:10:58,130

okay I just do have that ability I can

1534

01:11:04,060 --> 01:11:00,620

remember them to the last detail I can

1535

01:11:06,550 --> 01:11:04,070

go in and out of a prior dream and and

1536

01:11:09,660 --> 01:11:06,560

pick up in that chapter where I left off

1537

01:11:13,690 --> 01:11:09,670

I have that ability but most don't

1538

01:11:16,090 --> 01:11:13,700

mm-hmm that's okay so you can start

1539

01:11:19,540 --> 01:11:16,100

wherever you are and most people are

1540

01:11:21,340 --> 01:11:19,550

asleep you know a winner awake yes

1541

01:11:23,560 --> 01:11:21,350

they're not aware of so many things that

1542

01:11:26,260 --> 01:11:23,570

are going on you know in terms of levels

1543

01:11:29,290 --> 01:11:26,270

of perceptions and realities and you

1544

01:11:32,380 --> 01:11:29,300

know that's just the nature of a lot of

1545

01:11:34,810 --> 01:11:32,390

humanity but you know if you want to

1546

01:11:37,180 --> 01:11:34,820

remember your dream that's all that will

1547

01:11:38,500 --> 01:11:37,190

take you don't want to do this if you

1548

01:11:40,900 --> 01:11:38,510

don't really want to do it it's

1549

01:11:43,300 --> 01:11:40,910

something you're drawn to do in terms of

1550

01:11:46,780 --> 01:11:43,310

developing intuition or developing

1551  
01:11:48,640 --> 01:11:46,790  
dreaming as an art sacred art you know

1552  
01:11:50,500 --> 01:11:48,650  
it's a devotion to me I mean I feel

1553  
01:11:53,950 --> 01:11:50,510  
really strongly about these things

1554  
01:11:56,400 --> 01:11:53,960  
it's my spiritual practice and so when I

1555  
01:11:59,590 --> 01:11:56,410  
do it I see it as sacred information

1556  
01:12:01,960 --> 01:11:59,600  
given to me to show me how to leave my

1557  
01:12:04,240 --> 01:12:01,970  
life to show me how to help others so

1558  
01:12:06,610 --> 01:12:04,250  
it's a very very precious thing to me to

1559  
01:12:08,440 --> 01:12:06,620  
remember my dreams you know or to be in

1560  
01:12:11,230 --> 01:12:08,450  
touch with my intuition or to be able to

1561  
01:12:14,110 --> 01:12:11,240  
sense energy it's not not just a you

1562  
01:12:16,870 --> 01:12:14,120  
know a biological happening it's it's a

1563  
01:12:19,840 --> 01:12:16,880

deep spiritual contact

1564

01:12:23,290 --> 01:12:19,850

- my whole life you see so and I know

1565

01:12:25,120 --> 01:12:23,300

that I've taught so many people to dream

1566

01:12:27,399 --> 01:12:25,130

and I've taught so many people to

1567

01:12:30,490 --> 01:12:27,409

contact their intuition over the years

1568

01:12:32,530 --> 01:12:30,500

and if you want that that level of

1569

01:12:35,140 --> 01:12:32,540

perception is available to you and the

1570

01:12:37,270 --> 01:12:35,150

way you find it is that you have to

1571

01:12:39,879 --> 01:12:37,280

learn to get a little bit quiet within

1572

01:12:42,220 --> 01:12:39,889

yourself now or at least go walking in

1573

01:12:44,620 --> 01:12:42,230

nature and meditate in nature so you can

1574

01:12:47,590 --> 01:12:44,630

get out of your jabbering monkey mind

1575

01:12:49,750 --> 01:12:47,600

which just takes all the space up you

1576

01:12:51,610 --> 01:12:49,760

know it takes all the psychic space up

1577

01:12:56,260 --> 01:12:51,620

in your brain and in your being it's

1578

01:12:58,750 --> 01:12:56,270

just unbelievably loud in perseverant it

1579

01:13:01,450 --> 01:12:58,760

never lets up but if you recognize that

1580

01:13:04,780 --> 01:13:01,460

and just let it do its thing and then

1581

01:13:07,689 --> 01:13:04,790

use your breath to shift to a place

1582

01:13:09,430 --> 01:13:07,699

which I consider the hard energy or the

1583

01:13:10,110 --> 01:13:09,440

place of living kindness inside the

1584

01:13:13,149 --> 01:13:10,120

heart

1585

01:13:15,100 --> 01:13:13,159

you know you'll be able to allow the

1586

01:13:16,600 --> 01:13:15,110

mind to just jabber away and not even be

1587

01:13:19,510 --> 01:13:16,610

aware of it it's just in the background

1588

01:13:20,950 --> 01:13:19,520

and so learning how to shift levels of

1589

01:13:22,959 --> 01:13:20,960

awareness and this is what I teach

1590

01:13:24,939 --> 01:13:22,969

healthcare professionals you know how do

1591

01:13:26,890 --> 01:13:24,949

you do this I mean it's when I treat my

1592

01:13:28,959 --> 01:13:26,900

patients I'm not in my ordinary level of

1593

01:13:31,330 --> 01:13:28,969

awareness I've shifted into a larger

1594

01:13:33,550 --> 01:13:31,340

state so I can feel them and be with

1595

01:13:36,760 --> 01:13:33,560

them and help them to the best of my

1596

01:13:39,340 --> 01:13:36,770

ability you see so everybody can learn

1597

01:13:41,800 --> 01:13:39,350

to do this as a human human right to

1598

01:13:44,830 --> 01:13:41,810

have intuition you know you don't have

1599

01:13:47,140 --> 01:13:44,840

to be an empath necessarily but you do

1600

01:13:50,050 --> 01:13:47,150

have to be willing to give up your

1601  
01:13:51,610 --> 01:13:50,060  
jabbering mind for a little while and

1602  
01:13:54,070 --> 01:13:51,620  
that's a little threatening to some

1603  
01:13:57,669 --> 01:13:54,080  
people because that's their grasp on

1604  
01:13:58,899 --> 01:13:57,679  
reality you see so you know just

1605  
01:14:02,140 --> 01:13:58,909  
something I have a lot of compassion

1606  
01:14:03,760 --> 01:14:02,150  
with but if you want to do it it's right

1607  
01:14:05,649 --> 01:14:03,770  
there for you and if you want to dream

1608  
01:14:09,100 --> 01:14:05,659  
tonight especially after listening to

1609  
01:14:11,290 --> 01:14:09,110  
the show and hearing us talking just get

1610  
01:14:13,209 --> 01:14:11,300  
a journal or get a piece of paper write

1611  
01:14:15,370 --> 01:14:13,219  
down a question it could be anything

1612  
01:14:17,080 --> 01:14:15,380  
anything that is troubling you or

1613  
01:14:20,320 --> 01:14:17,090

anything you want clarification about

1614

01:14:23,290 --> 01:14:20,330

write it down you know how can I get

1615

01:14:25,959 --> 01:14:23,300

closer to my mother how can I have a

1616

01:14:27,879 --> 01:14:25,969

better relationship where is my soulmate

1617

01:14:30,140 --> 01:14:27,889

how can my health be better whatever it

1618

01:14:31,939 --> 01:14:30,150

is it doesn't matter choose one

1619

01:14:34,490 --> 01:14:31,949

question only because if you choose more

1620

01:14:39,740 --> 01:14:34,500

than one the results can get blurred and

1621

01:14:41,330 --> 01:14:39,750

then sincerely ask it then don't go to

1622

01:14:44,990 --> 01:14:41,340

sleep right after you're on the computer

1623

01:14:47,000 --> 01:14:45,000

or talking on the phone or doing your

1624

01:14:50,419 --> 01:14:47,010

bills you know give yourself a little

1625

01:14:53,419 --> 01:14:50,429

bit of time before you go into sleep and

1626

01:14:55,970 --> 01:14:53,429

just be quiet take a bath look up at the

1627

01:14:58,310 --> 01:14:55,980

night sky do something contemplative so

1628

01:15:01,070 --> 01:14:58,320

you don't go from this material world

1629

01:15:03,080 --> 01:15:01,080

stage just you know now I'm asleep now

1630

01:15:05,990 --> 01:15:03,090

I'm awake it's much better to have a

1631

01:15:07,880 --> 01:15:06,000

transition period into sleep you know

1632

01:15:09,709 --> 01:15:07,890

and then you're more likely remembering

1633

01:15:12,050 --> 01:15:09,719

your dreams and then if you can allow

1634

01:15:14,810 --> 01:15:12,060

that five minutes in the morning to be

1635

01:15:16,939 --> 01:15:14,820

quiet when you awaken and just write

1636

01:15:18,770 --> 01:15:16,949

down anything you know anything you

1637

01:15:21,530 --> 01:15:18,780

remember and do it for a week and I

1638

01:15:26,270 --> 01:15:21,540

promise you something will come you just

1639

01:15:30,860 --> 01:15:26,280

have to train yourself to awaken the the

1640

01:15:35,450 --> 01:15:30,870

world of 1970 71 72 the awaken of the

1641

01:15:38,720 --> 01:15:35,460

consciousness movement that went on for

1642

01:15:40,939 --> 01:15:38,730

me kind of came and went you know and it

1643

01:15:44,450 --> 01:15:40,949

kind of settled down a little bit but

1644

01:15:51,350 --> 01:15:44,460

here in 2017 the last 10 or 15 years

1645

01:15:54,169 --> 01:15:51,360

this has started to really get strength

1646

01:15:58,399 --> 01:15:54,179

and I think that the world is starting

1647

01:16:00,350 --> 01:15:58,409

to recognize this type of mindset do you

1648

01:16:04,370 --> 01:16:00,360

feel the same thing that I feel that

1649

01:16:07,910 --> 01:16:04,380

there is an awakening worldwide I do I

1650

01:16:09,620 --> 01:16:07,920

do I can feel it and I can feel feel it

1651

01:16:11,479 --> 01:16:09,630

in individuals I can see it in

1652

01:16:14,390 --> 01:16:11,489

individuals and I see the collective

1653

01:16:17,860 --> 01:16:14,400

joining together you know in massive you

1654

01:16:21,169 --> 01:16:17,870

know numbers you know promoting positive

1655

01:16:24,320 --> 01:16:21,179

energy or belief in women women's power

1656

01:16:26,479 --> 01:16:24,330

and and so forth you know where we're

1657

01:16:29,780 --> 01:16:26,489

gathering the steam you know we're

1658

01:16:31,820 --> 01:16:29,790

gathering the energy up and I deeply

1659

01:16:34,820 --> 01:16:31,830

believe in the power of the individual

1660

01:16:36,800 --> 01:16:34,830

to transform you know an individual has

1661

01:16:41,510 --> 01:16:36,810

the power to transform and he meant more

1662

01:16:44,000 --> 01:16:41,520

light and one by one we can you know

1663

01:16:46,910 --> 01:16:44,010

ignite each other's length but it might

1664

01:16:49,580 --> 01:16:46,920

the key word you want to really stay

1665

01:16:51,709 --> 01:16:49,590

close to your light and that means if

1666

01:16:54,109 --> 01:16:51,719

you're an empath you know coming to

1667

01:16:56,270 --> 01:16:54,119

terms with your abilities and learning

1668

01:17:00,589 --> 01:16:56,280

how to protect your energy center

1669

01:17:02,990 --> 01:17:00,599

yourself be around non-toxic people you

1670

01:17:05,660 --> 01:17:03,000

know try and find work that you love you

1671

01:17:07,459 --> 01:17:05,670

know learn to set boundaries and then

1672

01:17:09,080 --> 01:17:07,469

you'll have more access to your life

1673

01:17:11,330 --> 01:17:09,090

because you won't always be fighting

1674

01:17:13,490 --> 01:17:11,340

with all these issues you don't want to

1675

01:17:16,009 --> 01:17:13,500

be on that level all the time you want

1676

01:17:18,709 --> 01:17:16,019

to be meditating and opening up your

1677

01:17:20,959 --> 01:17:18,719

heart and connecting and listening for

1678

01:17:23,299 --> 01:17:20,969

guidance so you know what to do to help

1679

01:17:25,910 --> 01:17:23,309

others or to help the world if that's

1680

01:17:29,450 --> 01:17:25,920

what you want to do you know it's it's

1681

01:17:31,430 --> 01:17:29,460

really a beautiful thing - and amatuer

1682

01:17:33,950 --> 01:17:31,440

as an empath so you can have certain

1683

01:17:36,680 --> 01:17:33,960

tools at your disposal so you just don't

1684

01:17:38,020 --> 01:17:36,690

feel a victim of this very overwhelming

1685

01:17:42,459 --> 01:17:38,030

world

1686

01:17:45,109 --> 01:17:42,469

have you found and if I interrupted you

1687

01:17:47,359 --> 01:17:45,119

do you need to finish I feel like you

1688

01:17:52,479 --> 01:17:47,369

just jumped in okay do you feel that

1689

01:17:57,020 --> 01:17:52,489

some empaths may self-medicate alcohol

1690

01:17:59,689 --> 01:17:57,030

drug use to try to chill down what is

1691

01:18:02,439 --> 01:17:59,699

going on with them oh for sure there's a

1692

01:18:06,229 --> 01:18:02,449

chapter in the book on empath energy

1693

01:18:09,500 --> 01:18:06,239

okay got a doctor whatever you're moving

1694

01:18:13,430 --> 01:18:09,510

there you can't move whatever that is

1695

01:18:16,000 --> 01:18:13,440

that is really okay so let's go back to

1696

01:18:18,319 --> 01:18:16,010

the question do some empaths

1697

01:18:20,959 --> 01:18:18,329

self-medicate you know through drugs and

1698

01:18:27,200 --> 01:18:20,969

alcohol to chill out this world that the

1699

01:18:30,140 --> 01:18:27,210

rent empath there's a chapter in the

1700

01:18:32,029 --> 01:18:30,150

book on impasse and addiction because

1701

01:18:35,060 --> 01:18:32,039

it's such a common thing and I treat so

1702

01:18:38,479 --> 01:18:35,070

many empaths in recovery from drugs

1703

01:18:41,029 --> 01:18:38,489

alcohol sex food whatever it is because

1704

01:18:44,180 --> 01:18:41,039

their sensory overload is so intense

1705

01:18:46,509 --> 01:18:44,190

that they wanted to numb it out and just

1706

01:18:48,950 --> 01:18:46,519

you know cut off that you know

1707

01:18:51,950 --> 01:18:48,960

hypersensitivity and so they turn to

1708

01:18:53,870 --> 01:18:51,960

substances and so that's very common and

1709

01:18:54,470 --> 01:18:53,880

I write about in the book how I did that

1710

01:18:56,569 --> 01:18:54,480

too

1711

01:18:57,299 --> 01:18:56,579

you know many years ago to try and cope

1712

01:19:00,569 --> 01:18:57,309

with my

1713

01:19:02,189 --> 01:19:00,579

ladies and you know I had to really come

1714

01:19:04,919 --> 01:19:02,199

to grips with that in myself as an

1715

01:19:06,209 --> 01:19:04,929

empath know to be able to handle life as

1716

01:19:08,850 --> 01:19:06,219

it is

1717

01:19:10,830 --> 01:19:08,860

you know without substances because it's

1718

01:19:13,260 --> 01:19:10,840

really hard being an empath without

1719

01:19:16,260 --> 01:19:13,270

tools but once you have tools then it's

1720

01:19:19,020 --> 01:19:16,270

a whole different experience of living

1721

01:19:21,240 --> 01:19:19,030

what did you go through what were you

1722

01:19:25,290 --> 01:19:21,250

self-medicating with and how did you get

1723

01:19:28,020 --> 01:19:25,300

out of it well I wrote about that in the

1724

01:19:30,029 --> 01:19:28,030

book but it's um you know I went through

1725

01:19:33,750 --> 01:19:30,039

at a very young age I took a lot of

1726

01:19:35,790 --> 01:19:33,760

hallucinogenics writing which actually

1727

01:19:37,080 --> 01:19:35,800

I'm happy about because it really opened

1728

01:19:39,510 --> 01:19:37,090

my mind in a good way

1729

01:19:40,890 --> 01:19:39,520

but I hadn't taken any of those for

1730

01:19:43,169 --> 01:19:40,900

quite you know since I was a teenager

1731

01:19:45,209 --> 01:19:43,179

but then you know I got involved with

1732

01:19:51,209 --> 01:19:45,219

other kinds of drugs not so much alcohol

1733

01:19:54,600 --> 01:19:51,219

but you know speed and quaaludes I went

1734

01:19:57,120 --> 01:19:54,610

to a quaalude stage you know and it was

1735

01:20:00,240 --> 01:19:57,130

just all about numbing my body you know

1736

01:20:03,120 --> 01:20:00,250

and numbing my sensitivities and so the

1737

01:20:05,040 --> 01:20:03,130

way I view ways I got out of it I've

1738

01:20:08,029 --> 01:20:05,050

been in 12-step programs for many many

1739

01:20:10,890 --> 01:20:08,039

years and also I have a Daoist teacher

1740

01:20:13,260 --> 01:20:10,900

who you know it's been so instrumental

1741

01:20:17,129 --> 01:20:13,270

in my life in terms of teaching me about

1742

01:20:19,020 --> 01:20:17,139

energies and grounding and meditation so

1743

01:20:20,609 --> 01:20:19,030

you know all of those techniques and

1744

01:20:23,359 --> 01:20:20,619

just you know trying to build a life

1745

01:20:26,129 --> 01:20:23,369

that makes sense for me rather than

1746

01:20:27,390 --> 01:20:26,139

squashing my feelings as an empath you

1747

01:20:30,589 --> 01:20:27,400

know there's a chapter in the book on

1748

01:20:33,180 --> 01:20:30,599

impasse and love and I used to use

1749

01:20:35,609 --> 01:20:33,190

substances when I was in relationship

1750

01:20:38,010 --> 01:20:35,619

because I was so uncomfortable in the

1751

01:20:40,640 --> 01:20:38,020

relationship and I was so afraid of

1752

01:20:44,459 --> 01:20:40,650

expressing my own needs as an empath and

1753

01:20:46,379 --> 01:20:44,469

so you know it's all interrelated it's a

1754

01:20:48,990 --> 01:20:46,389

very common theme that you know I talk

1755

01:20:50,910 --> 01:20:49,000

about so that others out there can you

1756

01:20:52,770 --> 01:20:50,920

know identify with because I know how

1757

01:20:54,450 --> 01:20:52,780

many people were are looking for their

1758

01:20:55,950 --> 01:20:54,460

soul mates and yet they're attracting

1759

01:20:59,370 --> 01:20:55,960

all these unavailable people and

1760

01:21:02,040 --> 01:20:59,380

wondering why and you know it's because

1761

01:21:04,919 --> 01:21:02,050

you know on a very subliminal level and

1762

01:21:06,990 --> 01:21:04,929

pass are afraid of intimacy because it's

1763

01:21:09,569 --> 01:21:07,000

too much energy it's too much too many

1764

01:21:11,729 --> 01:21:09,579

reasons to express your own needs

1765

01:21:13,589 --> 01:21:11,739

you're not skilled at that and so it's

1766

01:21:16,290 --> 01:21:13,599

much safer being with an unavailable

1767

01:21:18,000 --> 01:21:16,300

person as you don't have to do that so

1768

01:21:20,759 --> 01:21:18,010

and so this is the art of being an

1769

01:21:22,589 --> 01:21:20,769

empath and so in relationship which was

1770

01:21:24,689 --> 01:21:22,599

you know a big trigger for me because I

1771

01:21:26,339 --> 01:21:24,699

never expressed myself and then I bolted

1772

01:21:29,339 --> 01:21:26,349

and after a certain amount of time

1773

01:21:31,739 --> 01:21:29,349

because I felt so overwhelmed you know

1774

01:21:33,179 --> 01:21:31,749

so in in relations in my you know with

1775

01:21:34,919 --> 01:21:33,189

my partner now I have to be really

1776

01:21:37,770 --> 01:21:34,929

honest about where I'm at and what my

1777

01:21:39,779 --> 01:21:37,780

needs are and that has been a very

1778

01:21:42,329 --> 01:21:39,789

important for me as an empath being in a

1779

01:21:45,270 --> 01:21:42,339

relationship well doesn't that empathy

1780

01:21:47,489 --> 01:21:45,280

energy go both ways you know if you're

1781

01:21:49,939 --> 01:21:47,499

in a negative energy situation like

1782

01:21:52,979 --> 01:21:49,949

around people can you put forth your

1783

01:21:56,040 --> 01:21:52,989

energy to counterbalance you know little

1784

01:21:59,310 --> 01:21:56,050

food yeah of course of course you

1785

01:22:02,250 --> 01:21:59,320

can but it's work you know to do that

1786

01:22:04,739 --> 01:22:02,260

and it's you can and of course the heart

1787

01:22:07,649 --> 01:22:04,749

can overcome everything you know it can

1788

01:22:09,869 --> 01:22:07,659

infuse you know amazingly beautiful

1789

01:22:12,899 --> 01:22:09,879

energy into a room full of negativity

1790

01:22:14,879 --> 01:22:12,909

you can do that and it will work and

1791

01:22:16,679 --> 01:22:14,889

it's always a beautiful thing to do but

1792

01:22:18,449 --> 01:22:16,689

you don't want to you know stress

1793

01:22:20,339 --> 01:22:18,459

yourself out so much to be around

1794

01:22:23,520 --> 01:22:20,349

negative people all the time it's just

1795

01:22:25,339 --> 01:22:23,530

not healthy it's you know can cause all

1796

01:22:27,869 --> 01:22:25,349

kinds of problems if you're around

1797

01:22:30,629 --> 01:22:27,879

energy vampires and in the book I talk

1798

01:22:33,540 --> 01:22:30,639

about narcissists who are the exact

1799

01:22:36,569 --> 01:22:33,550

opposite of Empire they have what's

1800

01:22:39,119 --> 01:22:36,579

called an empathy deficient disorder and

1801

01:22:41,339 --> 01:22:39,129

what that is is that they they aren't

1802

01:22:43,979 --> 01:22:41,349

wired to feel empathy as we know it and

1803

01:22:45,929 --> 01:22:43,989

so they don't really care about your

1804

01:22:48,060 --> 01:22:45,939

feelings but they're they could be so

1805

01:22:52,290 --> 01:22:48,070

charming and implants and narcissists

1806

01:22:54,449 --> 01:22:52,300

have a toxic attraction and so you know

1807

01:22:56,879 --> 01:22:54,459

it's very damaging Bram cos I've helped

1808

01:22:59,069 --> 01:22:56,889

so many empath get out of these toxic

1809

01:23:01,169 --> 01:22:59,079

relationships with narcissist but it

1810

01:23:03,479 --> 01:23:01,179

takes a really long time because they're

1811

01:23:09,379 --> 01:23:03,489

so charming and they know how to reel

1812

01:23:12,609 --> 01:23:09,389

you back in so it's dynamic yeah totally

1813

01:23:14,899 --> 01:23:12,619

but can can that type of relationship

1814

01:23:18,020 --> 01:23:14,909

actually be healthy because you always

1815

01:23:20,449 --> 01:23:18,030

have you know the empath is you know

1816

01:23:22,939 --> 01:23:20,459

that the empathy side you know I can fix

1817

01:23:26,870 --> 01:23:22,949

this narcissist

1818

01:23:28,819 --> 01:23:26,880

I'll know what to do here and then of

1819

01:23:31,969 --> 01:23:28,829

course the narcissists on the other side

1820

01:23:35,209 --> 01:23:31,979

is totally feeding the empath and so

1821

01:23:37,639 --> 01:23:35,219

it's it's magnetic and I don't even know

1822

01:23:39,649 --> 01:23:37,649

if you could get out of that if if the

1823

01:23:42,739 --> 01:23:39,659

attraction is there maybe even

1824

01:23:45,049 --> 01:23:42,749

physically oh sure you can get out of it

1825

01:23:48,290 --> 01:23:45,059

but it's just really hard it's really

1826  
01:23:50,270 --> 01:23:48,300  
hard and anyhow have to decide if they

1827  
01:23:51,439 --> 01:23:50,280  
feel deserving of love because they're

1828  
01:23:53,569 --> 01:23:51,449  
not going to be getting it from the

1829  
01:23:56,299 --> 01:23:53,579  
narcissist it just isn't going to happen

1830  
01:23:58,639 --> 01:23:56,309  
because they don't feel things in the

1831  
01:24:01,489 --> 01:23:58,649  
same way that we do and it's very hard

1832  
01:24:05,889 --> 01:24:01,499  
for empath to get that because they

1833  
01:24:10,129 --> 01:24:05,899  
think everyone feels the way they do oh

1834  
01:24:13,100 --> 01:24:10,139  
man I often wonder how many

1835  
01:24:16,819 --> 01:24:13,110  
relationships out there are exactly that

1836  
01:24:21,199 --> 01:24:16,829  
and and the opposite to what about

1837  
01:24:23,060 --> 01:24:21,209  
empath and empath hanging out that

1838  
01:24:25,939 --> 01:24:23,070

sounds like you could get a little bit

1839

01:24:29,629 --> 01:24:25,949

dangerous and also the doses you know

1840

01:24:31,339 --> 01:24:29,639

with the narcissus too as well yeah well

1841

01:24:33,379 --> 01:24:31,349

in the book I go through various

1842

01:24:36,560 --> 01:24:33,389

possibility at the end path with the end

1843

01:24:38,569 --> 01:24:36,570

path the end path with the rock who was

1844

01:24:42,020 --> 01:24:38,579

what I have somebody who's really strong

1845

01:24:44,810 --> 01:24:42,030

solid but not absorbing energy you know

1846

01:24:47,029 --> 01:24:44,820

they he doesn't have that system that I

1847

01:24:49,250 --> 01:24:47,039

have that sensitive to everything which

1848

01:24:51,739 --> 01:24:49,260

for me is excellent you know because I

1849

01:24:54,049 --> 01:24:51,749

have a person who's grounding me instead

1850

01:24:55,399 --> 01:24:54,059

of no BIOS with another and path it

1851

01:24:58,129 --> 01:24:55,409

would just be too much for me

1852

01:25:01,250 --> 01:24:58,139

however some men pass prefer being with

1853

01:25:02,810 --> 01:25:01,260

them paths because you don't have to you

1854

01:25:05,239 --> 01:25:02,820

know reinvent the wheel with them they

1855

01:25:07,549 --> 01:25:05,249

get where you're coming from and so they

1856

01:25:11,359 --> 01:25:07,559

understand but they have to be careful

1857

01:25:12,830 --> 01:25:11,369

not to kind of fuel the fire both of

1858

01:25:14,870 --> 01:25:12,840

them are triggered and they both are

1859

01:25:16,790 --> 01:25:14,880

anxious or both are feeling bad they

1860

01:25:19,100 --> 01:25:16,800

could really make each other worse and

1861

01:25:20,750 --> 01:25:19,110

so they have to know to go off into

1862

01:25:22,130 --> 01:25:20,760

their own separate spaces at those

1863

01:25:24,140 --> 01:25:22,140

points and we're

1864

01:25:27,170 --> 01:25:24,150

get out separately yeah of course

1865

01:25:32,230 --> 01:25:27,180

because you don't want somebody knowing

1866

01:25:37,940 --> 01:25:34,970

is not fun anymore you need to be

1867

01:25:41,090 --> 01:25:37,950

challenged a little bit right yeah oh

1868

01:25:42,920 --> 01:25:41,100

absolutely and for me you know it the

1869

01:25:45,680 --> 01:25:42,930

way my energy is I love to have the

1870

01:25:47,690 --> 01:25:45,690

balance as I you know I could be feeling

1871

01:25:49,820 --> 01:25:47,700

all this stuff and my partner I said

1872

01:25:52,070 --> 01:25:49,830

well how are you feeling he goes what do

1873

01:25:54,650 --> 01:25:52,080

you mean feeling what you know so he

1874

01:25:57,380 --> 01:25:54,660

doesn't really pick up he's sensitive

1875

01:26:00,050 --> 01:25:57,390

and wonderful but he doesn't pick up

1876

01:26:02,540 --> 01:26:00,060

things like I do and that's exactly my

1877

01:26:04,700 --> 01:26:02,550

point so yeah if you if you're around

1878

01:26:09,470 --> 01:26:04,710

somebody that is just totally getting

1879

01:26:12,140 --> 01:26:09,480

you 24/7 right you need to be pushed a

1880

01:26:15,770 --> 01:26:12,150

little bit or or have questions ask

1881

01:26:17,480 --> 01:26:15,780

instead of understanding all the time

1882

01:26:20,450 --> 01:26:17,490

and I don't want it I don't want to be a

1883

01:26:23,420 --> 01:26:20,460

downer on this but I think you know

1884

01:26:25,820 --> 01:26:23,430

where I'm going yeah but that those are

1885

01:26:28,460 --> 01:26:25,830

your knees you know you're talking about

1886

01:26:30,710 --> 01:26:28,470

you and so each person has their own

1887

01:26:32,660 --> 01:26:30,720

distinct needs I mean some people might

1888

01:26:36,770 --> 01:26:32,670

be like you but some people might not be

1889

01:26:40,760 --> 01:26:36,780

yeah yeah well Rita my better half she

1890

01:26:43,580 --> 01:26:40,770

challenges me all day long everything

1891

01:26:46,430 --> 01:26:43,590

out of my mouth gets challenged tries to

1892

01:26:48,860 --> 01:26:46,440

meet you it keeps me on my toes let's

1893

01:26:50,660 --> 01:26:48,870

let's take a break right here I've got a

1894

01:26:52,160 --> 01:26:50,670

whole bunch of really interesting

1895

01:26:54,050 --> 01:26:52,170

questions that have been coming in from

1896

01:26:56,780 --> 01:26:54,060

our audience and we'll get to those too

1897

01:26:58,790 --> 01:26:56,790

as well and at the top of the hour we're

1898

01:27:01,340 --> 01:26:58,800

gonna take some phone calls so get ready

1899

01:27:02,240 --> 01:27:01,350

for that our guest tonight dr. Judith

1900

01:27:04,700 --> 01:27:02,250

Orloff

1901  
01:27:11,380 --> 01:27:04,710  
this is fade to black I'm Amy church

1902  
01:27:11,390 --> 01:27:21,169  
[Music]

1903  
01:27:28,410 --> 01:27:24,379  
way out here we listen to Jimmy Church

1904  
01:27:30,689 --> 01:27:28,420  
you're listening to fade to black always

1905  
01:27:33,570 --> 01:27:30,699  
on the edge of the hottest alternative

1906  
01:27:52,800 --> 01:27:33,580  
talk chilly church with fade to black

1907  
01:27:56,520 --> 01:27:52,810  
stay GRA radio.com hurricanes

1908  
01:27:58,260 --> 01:27:56,530  
earthquakes wildfires this year we've

1909  
01:28:00,660 --> 01:27:58,270  
experienced more than our fair share

1910  
01:28:03,540 --> 01:28:00,670  
this is Jimmy Church of fade to black

1911  
01:28:05,729 --> 01:28:03,550  
and last month I decided to make sure my

1912  
01:28:07,890 --> 01:28:05,739  
family does not have to worry about food

1913  
01:28:11,640 --> 01:28:07,900

should we get caught in a real emergency

1914

01:28:13,560 --> 01:28:11,650

situation introducing Humana a healthy

1915

01:28:15,360 --> 01:28:13,570

storable product that tastes so good

1916

01:28:17,129 --> 01:28:15,370

that you'll want to eat it every day

1917

01:28:19,890 --> 01:28:17,139

instead of just during those times of

1918

01:28:23,310 --> 01:28:19,900

duress all new manna products have a 25

1919

01:28:25,709 --> 01:28:23,320

year shelf life our msg and GMO free no

1920

01:28:27,840 --> 01:28:25,719

preservatives and are made in America

1921

01:28:29,879 --> 01:28:27,850

with the new manna pack in your home

1922

01:28:32,459 --> 01:28:29,889

you'll be able to sleep at night knowing

1923

01:28:35,610 --> 01:28:32,469

that you protected your family not only

1924

01:28:37,979 --> 01:28:35,620

have I tasted and tested I own it now

1925

01:28:40,290 --> 01:28:37,989

you can too just click on the new manna

1926

01:28:42,360 --> 01:28:40,300

banner on Jimmy Church radio.com and use

1927

01:28:44,760 --> 01:28:42,370

the promo code Jimmy when you order in

1928

01:28:45,419 --> 01:28:44,770

addition to a discount we'll send you an

1929

01:28:48,930 --> 01:28:45,429

autograph

1930

01:28:51,780 --> 01:28:48,940

fade to black t-shirt seriously gobekli

1931

01:28:54,120 --> 01:28:51,790

tepe do you worry a lot whether you're a

1932

01:28:56,189 --> 01:28:54,130

college student busy professional parent

1933

01:28:57,600 --> 01:28:56,199

or grandparent ongoing stress and

1934

01:29:00,240 --> 01:28:57,610

elevated levels of the stress hormone

1935

01:29:02,760 --> 01:29:00,250

cortisol can rob your memory your health

1936

01:29:04,530 --> 01:29:02,770

and your future now you can combat the

1937

01:29:06,360 --> 01:29:04,540

effects of stress and anxiety while

1938

01:29:08,640 --> 01:29:06,370

improving your memory and recall at the

1939

01:29:10,709 --> 01:29:08,650

same time with the dietary supplement

1940

01:29:12,510 --> 01:29:10,719

calm and clever studies show that the

1941

01:29:14,910 --> 01:29:12,520

ingredients in common clever reduced

1942

01:29:16,200 --> 01:29:14,920

cortisol by as much as 30 percent in one

1943

01:29:18,360 --> 01:29:16,210

to two weeks call one eight hundred

1944

01:29:20,590 --> 01:29:18,370

seven five eight eight seven four six or

1945

01:29:24,370 --> 01:29:20,600

calm and clever calm

1946

01:29:32,080 --> 01:29:24,380

you listen to us and we listen to you so

1947

01:29:34,300 --> 01:29:32,090

does the CIA kgr a radio.com hi folks

1948

01:29:36,370 --> 01:29:34,310

CBD is the home run hitter for health

1949

01:29:38,410 --> 01:29:36,380

right now why do you ask because of what

1950

01:29:40,600 --> 01:29:38,420

it does for the body unfortunately I

1951

01:29:42,340 --> 01:29:40,610

can't tell you all about the benefit you

1952

01:29:44,500 --> 01:29:42,350

know there's reasons do your due

1953

01:29:47,500 --> 01:29:44,510

diligence and log on to ancient life oil

1954

01:29:49,690 --> 01:29:47,510

com that's ancient life oil calm angel

1955

01:29:51,790 --> 01:29:49,700

life oil uses organic ingredients and is

1956

01:29:54,690 --> 01:29:51,800

blended in coconut oil for some of the

1957

01:29:57,460 --> 01:29:54,700

best benefits legal in 50 states and

1958

01:30:02,340 --> 01:29:57,470

non-psychoactive log on to ancient life

1959

01:30:05,140 --> 01:30:02,350

oil calm that's ancient life oil calm

1960

01:30:07,120 --> 01:30:05,150

you are listening to fade to black with

1961

01:30:11,950 --> 01:30:07,130

Jimmy Church on the game change in

1962

01:30:13,990 --> 01:30:11,960

network hi I'm Lisa Vance you're

1963

01:30:15,160 --> 01:30:14,000

listening to Jim E Church this is a

1964

01:30:29,030 --> 01:30:15,170

revolution

1965

01:30:29,040 --> 01:30:34,370

you

1966

01:30:34,380 --> 01:31:04,090

[Music]

1967

01:31:08,689 --> 01:31:06,770

welcome back fade to black our meal

1968

01:31:11,330 --> 01:31:08,699

shimmy church follow me on Twitter @ JT

1969

01:31:14,570 --> 01:31:11,340

radios Twitter is out of control tonight

1970

01:31:18,350 --> 01:31:14,580

and you can thank dr. Judy Orlov for

1971

01:31:23,750 --> 01:31:18,360

that you can follow her too Judy Orlov

1972

01:31:26,959 --> 01:31:23,760

MD on Twitter now dr. Judith the the

1973

01:31:31,580 --> 01:31:26,969

thought of which is the way to go you

1974

01:31:34,580 --> 01:31:31,590

know mind body spirit wellness that's

1975

01:31:36,950 --> 01:31:34,590

the opposite of Big Pharma's goals isn't

1976

01:31:41,479 --> 01:31:36,960

it you're fighting the good fight here

1977

01:31:44,810 --> 01:31:41,489

do you do you feel pushback there's so

1978

01:31:47,000 --> 01:31:44,820

much pressure to take medications every

1979

01:31:48,830 --> 01:31:47,010

which way you go but you know there is

1980

01:31:50,359 --> 01:31:48,840

you know a big change happening in

1981

01:31:53,000 --> 01:31:50,369

healthcare to it's functional medicine

1982

01:31:55,459 --> 01:31:53,010

and there are many doctors who are more

1983

01:31:57,560 --> 01:31:55,469

trained in mind body spirit than there

1984

01:32:00,260 --> 01:31:57,570

ever happened so you always have the

1985

01:32:03,560 --> 01:32:00,270

option you know if to go to somebody

1986

01:32:07,669 --> 01:32:03,570

who's a functional medicine doctor which

1987

01:32:10,189 --> 01:32:07,679

is somebody skilled in in both but you

1988

01:32:12,290 --> 01:32:10,199

know our Western society is so addicted

1989

01:32:13,640 --> 01:32:12,300

to medications all the time they've you

1990

01:32:16,160 --> 01:32:13,650

know we feel that if something's wrong

1991

01:32:18,350 --> 01:32:16,170

we want to reach for a pill to fix it we

1992

01:32:20,240 --> 01:32:18,360

don't have any conception or a lot of

1993

01:32:22,790 --> 01:32:20,250

people don't have any conception of how

1994

01:32:24,379 --> 01:32:22,800

we can shift our states on our own I'm

1995

01:32:26,510 --> 01:32:24,389

not saying that sometimes it's not

1996

01:32:28,580 --> 01:32:26,520

necessary if you have diabetes you need

1997

01:32:31,490 --> 01:32:28,590

to take insulin you know in addition to

1998

01:32:34,550 --> 01:32:31,500

lifestyle changes to lower your sugar

1999

01:32:36,620 --> 01:32:34,560

and get your body more balanced but you

2000

01:32:38,689 --> 01:32:36,630

know there are times when you do need to

2001

01:32:41,090 --> 01:32:38,699

take it but there's so many times when

2002

01:32:42,590 --> 01:32:41,100

you don't and there's so many times when

2003

01:32:44,570 --> 01:32:42,600

you could judge with empaths in

2004

01:32:47,330 --> 01:32:44,580

particular because and ask and over

2005

01:32:50,660 --> 01:32:47,340

prescribe anti-anxiety medications and

2006

01:32:52,910 --> 01:32:50,670

antidepressants rather than giving them

2007

01:32:55,729 --> 01:32:52,920

skills that I'm trying to offer on how

2008

01:32:58,129 --> 01:32:55,739

to cope with overwhelm and how to enjoy

2009

01:32:59,810 --> 01:32:58,139

their ability is there just medicated

2010

01:33:01,910 --> 01:32:59,820

then they get addicted to the medication

2011

01:33:04,399 --> 01:33:01,920

and up to detox on the medication and

2012

01:33:07,669 --> 01:33:04,409

that's the whole difficult process and

2013

01:33:10,040 --> 01:33:07,679

so ideally impasse can be diagnosed

2014

01:33:13,510 --> 01:33:10,050

initially so that they could be treated

2015

01:33:17,860 --> 01:33:13,520

properly and not over medicated is it is

2016

01:33:20,700 --> 01:33:17,870

is empath the diagnosis ah yeah it is

2017

01:33:23,950 --> 01:33:20,710

it's not in the DSM for you know

2018

01:33:26,500 --> 01:33:23,960

unfortunately the diagnosis and the DSM

2019

01:33:28,620 --> 01:33:26,510

are pathological diagnosis meaning

2020

01:33:32,620 --> 01:33:28,630

there's something wrong with you right

2021

01:33:34,960 --> 01:33:32,630

and so being an empath is more of a word

2022

01:33:37,930 --> 01:33:34,970

that categorizes you know certain

2023

01:33:41,170 --> 01:33:37,940

experiences we all have that can lead

2024

01:33:43,600 --> 01:33:41,180

the way to bettering our lives by

2025

01:33:47,230 --> 01:33:43,610

learning certain skills I put it that

2026

01:33:49,420 --> 01:33:47,240

way it's you know a very similar kind of

2027

01:33:52,240 --> 01:33:49,430

thing it's called sensory processing

2028

01:33:54,880 --> 01:33:52,250

disorder and it's where people you know

2029

01:33:57,610 --> 01:33:54,890

are just very sensitive to light sound

2030

01:34:00,310 --> 01:33:57,620

smells you know all everything like an

2031

01:34:03,220 --> 01:34:00,320

empath and there may be similarities but

2032

01:34:05,980 --> 01:34:03,230

I really have an argument with calling

2033

01:34:08,350 --> 01:34:05,990

it a disorder you know whenever you

2034

01:34:10,690 --> 01:34:08,360

label something as a disorder you have

2035

01:34:12,130 --> 01:34:10,700

no idea how much damage that does to

2036

01:34:13,840 --> 01:34:12,140

people is they think there's something

2037

01:34:15,670 --> 01:34:13,850

wrong with them instead of something

2038

01:34:20,220 --> 01:34:15,680

right with them that they have to work

2039

01:34:23,260 --> 01:34:20,230

with I wanted to this question came in

2040

01:34:26,580 --> 01:34:23,270

earlier I'm gonna do it now because it's

2041

01:34:30,520 --> 01:34:26,590

very interesting back to your dreams

2042

01:34:34,050 --> 01:34:30,530

have you had any visions or experienced

2043

01:34:38,170 --> 01:34:34,060

the multiverse through your dreams oh

2044

01:34:40,330 --> 01:34:38,180

all the time that's what it is because

2045

01:34:43,210 --> 01:34:40,340

when you sleep and dream you're no

2046

01:34:47,020 --> 01:34:43,220

longer in your physical body in the same

2047

01:34:49,900 --> 01:34:47,030

way and you can travel and so you can

2048

01:34:52,240 --> 01:34:49,910

have all kinds of experiences of

2049

01:34:54,580 --> 01:34:52,250

universes and people I've never spoken

2050

01:34:58,000 --> 01:34:54,590

to before on the in this reality here

2051

01:35:00,160 --> 01:34:58,010

and you know people cast over and my

2052

01:35:03,760 --> 01:35:00,170

mother came back after she passed over

2053

01:35:05,200 --> 01:35:03,770

and communicated you know just all kinds

2054

01:35:07,810 --> 01:35:05,210

of things can happen when your linear

2055

01:35:09,670 --> 01:35:07,820

mind is taking a little rest so you

2056

01:35:12,430 --> 01:35:09,680

don't have it jabbering all the time

2057

01:35:15,610 --> 01:35:12,440

that's the beauty of Dreams is that when

2058

01:35:18,460 --> 01:35:15,620

your mind is sleeping you can really

2059

01:35:20,470 --> 01:35:18,470

experience what's out there but also you

2060

01:35:22,990 --> 01:35:20,480

get psychological information about

2061

01:35:24,850 --> 01:35:23,000

yourself on how to live on earth and you

2062

01:35:26,520 --> 01:35:24,860

know if you have anxiety what are some

2063

01:35:28,650 --> 01:35:26,530

issues you have to

2064

01:35:31,350 --> 01:35:28,660

with if you have a dream they'll say a

2065

01:35:33,300 --> 01:35:31,360

nightmare and somebody is chasing you on

2066

01:35:34,950 --> 01:35:33,310

the side of a cliff and you're running

2067

01:35:37,080 --> 01:35:34,960

running running and you wake up in the

2068

01:35:39,480 --> 01:35:37,090

morning you don't just say oh I'm so

2069

01:35:42,030 --> 01:35:39,490

glad that was a dream you have to and

2070

01:35:44,640 --> 01:35:42,040

your waking hours in meditation to find

2071

01:35:46,860 --> 01:35:44,650

out who's chasing you know maybe it's

2072

01:35:48,840 --> 01:35:46,870

your alcoholic father maybe it's you

2073

01:35:52,020 --> 01:35:48,850

know your ex-husband who knows or your

2074

01:35:54,600 --> 01:35:52,030

you know your wife you know who was you

2075

01:35:56,850 --> 01:35:54,610

know damaging who knows who it was but

2076

01:35:59,400 --> 01:35:56,860

you have to know so that you can stop

2077

01:36:01,650 --> 01:35:59,410

running and you can face whatever it is

2078

01:36:03,960 --> 01:36:01,660

you have to face with that person so you

2079

01:36:05,910 --> 01:36:03,970

don't have the dream anymore if you

2080

01:36:07,830 --> 01:36:05,920

don't then you're gonna keep having the

2081

01:36:10,200 --> 01:36:07,840

repetitive dream over and over again

2082

01:36:12,420 --> 01:36:10,210

until your consciousness you know it's

2083

01:36:14,850 --> 01:36:12,430

saying awaken awaken face this in

2084

01:36:16,790 --> 01:36:14,860

yourself and the dream isn't being cruel

2085

01:36:19,950 --> 01:36:16,800

it's just trying to get your attention

2086

01:36:22,770 --> 01:36:19,960

now for this audience and when we're

2087

01:36:25,020 --> 01:36:22,780

talking about empaths and intuitive

2088

01:36:30,090 --> 01:36:25,030

empaths we've had a lot of guests on the

2089

01:36:33,120 --> 01:36:30,100

show that say just that it there are

2090

01:36:36,210 --> 01:36:33,130

many charlatans in the world - as well

2091

01:36:38,430 --> 01:36:36,220

as there are wait for me or this

2092

01:36:42,510 --> 01:36:38,440

audience to tell if somebody is a true

2093

01:36:46,740 --> 01:36:43,890

you mean if they're going to them for

2094

01:36:49,260 --> 01:36:46,750

help no no if they if they are saying

2095

01:36:53,850 --> 01:36:49,270

that they are and that they have this

2096

01:36:55,320 --> 01:36:53,860

ability well you know the one parameter

2097

01:36:57,240 --> 01:36:55,330

I would use is if they're using it for

2098

01:36:59,130 --> 01:36:57,250

the good you know they're not just

2099

01:37:00,840 --> 01:36:59,140

saying oh I can do this I can do that

2100

01:37:03,210 --> 01:37:00,850

you know I could care less personally

2101  
01:37:05,450 --> 01:37:03,220  
about that you know but how are they

2102  
01:37:08,580 --> 01:37:05,460  
using these abilities and how is it

2103  
01:37:11,310 --> 01:37:08,590  
helping them thrive as a human being and

2104  
01:37:12,930 --> 01:37:11,320  
how is it helping friendships and you

2105  
01:37:14,970 --> 01:37:12,940  
know how is it helping your relationship

2106  
01:37:17,700 --> 01:37:14,980  
with your family I was at helping your

2107  
01:37:20,220 --> 01:37:17,710  
meditations I mean people go around and

2108  
01:37:23,520 --> 01:37:20,230  
brag about being an empath when I don't

2109  
01:37:26,610 --> 01:37:23,530  
support that at all and why you know is

2110  
01:37:28,170 --> 01:37:26,620  
it to impress and you know you know

2111  
01:37:31,860 --> 01:37:28,180  
exactly where I'm going why would

2112  
01:37:33,960 --> 01:37:31,870  
somebody do that I mean why does anybody

2113  
01:37:36,650 --> 01:37:33,970

brag it's because they feel insecure and

2114

01:37:37,990 --> 01:37:36,660

they want to feel valuable right right

2115

01:37:45,580 --> 01:37:38,000

and

2116

01:37:49,090 --> 01:37:45,590

hope it's in your wheelhouse when when I

2117

01:37:51,550 --> 01:37:49,100

talk to Chandlers right those that have

2118

01:37:54,100 --> 01:37:51,560

the ability to channel you just said

2119

01:37:56,860 --> 01:37:54,110

that to your mom came and visited you

2120

01:37:59,740 --> 01:37:56,870

from the other side and that's one thing

2121

01:38:04,810 --> 01:37:59,750

and those that are channeling are they

2122

01:38:09,610 --> 01:38:04,820

empaths they could be but the quality of

2123

01:38:11,950 --> 01:38:09,620

the channel can vary tremendously and so

2124

01:38:14,890 --> 01:38:11,960

you want to go to it a channel if you're

2125

01:38:16,450 --> 01:38:14,900

going to one that is helpful and how do

2126

01:38:18,670 --> 01:38:16,460

you know if they're helpful is if what

2127

01:38:20,140 --> 01:38:18,680

they suggest is helping you you know if

2128

01:38:21,790 --> 01:38:20,150

they make helpful suggestions

2129

01:38:23,500 --> 01:38:21,800

if they try and get you hooked in if

2130

01:38:25,780 --> 01:38:23,510

they try and control you or if they try

2131

01:38:30,880 --> 01:38:25,790

and take all your money you know no

2132

01:38:33,580 --> 01:38:30,890

that's not good yeah and the other part

2133

01:38:37,330 --> 01:38:33,590

of this is that I think there's a lot of

2134

01:38:39,790 --> 01:38:37,340

genuine talent out there and I also feel

2135

01:38:44,020 --> 01:38:39,800

that maybe we all have the ability to

2136

01:38:47,620 --> 01:38:44,030

channel and I think all of this may be

2137

01:38:50,230 --> 01:38:47,630

empaths and I mean everybody do you and

2138

01:38:52,090 --> 01:38:50,240

I'm not I'm not exaggerating and what

2139

01:38:55,750 --> 01:38:52,100

I'm saying here do you think that

2140

01:38:59,050 --> 01:38:55,760

children today that there is there are

2141

01:39:03,370 --> 01:38:59,060

more empaths born into society than ever

2142

01:39:06,520 --> 01:39:03,380

before Oh Lauren Lauren or the Indigo

2143

01:39:08,530 --> 01:39:06,530

children the creative insightful

2144

01:39:10,600 --> 01:39:08,540

children who are concerned about the

2145

01:39:12,610 --> 01:39:10,610

world at such a young age they want to

2146

01:39:15,400 --> 01:39:12,620

better the world it's just a beautiful

2147

01:39:18,730 --> 01:39:15,410

thing to see and they're sensitive and

2148

01:39:20,860 --> 01:39:18,740

open but they often feel alone and they

2149

01:39:23,020 --> 01:39:20,870

feel overwhelmed by the world so that's

2150

01:39:25,510 --> 01:39:23,030

why the parents are such important

2151

01:39:30,010 --> 01:39:25,520

guides to these kind of beautiful

2152

01:39:34,860 --> 01:39:30,020

children yeah yeah yeah continue but III

2153

01:39:39,040 --> 01:39:34,870

think I look at my own children who

2154

01:39:42,850 --> 01:39:39,050

they're in their 20s now but way more

2155

01:39:46,090 --> 01:39:42,860

advanced than I was at any age right

2156

01:39:48,040 --> 01:39:46,100

that's true far more developed I think

2157

01:39:51,150 --> 01:39:48,050

there's something being triggered in our

2158

01:39:54,060 --> 01:39:51,160

DNA as crazy as that sounds

2159

01:39:56,550 --> 01:39:54,070

we are evolving and we're evolving both

2160

01:39:59,790 --> 01:39:56,560

on the conscious level and the

2161

01:40:01,800 --> 01:39:59,800

supernatural and I think that there is a

2162

01:40:05,730 --> 01:40:01,810

generation now around us that is

2163

01:40:07,740 --> 01:40:05,740

completely aware and awake yes and

2164

01:40:09,930 --> 01:40:07,750

that's the way it's so important that

2165

01:40:12,600 --> 01:40:09,940

they had you as a parent and read as a

2166

01:40:14,910 --> 01:40:12,610

parent you know to be able to raise your

2167

01:40:17,850 --> 01:40:14,920

children with that kind of understanding

2168

01:40:20,250 --> 01:40:17,860

of there's more than reality than this

2169

01:40:22,110 --> 01:40:20,260

and it's beautiful to expand your

2170

01:40:24,930 --> 01:40:22,120

perceptions and be who you are

2171

01:40:28,710 --> 01:40:24,940

and just know there's more than what we

2172

01:40:31,260 --> 01:40:28,720

see you know in front of us I laugh

2173

01:40:33,450 --> 01:40:31,270

because it's so obvious you know to a

2174

01:40:36,240 --> 01:40:33,460

lot of people but some people don't have

2175

01:40:40,980 --> 01:40:36,250

a clue they really really don't they

2176

01:40:42,720 --> 01:40:40,990

think this is it this is it and I I can

2177

01:40:44,550 --> 01:40:42,730

understand why they would think that but

2178

01:40:46,490 --> 01:40:44,560

when you begin to open up your mind a

2179

01:40:48,960 --> 01:40:46,500

little bit and if you're an empath

2180

01:40:50,910 --> 01:40:48,970

especially you you can sense there's

2181

01:40:53,160 --> 01:40:50,920

something other than this because you

2182

01:40:55,890 --> 01:40:53,170

feel so much you can feel it even if you

2183

01:40:58,130 --> 01:40:55,900

don't see it you feel that there is

2184

01:41:00,330 --> 01:40:58,140

something out there with energy that

2185

01:41:03,300 --> 01:41:00,340

expands and when you look up at the sky

2186

01:41:05,490 --> 01:41:03,310

and you see the stars and you know and

2187

01:41:08,340 --> 01:41:05,500

see and you feel the mystery of that

2188

01:41:10,530 --> 01:41:08,350

it's pulsating energy if you let

2189

01:41:13,770 --> 01:41:10,540

yourself get into it and get your mind

2190

01:41:15,870 --> 01:41:13,780

out of the way and just feel now empathys

2191

01:41:18,210 --> 01:41:15,880

are so good at feeling and sensing

2192

01:41:21,420 --> 01:41:18,220

energy and when you sense the energy of

2193

01:41:24,780 --> 01:41:21,430

the universe is ecstatic all you have to

2194

01:41:28,650 --> 01:41:24,790

do tonight everyone look up and begin to

2195

01:41:30,570 --> 01:41:28,660

feel take a few breaths and just look at

2196

01:41:32,880 --> 01:41:30,580

the Stars and the or if it's even

2197

01:41:36,300 --> 01:41:32,890

quality look at the clouds look at the

2198

01:41:38,640 --> 01:41:36,310

many enormity of the sky and begin to

2199

01:41:40,620 --> 01:41:38,650

feel what that is not to think it is I

2200

01:41:43,380 --> 01:41:40,630

you know especially in Western society

2201

01:41:45,960 --> 01:41:43,390

we overthink everything and in Western

2202

01:41:48,570 --> 01:41:45,970

medicine you know everything is you know

2203

01:41:51,210 --> 01:41:48,580

through the mind and as much as I admire

2204

01:41:53,730 --> 01:41:51,220

the mind and use my analytic mind I know

2205

01:41:57,360 --> 01:41:53,740

it's not everything you know what's

2206

01:41:59,100 --> 01:41:57,370

funny listening to you right now there

2207

01:42:02,760 --> 01:41:59,110

when you said that there are people out

2208

01:42:04,170 --> 01:42:02,770

there that think this is it yeah now

2209

01:42:06,840 --> 01:42:04,180

that's

2210

01:42:08,520 --> 01:42:06,850

it's crazy talk isn't it because you

2211

01:42:11,690 --> 01:42:08,530

know you go to a conference like

2212

01:42:15,420 --> 01:42:11,700

conscious life Expo everybody there is

2213

01:42:18,150 --> 01:42:15,430

seeking knowledge and is enlightened and

2214

01:42:19,980 --> 01:42:18,160

just wants to know the answers that are

2215

01:42:24,510 --> 01:42:19,990

out there presented could you imagine

2216

01:42:27,990 --> 01:42:24,520

going to a skeptics convention it would

2217

01:42:30,120 --> 01:42:28,000

be pretty painful but it's living in

2218

01:42:34,290 --> 01:42:30,130

life sometimes in certain circles as a

2219

01:42:36,060 --> 01:42:34,300

skeptics convention right you'd walk in

2220

01:42:39,090 --> 01:42:36,070

there and it's a hey what's going on

2221

01:42:43,490 --> 01:42:39,100

well this is it what do you mean well

2222

01:42:46,320 --> 01:42:43,500

there's nothing going on were skeptics

2223

01:42:49,830 --> 01:42:46,330

there are people out there that walk

2224

01:42:52,170 --> 01:42:49,840

around all day long just thinking to

2225

01:42:54,420 --> 01:42:52,180

this themselves that there is nothing to

2226

01:42:56,040 --> 01:42:54,430

think about there's nothing to question

2227

01:42:58,890 --> 01:42:56,050

there's nothing to wonder there's

2228

01:43:03,090 --> 01:42:58,900

nothing to dream about and that is their

2229

01:43:04,920 --> 01:43:03,100

bliss can you imagine that yeah I can I

2230

01:43:09,000 --> 01:43:04,930

mean I I try and put myself in the

2231

01:43:11,340 --> 01:43:09,010

position as an empath of everyone but

2232

01:43:13,620 --> 01:43:11,350

yeah I can see what would you know they

2233

01:43:15,120 --> 01:43:13,630

won't control they want to you know

2234

01:43:17,120 --> 01:43:15,130

think they know something they want the

2235

01:43:21,350 --> 01:43:17,130

security of the known not the unknown

2236

01:43:23,820 --> 01:43:21,360

sure I can get it why people do that it

2237

01:43:27,540 --> 01:43:23,830

isn't reality and they're missing out on

2238

01:43:29,340 --> 01:43:27,550

so much you know bliss that's out there

2239

01:43:32,460 --> 01:43:29,350

and so many fun things that are

2240

01:43:34,470 --> 01:43:32,470

happening other than the mind but so be

2241

01:43:36,570 --> 01:43:34,480

it maybe in this incarnation that's what

2242

01:43:42,540 --> 01:43:36,580

they're meant to develop I don't really

2243

01:43:47,060 --> 01:43:42,550

try and judge people too much I do have

2244

01:43:49,530 --> 01:43:47,070

you found your bliss at times definitely

2245

01:43:51,600 --> 01:43:49,540

definitely at times that I'm human I go

2246

01:43:53,670 --> 01:43:51,610

up and down I go through everything I'm

2247

01:43:56,550 --> 01:43:53,680

on a spiritual path I look at my

2248

01:43:59,400 --> 01:43:56,560

emotions as teachers and I you know some

2249

01:44:01,830 --> 01:43:59,410

some days are bliss since some days

2250

01:44:03,750 --> 01:44:01,840

aren't you know but but one thing I have

2251

01:44:07,170 --> 01:44:03,760

to say about myself is even if I'm

2252

01:44:10,260 --> 01:44:07,180

miserable I'm happy because I feel you

2253

01:44:12,300 --> 01:44:10,270

know my essence is happy and I have come

2254

01:44:14,700 --> 01:44:12,310

to accept myself and be comfortable in

2255

01:44:18,000 --> 01:44:14,710

my own skin I could be going through a

2256

01:44:20,340 --> 01:44:18,010

situation that's miserable but deep down

2257

01:44:22,650 --> 01:44:20,350

I feel good about me and that is the

2258

01:44:24,740 --> 01:44:22,660

most important thing when you can feel

2259

01:44:29,370 --> 01:44:24,750

that way it can get you through anything

2260

01:44:34,740 --> 01:44:29,380

as a psychiatrist I'm curious to know

2261

01:44:37,440 --> 01:44:34,750

your take on this back in December the

2262

01:44:41,280 --> 01:44:37,450

mainstream media picked up on this UFO

2263

01:44:46,860 --> 01:44:41,290

disclosure story you know UFOs the

2264

01:44:50,100 --> 01:44:46,870

Pentagon Senator Harry Reid f-18s off

2265

01:44:52,260 --> 01:44:50,110

the coast of San Diego filming UFOs and

2266

01:44:54,990 --> 01:44:52,270

this came out of the Pentagon and this

2267

01:44:57,960 --> 01:44:55,000

went wide into the mainstream media

2268

01:44:59,820 --> 01:44:57,970

outside of our circle you know outside

2269

01:45:02,040 --> 01:44:59,830

of our community for the first time to

2270

01:45:03,720 --> 01:45:02,050

have this go into the mainstream how do

2271

01:45:06,450 --> 01:45:03,730

you think the rest of the world took

2272

01:45:07,830 --> 01:45:06,460

that news that we are not alone in the

2273

01:45:10,410 --> 01:45:07,840

universe and that there is something

2274

01:45:12,240 --> 01:45:10,420

else going on in this planet you know

2275

01:45:15,120 --> 01:45:12,250

from a psychiatrist point of view

2276

01:45:18,270 --> 01:45:15,130

because the the old version of this

2277

01:45:20,520 --> 01:45:18,280

story when it would break is that we

2278

01:45:24,000 --> 01:45:20,530

would have social collapse and religions

2279

01:45:25,230 --> 01:45:24,010

in the economy and disorder and and so

2280

01:45:28,170 --> 01:45:25,240

forth how do you think the rest of the

2281

01:45:29,970 --> 01:45:28,180

world took that news I think it depends

2282

01:45:31,830 --> 01:45:29,980

who it is but I think a lot of the world

2283

01:45:36,660 --> 01:45:31,840

went into denial and said that can't

2284

01:45:39,570 --> 01:45:36,670

exist and then you know others you know

2285

01:45:41,610 --> 01:45:39,580

it was perfectly natural you know of

2286

01:45:43,920 --> 01:45:41,620

course I mean I've never not believed in

2287

01:45:46,560 --> 01:45:43,930

extraterrestrial life and I've always

2288

01:45:48,720 --> 01:45:46,570

known of course there is and it doesn't

2289

01:45:51,780 --> 01:45:48,730

have to be exactly as we perceive it

2290

01:45:54,180 --> 01:45:51,790

here in this time based reality you know

2291

01:45:56,880 --> 01:45:54,190

it could be a timeless kind of place

2292

01:45:59,700 --> 01:45:56,890

we're just seeing things in a very solid

2293

01:46:02,210 --> 01:45:59,710

time-space orientation here but not all

2294

01:46:04,530 --> 01:46:02,220

realities are like that and so

2295

01:46:08,010 --> 01:46:04,540

extraterrestrial can be mean anything

2296

01:46:09,720 --> 01:46:08,020

but here you know but you know also I

2297

01:46:11,940 --> 01:46:09,730

mean I've always believed life is on

2298

01:46:14,790 --> 01:46:11,950

other planets as well but so it's never

2299

01:46:16,530 --> 01:46:14,800

been a point of you know argument in my

2300

01:46:21,030 --> 01:46:16,540

own head it just has always seemed

2301

01:46:23,940 --> 01:46:21,040

totally natural and you know I just hope

2302

01:46:27,150 --> 01:46:23,950

you know we can treat them well when we

2303

01:46:29,490 --> 01:46:27,160

meet them and you know I I realize your

2304

01:46:31,180 --> 01:46:29,500

profession and I respect that but I do

2305

01:46:34,479 --> 01:46:31,190

have to ask you

2306

01:46:36,940 --> 01:46:34,489

because that's a pretty grounded view of

2307

01:46:39,040 --> 01:46:36,950

the world that you have have you ever

2308

01:46:42,400 --> 01:46:39,050

seen anything in the sky that you can't

2309

01:46:49,060 --> 01:46:42,410

explain that has made you step back and

2310

01:46:51,700 --> 01:46:49,070

go now that was weird not exactly I mean

2311

01:46:54,670 --> 01:46:51,710

I always I'm looking at this guy you

2312

01:46:58,240 --> 01:46:54,680

know every night I look up and I am

2313

01:47:01,300 --> 01:46:58,250

deeply interested in that but I haven't

2314

01:47:03,040 --> 01:47:01,310

seen anything unusual though I know so

2315

01:47:06,130 --> 01:47:03,050

much is out there I mean I've seen

2316

01:47:09,010 --> 01:47:06,140

amazing shooting stars you know an

2317

01:47:12,070 --> 01:47:09,020

amazing formations and energies that

2318

01:47:15,479 --> 01:47:12,080

appear but I haven't seen what you're

2319

01:47:18,160 --> 01:47:15,489

talking about necessarily but if I did

2320

01:47:20,410 --> 01:47:18,170

know again my hope is that we'll be

2321

01:47:22,300 --> 01:47:20,420

welcoming and that the whole military

2322

01:47:25,090 --> 01:47:22,310

won't come out and cause this horrible

2323

01:47:28,900 --> 01:47:25,100

problem you need to go hang out with us

2324

01:47:30,850 --> 01:47:28,910

one night and do uh I'm not kidding I'm

2325

01:47:32,860 --> 01:47:30,860

not kidding it's a paradigm shifting

2326

01:47:35,229 --> 01:47:32,870

thing when it does go down the first

2327

01:47:37,479 --> 01:47:35,239

time it happened for me I've seen

2328

01:47:39,040 --> 01:47:37,489

strange things here and there okay

2329

01:47:42,330 --> 01:47:39,050

that's all cool but when you're with a

2330

01:47:44,860 --> 01:47:42,340

group of people and this consciousness

2331

01:47:45,880 --> 01:47:44,870

thing is going on you know I'm talking

2332

01:47:48,580 --> 01:47:45,890

about you know a couple of hundred

2333

01:47:50,860 --> 01:47:48,590

people and then something something

2334

01:47:53,620 --> 01:47:50,870

appears in the sky and everybody screams

2335

01:47:55,810 --> 01:47:53,630

at the same time and this thing zigzags

2336

01:47:59,860 --> 01:47:55,820

and changes color and then flashes off

2337

01:48:02,590 --> 01:47:59,870

up into the stars that's a game-changer

2338

01:48:06,640 --> 01:48:02,600

and you need to go do that with us okay

2339

01:48:10,000 --> 01:48:06,650

no I'm being serious you I am - okay

2340

01:48:13,180 --> 01:48:10,010

because and this is again as a

2341

01:48:16,930 --> 01:48:13,190

psychiatrist when you have millions of

2342

01:48:19,330 --> 01:48:16,940

people saying the same thing witnessing

2343

01:48:22,030 --> 01:48:19,340

the same things in the sky and then you

2344

01:48:23,850 --> 01:48:22,040

have the scientific establishment and of

2345

01:48:27,729 --> 01:48:23,860

course the political military

2346

01:48:30,910 --> 01:48:27,739

establishment saying no but yet millions

2347

01:48:35,680 --> 01:48:30,920

of people can't be crazy can they what

2348

01:48:38,080 --> 01:48:35,690

is it people who are open to you know

2349

01:48:39,850 --> 01:48:38,090

larger realities than this it's just the

2350

01:48:42,640 --> 01:48:39,860

nature of humanity some people are

2351  
01:48:43,629 --> 01:48:42,650  
asleep some people are more open some

2352  
01:48:46,299 --> 01:48:43,639  
people are grounded

2353  
01:48:49,330 --> 01:48:46,309  
with it some people aren't but what I'm

2354  
01:48:51,759 --> 01:48:49,340  
saying is that if you're saying all of

2355  
01:48:54,129 --> 01:48:51,769  
this is possible and M Paz had a special

2356  
01:48:56,109 --> 01:48:54,139  
tune into all this I mean we you don't

2357  
01:48:57,189 --> 01:48:56,119  
have to go to the extraterrestrials you

2358  
01:48:59,830 --> 01:48:57,199  
know I don't know what you feel about

2359  
01:49:02,469 --> 01:48:59,840  
that but you know in terms of other

2360  
01:49:04,810 --> 01:49:02,479  
realities that exist and paths can feel

2361  
01:49:06,580 --> 01:49:04,820  
that because when M paths pick up

2362  
01:49:10,149 --> 01:49:06,590  
something is like feeling something with

2363  
01:49:13,810 --> 01:49:10,159

fifty fingers instead of five fingers so

2364

01:49:17,020 --> 01:49:13,820

we have extrasensory abilities not ESP

2365

01:49:19,479 --> 01:49:17,030

but extrasensory abilities as our senses

2366

01:49:23,469 --> 01:49:19,489

are so heightened and so we can feel

2367

01:49:25,779 --> 01:49:23,479

everything and what you're describing

2368

01:49:28,600 --> 01:49:25,789

you know it just sounds like so much fun

2369

01:49:30,699 --> 01:49:28,610

to me no I don't need it to prove you

2370

01:49:32,799 --> 01:49:30,709

know to prove to me that such life

2371

01:49:34,929 --> 01:49:32,809

exists I don't need that personally but

2372

01:49:37,270 --> 01:49:34,939

it sounds like a tremendously fun

2373

01:49:40,719 --> 01:49:37,280

experience experiencing all that

2374

01:49:43,179 --> 01:49:40,729

together it's it's pretty amazing and

2375

01:49:47,560 --> 01:49:43,189

the other the other part of it is though

2376

01:49:50,620 --> 01:49:47,570

it's a support group too as well in that

2377

01:49:54,310 --> 01:49:50,630

as everybody there can walk away going

2378

01:49:56,020 --> 01:49:54,320

okay we had witnesses that's the thing

2379

01:49:58,419 --> 01:49:56,030

because if you're by yourself and you

2380

01:50:01,509 --> 01:49:58,429

see something it's just a story you know

2381

01:50:04,179 --> 01:50:01,519

the fish was this big okay great you

2382

01:50:05,949 --> 01:50:04,189

know alright and that's your stories you

2383

01:50:07,839 --> 01:50:05,959

can stick to it but when you have a

2384

01:50:11,319 --> 01:50:07,849

support group around you and this goes

2385

01:50:14,080 --> 01:50:11,329

down then you have the witnesses and

2386

01:50:16,479 --> 01:50:14,090

you're okay with it and that's the

2387

01:50:19,060 --> 01:50:16,489

beautiful part you need to go and do it

2388

01:50:22,209 --> 01:50:19,070

with us and I do invite you this comes

2389

01:50:24,699 --> 01:50:22,219

in from Sabrina and she says Judith have

2390

01:50:28,089 --> 01:50:24,709

you looked at how you've been trained to

2391

01:50:31,659 --> 01:50:28,099

think and believe yet to see how we have

2392

01:50:35,139 --> 01:50:31,669

been psychological manipulated to think

2393

01:50:38,080 --> 01:50:35,149

and believe as we do that has been where

2394

01:50:41,679 --> 01:50:38,090

my abilities have taken me it is showing

2395

01:50:44,879 --> 01:50:41,689

me how to reverse what was taught what

2396

01:50:47,979 --> 01:50:44,889

do you think about that excellent you I

2397

01:50:50,109 --> 01:50:47,989

firmly believe that you need to reteach

2398

01:50:52,089 --> 01:50:50,119

yourself any negative patterns or

2399

01:50:54,459 --> 01:50:52,099

untruths they came through your

2400

01:50:56,319 --> 01:50:54,469

childhood or came through you know the

2401  
01:50:57,439 --> 01:50:56,329  
world you have to follow your own

2402  
01:51:00,650 --> 01:50:57,449  
intuitive true

2403  
01:51:01,340 --> 01:51:00,660  
and for me is my path is mainly being a

2404  
01:51:04,820 --> 01:51:01,350  
Taoist

2405  
01:51:07,520 --> 01:51:04,830  
and in Taoism they believe in the power

2406  
01:51:11,150 --> 01:51:07,530  
of the heart above all else and so

2407  
01:51:13,220 --> 01:51:11,160  
Sabrina you need to feel into the power

2408  
01:51:15,290 --> 01:51:13,230  
of your heart and trust that to

2409  
01:51:16,939 --> 01:51:15,300  
reprogram yourself and and make

2410  
01:51:19,100 --> 01:51:16,949  
everything go through the lens of the

2411  
01:51:21,080 --> 01:51:19,110  
heart you know and then you'll know if

2412  
01:51:23,270 --> 01:51:21,090  
something is true and healthy for you

2413  
01:51:26,450 --> 01:51:23,280

and I think that's I think that's what

2414

01:51:29,870 --> 01:51:26,460

she's saying yes yes yes yes and and and

2415

01:51:32,890 --> 01:51:29,880

thank you for that and also today there

2416

01:51:35,330 --> 01:51:32,900

is you know the autism question and

2417

01:51:40,010 --> 01:51:35,340

vaccines and vaccinations but certainly

2418

01:51:42,530 --> 01:51:40,020

autism is on the rise do you think that

2419

01:51:45,620 --> 01:51:42,540

is interrelated with significant and

2420

01:51:47,540 --> 01:51:45,630

path abilities - well it could be I've

2421

01:51:50,120 --> 01:51:47,550

been asked that question I have an

2422

01:51:51,890 --> 01:51:50,130

empath support community on Facebook or

2423

01:51:53,720 --> 01:51:51,900

I have over 10,000 empaths

2424

01:51:55,880 --> 01:51:53,730

who are constantly talking to one

2425

01:51:57,979 --> 01:51:55,890

another and sharing and supporting and

2426  
01:51:59,990 --> 01:51:57,989  
I've been asked the question so many

2427  
01:52:02,240 --> 01:52:00,000  
times about autism and they've been

2428  
01:52:04,720 --> 01:52:02,250  
going back and forth as autism related

2429  
01:52:06,860 --> 01:52:04,730  
to being an empath and I I think many

2430  
01:52:10,220 --> 01:52:06,870  
people who are on the spectrum are

2431  
01:52:13,459 --> 01:52:10,230  
impacts but I don't believe that empaths

2432  
01:52:17,360 --> 01:52:13,469  
are necessarily autistic have you seen

2433  
01:52:19,220 --> 01:52:17,370  
the movie Bakst no I haven't have you

2434  
01:52:23,959 --> 01:52:19,230  
heard about the movie Baxter let's go

2435  
01:52:26,570 --> 01:52:23,969  
there No okay all right well then it's

2436  
01:52:33,380 --> 01:52:26,580  
related and it's not with that question

2437  
01:52:37,160 --> 01:52:33,390  
with autism Bakst puts puts forward a

2438  
01:52:40,250 --> 01:52:37,170

pretty strong case of evidence the fraud

2439

01:52:44,260 --> 01:52:40,260

side of it and the CDC is one thing but

2440

01:52:48,880 --> 01:52:44,270

the other part of it is that the

2441

01:52:51,740 --> 01:52:48,890

vaccinations may be causing autism and

2442

01:52:54,290 --> 01:52:51,750

and that's part of the rise that we are

2443

01:52:57,919 --> 01:52:54,300

seeing and it is increasing at a crazy

2444

01:53:00,919 --> 01:52:57,929

rate I mean that you know like in ten

2445

01:53:03,560 --> 01:53:00,929

years it's like eight out of ten

2446

01:53:07,040 --> 01:53:03,570

children could be diagnosed with autism

2447

01:53:08,919 --> 01:53:07,050

it's like it's on the rise it's it's a

2448

01:53:12,910 --> 01:53:08,929

very crazy film to watch

2449

01:53:15,340 --> 01:53:12,920

right the we're going to be headed

2450

01:53:17,500 --> 01:53:15,350

towards a break and everybody before we

2451  
01:53:19,270 --> 01:53:17,510  
get there we are going to take some

2452  
01:53:23,020 --> 01:53:19,280  
phone calls when we come back three to

2453  
01:53:28,060 --> 01:53:23,030  
three a to five five zero four or five

2454  
01:53:32,560 --> 01:53:28,070  
the the other part of spirituality for

2455  
01:53:35,439 --> 01:53:32,570  
you when it comes to empaths is it's

2456  
01:53:37,540 --> 01:53:35,449  
something that we need to and I want to

2457  
01:53:39,700 --> 01:53:37,550  
ask this question right something that

2458  
01:53:44,439 --> 01:53:39,710  
we need to embrace instead of push away

2459  
01:53:46,570 --> 01:53:44,449  
as an empath I definitely think so and

2460  
01:53:49,840 --> 01:53:46,580  
spirituality can be defined differently

2461  
01:53:52,590 --> 01:53:49,850  
for many people sometimes it can be a

2462  
01:53:57,070 --> 01:53:52,600  
religion it could be

2463  
01:54:00,280 --> 01:53:57,080

Jesus you know it could not be religious

2464

01:54:03,550 --> 01:54:00,290

it could be nature no it can be Hashem

2465

01:54:05,830 --> 01:54:03,560

it can be the goddess it can be the

2466

01:54:08,320 --> 01:54:05,840

ocean it can be the Stars it can be

2467

01:54:10,300 --> 01:54:08,330

nature it can be the unseen I mean

2468

01:54:13,450 --> 01:54:10,310

there's so many different names for

2469

01:54:17,470 --> 01:54:13,460

spirit and God you know throughout human

2470

01:54:20,939 --> 01:54:17,480

history and each person has to feel into

2471

01:54:23,620 --> 01:54:20,949

them their own hearts what feels like

2472

01:54:25,720 --> 01:54:23,630

something greater than you that you can

2473

01:54:28,360 --> 01:54:25,730

you know at 3:00 in the morning you have

2474

01:54:30,550 --> 01:54:28,370

something to turn to so it's not just

2475

01:54:33,130 --> 01:54:30,560

some manufactured belief system but it's

2476

01:54:36,430 --> 01:54:33,140

truly in your heart and you can sense

2477

01:54:38,410 --> 01:54:36,440

the energy of this you know being or

2478

01:54:42,970 --> 01:54:38,420

this intelligence or this you know I

2479

01:54:45,310 --> 01:54:42,980

consider you know God goddess love know

2480

01:54:48,130 --> 01:54:45,320

that unconditional love that is all

2481

01:54:50,800 --> 01:54:48,140

around us so far beyond our minds and

2482

01:54:53,950 --> 01:54:50,810

judgment no if only we can get beyond

2483

01:54:56,800 --> 01:54:53,960

our minds to feel it and so that's where

2484

01:54:58,990 --> 01:54:56,810

I go when I Center myself I open up to

2485

01:55:01,810 --> 01:54:59,000

my heart which is the connector to a

2486

01:55:04,120 --> 01:55:01,820

greater spirit and that works for me I

2487

01:55:07,180 --> 01:55:04,130

can't tell you how many times as an

2488

01:55:10,209 --> 01:55:07,190

empath I have just been overstimulated

2489

01:55:12,760 --> 01:55:10,219

thrown off sensory overload filled with

2490

01:55:14,740 --> 01:55:12,770

emotion triggered whatever the situation

2491

01:55:17,830 --> 01:55:14,750

was and I come back to my sacred space

2492

01:55:20,500 --> 01:55:17,840

in my altar and I put my hands together

2493

01:55:22,210 --> 01:55:20,510

and I tune into spirit and come back to

2494

01:55:25,630 --> 01:55:22,220

myself it is say

2495

01:55:28,510 --> 01:55:25,640

be so many times because I know how to

2496

01:55:28,990 --> 01:55:28,520

do this and I practiced it so much over

2497

01:55:31,660 --> 01:55:29,000

the years

2498

01:55:34,090 --> 01:55:31,670

why do we have so much anger we've got

2499

01:55:36,460 --> 01:55:34,100

about three minutes to the break why do

2500

01:55:38,980 --> 01:55:36,470

we have so much anger and divide and

2501  
01:55:41,080 --> 01:55:38,990  
conquer right now in this country where

2502  
01:55:44,350 --> 01:55:41,090  
I know that people are more sensitive

2503  
01:55:47,110 --> 01:55:44,360  
these days but at the same time we are

2504  
01:55:49,060 --> 01:55:47,120  
really triggered I mean really triggered

2505  
01:55:51,450 --> 01:55:49,070  
everything is divide and conquer right

2506  
01:55:54,310 --> 01:55:51,460  
now and it's never been like this oh

2507  
01:55:55,990 --> 01:55:54,320  
well I don't know you think so that's

2508  
01:55:59,500 --> 01:55:56,000  
never been like this in history not

2509  
01:56:02,080 --> 01:55:59,510  
quite this strong and and what I mean by

2510  
01:56:07,630 --> 01:56:02,090  
that is it it could be the most

2511  
01:56:11,980 --> 01:56:07,640  
sensitive thing for instance I could say

2512  
01:56:13,930 --> 01:56:11,990  
I love chocolate pudding I could say

2513  
01:56:16,410 --> 01:56:13,940

that and I could it just get this

2514

01:56:19,450 --> 01:56:16,420

audience just all fired up right there

2515

01:56:21,970 --> 01:56:19,460

yeah I think there's a lot of passion in

2516

01:56:24,460 --> 01:56:21,980

your audience and I think there's a lot

2517

01:56:26,950 --> 01:56:24,470

of anger permeating everywhere and in LA

2518

01:56:29,200 --> 01:56:26,960

if I make one wrong move in traffic or I

2519

01:56:31,330 --> 01:56:29,210

go too slow I get you know people

2520

01:56:35,440 --> 01:56:31,340

swearing at me and you know and ain't

2521

01:56:37,870 --> 01:56:35,450

hardly angry so beyond the circumstance

2522

01:56:41,950 --> 01:56:37,880

that it's out there and it comes out in

2523

01:56:44,890 --> 01:56:41,960

road rage you know it's everywhere in

2524

01:56:49,510 --> 01:56:44,900

our world today is just enormous anger

2525

01:56:52,090 --> 01:56:49,520

enormous division enormous darkness and

2526  
01:56:53,410 --> 01:56:52,100  
that's why everything I've been talking

2527  
01:56:56,080 --> 01:56:53,420  
about we've been talking about tonight

2528  
01:56:58,840 --> 01:56:56,090  
the simple power of coming back to the

2529  
01:57:01,630 --> 01:56:58,850  
heart and centering yourself in the

2530  
01:57:04,210 --> 01:57:01,640  
light and being that light to overcome

2531  
01:57:06,490 --> 01:57:04,220  
all this anger and divisive nough sand

2532  
01:57:09,370 --> 01:57:06,500  
not ever falter in your belief of what's

2533  
01:57:11,260 --> 01:57:09,380  
true you know when you truly believe and

2534  
01:57:13,810 --> 01:57:11,270  
the power of what I'm talking about and

2535  
01:57:16,660 --> 01:57:13,820  
when empath's can truly tune into this in

2536  
01:57:19,480 --> 01:57:16,670  
their energy field to Center themselves

2537  
01:57:22,300 --> 01:57:19,490  
then they have a way of navigating this

2538  
01:57:24,370 --> 01:57:22,310

time you know if not empaths are

2539

01:57:26,820 --> 01:57:24,380

demolished by the news demolished by

2540

01:57:29,860 --> 01:57:26,830

what's happening politically and and

2541

01:57:32,890 --> 01:57:29,870

climate wise is there such a thing as an

2542

01:57:34,060 --> 01:57:32,900

earthen path move Bo the changes in the

2543

01:57:35,379 --> 01:57:34,070

earth and when the earth is destroyed

2544

01:57:37,120 --> 01:57:35,389

and went

2545

01:57:39,640 --> 01:57:37,130

things are done not to protect the

2546

01:57:41,470 --> 01:57:39,650

sacredness of the earth we feel it in

2547

01:57:43,870 --> 01:57:41,480

our bodies and it feels like a personal

2548

01:57:46,300 --> 01:57:43,880

assault on our systems let's take a

2549

01:57:47,919 --> 01:57:46,310

break right here and the other when we

2550

01:57:50,770 --> 01:57:47,929

come back I have to ask the obvious

2551

01:57:52,629 --> 01:57:50,780

question which is this what does an

2552

01:57:55,240 --> 01:57:52,639

empath do with social media these days

2553

01:57:58,090 --> 01:57:55,250

there's there's some triggers right

2554

01:58:00,970 --> 01:57:58,100

there this is fade to black our guest

2555

01:58:03,620 --> 01:58:00,980

tonight dr. Judith Orlov we'll be right

2556

01:58:08,629 --> 01:58:03,630

back stay with your phone calls our next

2557

01:58:16,020 --> 01:58:08,639

[Music]

2558

01:58:18,810 --> 01:58:16,030

Jimmy Church radio calm this is kg are a

2559

01:58:19,830 --> 01:58:18,820

digital broadcasting station Salt Lake

2560

01:58:24,600 --> 01:58:19,840

City Utah

2561

01:58:27,030 --> 01:58:24,610

Van Buren Arkansas let's get this man to

2562

01:58:29,339 --> 01:58:27,040

the ER stat right away doctor we see

2563

01:58:31,770 --> 01:58:29,349

this every day heart attack or angina

2564

01:58:34,290 --> 01:58:31,780

pain due to blocked and clogged arteries

2565

01:58:36,149 --> 01:58:34,300

chelation can remove obstructions or

2566

01:58:38,160 --> 01:58:36,159

blockages from arteries and help avoid

2567

01:58:40,379 --> 01:58:38,170

painful and expensive surgery

2568

01:58:42,300 --> 01:58:40,389

now there's angio prim it's a liquid

2569

01:58:44,580 --> 01:58:42,310

oral chelation product that you take

2570

01:58:46,800 --> 01:58:44,590

with juice you start to feel the results

2571

01:58:48,750 --> 01:58:46,810

fast angio primm increases blood flow

2572

01:58:50,939 --> 01:58:48,760

all over the body and that means more

2573

01:58:53,760 --> 01:58:50,949

energy and strength to take on the day

2574

01:58:55,680 --> 01:58:53,770

with less aches and pains 60 years of

2575

01:58:56,820 --> 01:58:55,690

research has gone into chelation and

2576

01:58:59,160 --> 01:58:56,830

angiogram

2577

01:59:01,379 --> 01:58:59,170

is the result a safe and easy way to

2578

01:59:03,510 --> 01:59:01,389

unblock your veins and arteries from

2579

01:59:05,160 --> 01:59:03,520

build-up that slow circulation shaping

2580

01:59:07,560 --> 01:59:05,170

dr. Jones please report to the emergency

2581

01:59:09,600 --> 01:59:07,570

room right away log on now for a special

2582

01:59:14,010 --> 01:59:09,610

radio offer from angio primm that's

2583

01:59:17,070 --> 01:59:14,020

angio prim calm / radio ang io PRI M

2584

01:59:19,800 --> 01:59:17,080

angio prim calm / radio are called eight

2585

01:59:21,540 --> 01:59:19,810

seven seven eight eight to 72 21 that's

2586

01:59:26,490 --> 01:59:21,550

eight seven seven eight eight to seventy

2587

01:59:29,910 --> 01:59:26,500

to 21 so you love talk radio then you'll

2588

01:59:32,970 --> 01:59:29,920

love talk stream live.com talk stream

2589

01:59:35,160 --> 01:59:32,980

live is always on 24/7 with the best

2590

01:59:37,290 --> 01:59:35,170

streaming talk shows find your favorite

2591

01:59:40,350 --> 01:59:37,300

talkers and discover some new ones it's

2592

01:59:42,120 --> 01:59:40,360

free readily available online or on the

2593

01:59:44,550 --> 01:59:42,130

smartphone or tablet finding your

2594

01:59:46,830 --> 01:59:44,560

favorite talk shows all in one place has

2595

01:59:49,379 --> 01:59:46,840

gotten a whole lot easier just go to

2596

01:59:51,899 --> 01:59:49,389

talk stream live.com be sure to download

2597

01:59:55,439 --> 01:59:51,909

the free apps from Google Play or the

2598

01:59:55,990 --> 01:59:55,449

itunes app store your contact for

2599

02:00:00,720 --> 01:59:56,000

current

2600

02:00:04,270 --> 02:00:00,730

and trending topics gay GRA radio.com

2601  
02:00:07,690 --> 02:00:04,280  
hello fader nots this is Jimmy Church

2602  
02:00:09,930 --> 02:00:07,700  
and I'm introducing new Pharma a company

2603  
02:00:12,270 --> 02:00:09,940  
whose products are based on science

2604  
02:00:16,720 --> 02:00:12,280  
human function based on the

2605  
02:00:19,210 --> 02:00:16,730  
endocannabinoid system or ECS new pharma

2606  
02:00:21,820 --> 02:00:19,220  
firmly believes in this science and

2607  
02:00:24,730 --> 02:00:21,830  
their research indicates that support of

2608  
02:00:27,910 --> 02:00:24,740  
the ECS provides the beneficial effects

2609  
02:00:30,910 --> 02:00:27,920  
for a healthy lifestyle new farm as

2610  
02:00:31,720 --> 02:00:30,920  
science includes relief capsules for

2611  
02:00:34,780 --> 02:00:31,730  
pain relief

2612  
02:00:37,870 --> 02:00:34,790  
sleep capsules which are natural support

2613  
02:00:41,320 --> 02:00:37,880

for occasional sleeplessness Foundation

2614

02:00:44,380 --> 02:00:41,330

is support for your ECS and fit capsules

2615

02:00:46,030 --> 02:00:44,390

support your active lifestyle just click

2616

02:00:49,720 --> 02:00:46,040

on the banner at jimmy church radio.com

2617

02:00:51,670 --> 02:00:49,730

and use the promo code f to be for a 33

2618

02:00:55,000 --> 02:00:51,680

percent discount on all of their

2619

02:00:56,920 --> 02:00:55,010

products or visit new Pharma comm for

2620

02:01:04,020 --> 02:00:56,930

all of the knowledge on the science

2621

02:01:06,190 --> 02:01:04,030

that's gnu pharma dot-com gobekli tepe

2622

02:01:07,900 --> 02:01:06,200

did you know that when you're on the

2623

02:01:10,390 --> 02:01:07,910

road with limited data or Wi-Fi

2624

02:01:12,310 --> 02:01:10,400

available you can still listen to every

2625

02:01:15,100 --> 02:01:12,320

minute of fade to black by just calling

2626

02:01:18,130 --> 02:01:15,110

six oh five five six two four four eight

2627

02:01:20,620 --> 02:01:18,140

two no smartphone app or internet needed

2628

02:01:23,230 --> 02:01:20,630

it saves your data plan and no extra

2629

02:01:26,020 --> 02:01:23,240

cost if you have unlimited minutes just

2630

02:01:28,180 --> 02:01:26,030

call six oh five five six two four four

2631

02:01:30,940 --> 02:01:28,190

eight two you can listen to me Jimmy

2632

02:01:37,770 --> 02:01:30,950

Church on any phone anytime anywhere

2633

02:01:37,780 --> 02:01:41,810

[Music]

2634

02:01:48,180 --> 02:01:44,100

you want to know a secret

2635

02:01:51,150 --> 02:01:48,190

I love ponies I really love for this I'm

2636

02:01:55,680 --> 02:01:51,160

serious I couldn't stay sane without

2637

02:02:00,910 --> 02:01:55,690

poor mr. Russ I fade to black because

2638

02:02:04,910 --> 02:02:02,780

this is fade to black

2639

02:02:08,600 --> 02:02:04,920

with Jimmy Church on the game changer

2640

02:02:10,980 --> 02:02:08,610

radio network and K GRA the global radio

2641

02:02:23,279 --> 02:02:10,990

alliance

2642

02:02:26,020 --> 02:02:23,289

[Music]

2643

02:02:27,489 --> 02:02:26,030

all right welcome back fade to black

2644

02:02:30,129 --> 02:02:27,499

I'm your host Jimmy Church our guest

2645

02:02:32,229 --> 02:02:30,139

tonight dr. Judith Orloff we're talking

2646

02:02:36,009 --> 02:02:32,239

about her new best-selling book the

2647

02:02:38,620 --> 02:02:36,019

empaths Survival Guide life strategies

2648

02:02:40,089 --> 02:02:38,630

for sensitive people and this segment of

2649

02:02:43,540 --> 02:02:40,099

fade to black is proudly brought to you

2650

02:02:46,060 --> 02:02:43,550

by nu Pharma G nu farmers click on the

2651  
02:02:50,080 --> 02:02:46,070  
banner over to maturity accom use the

2652  
02:02:52,540 --> 02:02:50,090  
promo code F to be and you will get 33%

2653  
02:02:54,430 --> 02:02:52,550  
off of your order go to the new Pharma

2654  
02:02:58,509 --> 02:02:54,440  
today and read about all of the science

2655  
02:03:00,430 --> 02:02:58,519  
behind their products and now I'm gonna

2656  
02:03:03,250 --> 02:03:00,440  
open up the phone lines three two three

2657  
02:03:04,989 --> 02:03:03,260  
eight two five five zero four five three

2658  
02:03:06,549 --> 02:03:04,999  
two three eight two five five zero four

2659  
02:03:09,939 --> 02:03:06,559  
or five I'm only gonna use that phone

2660  
02:03:13,719 --> 02:03:09,949  
bang tonight so please use that phone

2661  
02:03:18,100 --> 02:03:13,729  
line and now dr. Judith what I want

2662  
02:03:21,160 --> 02:03:18,110  
right before the break I brought up the

2663  
02:03:24,069 --> 02:03:21,170

internet right social media and Twitter

2664

02:03:28,810 --> 02:03:24,079

and Facebook and and how does that

2665

02:03:31,839 --> 02:03:28,820

affect an empath really intensely and so

2666

02:03:34,390 --> 02:03:31,849

they have to limit it because there's

2667

02:03:36,279 --> 02:03:34,400

information overload on the internet and

2668

02:03:38,950 --> 02:03:36,289

plus if you join a group there could be

2669

02:03:42,430 --> 02:03:38,960

all kinds of emotional overload from

2670

02:03:44,589 --> 02:03:42,440

being involved and so you have to really

2671

02:03:47,770 --> 02:03:44,599

limit it there's just too much coming in

2672

02:03:49,989 --> 02:03:47,780

too fast and I notice when I'm on the

2673

02:03:52,540 --> 02:03:49,999

internet too long I kind of feel like a

2674

02:03:56,049 --> 02:03:52,550

zombie where you know I just don't feel

2675

02:03:57,850 --> 02:03:56,059

that good and so I need to close down my

2676

02:04:00,040 --> 02:03:57,860

computer and go walk by the beach for a

2677

02:04:02,109 --> 02:04:00,050

while it's it's too much it's the

2678

02:04:04,899 --> 02:04:02,119

electromagnetic radiation coming off of

2679

02:04:06,430 --> 02:04:04,909

the screen you know plus it's just the

2680

02:04:11,350 --> 02:04:06,440

information that's that's very

2681

02:04:14,649 --> 02:04:11,360

overwhelming for empath and the trigger

2682

02:04:17,069 --> 02:04:14,659

words right same thing as vision or

2683

02:04:20,500 --> 02:04:17,079

smell or taste or anything like that

2684

02:04:23,580 --> 02:04:20,510

trigger words would be having the same

2685

02:04:26,919 --> 02:04:23,590

effect right oh absolutely absolutely

2686

02:04:31,089 --> 02:04:26,929

and you know especially if you look on

2687

02:04:33,399 --> 02:04:31,099

Google or follow the news it's a mixed

2688

02:04:35,589 --> 02:04:33,409

bag for impasse because they feel so

2689

02:04:37,689 --> 02:04:35,599

much and they want to be able to to

2690

02:04:39,699 --> 02:04:37,699

help and they want to be able to feel

2691

02:04:41,319 --> 02:04:39,709

for people who are suffering but what

2692

02:04:43,449 --> 02:04:41,329

impasse do is they take on that

2693

02:04:46,629 --> 02:04:43,459

suffering so they could get tremendously

2694

02:04:49,929 --> 02:04:46,639

ill by taking on so much suffering in

2695

02:04:52,929 --> 02:04:49,939

the world and so it's important you know

2696

02:04:55,089 --> 02:04:52,939

to really balance yourself as an empath

2697

02:04:57,189 --> 02:04:55,099

you could enjoy social media social

2698

02:05:00,520 --> 02:04:57,199

media is fantastic you know I really

2699

02:05:03,369 --> 02:05:00,530

like it and you know I enjoy so much of

2700

02:05:05,469 --> 02:05:03,379

it but I limit it and it can be

2701

02:05:07,389 --> 02:05:05,479

addictive like anything else well sure

2702

02:05:09,669 --> 02:05:07,399

it can and then we have the other social

2703

02:05:11,679 --> 02:05:09,679

phenomenon with social media which is

2704

02:05:15,339 --> 02:05:11,689

trolls which are there to just

2705

02:05:17,529 --> 02:05:15,349

absolutely tear at your emotions right I

2706

02:05:20,199 --> 02:05:17,539

know I've experienced that a little bit

2707

02:05:23,049 --> 02:05:20,209

and it's it happened in my empath group

2708

02:05:24,790 --> 02:05:23,059

where you know that and we we got I got

2709

02:05:26,849 --> 02:05:24,800

rid of it right away because I monitor

2710

02:05:29,319 --> 02:05:26,859

it pretty closely but it's so invasive

2711

02:05:31,659 --> 02:05:29,329

you know it's really horrible and

2712

02:05:34,000 --> 02:05:31,669

invasive and you know an empath are

2713

02:05:37,000 --> 02:05:34,010

sensitive to invasion of their personal

2714

02:05:41,469 --> 02:05:37,010

space and so the whole troll phenomenon

2715

02:05:45,819 --> 02:05:41,479

is no beyond disgusting and invasive and

2716

02:05:48,339 --> 02:05:45,829

I can only imagine with trolls do it for

2717

02:05:50,439 --> 02:05:48,349

sport right its sport and they will tell

2718

02:05:53,500 --> 02:05:50,449

you hey man if you're getting affected

2719

02:05:56,619 --> 02:05:53,510

by me that's what I do now I'm never

2720

02:06:01,000 --> 02:05:56,629

gonna leave right so there's that part

2721

02:06:03,819 --> 02:06:01,010

of it and then the the empath being so

2722

02:06:05,859 --> 02:06:03,829

sensitive and the troll doing just that

2723

02:06:09,250 --> 02:06:05,869

trying to get to the sensitive part of

2724

02:06:11,589 --> 02:06:09,260

anybody it's their job that's a bad mix

2725

02:06:12,879 --> 02:06:11,599

right there it's a terrible mix but it's

2726

02:06:18,609 --> 02:06:12,889

a great thing to be able to block

2727

02:06:20,349 --> 02:06:18,619

somebody so you know one of the I talked

2728

02:06:30,270 --> 02:06:20,359

about that so much one of the most

2729

02:06:35,560 --> 02:06:32,919

anybody is trying to intrude on your

2730

02:06:37,750 --> 02:06:35,570

space or laying a number on you or not

2731

02:06:41,229 --> 02:06:37,760

being respectful to you block them yeah

2732

02:06:44,529 --> 02:06:41,239

Baucom welcome and and and it is so

2733

02:06:46,540 --> 02:06:44,539

freeing and the other part is this and

2734

02:06:49,209 --> 02:06:46,550

as a psychiatrist I just have to ask you

2735

02:06:51,520 --> 02:06:49,219

this directly when somebody gets

2736

02:06:53,530 --> 02:06:51,530

in social media we have all the social

2737

02:06:55,840 --> 02:06:53,540

media etiquette today right

2738

02:06:57,640 --> 02:06:55,850

there's the these psychological games

2739

02:07:00,910 --> 02:06:57,650

that are going down and the person that

2740

02:07:03,970 --> 02:07:00,920

has boxes hey what about my freedom of

2741

02:07:07,030 --> 02:07:03,980

speech you are invading in that we

2742

02:07:09,729 --> 02:07:07,040

aren't are we our world is our world

2743

02:07:12,040 --> 02:07:09,739

that you are coming into and if you're

2744

02:07:15,400 --> 02:07:12,050

making me or somebody else you know

2745

02:07:17,950 --> 02:07:15,410

uncomfortable with your negativity then

2746

02:07:22,090 --> 02:07:17,960

it's our choice not yours you don't have

2747

02:07:24,580 --> 02:07:22,100

those those rights oh no I don't think

2748

02:07:27,040 --> 02:07:24,590

so I mean even in my own home as an

2749

02:07:29,380 --> 02:07:27,050

empath I have a no yelling rule because

2750

02:07:31,390 --> 02:07:29,390

I'm very sensitive to people yelling and

2751  
02:07:34,300 --> 02:07:31,400  
screaming I just can't stand it it makes

2752  
02:07:36,910 --> 02:07:34,310  
me ill and so I you know encourage

2753  
02:07:39,820 --> 02:07:36,920  
impasse to set those kind of rules for

2754  
02:07:41,890 --> 02:07:39,830  
yourself you know beautiful and it hurts

2755  
02:07:44,200 --> 02:07:41,900  
you you have to tell your mate that or

2756  
02:07:46,390 --> 02:07:44,210  
you have to say if you're yelling I have

2757  
02:07:47,860 --> 02:07:46,400  
to leave the room or I'm not going to

2758  
02:07:50,260 --> 02:07:47,870  
drive in a car with you because then

2759  
02:07:52,060 --> 02:07:50,270  
paths you know are trapped in cars if

2760  
02:07:55,030 --> 02:07:52,070  
somebody starts raging in a car or

2761  
02:07:57,070 --> 02:07:55,040  
starts dumping on you in a car you know

2762  
02:07:59,080 --> 02:07:57,080  
I've had em pass get out of the car and

2763  
02:08:01,840 --> 02:07:59,090

just take it over you know which I

2764

02:08:04,360 --> 02:08:01,850

support wholeheartedly you know to not

2765

02:08:06,640 --> 02:08:04,370

have toxic energy dumped all over you

2766

02:08:08,620 --> 02:08:06,650

it's never a good thing never people

2767

02:08:10,260 --> 02:08:08,630

have to treat you respectfully our

2768

02:08:13,750 --> 02:08:10,270

empaths

2769

02:08:17,880 --> 02:08:13,760

is there a correlation between emotional

2770

02:08:21,430 --> 02:08:17,890

intelligence and you know high scores of

2771

02:08:24,220 --> 02:08:21,440

intelligence test does that indicate an

2772

02:08:26,680 --> 02:08:24,230

empath somebody with crazy intelligence

2773

02:08:28,570 --> 02:08:26,690

yeah I could it could it doesn't always

2774

02:08:30,760 --> 02:08:28,580

have to but in terms of emotional

2775

02:08:32,350 --> 02:08:30,770

intelligence yes because if they have

2776

02:08:34,689 --> 02:08:32,360

emotional intelligence that's a

2777

02:08:36,370 --> 02:08:34,699

sophisticated kind of intelligence where

2778

02:08:38,080 --> 02:08:36,380

that means they know how to deal with

2779

02:08:42,220 --> 02:08:38,090

their emotions you know in a really

2780

02:08:44,290 --> 02:08:42,230

wonderful balanced way and empathys with

2781

02:08:46,390 --> 02:08:44,300

tools have very high emotional

2782

02:08:48,010 --> 02:08:46,400

intelligence because they know how to

2783

02:08:50,080 --> 02:08:48,020

deal with emotions and they know how to

2784

02:08:52,750 --> 02:08:50,090

deal with you know if you're triggered

2785

02:08:54,900 --> 02:08:52,760

you don't always have to react you see

2786

02:08:57,189 --> 02:08:54,910

and that's just a basic law of

2787

02:08:58,570 --> 02:08:57,199

communication that you have to learn

2788

02:09:01,060 --> 02:08:58,580

because most people when they're

2789

02:09:02,500 --> 02:09:01,070

triggered they react and they're you

2790

02:09:05,650 --> 02:09:02,510

know there's a weakness in

2791

02:09:07,600 --> 02:09:05,660

because they don't have the strength to

2792

02:09:09,880 --> 02:09:07,610

say all right I'm triggered but I'm not

2793

02:09:11,650 --> 02:09:09,890

reacting to this person or giving them

2794

02:09:14,110 --> 02:09:11,660

energy because the thing is with energy

2795

02:09:16,360 --> 02:09:14,120

vampires the more you react the more

2796

02:09:17,080 --> 02:09:16,370

energy you give them and you don't want

2797

02:09:19,990 --> 02:09:17,090

to do that

2798

02:09:23,260 --> 02:09:20,000

you've mentioned and this is a come up a

2799

02:09:24,910 --> 02:09:23,270

few times now in in Twitter so let's

2800

02:09:27,640 --> 02:09:24,920

back up for a second you've mentioned

2801

02:09:31,510 --> 02:09:27,650

energy vampire what is it an energy

2802

02:09:34,510 --> 02:09:31,520

vampire an energy vampire is somebody

2803

02:09:38,440 --> 02:09:34,520

who has the capacity to suck your energy

2804

02:09:40,570 --> 02:09:38,450

dry so just by virtue of their energy

2805

02:09:43,170 --> 02:09:40,580

field or maybe something they say

2806

02:09:46,180 --> 02:09:43,180

something they do they could drain you

2807

02:09:48,580 --> 02:09:46,190

and there all kinds of energy vampires

2808

02:09:51,130 --> 02:09:48,590

that the run-of-the-mill energy vampires

2809

02:09:53,650 --> 02:09:51,140

the chronic talker is an energy vampire

2810

02:09:55,660 --> 02:09:53,660

for an empath you know if you're

2811

02:09:57,550 --> 02:09:55,670

cornered at a party and somebody just

2812

02:10:00,460 --> 02:09:57,560

starts telling you their life story and

2813

02:10:02,620 --> 02:10:00,470

empath will sit there for hours

2814

02:10:04,570 --> 02:10:02,630

listening and then they end up feeling

2815

02:10:07,120 --> 02:10:04,580

sick and tired by the end of the night

2816

02:10:09,970 --> 02:10:07,130

and so aunt asked me to learn how to

2817

02:10:12,970 --> 02:10:09,980

interrupt in order to get out of these

2818

02:10:15,540 --> 02:10:12,980

situations no you have to say I'm sorry

2819

02:10:18,340 --> 02:10:15,550

to interrupt you but I have to leave and

2820

02:10:20,440 --> 02:10:18,350

you know thank you for sharing this but

2821

02:10:22,840 --> 02:10:20,450

I've got to talk to this other person as

2822

02:10:25,090 --> 02:10:22,850

empaths can't be a victim to energy

2823

02:10:29,140 --> 02:10:25,100

vampires that's only one skill for that

2824

02:10:32,290 --> 02:10:29,150

type and most energy vampires don't do

2825

02:10:34,690 --> 02:10:32,300

it on purpose most of them don't and you

2826

02:10:38,590 --> 02:10:34,700

know I've done show with George on this

2827

02:10:41,230 --> 02:10:38,600

you know a while back and he was saying

2828

02:10:43,450 --> 02:10:41,240

well what about you know those who are

2829

02:10:46,450 --> 02:10:43,460

bullish or malicious and they just go

2830

02:10:48,630 --> 02:10:46,460

out to hurt you right and I think there

2831

02:10:51,130 --> 02:10:48,640

are those types but they're not everyday

2832

02:10:54,490 --> 02:10:51,140

vampires there are those that just want

2833

02:10:57,160 --> 02:10:54,500

to hurt and cause damage you know those

2834

02:11:01,180 --> 02:10:57,170

are truly destructive no consciously

2835

02:11:05,410 --> 02:11:01,190

caused damage and so my advice for these

2836

02:11:08,740 --> 02:11:05,420

people is to stay away from them if you

2837

02:11:11,680 --> 02:11:08,750

can and set fierce limits with them and

2838

02:11:13,810 --> 02:11:11,690

if they keep harassing you or whatever

2839

02:11:14,830 --> 02:11:13,820

to just shut them off in as many ways as

2840

02:11:15,370 --> 02:11:14,840

possible

2841

02:11:17,860 --> 02:11:15,380

see what

2842

02:11:19,930 --> 02:11:17,870

happens is people have insecurities that

2843

02:11:21,760 --> 02:11:19,940

are triggered by them for instance if

2844

02:11:24,730 --> 02:11:21,770

you have a controller somebody who wants

2845

02:11:27,130 --> 02:11:24,740

to control you or a narcissist let's say

2846

02:11:29,740 --> 02:11:27,140

who wants to control you through their

2847

02:11:31,840 --> 02:11:29,750

their narcissism or through their you

2848

02:11:34,300 --> 02:11:31,850

know using the silent treatment on you

2849

02:11:36,820 --> 02:11:34,310

or through their gaslighting techniques

2850

02:11:39,430 --> 02:11:36,830

you know instead of going along with it

2851

02:11:41,140 --> 02:11:39,440

you can say hmm all right you know

2852

02:11:44,740 --> 02:11:41,150

they're trying to control me in this way

2853

02:11:47,410 --> 02:11:44,750

and I'm not going to allow it so you

2854

02:11:50,110 --> 02:11:47,420

gotta have enough smarts to identify it

2855

02:11:51,880 --> 02:11:50,120

first of all so you can go to the energy

2856

02:11:54,130 --> 02:11:51,890

vampire chapter and identify different

2857

02:11:57,100 --> 02:11:54,140

types you know that are in the book and

2858

02:11:59,880 --> 02:11:57,110

then take action it's not rocket science

2859

02:12:02,500 --> 02:11:59,890

but it does get into the deep emotional

2860

02:12:05,260 --> 02:12:02,510

underpinnings of how we're made and if

2861

02:12:07,990 --> 02:12:05,270

you have parents who were not so kind to

2862

02:12:10,660 --> 02:12:08,000

you if you have an energy vampire is not

2863

02:12:12,760 --> 02:12:10,670

so kind you can find what's called a

2864

02:12:14,500 --> 02:12:12,770

wound mate well you're both inflict

2865

02:12:18,280 --> 02:12:14,510

wounds on one another which isn't a

2866

02:12:20,970 --> 02:12:18,290

healthy relationship what but doesn't

2867

02:12:26,980 --> 02:12:20,980

everybody feel gaslighted these days I

2868

02:12:29,530 --> 02:12:26,990

think so if they're smart yes I mean if

2869

02:12:33,370 --> 02:12:29,540

you think about it like that yeah that's

2870

02:12:35,440 --> 02:12:33,380

that's like the whole planet well I

2871

02:12:37,840 --> 02:12:35,450

think there's a lot of it going on

2872

02:12:39,580 --> 02:12:37,850

that's the gaslighting for those of you

2873

02:12:42,190 --> 02:12:39,590

don't know what that is it's where

2874

02:12:44,320 --> 02:12:42,200

another person tries to make you feel

2875

02:12:47,170 --> 02:12:44,330

crazy because if your take on reality

2876

02:12:50,590 --> 02:12:47,180

yeah yeah yeah right it's the whole

2877

02:12:57,010 --> 02:12:50,600

planet you know and you're you're either

2878

02:12:58,780 --> 02:12:57,020

in or you're out there's not a gray area

2879

02:13:01,720 --> 02:12:58,790

there is what I'm saying it's the whole

2880

02:13:03,970 --> 02:13:01,730

planet it's either one or the other yeah

2881

02:13:05,680 --> 02:13:03,980

but I think you know many many people

2882

02:13:08,050 --> 02:13:05,690

are smart enough to realize that and

2883

02:13:11,230 --> 02:13:08,060

aware enough to realize that some aren't

2884

02:13:14,200 --> 02:13:11,240

and that's the problem and if you have

2885

02:13:17,970 --> 02:13:14,210

old wounds from childhood especially if

2886

02:13:20,470 --> 02:13:17,980

you're an empath you're so sensitive a

2887

02:13:22,450 --> 02:13:20,480

narcissist or someone who is gaslighting

2888

02:13:24,790 --> 02:13:22,460

can feed on that insecurity if you're

2889

02:13:27,190 --> 02:13:24,800

not sure of yourself and somebody says

2890

02:13:29,050 --> 02:13:27,200

you really didn't feel that that really

2891

02:13:31,450 --> 02:13:29,060

didn't happen to you in

2892

02:13:34,660 --> 02:13:31,460

you're crazy you're gonna believe it

2893

02:13:38,020 --> 02:13:34,670

that's where the damage happen it is and

2894

02:13:40,600 --> 02:13:38,030

and let's let's let's let's talk about

2895

02:13:47,620 --> 02:13:40,610

the elephant in the room let's talk

2896

02:13:49,270 --> 02:13:47,630

about fake news right now this I'll don't

2897

02:13:52,470 --> 02:13:49,280

go political so I'm gonna try to keep

2898

02:13:55,990 --> 02:13:52,480

the political side out of this but when

2899

02:13:59,350 --> 02:13:56,000

society at large has been told that

2900

02:14:03,520 --> 02:13:59,360

everything they have been fed is all

2901  
02:14:06,880 --> 02:14:03,530  
fake news that's gaslighting on a on a

2902  
02:14:09,220 --> 02:14:06,890  
grand scale oh yeah but that's where

2903  
02:14:11,290 --> 02:14:09,230  
intuition comes in because you could

2904  
02:14:13,330 --> 02:14:11,300  
intuitively tune into any piece of

2905  
02:14:14,590 --> 02:14:13,340  
information whether it's news or whether

2906  
02:14:17,170 --> 02:14:14,600  
it's something that's going on in your

2907  
02:14:19,000 --> 02:14:17,180  
personal life and you have to get used

2908  
02:14:21,910 --> 02:14:19,010  
to tuning in and feeling what resonates

2909  
02:14:24,250 --> 02:14:21,920  
as truth and what doesn't and so you

2910  
02:14:26,500 --> 02:14:24,260  
have to run everything by your intuition

2911  
02:14:28,480 --> 02:14:26,510  
everyone can say no this is true no

2912  
02:14:30,940 --> 02:14:28,490  
that's true but if you run it by your

2913  
02:14:35,200 --> 02:14:30,950

innermost self you can feel the truth of

2914

02:14:38,230 --> 02:14:35,210

most things I say to everybody and I

2915

02:14:40,690 --> 02:14:38,240

know this may sound Wow it may not sound

2916

02:14:43,360 --> 02:14:40,700

strange to you but I tell everybody to

2917

02:14:46,030 --> 02:14:43,370

use the Big D discernment that's like

2918

02:14:48,670 --> 02:14:46,040

the big word today for me yeah it's a

2919

02:14:51,070 --> 02:14:48,680

good word it's discernment and it it

2920

02:14:55,900 --> 02:14:51,080

goes through social media that now today

2921

02:15:00,730 --> 02:14:55,910

when you are clicking on or retweeting

2922

02:15:02,710 --> 02:15:00,740

or or a video you know whatever if

2923

02:15:05,290 --> 02:15:02,720

you're spreading you may be spreading

2924

02:15:09,520 --> 02:15:05,300

negativity you may even be spreading a

2925

02:15:12,040 --> 02:15:09,530

lie you know fake news and and that is

2926

02:15:13,810 --> 02:15:12,050

causing emotional distress on a big

2927

02:15:16,930 --> 02:15:13,820

scale and you don't understand your

2928

02:15:19,330 --> 02:15:16,940

influence when you click like or retweet

2929

02:15:20,920 --> 02:15:19,340

or share you need to use discernment

2930

02:15:24,250 --> 02:15:20,930

because you don't know who you are

2931

02:15:25,930 --> 02:15:24,260

affecting in a very strange way people

2932

02:15:30,640 --> 02:15:25,940

don't interpret it the same way that you

2933

02:15:34,390 --> 02:15:30,650

did that's true and you have to look at

2934

02:15:37,270 --> 02:15:34,400

every retweet or every you know comment

2935

02:15:39,520 --> 02:15:37,280

on Facebook as energy transfer so its

2936

02:15:42,100 --> 02:15:39,530

energy being transferred through that

2937

02:15:42,580 --> 02:15:42,110

communication that's why impasse gets so

2938

02:15:46,000 --> 02:15:42,590

over

2939

02:15:48,370 --> 02:15:46,010

well my social media because they take

2940

02:15:50,560 --> 02:15:48,380

everything seriously I'm past tend to

2941

02:15:52,959 --> 02:15:50,570

you know take a lot seriously so they

2942

02:15:55,089 --> 02:15:52,969

need to lighten up a bit you see but

2943

02:15:57,700 --> 02:15:55,099

everything they hear oh my god it

2944

02:15:59,709 --> 02:15:57,710

relates to me and you know that's one

2945

02:16:01,899 --> 02:15:59,719

thing that empowers have to work work

2946

02:16:03,609 --> 02:16:01,909

with is not to over identify with

2947

02:16:05,680 --> 02:16:03,619

everything that every cause of suffering

2948

02:16:07,689 --> 02:16:05,690

that's happening in the world as they

2949

02:16:09,490 --> 02:16:07,699

they could do that you know they could

2950

02:16:11,140 --> 02:16:09,500

do that and you know I just want to say

2951

02:16:13,750 --> 02:16:11,150

that a lot of creative people are in

2952

02:16:18,240 --> 02:16:13,760

paths a lot of people in the media a lot

2953

02:16:21,280 --> 02:16:18,250

of actors and actresses or empaths

2954

02:16:25,689 --> 02:16:21,290

Alanis Morissette's I think Jim Carrey

2955

02:16:27,939 --> 02:16:25,699

or a bunch of them have come out so you

2956

02:16:31,089 --> 02:16:27,949

know they're in the media in the sense

2957

02:16:34,440 --> 02:16:31,099

that they're creative people and you

2958

02:16:36,610 --> 02:16:34,450

know creating and transmitting energy I

2959

02:16:38,530 --> 02:16:36,620

and I think that they're starting to

2960

02:16:40,959 --> 02:16:38,540

recognize that a bit more and go public

2961

02:16:44,169 --> 02:16:40,969

about it Jim Carrey certainly has and

2962

02:16:46,360 --> 02:16:44,179

and I think more and more are doing just

2963

02:16:48,520 --> 02:16:46,370

that which allows the rest of us that

2964

02:16:50,919 --> 02:16:48,530

are questioning or wondering what is

2965

02:16:53,650 --> 02:16:50,929

actually going on with us that hey wait

2966

02:16:57,250 --> 02:16:53,660

a minute right and if he is speaking

2967

02:17:01,389 --> 02:16:57,260

about this in such a direct way then

2968

02:17:02,830 --> 02:17:01,399

maybe I'm actually okay yeah exactly and

2969

02:17:04,660 --> 02:17:02,840

that's the point of the unpassed

2970

02:17:07,450 --> 02:17:04,670

Survival Guide is that maybe you're

2971

02:17:10,540 --> 02:17:07,460

actually okay not even okay but better

2972

02:17:12,400 --> 02:17:10,550

than okay maybe you have a gift and

2973

02:17:13,810 --> 02:17:12,410

maybe you need to nurture it and you

2974

02:17:15,969 --> 02:17:13,820

need to look at what your life

2975

02:17:18,099 --> 02:17:15,979

experience has been so far and reframe

2976

02:17:20,560 --> 02:17:18,109

it and that's what I hope I have

2977

02:17:22,209 --> 02:17:20,570

communicated tonight no to the empath

2978

02:17:24,370 --> 02:17:22,219

out there I mean maybe some of you

2979

02:17:25,959 --> 02:17:24,380

already know your own past but to those

2980

02:17:28,000 --> 02:17:25,969

of you have been listening and light

2981

02:17:31,480 --> 02:17:28,010

bulbs are going on from going oh my god

2982

02:17:34,330 --> 02:17:31,490

this is me then you can make that turn

2983

02:17:38,290 --> 02:17:34,340

in your life and begin to reframe it and

2984

02:17:40,959 --> 02:17:38,300

like Sabrina said ree-ree school

2985

02:17:44,250 --> 02:17:40,969

yourself we educate yourself and let go

2986

02:17:47,500 --> 02:17:44,260

of old patterns and see yourself anew

2987

02:17:50,950 --> 02:17:47,510

just as you said Sabrina this popped up

2988

02:17:53,139 --> 02:17:50,960

from Sabrina Jeff right then she says

2989

02:17:55,480 --> 02:17:53,149

Judith what is the darkest thing that

2990

02:17:58,630 --> 02:17:55,490

you've had to heal from

2991

02:18:00,520 --> 02:17:58,640

oh boy

2992

02:18:04,420 --> 02:18:00,530

there's been a lot of things but I think

2993

02:18:07,450 --> 02:18:04,430

my fear of abandonment you know that was

2994

02:18:10,360 --> 02:18:07,460

very very rough on my relationships for

2995

02:18:12,820 --> 02:18:10,370

a long long time and still pops up by I

2996

02:18:15,190 --> 02:18:12,830

flipped between fear of suffocation and

2997

02:18:17,680 --> 02:18:15,200

fear of abandonment as an empath you

2998

02:18:19,660 --> 02:18:17,690

know in an intimate relationship and

2999

02:18:23,560 --> 02:18:19,670

I've always wanted to have a soul mate

3000

02:18:25,360 --> 02:18:23,570

an intimate relationship but I've always

3001

02:18:27,210 --> 02:18:25,370

you know nothing has really worked out

3002

02:18:31,180 --> 02:18:27,220

for me until the last number of years

3003

02:18:33,670 --> 02:18:31,190

because you know I had this this

3004

02:18:35,530 --> 02:18:33,680

flipping of suffocation and abandonment

3005

02:18:38,650 --> 02:18:35,540

and so I really had to work with that in

3006

02:18:41,710 --> 02:18:38,660

myself you know and so that it doesn't

3007

02:18:44,410 --> 02:18:41,720

overcome me you know at times so I know

3008

02:18:46,600 --> 02:18:44,420

that's a huge fear in people's many

3009

02:18:47,530 --> 02:18:46,610

people's lives if they can be honest

3010

02:18:51,610 --> 02:18:47,540

with themselves

3011

02:18:53,290 --> 02:18:51,620

I wanna one last thing that I want to

3012

02:18:57,490 --> 02:18:53,300

touch upon when we are talking about

3013

02:18:59,410 --> 02:18:57,500

energy vampires or narcissists I think

3014

02:19:02,860 --> 02:18:59,420

that a lot of this references people

3015

02:19:05,470 --> 02:19:02,870

that are in your life momentarily not

3016

02:19:07,000 --> 02:19:05,480

all day long but what if it is somebody

3017

02:19:08,530 --> 02:19:07,010

that you work with what if it's your

3018

02:19:11,560 --> 02:19:08,540

boss what if it's somebody that's

3019

02:19:22,600 --> 02:19:11,570

sitting next to you for eight or ten

3020

02:19:24,540 --> 02:19:22,610

hours a day right yeah that's learning

3021

02:19:27,490 --> 02:19:24,550

how to set clear limits and boundaries

3022

02:19:29,950 --> 02:19:27,500

learning like if you have a drama queen

3023

02:19:32,980 --> 02:19:29,960

sitting next to you not to keep asking

3024

02:19:35,680 --> 02:19:32,990

him or her how they're doing to learn

3025

02:19:37,210 --> 02:19:35,690

how to have I'm not interested body

3026

02:19:39,310 --> 02:19:37,220

language where you turn your body

3027

02:19:41,830 --> 02:19:39,320

language away and let's say you have a

3028

02:19:44,380 --> 02:19:41,840

narcissist boss and you don't want to

3029

02:19:46,470 --> 02:19:44,390

change your job you have to frame things

3030

02:19:48,910 --> 02:19:46,480

in terms of how it will serve your boss

3031

02:19:51,341 --> 02:19:48,920

otherwise they won't do what you want

3032

02:19:52,450 --> 02:19:51,351

you can say I'm exhausted I need a

3033

02:19:54,820 --> 02:19:52,460

vacation

3034

02:19:56,320 --> 02:19:54,830

I need these dates and you probably

3035

02:19:58,421 --> 02:19:56,330

won't get it but if you say it's going

3036

02:20:00,220 --> 02:19:58,431

to benefit the business if I take a

3037

02:20:03,220 --> 02:20:00,230

vacation on these dates you probably

3038

02:20:06,610 --> 02:20:03,230

will get it so it's very tedious ego

3039

02:20:08,711 --> 02:20:06,620

stroking but if you want your needs met

3040

02:20:09,070 --> 02:20:08,721

and for whatever reasons you can't leave

3041

02:20:21,761 --> 02:20:09,080

that

3042

02:20:25,180 --> 02:20:21,771

insanity totally totally and and so for

3043

02:20:27,280 --> 02:20:25,190

you we talked about bliss but you are an

3044

02:20:31,390 --> 02:20:27,290

empath and you you're on your life's

3045

02:20:37,570 --> 02:20:31,400

journey where are you on that path are

3046

02:20:38,980 --> 02:20:37,580

you there no of course not don't unless

3047

02:20:40,360 --> 02:20:38,990

they become enlightened they don't

3048

02:20:43,570 --> 02:20:40,370

they're not that bliss state all the

3049

02:20:45,880 --> 02:20:43,580

time but I'm much more appreciative of

3050

02:20:48,400 --> 02:20:45,890

every moment I'm very fascinated with

3051  
02:20:50,261 --> 02:20:48,410  
time and time passing and as the years

3052  
02:20:53,200 --> 02:20:50,271  
pass and this time passed I realized

3053  
02:20:56,200 --> 02:20:53,210  
evermore how precious the moment is and

3054  
02:20:59,440 --> 02:20:56,210  
so I try and keep my self you know in

3055  
02:21:01,930 --> 02:20:59,450  
that moment and in every moment and

3056  
02:21:06,670 --> 02:21:01,940  
valuing friendships and love above all

3057  
02:21:07,030 --> 02:21:06,680  
else and value you know I'm sorry I'm

3058  
02:21:09,310 --> 02:21:07,040  
sorry

3059  
02:21:11,051 --> 02:21:09,320  
I think you cut out there for a second

3060  
02:21:14,290 --> 02:21:11,061  
that's why I jumped in and then you came

3061  
02:21:19,600 --> 02:21:14,300  
back and we sounded like we clashed but

3062  
02:21:22,330 --> 02:21:19,610  
it wasn't intentional okay I was the

3063  
02:21:24,730 --> 02:21:22,340

same to value friendships and love and I

3064

02:21:27,160 --> 02:21:24,740

also value my mission you know in terms

3065

02:21:29,230 --> 02:21:27,170

of being a psychiatrist and as an empath

3066

02:21:31,261 --> 02:21:29,240

and you know the changes that I can

3067

02:21:34,420 --> 02:21:31,271

bring about you know during my lifetime

3068

02:21:36,100 --> 02:21:34,430

no given my the balance that I have and

3069

02:21:39,700 --> 02:21:36,110

my interests and my scope of knowledge

3070

02:21:42,670 --> 02:21:39,710

so I really I feel so good about that

3071

02:21:45,310 --> 02:21:42,680

you know just feeling feeling you know

3072

02:21:49,750 --> 02:21:45,320

I'm definitely on the right path I just

3073

02:21:52,410 --> 02:21:49,760

got an email and this is I can't believe

3074

02:21:57,190 --> 02:21:52,420

we didn't bring this up earlier

3075

02:21:59,200 --> 02:21:57,200

marijuana right okay it's it's virtually

3076

02:22:01,480 --> 02:21:59,210

legal across the United States it's

3077

02:22:03,370 --> 02:22:01,490

getting really really close and you and

3078

02:22:04,930 --> 02:22:03,380

I come from the same generation we

3079

02:22:07,570 --> 02:22:04,940

probably thought that these days would

3080

02:22:12,761 --> 02:22:07,580

never arrive but they certainly have but

3081

02:22:16,840 --> 02:22:12,771

combined with that we have CBDs right

3082

02:22:18,340 --> 02:22:16,850

and and it's healing effects on the

3083

02:22:21,220 --> 02:22:18,350

immune system

3084

02:22:23,110 --> 02:22:21,230

that effect of a variety of things and

3085

02:22:25,210 --> 02:22:23,120

and certainly people are

3086

02:22:27,850 --> 02:22:25,220

turning to medicinal marijuana and

3087

02:22:32,830 --> 02:22:27,860

marijuana and CBDs more and more today

3088

02:22:35,020 --> 02:22:32,840

how is this for the empath well I think

3089

02:22:37,480 --> 02:22:35,030

each end path has to feel how it is in

3090

02:22:39,761 --> 02:22:37,490

his or her body you know it's about

3091

02:22:42,130 --> 02:22:39,771

testing everything every medication

3092

02:22:44,051 --> 02:22:42,140

every medicinal everything you have to

3093

02:22:46,060 --> 02:22:44,061

see how it feels because how it feels in

3094

02:22:47,980 --> 02:22:46,070

my body might not be the same as how it

3095

02:22:50,620 --> 02:22:47,990

feels in your body though it might be

3096

02:22:53,440 --> 02:22:50,630

incredibly therapeutic for you but I

3097

02:22:55,120 --> 02:22:53,450

remember now I never liked smoking

3098

02:22:57,610 --> 02:22:55,130

marijuana because it made me paranoid

3099

02:22:57,940 --> 02:22:57,620

and quiet right that's what it does to

3100

02:23:06,400 --> 02:22:57,950

me

3101

02:23:12,610 --> 02:23:06,410

so just experience yeah it's weird for

3102

02:23:16,270 --> 02:23:12,620

me when I was younger I I had no issues

3103

02:23:20,490 --> 02:23:16,280

with it none none now at my age and I'm

3104

02:23:24,400 --> 02:23:20,500

in my 50s now it is a total paranoia

3105

02:23:26,500 --> 02:23:24,410

thing psychosis thing good happens it's

3106

02:23:28,780 --> 02:23:26,510

crazy I mean I almost can't

3107

02:23:31,390 --> 02:23:28,790

it's like nervous breakdown stuff plus

3108

02:23:33,790 --> 02:23:31,400

the other thing is the pot today is not

3109

02:23:37,511 --> 02:23:33,800

the pot that you and I smoked in 1975

3110

02:23:39,670 --> 02:23:37,521

that's a it's at 2-2 they're mad

3111

02:23:40,690 --> 02:23:39,680

scientist out there creating this stuff

3112

02:23:43,390 --> 02:23:40,700

today

3113

02:23:46,301 --> 02:23:43,400

what do you now conscious life Expo is

3114

02:23:47,500 --> 02:23:46,311

coming up it today I can't believe it

3115

02:23:50,380 --> 02:23:47,510

today is a 23rd

3116

02:23:53,430 --> 02:23:50,390

it's February 9 through the 12 what are

3117

02:23:56,890 --> 02:23:53,440

you going to be speaking about about

3118

02:23:59,801 --> 02:23:56,900

empathy and intuition and you know other

3119

02:24:02,170 --> 02:23:59,811

realities if we take it there and I'll

3120

02:24:05,680 --> 02:24:02,180

be speaking the last day of the Expo on

3121

02:24:07,480 --> 02:24:05,690

Sunday at 4:00 so everyone is invited to

3122

02:24:09,490 --> 02:24:07,490

become part of this conversation that

3123

02:24:10,810 --> 02:24:09,500

you and I are having and and hopefully

3124

02:24:14,080 --> 02:24:10,820

I'll be able to meet you there which

3125

02:24:16,990 --> 02:24:14,090

will be fantastic yeah absolutely and

3126

02:24:20,980 --> 02:24:17,000

yeah the the thing that I enjoy most

3127

02:24:23,650 --> 02:24:20,990

about the conscious life Expo which is a

3128

02:24:25,630 --> 02:24:23,660

singular event for this kind of feeling

3129

02:24:29,770 --> 02:24:25,640

but you go through those front doors and

3130

02:24:31,870 --> 02:24:29,780

there's nothing but joy and Wonder right

3131

02:24:34,450 --> 02:24:31,880

your attitude is checked at the door and

3132

02:24:36,280 --> 02:24:34,460

you can feel the electricity when you

3133

02:24:36,800 --> 02:24:36,290

walk in there now I don't know what

3134

02:24:39,530 --> 02:24:36,810

that's like

3135

02:24:43,729 --> 02:24:39,540

for an empath but for me mr. gregarious

3136

02:24:48,859 --> 02:24:43,739

guy I it is the warmest funnest thing

3137

02:24:51,260 --> 02:24:48,869

ever for me absolutely absolutely and so

3138

02:24:53,660 --> 02:24:51,270

you know everyone who wants to continue

3139

02:24:56,660 --> 02:24:53,670

this conversation please come to my talk

3140

02:24:58,399 --> 02:24:56,670

and also explore you know other speakers

3141

02:25:01,130 --> 02:24:58,409

at the expo my friend dannion brinkley

3142

02:25:04,969 --> 02:25:01,140

is gonna be there and you said so many

3143

02:25:07,160 --> 02:25:04,979

fascinating experiences so just explore

3144

02:25:08,809 --> 02:25:07,170

have fun you know if you're an empath

3145

02:25:10,639 --> 02:25:08,819

and you need to take a break because

3146

02:25:13,189 --> 02:25:10,649

there's so many people you know go off

3147

02:25:16,069 --> 02:25:13,199

on your own go meditate ground yourself

3148

02:25:18,050 --> 02:25:16,079

and then choose that the talks the most

3149

02:25:19,939 --> 02:25:18,060

resonate for you and don't do too much

3150

02:25:21,439 --> 02:25:19,949

if you don't want to know or do

3151

02:25:23,780 --> 02:25:21,449

everything if you want to but just

3152

02:25:26,000 --> 02:25:23,790

listen to your intuition and there's a

3153

02:25:28,280 --> 02:25:26,010

lot of fun things to choose from and a

3154

02:25:30,469 --> 02:25:28,290

lot of mind openers in mind opening

3155

02:25:33,410 --> 02:25:30,479

speakers and my friend Carolyn mace is

3156

02:25:35,000 --> 02:25:33,420

giving the keynote she is fantastic I

3157

02:25:37,519 --> 02:25:35,010

adore her she is one of the most

3158

02:25:39,679 --> 02:25:37,529

generous people in the world as an

3159

02:25:42,800 --> 02:25:39,689

empath when you see Dani and Brinkley

3160

02:25:47,149 --> 02:25:42,810

walking down the hall you see him glow

3161

02:25:49,809 --> 02:25:47,159

don't you you do he's incredible there's

3162

02:25:53,870 --> 02:25:49,819

nothing like that dannion brinkley hug

3163

02:25:55,670 --> 02:25:53,880

hug is amazing and it's the hug that an

3164

02:25:59,000 --> 02:25:55,680

impact with love because it's just all

3165

02:26:00,920 --> 02:25:59,010

heart it's just all heart well I look

3166

02:26:03,080 --> 02:26:00,930

forward to hanging out with you in two

3167

02:26:05,210 --> 02:26:03,090

short weeks an amazing conversation

3168

02:26:07,219 --> 02:26:05,220

tonight and and thank you so much and

3169

02:26:09,649 --> 02:26:07,229

and we'll continue all of this at the

3170

02:26:12,769 --> 02:26:09,659

conscious life Expo thank you dr. Judith

3171

02:26:15,620 --> 02:26:12,779

you're welcome great conversation now

3172

02:26:19,099 --> 02:26:15,630

her links by the way are over at Jimmy

3173

02:26:22,340 --> 02:26:19,109

Church radio.com you can follow dr.

3174

02:26:25,849 --> 02:26:22,350

Judith Orloff it's Judith Orlov MD on

3175

02:26:28,550 --> 02:26:25,859

Twitter very simple and I'm gonna take a

3176

02:26:31,400 --> 02:26:28,560

break right here thank you dr. Orloff

3177

02:26:33,440 --> 02:26:31,410

amazing conversation

3178

02:26:38,700 --> 02:26:33,450

I'll be right back this is fade to black

3179

02:27:05,610 --> 02:27:02,599

[Music]

3180

02:27:11,580 --> 02:27:05,620

box here and you are listening to my boy

3181

02:27:14,849 --> 02:27:11,590

Jimmy Church Jimmy Church radio.com this

3182

02:27:17,511 --> 02:27:14,859

my popular opinion reading a book will

3183

02:27:22,020 --> 02:27:17,521

not make you smarter

3184

02:27:23,640 --> 02:27:22,030

but listening to Jimmy Church will so

3185

02:27:26,791 --> 02:27:23,650

you went to dinner last night you had

3186

02:27:30,180 --> 02:27:26,801

your favorite hosta or maybe you had a

3187

02:27:32,850 --> 02:27:30,190

heavy spicy meal in the left you get the

3188

02:27:37,020 --> 02:27:32,860

t-dot-com maybe you mowed down a huge

3189

02:27:39,270 --> 02:27:37,030

steak and your plumbing is all plug get

3190

02:27:42,091 --> 02:27:39,280

the t.com our super strength tea will

3191

02:27:45,600 --> 02:27:42,101

take care of your occasional it's all

3192

02:27:47,671 --> 02:27:45,610

organic and non-gmo get rid of we have

3193

02:27:50,041 --> 02:27:47,681

so many great supplements but our super

3194

02:27:53,850 --> 02:27:50,051

tea is number one get the tea calm

3195

02:27:56,551 --> 02:27:53,860

that's get the t.com so you love talk

3196

02:28:00,571 --> 02:27:56,561

radio then you'll love talk stream live

3197

02:28:02,850 --> 02:28:00,581

calm talk stream live is always on 24/7

3198

02:28:04,861 --> 02:28:02,860

with the best streaming talk shows find

3199

02:28:06,690 --> 02:28:04,871

your favorite talkers and discover some

3200

02:28:09,810 --> 02:28:06,700

new ones it's free readily available

3201  
02:28:11,581 --> 02:28:09,820  
online or on mobile with any smartphone

3202  
02:28:13,951 --> 02:28:11,591  
or tablet finding your favorite talk

3203  
02:28:16,350 --> 02:28:13,961  
shows all in one place has gotten a

3204  
02:28:18,871 --> 02:28:16,360  
whole lot easier just go to talk stream

3205  
02:28:21,541 --> 02:28:18,881  
live calm be sure to download the free

3206  
02:28:25,531 --> 02:28:21,551  
apps from Google Play or the itunes app

3207  
02:28:27,810 --> 02:28:25,541  
store when you take the beams from

3208  
02:28:30,390 --> 02:28:27,820  
Central America with dashes of

3209  
02:28:32,791 --> 02:28:30,400  
indonesian and african mixed in and then

3210  
02:28:35,640 --> 02:28:32,801  
roast it to the dark side of fade to

3211  
02:28:36,711 --> 02:28:35,650  
black you create the ultimate brew of

3212  
02:28:39,690 --> 02:28:36,721  
fringe

3213  
02:28:42,871 --> 02:28:39,700

introducing the fade to black blend from

3214

02:28:45,991 --> 02:28:42,881

river moon coffee yes River moon's

3215

02:28:46,770 --> 02:28:46,001

darkest customized roast was created for

3216

02:28:50,430 --> 02:28:46,780

the love of

3217

02:28:52,951 --> 02:28:50,440

fade to black the alchemy of masterful

3218

02:28:56,190 --> 02:28:52,961

roasting and smoking the beans is in

3219

02:29:00,301 --> 02:28:56,200

every sip of this full-bodied dark Java

3220

02:29:02,281 --> 02:29:00,311

I need my coffee doc deep with distinct

3221

02:29:05,461 --> 02:29:02,291

bittersweet chocolate highlights just

3222

02:29:07,861 --> 02:29:05,471

like the bunker leaning further into the

3223

02:29:11,161 --> 02:29:07,871

darkness of the roast is fade to black

3224

02:29:12,810 --> 02:29:11,171

blend from river moon coffee just click

3225

02:29:13,770 --> 02:29:12,820

on the banner at Jimmy Church radio.com

3226

02:29:17,251 --> 02:29:13,780

and

3227

02:29:18,680 --> 02:29:17,261

the promo code f2b blend for 15% off of

3228

02:29:23,131 --> 02:29:18,690

your order today

3229

02:29:25,200 --> 02:29:23,141

Gobekli Tepe hey can we talk about

3230

02:29:28,290 --> 02:29:25,210

something serious for a minute your age

3231

02:29:30,780 --> 02:29:28,300

getting old has its perks but remember

3232

02:29:32,790 --> 02:29:30,790

being a few years younger you know your

3233

02:29:34,650 --> 02:29:32,800

hair was thicker you didn't have so many

3234

02:29:36,660 --> 02:29:34,660

wrinkles that extra weight wasn't

3235

02:29:38,940 --> 02:29:36,670

haunting you and you just felt better

3236

02:29:41,610 --> 02:29:38,950

well we can't turn back the clocks and

3237

02:29:43,980 --> 02:29:41,620

go back 10 or 15 years but you can start

3238

02:29:46,921 --> 02:29:43,990

feeling and looking 10 or 15 years

3239

02:29:48,930 --> 02:29:46,931

younger with nature's youth RSF it's a

3240

02:29:50,610 --> 02:29:48,940

doctor formulated daily supplement that

3241

02:29:52,341 --> 02:29:50,620

helps your body maintain its peak

3242

02:29:54,990 --> 02:29:52,351

performance and fight the aging process

3243

02:29:56,341 --> 02:29:55,000

imagine sleeping better looking better

3244

02:29:58,950 --> 02:29:56,351

and feeling better

3245

02:30:00,900 --> 02:29:58,960

see how Nature's youth RSF has helped

3246

02:30:03,600 --> 02:30:00,910

thousands of people just like you at

3247

02:30:06,030 --> 02:30:03,610

nature's youth calm nature's youth calm

3248

02:30:07,470 --> 02:30:06,040

the holidays are coming imagine how it

3249

02:30:09,360 --> 02:30:07,480

will feel when your family and friends

3250

02:30:11,730 --> 02:30:09,370

are asking you what you did to look so

3251  
02:30:14,040 --> 02:30:11,740  
good your secret will be nature's use

3252  
02:30:16,501 --> 02:30:14,050  
RSF it's time to start looking better

3253  
02:30:18,570 --> 02:30:16,511  
and feeling better learn more in order

3254  
02:30:28,870 --> 02:30:18,580  
your nature's use RSS at nature's youth

3255  
02:30:43,399 --> 02:30:32,569  
it's not a lifestyle we chose we were

3256  
02:30:48,170 --> 02:30:43,409  
born this way k GRA radio.com this is KJ

3257  
02:30:48,180 --> 02:31:00,150  
[Music]

3258  
02:31:07,990 --> 02:31:04,750  
welcome back fade to black dr. Judith

3259  
02:31:12,100 --> 02:31:08,000  
Orlov amazing conversation we can follow

3260  
02:31:14,381 --> 02:31:12,110  
Judith Orlov MD on Twitter and her

3261  
02:31:16,420 --> 02:31:14,391  
websites are of course over at Jimmy

3262  
02:31:18,280 --> 02:31:16,430  
church radio.com and her Facebook group

3263  
02:31:21,160 --> 02:31:18,290

is there too as well you can just click

3264

02:31:23,470 --> 02:31:21,170

on those links fascinating conversation

3265

02:31:25,620 --> 02:31:23,480

and this segment of fade to black is

3266

02:31:27,940 --> 02:31:25,630

proudly brought to you by new manna

3267

02:31:31,270 --> 02:31:27,950

emergency food storage for you and your

3268

02:31:33,820 --> 02:31:31,280

family 25 years shelf-life MSG and GMO

3269

02:31:36,430 --> 02:31:33,830

free and right now just for the fader

3270

02:31:40,480 --> 02:31:36,440

nuts they have a special going you get

3271

02:31:42,640 --> 02:31:40,490

10% off you get free shipping you're

3272

02:31:45,310 --> 02:31:42,650

gonna get an autograph fade to black

3273

02:31:47,830 --> 02:31:45,320

t-shirt all with the promo code

3274

02:31:51,070 --> 02:31:47,840

Jimmy 10 that's Jimmy and the number 10

3275

02:31:53,440 --> 02:31:51,080

no spaces Jimmy 10 right now and it's

3276

02:31:56,440 --> 02:31:53,450

good through the end of the month every

3277

02:32:00,131 --> 02:31:56,450

order over \$100 check that out right

3278

02:32:03,011 --> 02:32:00,141

that's 10% free shipping and the t-shirt

3279

02:32:06,820 --> 02:32:03,021

there you go new manna food emergency

3280

02:32:08,770 --> 02:32:06,830

food storage for you and your family dr.

3281

02:32:10,301 --> 02:32:08,780

Judith Olaf what a conversation let's go

3282

02:32:13,810 --> 02:32:10,311

to the phones hi you're live on fade to

3283

02:32:17,261 --> 02:32:13,820

black who's calling Deb from Sacramento

3284

02:32:19,180 --> 02:32:17,271

hi Deb from Sacramento how are you good

3285

02:32:20,801 --> 02:32:19,190

Jimmy hey I want to go back to she was

3286

02:32:22,330 --> 02:32:20,811

talking about dreams and I remember your

3287

02:32:24,970 --> 02:32:22,340

dream your dream that you talked about

3288

02:32:27,490 --> 02:32:24,980

on January 10th I wrote it down because

3289

02:32:31,000 --> 02:32:27,500

I found all kinds of symbolism in your

3290

02:32:33,520 --> 02:32:31,010

dream about Travis walking being a cop

3291

02:32:36,070 --> 02:32:33,530

oh I remember that do you remember that

3292

02:32:39,430 --> 02:32:36,080

okay all right yeah that that really

3293

02:32:41,410 --> 02:32:39,440

happened that was a real dream I know I

3294

02:32:43,210 --> 02:32:41,420

know and it was very vivid the way to

3295

02:32:44,620 --> 02:32:43,220

describe it and I'm really in charge I

3296

02:32:46,540 --> 02:32:44,630

went back and I listened to it and I

3297

02:32:47,801 --> 02:32:46,550

found all kinds of symbolism what I want

3298

02:32:50,350 --> 02:32:47,811

to do is just kind of go in a quick

3299

02:32:53,200 --> 02:32:50,360

cycle and then get your feedback on what

3300

02:32:55,900 --> 02:32:53,210

you think of this because it's funny I

3301  
02:32:57,820 --> 02:32:55,910  
can I can see symbols and other people's

3302  
02:32:59,020 --> 02:32:57,830  
dreams but I can identify it my own

3303  
02:33:03,220 --> 02:32:59,030  
that's really weird

3304  
02:33:05,591 --> 02:33:03,230  
well well for the audience maybe we

3305  
02:33:09,220 --> 02:33:05,601  
should do a quick overview the dream was

3306  
02:33:11,200 --> 02:33:09,230  
this was Rita and I were stuck in

3307  
02:33:15,580 --> 02:33:11,210  
traffic we were

3308  
02:33:17,530 --> 02:33:15,590  
was driving and we got redirected or

3309  
02:33:20,560 --> 02:33:17,540  
there was a traffic hop in front of us

3310  
02:33:25,570 --> 02:33:20,570  
that was directing traffic and I looked

3311  
02:33:30,610 --> 02:33:25,580  
up it was Travis Walton travel Walton in

3312  
02:33:32,170 --> 02:33:30,620  
uniform as a traffic cop and some other

3313  
02:33:34,000 --> 02:33:32,180

things went down but the bottom line is

3314

02:33:36,190 --> 02:33:34,010

he told us to turn our car around and I

3315

02:33:38,830 --> 02:33:36,200

told Reid I wanted to talk to Travis she

3316

02:33:39,790 --> 02:33:38,840

wouldn't let me talk to Travis we turned

3317

02:33:42,790 --> 02:33:39,800

the car around

3318

02:33:46,750 --> 02:33:42,800

we got directed into this field to park

3319

02:33:51,460 --> 02:33:46,760

our cars I got angry and ended up doing

3320

02:33:53,500 --> 02:33:51,470

donuts in the mud and and wanted to go

3321

02:33:56,110 --> 02:33:53,510

back and and talk to Travis and I was

3322

02:33:58,000 --> 02:33:56,120

trying to attract attention I think so

3323

02:34:01,120 --> 02:33:58,010

we go back and we get stuck in traffic

3324

02:34:05,590 --> 02:34:01,130

there's Travis in front of us

3325

02:34:07,450 --> 02:34:05,600

his boss comes up and he had like you

3326

02:34:10,210 --> 02:34:07,460

know stripes you know he was obviously

3327

02:34:15,490 --> 02:34:10,220

like a lieutenant or something he comes

3328

02:34:19,210 --> 02:34:15,500

up and Travis is telling him how - OH -

3329

02:34:20,770 --> 02:34:19,220

how to get people marching it was weird

3330

02:34:23,680 --> 02:34:20,780

I don't know if there was other cops or

3331

02:34:26,950 --> 02:34:23,690

people crossing the street but anyway

3332

02:34:30,969 --> 02:34:26,960

Travis stopped him and told him how to

3333

02:34:33,820 --> 02:34:30,979

do this and and then I turn to Rita and

3334

02:34:36,670 --> 02:34:33,830

I told Rita as Travis's walking up to us

3335

02:34:41,469 --> 02:34:36,680

I tell Rita that I have a warrant out

3336

02:34:43,120 --> 02:34:41,479

for my arrest Rita says well you wanted

3337

02:34:45,430 --> 02:34:43,130

to talk to Travis you're gonna talk to

3338

02:34:47,080 --> 02:34:45,440

him now and I was like no I don't want

3339

02:34:50,080 --> 02:34:47,090

to talk to Travis I've got a warrant out

3340

02:34:51,760 --> 02:34:50,090

and Travis comes up it and and sticks

3341

02:34:56,680 --> 02:34:51,770

his head in the car says how are you

3342

02:34:58,150 --> 02:34:56,690

doing and I said to trap I'm freaking

3343

02:35:01,690 --> 02:34:58,160

out because I've a warrant out for my

3344

02:35:03,640 --> 02:35:01,700

arrest and then Travis says after I get

3345

02:35:06,280 --> 02:35:03,650

off in a few minutes

3346

02:35:10,630 --> 02:35:06,290

come and buy a car from me I'm selling

3347

02:35:14,020 --> 02:35:10,640

used cars over here and there's a

3348

02:35:16,090 --> 02:35:14,030

used-car lot off to our left and Travis

3349

02:35:19,810 --> 02:35:16,100

tells us to meet him over there to go

3350

02:35:21,790 --> 02:35:19,820

buy a car and then I woke up so that was

3351

02:35:24,540 --> 02:35:21,800

the wrong there's more details to it

3352

02:35:27,059 --> 02:35:24,550

than that but that's it in a nutshell

3353

02:35:27,860 --> 02:35:27,069

so Deb you analyze this what did you

3354

02:35:31,219 --> 02:35:27,870

find out

3355

02:35:33,870 --> 02:35:31,229

well the symbolism I see is first of all

3356

02:35:36,030 --> 02:35:33,880

of course going to USL conference is

3357

02:35:38,130 --> 02:35:36,040

kind of natural that's your interest but

3358

02:35:41,250 --> 02:35:38,140

the thing about Travis is the reason he

3359

02:35:44,639 --> 02:35:41,260

represents in my opinion a cop is

3360

02:35:46,559 --> 02:35:44,649

because I found his story and again I'll

3361

02:35:48,719 --> 02:35:46,569

get your feedback on all this London but

3362

02:35:50,790 --> 02:35:48,729

I find his story and his encounter very

3363

02:35:52,770 --> 02:35:50,800

believable and just like you would

3364

02:35:54,990 --> 02:35:52,780

believe our police officer who's you

3365

02:35:56,940 --> 02:35:55,000

know a good observer and you would find

3366

02:35:59,370 --> 02:35:56,950

credibility and them that's why I think

3367

02:36:00,960 --> 02:35:59,380

he was a cop in the dream now the reason

3368

02:36:02,280 --> 02:36:00,970

I think that he was in the end that he

3369

02:36:03,660 --> 02:36:02,290

was a car salesman

3370

02:36:06,510 --> 02:36:03,670

is because of the way the public's

3371

02:36:08,309 --> 02:36:06,520

treated him and they think he's shady

3372

02:36:10,500 --> 02:36:08,319

and he's a fraud and he's been treated

3373

02:36:11,880 --> 02:36:10,510

that way a lot by the public and so

3374

02:36:13,770 --> 02:36:11,890

that's where the car sales know

3375

02:36:16,260 --> 02:36:13,780

symbolism came it's like a mixed thing

3376

02:36:18,450 --> 02:36:16,270

and that would probably go with you know

3377

02:36:22,770 --> 02:36:18,460

whatever your gut feelings about him are

3378

02:36:24,690 --> 02:36:22,780

as far as going to the back lot doing

3379

02:36:26,790 --> 02:36:24,700

down is necessarily just your rebellious

3380

02:36:28,950 --> 02:36:26,800

thing because yeah you wanted to go talk

3381

02:36:30,450 --> 02:36:28,960

to Travis so the spinning doughnuts in

3382

02:36:33,679 --> 02:36:30,460

the parking lot where your stubbornness

3383

02:36:36,599 --> 02:36:33,689

and your rebellion and then the riot is

3384

02:36:38,910 --> 02:36:36,609

what's keeping you away from Travis but

3385

02:36:41,730 --> 02:36:38,920

at the same time you want to go talk to

3386

02:36:44,070 --> 02:36:41,740

him and Rita is your authority figure

3387

02:36:46,110 --> 02:36:44,080

big-time she's the one who has to say

3388

02:36:47,580 --> 02:36:46,120

and charge you hey this is going down

3389

02:36:50,370 --> 02:36:47,590

this is how it's going to be basically

3390

02:36:53,610 --> 02:36:50,380

so my question would be what are your

3391

02:36:56,700 --> 02:36:53,620

gut feelings about Travis and his story

3392

02:37:01,860 --> 02:36:56,710

and what do you think of it yeah that is

3393

02:37:03,630 --> 02:37:01,870

very interesting the used car salesman

3394

02:37:06,570 --> 02:37:03,640

aspect I would have never thought of it

3395

02:37:10,260 --> 02:37:06,580

and from that point of view but I think

3396

02:37:14,370 --> 02:37:10,270

you're exactly right in that yes that is

3397

02:37:16,590 --> 02:37:14,380

very interesting now Wow wow that's an

3398

02:37:18,139 --> 02:37:16,600

eye-opener everybody on the cameras are

3399

02:37:20,730 --> 02:37:18,149

watching me right now

3400

02:37:22,860 --> 02:37:20,740

with my reaction to that that was that

3401

02:37:28,230 --> 02:37:22,870

was pretty interesting

3402

02:37:32,670 --> 02:37:28,240

my take this is probably different than

3403

02:37:36,360 --> 02:37:32,680

most people because most have not had an

3404

02:37:37,551 --> 02:37:36,370

opportunity to hang out with Travis I

3405

02:37:40,820 --> 02:37:37,561

mean like hang out

3406

02:37:43,520 --> 02:37:40,830

and which I have done I have had

3407

02:37:46,940 --> 02:37:43,530

breakfast with him I have had lunch with

3408

02:37:50,211 --> 02:37:46,950

him I have hung out where we have talked

3409

02:37:52,850 --> 02:37:50,221

about anything but UFOs right we've

3410

02:37:56,540 --> 02:37:52,860

talked about his his family and and what

3411

02:38:00,501 --> 02:37:56,550

he does exist and myself included and

3412

02:38:03,921 --> 02:38:00,511

there is an honesty with him when you

3413

02:38:08,060 --> 02:38:03,931

are sitting talking and looking into his

3414

02:38:11,030 --> 02:38:08,070

eyes there is a trust there is an

3415

02:38:13,011 --> 02:38:11,040

honesty there that you're not gonna get

3416

02:38:15,261 --> 02:38:13,021

from a book you're not gonna get it from

3417

02:38:17,450 --> 02:38:15,271

an interview I've tried to do that with

3418

02:38:19,671 --> 02:38:17,460

him I've interviewed him many times over

3419

02:38:21,620 --> 02:38:19,681

the years and I've tried to pull that

3420

02:38:24,350 --> 02:38:21,630

out of him but you're not gonna get it

3421

02:38:26,961 --> 02:38:24,360

from those interviews you get it from

3422

02:38:31,270 --> 02:38:26,971

sitting down so when you ask me what is

3423

02:38:36,770 --> 02:38:31,280

my take my take is Travis is a real guy

3424

02:38:38,900 --> 02:38:36,780

he's he's an honest cool real real

3425

02:38:42,200 --> 02:38:38,910

person he's not fictitious at all

3426

02:38:46,390 --> 02:38:42,210

there's nothing fake about Travis I

3427

02:38:50,600 --> 02:38:46,400

think also that there is a there's a

3428

02:38:54,950 --> 02:38:50,610

tragic part of him too as well where I

3429

02:38:57,051 --> 02:38:54,960

know that he's been you know talking

3430

02:38:59,030 --> 02:38:57,061

about blood sucking vampires

3431

02:39:01,640 --> 02:38:59,040

I know that he's had people around him

3432

02:39:04,551 --> 02:39:01,650

that have tried to take advantage of him

3433

02:39:08,001 --> 02:39:04,561

over the years he trusts very few he

3434

02:39:10,700 --> 02:39:08,011

trusts I'm telling you he's used those

3435

02:39:14,150 --> 02:39:10,710

words with me and and I know that it's

3436

02:39:15,950 --> 02:39:14,160

only because he has been people I've

3437

02:39:18,530 --> 02:39:15,960

tried to take advantage of him maybe

3438

02:39:22,370 --> 02:39:18,540

he's let it happen a few times and he's

3439

02:39:24,620 --> 02:39:22,380

learned from that but today he's got the

3440

02:39:26,480 --> 02:39:24,630

wall up but if you can get around the

3441

02:39:30,100 --> 02:39:26,490

wall right you know what I mean you can

3442

02:39:33,711 --> 02:39:30,110

get around the wall and get to Travis's

3443

02:39:36,530 --> 02:39:33,721

heart you can get to him as a person he

3444

02:39:38,870 --> 02:39:36,540

is as open and as cool as anybody that

3445

02:39:43,640 --> 02:39:38,880

you can imagine and I'm telling you he

3446

02:39:46,761 --> 02:39:43,650

is funny funny funny guy

3447

02:39:48,790 --> 02:39:46,771

funny just a funny guy he's got a great

3448

02:39:51,080 --> 02:39:48,800

sense of humor

3449

02:39:54,080 --> 02:39:51,090

over the years I

3450

02:39:58,060 --> 02:39:54,090

thought about the original interview

3451  
02:40:01,550 --> 02:39:58,070  
that I did with him a so long ago when I

3452  
02:40:03,110 --> 02:40:01,560  
asked him a couple of questions that he

3453  
02:40:05,690 --> 02:40:03,120  
had never been asked before and he told

3454  
02:40:09,050 --> 02:40:05,700  
me that and one of them I ain't asked

3455  
02:40:11,570 --> 02:40:09,060  
him if what's it like walking down the

3456  
02:40:13,070 --> 02:40:11,580  
street there in snowflake you know where

3457  
02:40:15,469 --> 02:40:13,080  
all of this went down he still lives

3458  
02:40:18,320 --> 02:40:15,479  
there right everybody in that town knows

3459  
02:40:21,590 --> 02:40:18,330  
who he is and I said you know what is

3460  
02:40:24,740 --> 02:40:21,600  
that like walking around knowing that

3461  
02:40:27,380 --> 02:40:24,750  
people know this very personal part of

3462  
02:40:29,780 --> 02:40:27,390  
you you know what is that like and I'm

3463  
02:40:32,540 --> 02:40:29,790

not so sure maybe that question should

3464

02:40:35,060 --> 02:40:32,550

have been asked but I'm not so sure if I

3465

02:40:37,790 --> 02:40:35,070

would ask that question today knowing

3466

02:40:40,340 --> 02:40:37,800

Travis like I do does that make sense

3467

02:40:44,030 --> 02:40:40,350

you know I think it's gone because I

3468

02:40:46,219 --> 02:40:44,040

know that there's that tragic part of

3469

02:40:48,950 --> 02:40:46,229

him too as well you know I mean he went

3470

02:40:52,060 --> 02:40:48,960

through a lot emotionally and and

3471

02:40:54,860 --> 02:40:52,070

pushing that boundary a little bit I

3472

02:40:56,650 --> 02:40:54,870

don't know if I would do it again I you

3473

02:40:59,020 --> 02:40:56,660

know does that make sense

3474

02:41:04,340 --> 02:40:59,030

it may feel a little too invasive

3475

02:41:05,120 --> 02:41:04,350

because you know you know yeah he's been

3476

02:41:11,120 --> 02:41:05,130

through a lot

3477

02:41:13,219 --> 02:41:11,130

that's that's the truth now I've never

3478

02:41:16,040 --> 02:41:13,229

dreamt about him before that's the only

3479

02:41:18,020 --> 02:41:16,050

time and it's weird for people who hey

3480

02:41:20,990 --> 02:41:18,030

man I dreamt about you or I dreamt about

3481

02:41:23,590 --> 02:41:21,000

this so it's a pretty weird thing for me

3482

02:41:29,120 --> 02:41:23,600

to say that I dreamt about Travis but

3483

02:41:33,020 --> 02:41:29,130

yeah yeah that and it was it was good

3484

02:41:35,570 --> 02:41:33,030

though the the part about Travis him

3485

02:41:38,389 --> 02:41:35,580

hanging out with us and the way that we

3486

02:41:40,700 --> 02:41:38,399

were talking in the dream was because we

3487

02:41:43,370 --> 02:41:40,710

were friends you know and there that was

3488

02:41:47,810 --> 02:41:43,380

the interaction between us it was it was

3489

02:41:50,179 --> 02:41:47,820

pretty cool it was a pretty honest how

3490

02:41:53,540 --> 02:41:50,189

do I say interpretation about what went

3491

02:41:56,060 --> 02:41:53,550

down right yeah it was an interesting

3492

02:41:57,500 --> 02:41:56,070

agreement stuck with me and that was

3493

02:42:01,190 --> 02:41:57,510

that was kind of just what I want to

3494

02:42:02,300 --> 02:42:01,200

throw out there well Rita and I for me

3495

02:42:04,639 --> 02:42:02,310

that morning when

3496

02:42:05,540 --> 02:42:04,649

told her about the dream it even took

3497

02:42:08,510 --> 02:42:05,550

her by surprise

3498

02:42:14,840 --> 02:42:08,520

because my dreams are whacked okay I

3499

02:42:19,309 --> 02:42:14,850

have crazy dreams very cinematic dreams

3500

02:42:21,260 --> 02:42:19,319

I my dreams usually involve not

3501

02:42:28,120 --> 02:42:21,270

necessarily other planets but certainly

3502

02:42:31,219 --> 02:42:28,130

other times and and very fun crazy

3503

02:42:33,349 --> 02:42:31,229

science fiction like dreams and I push

3504

02:42:37,849 --> 02:42:33,359

for those dreams because I enjoy those

3505

02:42:38,149 --> 02:42:37,859

this dream yeah this may be gone back in

3506

02:42:42,530 --> 02:42:38,159

time

3507

02:42:46,490 --> 02:42:42,540

sure yeah you have done that yeah before

3508

02:42:51,099 --> 02:42:46,500

the future came out so yeah I do

3509

02:42:57,399 --> 02:42:51,109

I have like two periods that I go to I

3510

02:43:03,530 --> 02:42:57,409

definitely definitely go to this age

3511

02:43:06,349 --> 02:43:03,540

between like ages 5 and 15 that 10-year

3512

02:43:08,599 --> 02:43:06,359

spans I go to I go there all the time

3513

02:43:13,040 --> 02:43:08,609

I go there all the time and I live those

3514

02:43:15,500 --> 02:43:13,050

worlds vividly vividly summer hanging

3515

02:43:18,200 --> 02:43:15,510

out with the friends going out doing the

3516

02:43:21,620 --> 02:43:18,210

things that we did I relive those

3517

02:43:25,729 --> 02:43:21,630

moments and I push it I push to go and

3518

02:43:31,580 --> 02:43:25,739

relive those or I go way back I'm in

3519

02:43:34,969 --> 02:43:31,590

Egypt all the time all the time all the

3520

02:43:36,830 --> 02:43:34,979

time all the time and I don't know if

3521

02:43:39,710 --> 02:43:36,840

it's because I read about it so much and

3522

02:43:42,859 --> 02:43:39,720

study it so much and stuff but I am

3523

02:43:45,200 --> 02:43:42,869

right there and so is Rita Reid has

3524

02:43:48,229 --> 02:43:45,210

talked about this enough publicly she

3525

02:43:51,939 --> 02:43:48,239

she dreams about Egypt a lot and we talk

3526  
02:43:54,319 --> 02:43:51,949  
about our dreams together afterwards

3527  
02:43:55,790 --> 02:43:54,329  
well next year when you guys go there

3528  
02:43:59,330 --> 02:43:55,800  
will be a lot to talk about when you get

3529  
02:44:02,030 --> 02:43:59,340  
that absolutely dead thank you so much

3530  
02:44:05,809 --> 02:44:02,040  
for that and and allowing me to talk

3531  
02:44:06,979 --> 02:44:05,819  
about it thank you so much yeah we'll

3532  
02:44:08,569 --> 02:44:06,989  
see you tomorrow night great

3533  
02:44:10,790 --> 02:44:08,579  
conversation right there

3534  
02:44:15,240 --> 02:44:10,800  
hi you're live on fade to black who's

3535  
02:44:19,910 --> 02:44:15,250  
calling oh my god Jimmy is Fran Hey

3536  
02:44:24,170 --> 02:44:23,040  
causing trouble yeah well I would expect

3537  
02:44:26,940 --> 02:44:24,180  
nothing less

3538  
02:44:31,080 --> 02:44:26,950

well no you guys were talking about

3539

02:44:33,860 --> 02:44:31,090

dreams and I had a dream and you were in

3540

02:44:38,850 --> 02:44:33,870

it was it good

3541

02:44:42,510 --> 02:44:38,860

well it was weird it was last night

3542

02:44:44,210 --> 02:44:42,520

I I woke up going what the hell's that

3543

02:44:50,880 --> 02:44:44,220

supposed to mean

3544

02:44:53,400 --> 02:44:50,890

we were at CIT D right and we started

3545

02:44:56,760 --> 02:44:53,410

conversing and all of a sudden you came

3546

02:45:00,630 --> 02:44:56,770

up really close to my ear and started

3547

02:45:03,570 --> 02:45:00,640

whispering and I couldn't understand a

3548

02:45:05,190 --> 02:45:03,580

word you were saying friend you're

3549

02:45:09,690 --> 02:45:05,200

killing it for everybody

3550

02:45:14,580 --> 02:45:09,700

i i'm holding death okay okay so I kept

3551  
02:45:18,540 --> 02:45:14,590  
going what what and you would repeat it

3552  
02:45:22,440 --> 02:45:18,550  
now it's like what what and you'd repeat

3553  
02:45:25,350 --> 02:45:22,450  
it again and I went sorry dude I'm not

3554  
02:45:28,620 --> 02:45:25,360  
cracking what you're saying well the

3555  
02:45:31,530 --> 02:45:28,630  
good news woke up yeah the good news is

3556  
02:45:33,530 --> 02:45:31,540  
friend that I'll make sure that you live

3557  
02:45:36,210 --> 02:45:33,540  
that dream

3558  
02:45:38,280 --> 02:45:36,220  
what's Bernier ear and you're not gonna

3559  
02:45:42,120 --> 02:45:38,290  
understand a word of it Rita will you

3560  
02:45:46,620 --> 02:45:42,130  
let me whisper and Fran's ear that's the

3561  
02:45:50,100 --> 02:45:46,630  
question right there okay has to be my

3562  
02:45:52,470 --> 02:45:50,110  
right ear you're on my left one my right

3563  
02:45:53,010 --> 02:45:52,480

ear not your left ear but you're right

3564

02:45:55,680 --> 02:45:53,020

here

3565

02:45:57,590 --> 02:45:55,690

but I've always sat on your left side so

3566

02:46:00,030 --> 02:45:57,600

now I've got to sit on your right side

3567

02:46:01,050 --> 02:46:00,040

yeah that's why I never hear anything

3568

02:46:02,910 --> 02:46:01,060

you're talking about

3569

02:46:06,480 --> 02:46:02,920

yeah you know I'm you're absolutely

3570

02:46:08,670 --> 02:46:06,490

right now that I think about it we've

3571

02:46:12,440 --> 02:46:08,680

I've only sat on your left side and

3572

02:46:15,030 --> 02:46:12,450

that's why you never pay attention to me

3573

02:46:21,660 --> 02:46:15,040

yeah well that might not be the only

3574

02:46:25,560 --> 02:46:21,670

reason all right so what am I going to

3575

02:46:28,380 --> 02:46:25,570

see you next uh well I don't think I'm

3576

02:46:28,710 --> 02:46:28,390

gonna make it out to see itd this year

3577

02:46:30,750 --> 02:46:28,720

Oh

3578

02:46:35,670 --> 02:46:30,760

you say that every year okay so we'll

3579

02:46:39,179 --> 02:46:35,680

see you see I don't know for real Randy

3580

02:46:44,250 --> 02:46:39,189

when I saw the new prices I went oh my

3581

02:46:46,740 --> 02:46:44,260

god they priced me out I can't go oh I

3582

02:46:49,769 --> 02:46:46,750

have no idea you're the first person

3583

02:46:51,920 --> 02:46:49,779

that's mentioned that well we'll talk

3584

02:46:56,040 --> 02:46:51,930

about that off of the air how's that

3585

02:46:58,830 --> 02:46:56,050

that sounds like an idea okay all right

3586

02:47:01,200 --> 02:46:58,840

you know your best friend is Rita and

3587

02:47:03,570 --> 02:47:01,210

she's got you know she's got a Jew's

3588

02:47:05,760 --> 02:47:03,580

card I don't have a Jew's card they

3589

02:47:09,690 --> 02:47:05,770

don't care about me but Rita's got the

3590

02:47:13,320 --> 02:47:09,700

pole yeah Rita's got Rita's got the Jews

3591

02:47:14,700 --> 02:47:13,330

car all right cool all right well

3592

02:47:19,080 --> 02:47:14,710

anything else to report

3593

02:47:21,389 --> 02:47:19,090

oh oh so what what but that's all the

3594

02:47:22,800 --> 02:47:21,399

dream was was I was just whispering and

3595

02:47:24,809 --> 02:47:22,810

you didn't understand what's the

3596

02:47:28,559 --> 02:47:24,819

significance behind that what do you

3597

02:47:31,769 --> 02:47:28,569

think is going on I have no idea but I

3598

02:47:34,290 --> 02:47:31,779

what I'm assuming is that there's

3599

02:47:42,139 --> 02:47:34,300

something you're supposed to be telling

3600

02:47:46,320 --> 02:47:42,149

me or telling us that I'm not getting

3601  
02:47:50,070 --> 02:47:46,330  
not understanding it like it's like I

3602  
02:47:54,510 --> 02:47:50,080  
hear the sounds but it's not words but

3603  
02:47:59,809 --> 02:47:54,520  
Fran you interpret everything you

3604  
02:48:03,090 --> 02:47:59,819  
understand everything I know I try I

3605  
02:48:06,420 --> 02:48:03,100  
mean I'm not really sure what this is

3606  
02:48:09,420 --> 02:48:06,430  
it'll cakes me out because I thought

3607  
02:48:13,410 --> 02:48:09,430  
about it right and I'm not giving it yet

3608  
02:48:18,300 --> 02:48:13,420  
so maybe in a day or two it might all of

3609  
02:48:20,460 --> 02:48:18,310  
a sudden drop okay okay well you know

3610  
02:48:27,360 --> 02:48:20,470  
everybody is going to start analyzing

3611  
02:48:35,010 --> 02:48:27,370  
this in in Twitter yeah you know Oh Fran

3612  
02:48:39,330 --> 02:48:35,020  
houses anything for Jimmy no even just

3613  
02:48:41,511 --> 02:48:39,340

like you're my guy you're my radio guy

3614

02:48:45,200 --> 02:48:41,521

well see this is when

3615

02:48:48,560 --> 02:48:45,210

when as I think about this when we are

3616

02:48:50,900 --> 02:48:48,570

sitting around a table together which

3617

02:48:52,881 --> 02:48:50,910

we've done news too many times to count

3618

02:48:56,150 --> 02:48:52,891

right and we're sitting around a table

3619

02:48:59,240 --> 02:48:56,160

together when you speak everybody shuts

3620

02:49:01,580 --> 02:48:59,250

up and listens and so what's interesting

3621

02:49:03,740 --> 02:49:01,590

here because everybody wants franz take

3622

02:49:06,470 --> 02:49:03,750

right no matter what the subject is and

3623

02:49:09,500 --> 02:49:06,480

now you're telling me that you don't

3624

02:49:12,171 --> 02:49:09,510

have a take and everybody at the table

3625

02:49:14,211 --> 02:49:12,181

would be tripping out because you

3626

02:49:17,211 --> 02:49:14,221

wouldn't have the answer

3627

02:49:20,180 --> 02:49:17,221

that's fascinating my friend that's

3628

02:49:23,620 --> 02:49:20,190

pretty fascinating well and like you

3629

02:49:28,131 --> 02:49:23,630

said you you're usually on my left side

3630

02:49:34,220 --> 02:49:28,141

huh there's to be whispering in my right

3631

02:49:37,131 --> 02:49:34,230

ear is weird I don't have a take on it

3632

02:49:39,560 --> 02:49:37,141

all right friend will make it out well

3633

02:49:42,131 --> 02:49:39,570

we'll live this in real-time at the next

3634

02:49:47,480 --> 02:49:42,141

contact in the desert I promise okay

3635

02:49:49,640 --> 02:49:47,490

okay yeah you too Fred have a great

3636

02:49:53,390 --> 02:49:49,650

night friend thank you so much that's

3637

02:49:55,551 --> 02:49:53,400

that's interesting and you know for the

3638

02:49:57,980 --> 02:49:55,561

for the audience just let me explain

3639

02:50:01,961 --> 02:49:57,990

something when we have our fade to black

3640

02:50:05,600 --> 02:50:01,971

fade or not get together they number

3641

02:50:09,160 --> 02:50:05,610

anywhere from a few dozen up to a

3642

02:50:12,410 --> 02:50:09,170

hundred or so people and we have a large

3643

02:50:14,360 --> 02:50:12,420

always a central gathering point where

3644

02:50:16,060 --> 02:50:14,370

we will have these fantastic

3645

02:50:20,690 --> 02:50:16,070

conversations going on at this table

3646

02:50:24,680 --> 02:50:20,700

most of the time I don't know why but

3647

02:50:26,990 --> 02:50:24,690

Fran always ends up on my left and these

3648

02:50:29,990 --> 02:50:27,000

conversations are very animated and very

3649

02:50:32,720 --> 02:50:30,000

strong and weak we get loud and we have

3650

02:50:36,230 --> 02:50:32,730

our opinions but when Fran speaks

3651  
02:50:39,711 --> 02:50:36,240  
everybody stops and listens to Fran so

3652  
02:50:41,810 --> 02:50:39,721  
there's something going on here and I've

3653  
02:50:44,540 --> 02:50:41,820  
got to figure it out I want the analysis

3654  
02:50:46,790 --> 02:50:44,550  
I can't remember words and lyrics in my

3655  
02:50:49,551 --> 02:50:46,800  
dreams that can be frustrating I

3656  
02:50:53,390 --> 02:50:49,561  
remember all of my dreams I remember

3657  
02:50:59,591 --> 02:50:56,660  
Jimmy did Jimmy say Fran doesn't have a

3658  
02:51:02,841 --> 02:50:59,601  
tape I don't know what that means I

3659  
02:51:07,280 --> 02:51:02,851  
don't know what that means I have the

3660  
02:51:09,350 --> 02:51:07,290  
ability and I have talked about this so

3661  
02:51:11,480 --> 02:51:09,360  
many times not only privately with

3662  
02:51:15,110 --> 02:51:11,490  
friends and so forth but on this show

3663  
02:51:17,000 --> 02:51:15,120

which is this if I get up in the middle

3664

02:51:20,631 --> 02:51:17,010

of the night or if my dream is

3665

02:51:25,160 --> 02:51:20,641

interrupted for whatever reason I have

3666

02:51:29,420 --> 02:51:25,170

the ability to close my eyes and pick up

3667

02:51:31,881 --> 02:51:29,430

exactly where the dream left off and I

3668

02:51:34,610 --> 02:51:31,891

can go right there just like putting in

3669

02:51:37,841 --> 02:51:34,620

a DVD and going to a chapter and hitting

3670

02:51:40,690 --> 02:51:37,851

play I can I can pick up right there and

3671

02:51:43,551 --> 02:51:40,700

I've always been able to do that always

3672

02:51:49,370 --> 02:51:43,561

been able to do that and the other thing

3673

02:51:52,580 --> 02:51:49,380

and I've talked to I've talked to Kelly

3674

02:51:57,500 --> 02:51:52,590

Sullivan about this and she said some

3675

02:52:01,370 --> 02:51:57,510

people can do this when I if I decide to

3676

02:52:05,051 --> 02:52:01,380

have a specific dream before I go to

3677

02:52:09,261 --> 02:52:05,061

sleep I can do that if I have and I have

3678

02:52:11,330 --> 02:52:09,271

a library I have a whole library of

3679

02:52:12,950 --> 02:52:11,340

different dreams that I that I have all

3680

02:52:15,830 --> 02:52:12,960

the time is so I take it a book off the

3681

02:52:17,330 --> 02:52:15,840

shelf and and putting that okay this is

3682

02:52:20,511 --> 02:52:17,340

the one I'm gonna have tonight if I

3683

02:52:25,700 --> 02:52:20,521

choose to do that I can do it I thought

3684

02:52:31,040 --> 02:52:25,710

that everybody could do that now Rita

3685

02:52:33,830 --> 02:52:31,050

and Rita lately has been remembering her

3686

02:52:35,240 --> 02:52:33,840

dreams and we're talking about that over

3687

02:52:37,131 --> 02:52:35,250

the years it wasn't like that for Rita

3688

02:52:40,820 --> 02:52:37,141

and I I would tell her about my dreams

3689

02:52:43,250 --> 02:52:40,830

but for her she but now today she can do

3690

02:52:46,551 --> 02:52:43,260

it she absolutely can do it so I know

3691

02:52:48,110 --> 02:52:46,561

that it's it's practice if you choose to

3692

02:52:49,761 --> 02:52:48,120

remember your dreams and you want to

3693

02:52:52,490 --> 02:52:49,771

remember your dreams you can do that if

3694

02:52:55,160 --> 02:52:52,500

you want to set the tone for a dream and

3695

02:52:56,960 --> 02:52:55,170

have a specific dream that night I think

3696

02:53:00,500 --> 02:52:56,970

that you can do because Rita can do it

3697

02:53:02,920 --> 02:53:00,510

now and we do it together so but I

3698

02:53:05,900 --> 02:53:02,930

thought that everybody could do that I

3699

02:53:07,670 --> 02:53:05,910

was really shocked and surprised

3700

02:53:09,381 --> 02:53:07,680

to hear from so many different people

3701

02:53:15,950 --> 02:53:09,391

that they don't remember their dreams

3702

02:53:19,670 --> 02:53:15,960

aye aye aye I don't know the dream that

3703

02:53:21,591 --> 02:53:19,680

everybody has about flying right you're

3704

02:53:23,600 --> 02:53:21,601

five years old everybody seems to have

3705

02:53:26,860 --> 02:53:23,610

this dream that you're flying at the age

3706

02:53:29,870 --> 02:53:26,870

of five I did I had the same dreams and

3707

02:53:30,381 --> 02:53:29,880

though the dream and I can have it

3708

02:53:32,180 --> 02:53:30,391

tonight

3709

02:53:36,110 --> 02:53:32,190

I can literally go and have this dream

3710

02:53:38,330 --> 02:53:36,120

tonight I the dream that I had flying

3711

02:53:42,261 --> 02:53:38,340

was in our backyard that we had a

3712

02:53:47,390 --> 02:53:42,271

playground at Fort Sheridan in Chicago

3713

02:53:51,051 --> 02:53:47,400

and I would run and jump fly go up above

3714

02:53:52,820 --> 02:53:51,061

the playground and watch my friends and

3715

02:53:56,330 --> 02:53:52,830

brothers and sisters and everybody down

3716

02:53:58,070 --> 02:53:56,340

in the sandbox way below not not close

3717

02:54:03,400 --> 02:53:58,080

this is way too but I wouldn't watch

3718

02:54:06,200 --> 02:54:03,410

them play alright I had this dream

3719

02:54:09,710 --> 02:54:06,210

thousands of times in my life thousands

3720

02:54:11,841 --> 02:54:09,720

and I can go and do that today I can go

3721

02:54:16,000 --> 02:54:11,851

and just pull that one off the shelf and

3722

02:54:21,230 --> 02:54:16,010

do it I thought that everybody did that

3723

02:54:26,290 --> 02:54:21,240

it's a Kent can you and Rita share the

3724

02:54:30,740 --> 02:54:26,300

same dream I would say that we have been

3725

02:54:34,520 --> 02:54:30,750

very close yeah I would say that we've

3726

02:54:35,660 --> 02:54:34,530

been very very close yeah yeah that's

3727

02:54:37,790 --> 02:54:35,670

that's interesting

3728

02:54:39,710 --> 02:54:37,800

and I think that Rita and I more and

3729

02:54:41,960 --> 02:54:39,720

more and I think everybody should do

3730

02:54:45,530 --> 02:54:41,970

this Rita and I more and more talk about

3731

02:54:48,500 --> 02:54:45,540

and discuss our dreams and getting them

3732

02:54:51,650 --> 02:54:48,510

synced up synced up to have the exact

3733

02:54:54,950 --> 02:54:51,660

same dream I think that would be the

3734

02:54:57,830 --> 02:54:54,960

best experience ever and to be in each

3735

02:55:01,600 --> 02:54:57,840

other's dreams at the same time yeah

3736

02:55:04,610 --> 02:55:01,610

right yeah

3737

02:55:07,850 --> 02:55:04,620

Jimmy please share with us your dreams

3738

02:55:09,890 --> 02:55:07,860

about Egypt and the Great Pyramid one

3739

02:55:11,841 --> 02:55:09,900

day I would like to get Rita on the show

3740

02:55:16,430 --> 02:55:11,851

she won't do this everybody so don't ask

3741

02:55:18,500 --> 02:55:16,440

her there absolutely not maybe someday

3742

02:55:21,591 --> 02:55:18,510

it won't be tomorrow

3743

02:55:24,770 --> 02:55:21,601

for sure but she has had some very very

3744

02:55:29,930 --> 02:55:24,780

very very vivid specific dreams about

3745

02:55:32,900 --> 02:55:29,940

Egypt that we discuss and as we do our

3746

02:55:35,720 --> 02:55:32,910

research we discussed this in advance

3747

02:55:38,330 --> 02:55:35,730

and then later we'll find out that that

3748

02:55:43,970 --> 02:55:38,340

it is factual so there's something going

3749

02:55:47,570 --> 02:55:43,980

on there for me I keep somebody asked me

3750

02:55:50,030 --> 02:55:47,580

the other night where I would go in in

3751

02:55:52,580 --> 02:55:50,040

time travel oh it was when I was on

3752

02:55:55,310 --> 02:55:52,590

coast it came up on and Twitter and

3753

02:55:59,860 --> 02:55:55,320

coast and my answer was if I could go

3754

02:56:02,240 --> 02:55:59,870

anywhere in time I would I would go to

3755

02:56:04,280 --> 02:56:02,250

Egypt to the construction of the Great

3756

02:56:06,530 --> 02:56:04,290

Pyramid the problem with that is we

3757

02:56:09,440 --> 02:56:06,540

don't know what that time is right so if

3758

02:56:12,200 --> 02:56:09,450

I'm I would go there and the

3759

02:56:15,290 --> 02:56:12,210

pyramids would already be built right or

3760

02:56:17,960 --> 02:56:15,300

not built but if I could find out that

3761

02:56:22,040 --> 02:56:17,970

date that's exactly where I would go

3762

02:56:24,020 --> 02:56:22,050

what I dream about and I have different

3763

02:56:26,660 --> 02:56:24,030

dreams about this but I have dreams

3764

02:56:30,530 --> 02:56:26,670

about it the Great Pyramid being

3765

02:56:34,341 --> 02:56:30,540

constructed right and I've seen multiple

3766

02:56:35,900 --> 02:56:34,351

different views of this and I'll talk

3767

02:56:38,450 --> 02:56:35,910

about it more I don't have time tonight

3768

02:56:41,030 --> 02:56:38,460

but I'll talk about it more we can do

3769

02:56:44,650 --> 02:56:41,040

this Thursday night on fate or night I

3770

02:56:46,940 --> 02:56:44,660

have no problems with that but I'm

3771

02:56:49,930 --> 02:56:46,950

trying to force the issue I think

3772

02:56:53,750 --> 02:56:49,940

subconsciously because I want to know

3773

02:56:58,631 --> 02:56:53,760

exactly Jimmy did you scoop air with

3774

02:57:01,580 --> 02:56:58,641

your hands or just jump and fly I just

3775

02:57:06,350 --> 02:57:01,590

jumped and flew no I did not flap my

3776

02:57:08,511 --> 02:57:06,360

arms never flat by arms nope no I just

3777

02:57:11,240 --> 02:57:08,521

flew just jumping flew that's a great

3778

02:57:13,551 --> 02:57:11,250

question though Brian that's a pretty

3779

02:57:15,710 --> 02:57:13,561

honest I never really thought about like

3780

02:57:18,801 --> 02:57:15,720

that but yeah just jump and jump and fly

3781

02:57:21,591 --> 02:57:18,811

that's it well I got to get out of here

3782

02:57:24,350 --> 02:57:21,601

tomorrow night the one and only William

3783

02:57:26,810 --> 02:57:24,360

Henry is here talking about the Great

3784

02:57:29,921 --> 02:57:26,820

Pyramid the new chamber that was just

3785

02:57:34,720 --> 02:57:29,931

discovered above the grand

3786

02:57:37,240 --> 02:57:34,730

or the the gallery and what is inside of

3787

02:57:41,980 --> 02:57:37,250

it he just wrote this article and it is

3788

02:57:43,541 --> 02:57:41,990

called the iron throne of Osiris so we

3789

02:57:46,301 --> 02:57:43,551

will be talking about that tomorrow

3790

02:57:48,220 --> 02:57:46,311

night and don't forget that this Friday

3791

02:57:50,261 --> 02:57:48,230

over on coast to coast am my guests will

3792

02:57:53,140 --> 02:57:50,271

be Jason Martel fade to black

3793

02:57:55,421 --> 02:57:53,150

executive producers Rita Kumari on shows

3794

02:57:57,490 --> 02:57:55,431

produced by Hill J palm Rene Dennis and

3795

02:57:59,890 --> 02:57:57,500

Bob announcers are Steve harder Jeanne

3796

02:58:02,921 --> 02:57:59,900

Vitolo Marty Cove our webmaster is Drew

3797

02:58:06,940 --> 02:58:02,931

the geek music doug aldrich intro space

3798

02:58:11,371 --> 02:58:06,950

boys space boy music.com fade to black

3799

02:58:16,600 --> 02:58:14,081

the planet does broadcast is own and

3800

02:58:18,761 --> 02:58:16,610

copyright of 2017 my fade to black of

3801  
02:58:21,160 --> 02:58:18,771  
the GameChanger network it cannot be

3802  
02:58:22,421 --> 02:58:21,170  
rebroadcast downloaded copied or used

3803  
02:58:24,610 --> 02:58:22,431  
anywhere in the known universe

3804  
02:58:26,200 --> 02:58:24,620  
without written permission from fade to

3805  
02:58:28,421 --> 02:58:26,210  
black of the GameChanger network I'm

3806  
02:58:32,051 --> 02:58:28,431  
arrows Jimmy Church follow me on Twitter

3807  
02:58:34,390 --> 02:58:32,061  
@ JT radio until tomorrow night William

3808  
02:58:46,130 --> 02:58:34,400  
Henry everybody be saved