

FADE TO BLACK

with **JIMMY CHURCH**

PRESENTS

ELISABETH HOEKSTRA

BIO-HACK YOUR LIFE

MON MAR 21 LIVE

7:00 PM PT/10:00PM ET



1
00:01:38,710 --> 00:00:55,750
you

2
00:01:38,720 --> 00:01:52,389
bye

3
00:03:17,610 --> 00:02:20,309
you

4
00:03:31,750 --> 00:03:28,710
[Music]

5
00:03:34,630 --> 00:03:31,760
the smoke radio for the masses headline

6
00:03:36,470 --> 00:03:34,640
edition july 8th 1947

7
00:03:38,949 --> 00:03:36,480
the army air forces has announced that a

8
00:03:40,630 --> 00:03:38,959
flying disk has been found and is now in

9
00:03:43,350 --> 00:03:40,640
the possession of the army

10
00:03:45,350 --> 00:03:43,360
if the game is rigged change the game

11
00:03:48,229 --> 00:03:45,360
game changer

12
00:03:50,550 --> 00:03:48,239
i occasionally think how quickly

13
00:03:51,830 --> 00:03:50,560

our differences worldwide

14

00:03:54,630 --> 00:03:51,840

would vanish

15

00:03:57,960 --> 00:03:54,640

if we were facing an alien threat from

16

00:04:00,789 --> 00:03:57,970

outside this world

17

00:04:03,509 --> 00:04:00,799

[Applause]

18

00:04:06,229 --> 00:04:03,519

this is fade to black with your host

19

00:04:06,940 --> 00:04:06,239

jimmy church on the game changer radio

20

00:04:09,830 --> 00:04:06,950

network

21

00:04:20,870 --> 00:04:09,840

[Music]

22

00:04:23,880 --> 00:04:20,880

you're listening to fade to flag with

23

00:04:30,390 --> 00:04:23,890

jimmy judge on the game changer network

24

00:04:32,680 --> 00:04:30,400

[Music]

25

00:04:34,110 --> 00:04:32,690

good evening fade to black

26

00:04:37,350 --> 00:04:34,120

[Music]

27

00:04:38,469 --> 00:04:37,360

bespoke radio

28

00:04:39,830 --> 00:04:38,479

for

29

00:04:43,030 --> 00:04:39,840

the

30

00:04:47,110 --> 00:04:45,270

yeah how you doing

31

00:04:50,070 --> 00:04:47,120

how you doing

32

00:04:53,350 --> 00:04:50,080

all right fade to black monday march

33

00:04:56,550 --> 00:04:53,360

21st 2022

34

00:04:57,510 --> 00:04:56,560

80 days into the new year only 285 days

35

00:05:03,350 --> 00:04:57,520

left

36

00:05:07,990 --> 00:05:06,230

we are live from a bunker somewhere in

37

00:05:12,310 --> 00:05:08,000

the middle of nowhere

38

00:05:14,390 --> 00:05:12,320

a total undisclosed location but it is

39

00:05:16,710 --> 00:05:14,400

beautiful in here

40

00:05:18,629 --> 00:05:16,720

it is indeed i would like to welcome

41

00:05:21,749 --> 00:05:18,639

everybody listening all around the world

42

00:05:23,749 --> 00:05:21,759

all across the united states

43

00:05:25,749 --> 00:05:23,759

hither and tither to and fro back and

44

00:05:28,469 --> 00:05:25,759

forth up and down east and west north

45

00:05:31,909 --> 00:05:28,479

and south far and near

46

00:05:34,550 --> 00:05:31,919

this is fade to black for kjcr the game

47

00:05:36,550 --> 00:05:34,560

changer and unnext networks racehobbs i

48

00:05:40,230 --> 00:05:36,560

am your host jimmy church

49

00:05:42,160 --> 00:05:40,240

what is cracking everybody how you doing

50

00:05:44,710 --> 00:05:42,170

all right

51

00:05:46,550 --> 00:05:44,720

[Music]

52

00:05:49,270 --> 00:05:46,560

it is

53

00:05:52,550 --> 00:05:49,280

another

54

00:05:55,029 --> 00:05:52,560

completely first time guests week here

55

00:05:57,189 --> 00:05:55,039

on fade to black

56

00:05:59,430 --> 00:05:57,199

tonight kicking it off this week

57

00:06:00,469 --> 00:05:59,440

elizabeth hoekstra is with us for the

58

00:06:02,710 --> 00:06:00,479

first time

59

00:06:04,230 --> 00:06:02,720

he's going to tell us how to bio-hack

60

00:06:08,870 --> 00:06:04,240

your life

61

00:06:10,790 --> 00:06:08,880

tomorrow night stormy daniels is here

62

00:06:12,629 --> 00:06:10,800

also for the first time we're going to

63

00:06:14,309 --> 00:06:12,639

be discussing the paranormal the

64

00:06:15,830 --> 00:06:14,319

supernatural

65

00:06:19,029 --> 00:06:15,840

ghost hunting

66

00:06:22,309 --> 00:06:19,039

with spooky babes that is tomorrow night

67

00:06:26,070 --> 00:06:22,319

wednesday night sean cahill

68

00:06:27,590 --> 00:06:26,080

man sean cahill joins us also for the

69

00:06:31,510 --> 00:06:27,600

first time we're going to be talking

70

00:06:35,029 --> 00:06:31,520

about the subject of uaps sky fort

71

00:06:37,510 --> 00:06:35,039

what is skyfort and beyond that is

72

00:06:39,430 --> 00:06:37,520

wednesday night and of course thursday

73

00:06:40,790 --> 00:06:39,440

is another fader night with open lines

74

00:06:42,029 --> 00:06:40,800

all night long

75

00:06:45,990 --> 00:06:42,039

all right

76
00:06:49,029 --> 00:06:46,000
everybody wants their own crystal skull

77
00:06:50,870 --> 00:06:49,039
i know you do i just hung out with

78
00:06:53,110 --> 00:06:50,880
carolyn ford by the way this weekend in

79
00:06:56,550 --> 00:06:53,120
sedona more on that in just a bit

80
00:06:57,589 --> 00:06:56,560
and uh visit carolyn ford's website it's

81
00:06:59,430 --> 00:06:57,599
right there einstein the

82
00:07:00,870 --> 00:06:59,440
crystalskull.com

83
00:07:02,309 --> 00:07:00,880
click on the banners over at jimmy

84
00:07:04,230 --> 00:07:02,319
church radio you know we run the

85
00:07:05,670 --> 00:07:04,240
commercials here and everything it's

86
00:07:08,950 --> 00:07:05,680
it's right there and the promo code is

87
00:07:12,390 --> 00:07:08,960
jimmy 10 off of your crystal skull order

88
00:07:13,189 --> 00:07:12,400

today she has the absolute very best and

89

00:07:18,309 --> 00:07:13,199

uh

90

00:07:20,230 --> 00:07:18,319

saturday night i've posted pictures and

91

00:07:23,189 --> 00:07:20,240

you guys can go check that out but

92

00:07:26,710 --> 00:07:23,199

but she was i love the fade or not

93

00:07:28,710 --> 00:07:26,720

i just love every time somebody orders

94

00:07:31,990 --> 00:07:28,720

something for me they always put it in a

95

00:07:33,110 --> 00:07:32,000

little note you know jimmy church radio

96

00:07:35,510 --> 00:07:33,120

and and

97

00:07:36,550 --> 00:07:35,520

and it just made me feel so good so just

98

00:07:40,870 --> 00:07:36,560

go

99

00:07:42,710 --> 00:07:40,880

crystalskull.com follow me on twitter at

100

00:07:47,589 --> 00:07:42,720

j church radio

101

00:07:50,070 --> 00:07:47,599

f2b on twitter

102

00:07:51,990 --> 00:07:50,080

it's live right in front of me right now

103

00:07:52,950 --> 00:07:52,000

any questions or comments during the

104

00:07:56,830 --> 00:07:52,960

show

105

00:08:00,629 --> 00:07:56,840

hashtag f2bq

106

00:08:01,670 --> 00:08:00,639

yes i just got back from a road trip

107

00:08:06,230 --> 00:08:01,680

uh

108

00:08:09,029 --> 00:08:06,240

fest

109

00:08:11,430 --> 00:08:09,039

and uh the odd couple it was great man

110

00:08:14,869 --> 00:08:11,440

it was just so awesome uh traveling with

111

00:08:16,629 --> 00:08:14,879

adrian and it's so funny i'm gonna say

112

00:08:18,070 --> 00:08:16,639

this about adrian i hope he's listening

113

00:08:20,550 --> 00:08:18,080

right now

114

00:08:21,510 --> 00:08:20,560

uh we're we're such good friends

115

00:08:27,029 --> 00:08:21,520

and

116

00:08:31,189 --> 00:08:27,039

opposite except for music we love the

117

00:08:32,230 --> 00:08:31,199

same music but it's just so funny how

118

00:08:33,829 --> 00:08:32,240

uh

119

00:08:40,630 --> 00:08:33,839

we

120

00:08:43,350 --> 00:08:40,640

and uh

121

00:08:45,030 --> 00:08:43,360

that long we left uh

122

00:08:47,990 --> 00:08:45,040

friday morning

123

00:08:49,670 --> 00:08:48,000

uh at eight a.m remember i'm on the air

124

00:08:51,269 --> 00:08:49,680

the night before right so friday morning

125

00:08:54,310 --> 00:08:51,279

boom we're on the road

126
00:08:55,269 --> 00:08:54,320
and uh we take off so so two guys in a

127
00:08:59,430 --> 00:08:55,279
jeep

128
00:09:01,670 --> 00:08:59,440
uh for the next 72 hours right

129
00:09:03,110 --> 00:09:01,680
in close quarters

130
00:09:05,750 --> 00:09:03,120
and uh

131
00:09:07,350 --> 00:09:05,760
it was uh it was so much fun man it was

132
00:09:09,030 --> 00:09:07,360
just great great conversation great

133
00:09:12,710 --> 00:09:09,040
hanging out with adrian

134
00:09:13,509 --> 00:09:12,720
and uh and what an adventure i will get

135
00:09:16,150 --> 00:09:13,519
back

136
00:09:17,990 --> 00:09:16,160
uh too much of that uh

137
00:09:21,030 --> 00:09:18,000
in in just a bit but

138
00:09:24,470 --> 00:09:21,040

um let me say this so just put this in

139

00:09:28,150 --> 00:09:24,480

perspective because even like right now

140

00:09:30,150 --> 00:09:28,160

um i'm not 18 years old anymore you know

141

00:09:33,269 --> 00:09:30,160

i'm not 20 years old

142

00:09:37,030 --> 00:09:33,279

and to do what the two of us did

143

00:09:39,190 --> 00:09:37,040

which is friday morning drive for seven

144

00:09:40,870 --> 00:09:39,200

hours to sedona

145

00:09:44,790 --> 00:09:40,880

um uh

146

00:09:47,590 --> 00:09:44,800

you know all day all day no rest no naps

147

00:09:48,550 --> 00:09:47,600

no afternoon nap get to sedona

148

00:09:50,470 --> 00:09:48,560

uh

149

00:09:51,590 --> 00:09:50,480

change clothes

150

00:09:54,949 --> 00:09:51,600

uh

151
00:09:57,670 --> 00:09:54,959
out for a sky watch and then and and and

152
00:09:59,190 --> 00:09:57,680
whatever and that lasted till midnight

153
00:10:02,069 --> 00:09:59,200
turn around

154
00:10:04,790 --> 00:10:02,079
boom up in the morning drive to sedona

155
00:10:08,470 --> 00:10:04,800
we were outside of sedona uh drive to

156
00:10:09,750 --> 00:10:08,480
sedona do the conference all day

157
00:10:11,750 --> 00:10:09,760
um

158
00:10:13,829 --> 00:10:11,760
wrap that dinner

159
00:10:15,190 --> 00:10:13,839
and then the party that night that we

160
00:10:18,550 --> 00:10:15,200
went to the next thing you know we were

161
00:10:20,550 --> 00:10:18,560
up for 15 16 17 hours straight

162
00:10:23,910 --> 00:10:20,560
and turn around

163
00:10:24,949 --> 00:10:23,920

uh drive back to our cabin in in the

164

00:10:26,150 --> 00:10:24,959

woods

165

00:10:29,670 --> 00:10:26,160

uh

166

00:10:30,870 --> 00:10:29,680

a few hours of sleep in the morning up

167

00:10:33,509 --> 00:10:30,880

early

168

00:10:35,430 --> 00:10:33,519

drive to phoenix then the 25th

169

00:10:36,949 --> 00:10:35,440

anniversary of the phoenix lights uh

170

00:10:39,269 --> 00:10:36,959

that afternoon

171

00:10:41,509 --> 00:10:39,279

a few hours there do that it was great

172

00:10:44,870 --> 00:10:41,519

linkate and then

173

00:10:46,470 --> 00:10:44,880

back in the jeep driving to los angeles

174

00:10:49,069 --> 00:10:46,480

and getting here last night

175

00:10:52,550 --> 00:10:49,079

it was just

176

00:10:54,870 --> 00:10:52,560

non-stop and i remember we got here

177

00:10:57,590 --> 00:10:54,880

last night and i was like whoa

178

00:11:01,190 --> 00:10:57,600

man i feel like i just

179

00:11:03,350 --> 00:11:01,200

yeah i just did uh

180

00:11:04,949 --> 00:11:03,360

man oh man oh man oh man and then what

181

00:11:07,590 --> 00:11:04,959

have i got in front of me i got a week

182

00:11:09,509 --> 00:11:07,600

hanging out with all of you here on fade

183

00:11:11,750 --> 00:11:09,519

to black and like i said

184

00:11:14,949 --> 00:11:11,760

i'm not 18 anymore

185

00:11:17,430 --> 00:11:14,959

so there you go all right it was fun it

186

00:11:20,470 --> 00:11:17,440

was fun keeps you young telling you

187

00:11:27,590 --> 00:11:24,310

foot on the gas

188

00:11:30,470 --> 00:11:27,600

literally let's get to the breaking news

189

00:11:32,870 --> 00:11:30,480

weeks after moscow forced the 11th hour

190

00:11:35,829 --> 00:11:32,880

cancellation of a rocket launch for

191

00:11:39,030 --> 00:11:35,839

british satellite venture one web from

192

00:11:40,389 --> 00:11:39,040

russia's baikonur cosmodrome in

193

00:11:42,470 --> 00:11:40,399

kazakhstan

194

00:11:45,350 --> 00:11:42,480

the company said today that it had

195

00:11:48,470 --> 00:11:45,360

contracted with spacex

196

00:11:50,470 --> 00:11:48,480

to send its satellites into orbit terms

197

00:11:53,350 --> 00:11:50,480

of the deal with spacex which is a

198

00:11:56,310 --> 00:11:53,360

direct competitor of one web

199

00:11:58,550 --> 00:11:56,320

were not disclosed earlier this month

200

00:12:01,269 --> 00:11:58,560

one web called off the scheduled march

201

00:12:03,509 --> 00:12:01,279

4th launch of 36 satellites and

202

00:12:06,550 --> 00:12:03,519

suspended ties with russia's space

203

00:12:10,069 --> 00:12:06,560

agency ross cosmos

204

00:12:13,990 --> 00:12:10,079

also speaking of billionaires in space

205

00:12:16,470 --> 00:12:14,000

blue origin employee gary lye

206

00:12:19,030 --> 00:12:16,480

the chief architect of the company's new

207

00:12:22,150 --> 00:12:19,040

shepard vehicle will replace saturday

208

00:12:25,269 --> 00:12:22,160

night live star pete davidson on the

209

00:12:29,670 --> 00:12:25,279

upcoming ns20 mission which is scheduled

210

00:12:32,790 --> 00:12:29,680

to launch on march 29th lie joins five

211

00:12:37,030 --> 00:12:32,800

paying customers on the flight investor

212

00:12:41,110 --> 00:12:37,040

marty allen couple sharon and mark hagel

213

00:12:42,310 --> 00:12:41,120

jim kitchen and george niled the the

214

00:12:47,430 --> 00:12:42,320

president

215

00:12:49,670 --> 00:12:47,440

of commercial space technologies llc

216

00:12:51,670 --> 00:12:49,680

now over to australia

217

00:12:52,550 --> 00:12:51,680

australia is in the news today got a

218

00:12:55,990 --> 00:12:52,560

couple

219

00:12:58,790 --> 00:12:56,000

australia's media regulator will be

220

00:13:01,030 --> 00:12:58,800

will now be able to force internet

221

00:13:03,030 --> 00:13:01,040

companies to share data about how they

222

00:13:04,710 --> 00:13:03,040

have handled misinformation and

223

00:13:06,710 --> 00:13:04,720

disinformation

224

00:13:09,350 --> 00:13:06,720

under new laws that help government

225

00:13:11,590 --> 00:13:09,360

efforts to rein in big tech

226

00:13:14,870 --> 00:13:11,600

the australian communications and media

227

00:13:17,990 --> 00:13:14,880

authority will also be able to enforce

228

00:13:19,030 --> 00:13:18,000

keyword enforce an internet industry

229

00:13:22,790 --> 00:13:19,040

code

230

00:13:23,750 --> 00:13:22,800

on uncooperative platforms

231

00:13:27,350 --> 00:13:23,760

yeah

232

00:13:31,030 --> 00:13:27,360

also boeing in australia that's right

233

00:13:33,430 --> 00:13:31,040

boeing announced the name of its newest

234

00:13:35,030 --> 00:13:33,440

combat drone

235

00:13:37,110 --> 00:13:35,040

they did all of this today it's called

236

00:13:38,629 --> 00:13:37,120

the mq-28a

237

00:13:41,189 --> 00:13:38,639

ghost bat

238

00:13:42,629 --> 00:13:41,199

the drone which is being produced in

239

00:13:45,269 --> 00:13:42,639

australia

240

00:13:48,069 --> 00:13:45,279

utilizes artificial intelligence and is

241

00:13:51,110 --> 00:13:48,079

part of what was previously known as the

242

00:13:55,350 --> 00:13:51,120

loyal wingman project an initiative to

243

00:13:57,189 --> 00:13:55,360

give fighter pilots an uncrewed partner

244

00:13:59,590 --> 00:13:57,199

in the sky

245

00:14:02,790 --> 00:13:59,600

this new generations of drones is

246

00:14:03,750 --> 00:14:02,800

intended to fly alongside crude fighter

247

00:14:05,670 --> 00:14:03,760

jets

248

00:14:08,310 --> 00:14:05,680

and assist in everything from jamming

249

00:14:11,590 --> 00:14:08,320

radar to conducting surveillance

250

00:14:13,750 --> 00:14:11,600

to firing on targets

251

00:14:17,030 --> 00:14:13,760

the ghost bat is the first combat

252

00:14:19,990 --> 00:14:17,040

aircraft to be manufactured in australia

253

00:14:21,189 --> 00:14:20,000

in over 50 years

254

00:14:24,230 --> 00:14:21,199

now

255

00:14:26,790 --> 00:14:24,240

onto the polls earth's poles

256

00:14:29,350 --> 00:14:26,800

are undergoing what is being called

257

00:14:32,470 --> 00:14:29,360

freakish heat waves

258

00:14:35,590 --> 00:14:32,480

with parts of antarctica more than 70

259

00:14:38,790 --> 00:14:35,600

degrees warmer than average

260

00:14:42,550 --> 00:14:38,800

and areas of the arctic up north more

261

00:14:45,110 --> 00:14:42,560

than 50 degrees warmer than average

262

00:14:47,590 --> 00:14:45,120

weather stations in antarctica shattered

263

00:14:48,710 --> 00:14:47,600

records last week as the region neared

264

00:14:50,790 --> 00:14:48,720

autumn

265

00:14:52,870 --> 00:14:50,800

taking scientists by surprise because

266

00:14:55,509 --> 00:14:52,880

they were paying attention to

267

00:14:57,670 --> 00:14:55,519

the north the arctic where temperatures

268

00:15:00,550 --> 00:14:57,680

were also rising

269

00:15:02,550 --> 00:15:00,560

they are opposite seasons and i didn't

270

00:15:04,470 --> 00:15:02,560

know this that's right their seasons are

271

00:15:06,710 --> 00:15:04,480

supposed to be in opposites

272

00:15:09,829 --> 00:15:06,720

you don't see the north and south poles

273

00:15:11,910 --> 00:15:09,839

both melting at the same time

274

00:15:13,990 --> 00:15:11,920

all this according to walt meyer an ice

275

00:15:17,990 --> 00:15:14,000

scientist at the national snow and ice

276

00:15:20,389 --> 00:15:18,000
data center in boulder colorado

277

00:15:24,389 --> 00:15:20,399
the new york fire department

278

00:15:27,590 --> 00:15:24,399
has just added boston dynamics 75 000

279

00:15:30,069 --> 00:15:27,600
robot dogs known as spot

280

00:15:32,069 --> 00:15:30,079
to their fire fighting team

281

00:15:33,670 --> 00:15:32,079
it will be used to aid in search and

282

00:15:35,269 --> 00:15:33,680
rescue missions and all of this

283

00:15:38,069 --> 00:15:35,279
according to fire officials there in new

284

00:15:39,590 --> 00:15:38,079
york city their rollout comes less than

285

00:15:41,749 --> 00:15:39,600
a year after the new york police

286

00:15:44,550 --> 00:15:41,759
department was forced to terminate its

287

00:15:47,590 --> 00:15:44,560
contract with boston dynamics amid

288

00:15:49,350 --> 00:15:47,600

concerns about the privacy of the robot

289

00:15:50,389 --> 00:15:49,360

dogs

290

00:15:52,069 --> 00:15:50,399

yeah

291

00:15:54,629 --> 00:15:52,079

let's get this show cracking happy

292

00:15:57,829 --> 00:15:54,639

birthday to today

293

00:15:59,749 --> 00:15:57,839

gary oldman is 64. now when you think of

294

00:16:03,269 --> 00:15:59,759

gary oldman lots of great movies right

295

00:16:05,350 --> 00:16:03,279

he's one of my favorite actors but

296

00:16:08,470 --> 00:16:05,360

true romance

297

00:16:11,829 --> 00:16:08,480

that's where i'm going matthew matthew

298

00:16:14,629 --> 00:16:11,839

broderick today is 60. of course always

299

00:16:17,509 --> 00:16:14,639

ferris bueller and guitarist david

300

00:16:20,550 --> 00:16:17,519

lindley today is 77

301
00:16:22,470 --> 00:16:20,560
that unbelievable guitar sound for

302
00:16:24,389 --> 00:16:22,480
jackson brown and so many other artists

303
00:16:28,710 --> 00:16:24,399
he's just a great guitar player super

304
00:16:31,350 --> 00:16:28,720
tramps roger hodson today is 72

305
00:16:33,749 --> 00:16:31,360
striper drummer robert sweet you

306
00:16:35,990 --> 00:16:33,759
remember he plays sideways he doesn't

307
00:16:39,749 --> 00:16:36,000
play facing the audience no he plays

308
00:16:43,030 --> 00:16:39,759
sideways today robert sweet is 62

309
00:16:44,310 --> 00:16:43,040
and the stray cats slim jim phantom

310
00:16:45,910 --> 00:16:44,320
today

311
00:16:48,150 --> 00:16:45,920
is 61.

312
00:16:50,590 --> 00:16:48,160
our dead guy's birthday today is shawn

313
00:16:53,749 --> 00:16:50,600

lane

314

00:16:56,629 --> 00:16:53,759
1961-2003 died at the age of 42.

315

00:17:00,470 --> 00:16:56,639
at the age of 14

316

00:17:03,110 --> 00:17:00,480
14 what were you doing when you were 14

317

00:17:04,390 --> 00:17:03,120
at the age of 14 sean became the lead

318

00:17:07,189 --> 00:17:04,400
guitarist

319

00:17:11,510 --> 00:17:07,199
for black oak arkansas

320

00:17:13,429 --> 00:17:11,520
his first solo album powers of ten

321

00:17:15,750 --> 00:17:13,439
that's right powers of ten released in

322

00:17:18,309 --> 00:17:15,760
1992 quickly became

323

00:17:21,270 --> 00:17:18,319
one of the most studied recordings by

324

00:17:23,189 --> 00:17:21,280
guitarist around the world in 1992

325

00:17:26,150 --> 00:17:23,199
guitar player magazine named him the

326

00:17:29,270 --> 00:17:26,160

best new talent and keyboard magazine

327

00:17:31,510 --> 00:17:29,280

placed him second in the best keyboard

328

00:17:32,710 --> 00:17:31,520

player category

329

00:17:36,549 --> 00:17:32,720

he died

330

00:17:38,230 --> 00:17:36,559

in a hospital in memphis on september 26

331

00:17:42,710 --> 00:17:38,240

2003

332

00:17:44,789 --> 00:17:42,720

of lung related illnesses i knew sean

333

00:17:46,789 --> 00:17:44,799

uh he was just a great guy that's all i

334

00:17:47,830 --> 00:17:46,799

have to say he was just a great nice

335

00:17:49,110 --> 00:17:47,840

humble

336

00:17:53,909 --> 00:17:49,120

kind

337

00:17:55,909 --> 00:17:53,919

happy birthday sean lane on this day in

338

00:17:58,630 --> 00:17:55,919

history otd

339

00:18:01,510 --> 00:17:58,640

1963

340

00:18:02,630 --> 00:18:01,520

alcatraz prison in the san francisco's

341

00:18:05,830 --> 00:18:02,640

bay

342

00:18:09,110 --> 00:18:05,840

closes down and transfers its last

343

00:18:13,190 --> 00:18:09,120

prisoners it opened in 1907 so what it

344

00:18:15,430 --> 00:18:13,200

was 55 years in operation fader fact

345

00:18:16,870 --> 00:18:15,440

okay here you go

346

00:18:19,750 --> 00:18:16,880

this

347

00:18:22,549 --> 00:18:19,760

is a fader fact

348

00:18:24,390 --> 00:18:22,559

45 years ago

349

00:18:26,870 --> 00:18:24,400

45

350

00:18:27,830 --> 00:18:26,880

short years ago

351
00:18:29,510 --> 00:18:27,840
i

352
00:18:31,909 --> 00:18:29,520
tuna

353
00:18:37,110 --> 00:18:31,919
were caught for fun

354
00:18:38,870 --> 00:18:37,120
and ground into pet food in japan

355
00:18:43,270 --> 00:18:38,880
in japan

356
00:18:49,350 --> 00:18:44,710
which means

357
00:18:51,669 --> 00:18:49,360
fish that even a cat would disdain

358
00:18:53,909 --> 00:18:51,679
that's right that's a fact

359
00:18:55,350 --> 00:18:53,919
then japan figured out a way to sell it

360
00:18:57,270 --> 00:18:55,360
to americans

361
00:18:59,750 --> 00:18:57,280
uncooked

362
00:19:01,190 --> 00:18:59,760
and the rest is history

363
00:19:03,669 --> 00:19:01,200

that

364

00:19:06,310 --> 00:19:03,679

is a fader fact

365

00:19:08,950 --> 00:19:06,320

tonight very special guest elizabeth

366

00:19:11,830 --> 00:19:08,960

hoekstra we are doing two weeks in a row

367

00:19:14,390 --> 00:19:11,840

first time guests week here on fade to

368

00:19:16,870 --> 00:19:14,400

black elizabeth is with us tonight she's

369

00:19:17,909 --> 00:19:16,880

going to tell us how to bio hack our

370

00:19:20,710 --> 00:19:17,919

life

371

00:19:22,310 --> 00:19:20,720

tomorrow night stormy daniels is here

372

00:19:25,590 --> 00:19:22,320

for the first time it's going to be

373

00:19:27,350 --> 00:19:25,600

ghost hunting with spooky babes tomorrow

374

00:19:30,470 --> 00:19:27,360

night with stormy daniels wednesday

375

00:19:33,909 --> 00:19:30,480

night shawn cahill joins us we're going

376

00:19:35,510 --> 00:19:33,919

to be talking about uap's sky fort do

377

00:19:37,270 --> 00:19:35,520

you know what sky ford is you're going

378

00:19:38,390 --> 00:19:37,280

to find out on wednesday with sean

379

00:19:40,150 --> 00:19:38,400

cahill

380

00:19:43,110 --> 00:19:40,160

and we're going to go way beyond that

381

00:19:45,669 --> 00:19:43,120

thursday's another fader night with open

382

00:19:46,870 --> 00:19:45,679

lines all night long

383

00:19:48,789 --> 00:19:46,880

all right

384

00:19:51,430 --> 00:19:48,799

uh yeah you know you're right about that

385

00:19:53,830 --> 00:19:51,440

the fifth element yeah that's uh that's

386

00:19:57,029 --> 00:19:53,840

a good call that's from triscale gary

387

00:19:59,750 --> 00:19:57,039

oldman but at ken priest camp priest

388

00:20:02,070 --> 00:19:59,760

knows what i'm talking about

389

00:20:03,750 --> 00:20:02,080

follow me on twitter just follow me on

390

00:20:05,430 --> 00:20:03,760

twitter go look at the

391

00:20:07,669 --> 00:20:05,440

f2b feed

392

00:20:08,789 --> 00:20:07,679

and you'll see how the fader knots are

393

00:20:11,190 --> 00:20:08,799

so

394

00:20:13,270 --> 00:20:11,200

on top of their game

395

00:20:14,470 --> 00:20:13,280

and it's just so much fun

396

00:20:16,789 --> 00:20:14,480

i have

397

00:20:19,669 --> 00:20:16,799

you know because of the fade or not

398

00:20:21,350 --> 00:20:19,679

family i have got a host

399

00:20:23,830 --> 00:20:21,360

of producers

400

00:20:25,990 --> 00:20:23,840

that work for this show

401
00:20:28,789 --> 00:20:26,000
just fast

402
00:20:30,470 --> 00:20:28,799
fast fast all right

403
00:20:33,029 --> 00:20:30,480
all right it's time for me to hit this

404
00:20:35,510 --> 00:20:33,039
river moon coffee river moon

405
00:20:37,270 --> 00:20:35,520
wellness

406
00:20:39,430 --> 00:20:37,280
fade to black blend best coffee in the

407
00:20:41,110 --> 00:20:39,440
world it it truly is

408
00:20:42,870 --> 00:20:41,120
all day today

409
00:20:44,789 --> 00:20:42,880
you know what

410
00:20:45,669 --> 00:20:44,799
so we're on the road

411
00:20:50,549 --> 00:20:45,679
and

412
00:20:52,630 --> 00:20:50,559
french press

413
00:20:55,430 --> 00:20:52,640

and

414

00:20:58,870 --> 00:20:55,440

it's it's a long story i had it set out

415

00:20:59,830 --> 00:20:58,880

um i forgot to grind coffee in advance

416

00:21:08,710 --> 00:20:59,840

and

417

00:21:11,750 --> 00:21:08,720

have coffee

418

00:21:14,950 --> 00:21:11,760

oh no what am i gonna do in the morning

419

00:21:17,510 --> 00:21:14,960

when i go this is bad

420

00:21:20,310 --> 00:21:17,520

so anyway uh a weekend without river

421

00:21:21,909 --> 00:21:20,320

moon coffee and i'm driving back

422

00:21:24,789 --> 00:21:21,919

all the way here

423

00:21:27,669 --> 00:21:24,799

i just thought about river moon coffee i

424

00:21:29,110 --> 00:21:27,679

got here last night uh you know 10 10 30

425

00:21:32,390 --> 00:21:29,120

at night

426
00:21:34,070 --> 00:21:32,400
to see you later adrian he's pulling out

427
00:21:36,870 --> 00:21:34,080
bye

428
00:21:40,070 --> 00:21:36,880
he's gone i ran in the house

429
00:21:50,070 --> 00:21:42,549
all day today river moon coffee fade to

430
00:21:50,080 --> 00:21:53,190
rivermoonwellness.com

431
00:21:59,350 --> 00:21:56,470
i like my coffee doc

432
00:22:01,750 --> 00:21:59,360
when i when i do commercials

433
00:22:02,549 --> 00:22:01,760
it's so easy because

434
00:22:03,590 --> 00:22:02,559
the

435
00:22:06,789 --> 00:22:03,600
you know th

436
00:22:08,950 --> 00:22:06,799
this this is just my voice right it's

437
00:22:11,430 --> 00:22:08,960
this is it you hang out with me in

438
00:22:13,669 --> 00:22:11,440

person this is what you get

439

00:22:17,029 --> 00:22:13,679

i go and cut a commercial

440

00:22:19,669 --> 00:22:17,039

right and roll into i like my coffee doc

441

00:22:21,190 --> 00:22:19,679

i i just it's all i got to do it's it's

442

00:22:22,710 --> 00:22:21,200

just my voice

443

00:22:31,029 --> 00:22:22,720

it's easy

444

00:22:39,110 --> 00:22:34,310

so

445

00:22:40,950 --> 00:22:39,120

this weekend i caught myself

446

00:22:45,510 --> 00:22:40,960

this started with me about six months

447

00:22:53,350 --> 00:22:46,950

so

448

00:22:55,830 --> 00:22:53,360

from this three-day road trip with

449

00:22:58,070 --> 00:22:55,840

adrian adrian villera of disclosure fest

450

00:23:00,549 --> 00:22:58,080

go to disclosurefest.org

451
00:23:03,270 --> 00:23:00,559
it's the biggest event of the year for

452
00:23:05,830 --> 00:23:03,280
our community right here in los angeles

453
00:23:08,390 --> 00:23:05,840
20 000 beautiful souls gathering in

454
00:23:11,110 --> 00:23:08,400
downtown los angeles at the historic la

455
00:23:12,630 --> 00:23:11,120
park and it's just uh just an amazing

456
00:23:15,190 --> 00:23:12,640
event and

457
00:23:16,710 --> 00:23:15,200
and running around with adrian and and

458
00:23:20,310 --> 00:23:16,720
listening to him

459
00:23:22,710 --> 00:23:20,320
do his thing he's a mover and a shaker

460
00:23:25,029 --> 00:23:22,720
adrian gets stuff done

461
00:23:27,029 --> 00:23:25,039
just get stuff done he's he's incredible

462
00:23:28,230 --> 00:23:27,039
he's so inspirational

463
00:23:30,070 --> 00:23:28,240

um

464

00:23:32,789 --> 00:23:30,080

except after three days with him you

465

00:23:33,990 --> 00:23:32,799

know and and i was inspired to wave

466

00:23:36,390 --> 00:23:34,000

goodbye and

467

00:23:38,630 --> 00:23:36,400

and i'll catch up with him later but

468

00:23:42,070 --> 00:23:38,640

he's just incredible we had a great time

469

00:23:45,350 --> 00:23:42,080

and yeah we went uh from la to sedona to

470

00:23:47,190 --> 00:23:45,360

phoenix and and back to la last night

471

00:23:50,549 --> 00:23:47,200

but here's what i want to talk to you

472

00:23:53,830 --> 00:23:50,559

about um i know that we i want to talk

473

00:23:56,549 --> 00:23:53,840

about our sky watch um on friday night

474

00:23:57,830 --> 00:23:56,559

with michael of sedona and i posted some

475

00:23:59,830 --> 00:23:57,840

pictures

476
00:24:01,350 --> 00:23:59,840
and and michael is a great guy he's a

477
00:24:03,990 --> 00:24:01,360
guitar player he's got a great guitar

478
00:24:07,269 --> 00:24:04,000
collection he's very knowledgeable

479
00:24:09,110 --> 00:24:07,279
and and it's been in sedona for for a

480
00:24:09,909 --> 00:24:09,120
long time and and

481
00:24:12,390 --> 00:24:09,919
you know

482
00:24:15,190 --> 00:24:12,400
the perfect match for me guitars and

483
00:24:18,549 --> 00:24:15,200
ufos right okay so

484
00:24:22,549 --> 00:24:18,559
um we went up to the sedona airport

485
00:24:25,269 --> 00:24:22,559
which sits on a hilltop looking down on

486
00:24:26,630 --> 00:24:25,279
sedona down in the city below

487
00:24:29,350 --> 00:24:26,640
and it's kind of a weird thing for you

488
00:24:31,110 --> 00:24:29,360

to picture but it is exactly what you

489

00:24:33,350 --> 00:24:31,120

are picturing

490

00:24:34,470 --> 00:24:33,360

from sedona down in the city

491

00:24:37,110 --> 00:24:34,480

there's this

492

00:24:41,029 --> 00:24:37,120

hit there's it's right there it takes

493

00:24:41,990 --> 00:24:41,039

you you can get up from downtown sedona

494

00:24:43,269 --> 00:24:42,000

just

495

00:24:45,430 --> 00:24:43,279

five minutes

496

00:24:47,750 --> 00:24:45,440

you can see the cars going up there it's

497

00:24:50,149 --> 00:24:47,760

right there there's this plateau there's

498

00:24:53,590 --> 00:24:50,159

an airport on top of it

499

00:24:54,710 --> 00:24:53,600

and that's where we went so we we we

500

00:24:56,710 --> 00:24:54,720

went up there

501
00:24:58,470 --> 00:24:56,720
we were going to go to broad bradshaw

502
00:25:01,190 --> 00:24:58,480
ranch and i know that i told everybody i

503
00:25:03,510 --> 00:25:01,200
was going to live stream from out there

504
00:25:06,870 --> 00:25:03,520
and and that was the plan and it was the

505
00:25:08,789 --> 00:25:06,880
plan until we looked at the schedule

506
00:25:12,310 --> 00:25:08,799
and getting out to bradshaw ranch which

507
00:25:15,909 --> 00:25:12,320
is not in sedona it is it's an hour

508
00:25:17,590 --> 00:25:15,919
away on dirt roads uh maybe two hours by

509
00:25:19,669 --> 00:25:17,600
the time you get up to brad shot some

510
00:25:21,269 --> 00:25:19,679
remote and then the next thing you know

511
00:25:23,750 --> 00:25:21,279
we're gonna spend a couple hours up at

512
00:25:26,149 --> 00:25:23,760
bradshaw and then two hours back now

513
00:25:29,430 --> 00:25:26,159

it's a five six hour

514

00:25:31,669 --> 00:25:29,440

thing at the end of uh a seven hour

515

00:25:33,750 --> 00:25:31,679

drive uh from la it was just an

516

00:25:37,190 --> 00:25:33,760

impossible thing to do so

517

00:25:40,070 --> 00:25:37,200

um we went up and did our sky watch from

518

00:25:42,230 --> 00:25:40,080

the airport above sedona now here's the

519

00:25:44,149 --> 00:25:42,240

deal

520

00:25:47,590 --> 00:25:44,159

it was incredible

521

00:25:50,390 --> 00:25:47,600

i don't know now we couldn't bro i i i i

522

00:25:52,870 --> 00:25:50,400

had plenty of uh

523

00:25:55,269 --> 00:25:52,880

i had all the cell

524

00:25:57,830 --> 00:25:55,279

uh all the internet all the connection i

525

00:26:00,310 --> 00:25:57,840

needed i went to connect from up there

526

00:26:02,390 --> 00:26:00,320

and there it was darkness

527

00:26:05,750 --> 00:26:02,400

and i couldn't broadca you wouldn't have

528

00:26:08,870 --> 00:26:05,760

seen anything and i tried but i couldn't

529

00:26:10,549 --> 00:26:08,880

even with the light on with it it was no

530

00:26:12,310 --> 00:26:10,559

no so anyway we didn't do that but let

531

00:26:13,669 --> 00:26:12,320

me say this

532

00:26:15,669 --> 00:26:13,679

let me tell you let me tell you what

533

00:26:17,430 --> 00:26:15,679

ended up happening we saw we were up

534

00:26:21,110 --> 00:26:17,440

there for about 90 minutes

535

00:26:21,909 --> 00:26:21,120

and in that 90 minutes uh i'm guessing

536

00:26:24,149 --> 00:26:21,919

uh

537

00:26:27,190 --> 00:26:24,159

about a hundred sightings about a

538

00:26:28,870 --> 00:26:27,200

hundred it was constant it never stopped

539

00:26:31,990 --> 00:26:28,880

but here's the thing

540

00:26:34,310 --> 00:26:32,000

um i think um all of it i'm not sure if

541

00:26:35,909 --> 00:26:34,320

any of it except for one which is the

542

00:26:39,029 --> 00:26:35,919

first sighting

543

00:26:40,710 --> 00:26:39,039

uh i think everything was uh you know

544

00:26:41,830 --> 00:26:40,720

something to do with the secret space

545

00:26:44,230 --> 00:26:41,840

program

546

00:26:46,549 --> 00:26:44,240

you know something else going on but

547

00:26:48,310 --> 00:26:46,559

they were crisscrossing you know

548

00:26:50,549 --> 00:26:48,320

satellites if it's a satellite that's

549

00:26:52,789 --> 00:26:50,559

fine you know you know it's east west

550

00:26:54,549 --> 00:26:52,799

and everything was going on you know but

551
00:26:56,950 --> 00:26:54,559
these

552
00:26:59,590 --> 00:26:56,960
they it was

553
00:27:01,990 --> 00:26:59,600
crisscrossing madness

554
00:27:03,510 --> 00:27:02,000
there were times what was most of the

555
00:27:06,549 --> 00:27:03,520
night uh

556
00:27:07,669 --> 00:27:06,559
three four five at the same time going

557
00:27:09,669 --> 00:27:07,679
on

558
00:27:11,750 --> 00:27:09,679
it was it was nuts

559
00:27:15,190 --> 00:27:11,760
but here let me tell you what happened

560
00:27:17,590 --> 00:27:15,200
so when we first get up there

561
00:27:19,669 --> 00:27:17,600
we're just like getting settled and

562
00:27:21,110 --> 00:27:19,679
and things and and you could stuff with

563
00:27:24,789 --> 00:27:21,120

naked eye you know you're looking up and

564

00:27:26,549 --> 00:27:24,799

you're like okay all right it's go time

565

00:27:28,389 --> 00:27:26,559

this is what happened

566

00:27:29,510 --> 00:27:28,399

we were facing

567

00:27:31,990 --> 00:27:29,520

uh

568

00:27:35,510 --> 00:27:32,000

the city right it's below us

569

00:27:37,029 --> 00:27:35,520

so i guess that's north and then

570

00:27:39,190 --> 00:27:37,039

at an angle

571

00:27:43,909 --> 00:27:39,200

low

572

00:27:45,190 --> 00:27:43,919

bright

573

00:27:48,070 --> 00:27:45,200

big

574

00:27:50,230 --> 00:27:48,080

object came over from behind us at an

575

00:27:51,110 --> 00:27:50,240

angle low

576
00:27:52,789 --> 00:27:51,120
just

577
00:27:59,269 --> 00:27:52,799
low

578
00:28:01,590 --> 00:27:59,279
it was white

579
00:28:03,909 --> 00:28:01,600
it was round

580
00:28:06,070 --> 00:28:03,919
it was low

581
00:28:08,149 --> 00:28:06,080
clearly defined

582
00:28:10,549 --> 00:28:08,159
and we watched it for about two or three

583
00:28:12,310 --> 00:28:10,559
minutes until and it just went uh over

584
00:28:13,269 --> 00:28:12,320
behind the trees and then just kept

585
00:28:15,750 --> 00:28:13,279
going

586
00:28:18,149 --> 00:28:15,760
over the right just low and slow

587
00:28:20,710 --> 00:28:18,159
if it was a satellite or

588
00:28:21,710 --> 00:28:20,720

space force or the

589

00:28:24,310 --> 00:28:21,720

the

590

00:28:27,430 --> 00:28:24,320

x-37b i don't know

591

00:28:28,710 --> 00:28:27,440

it it was like too low to be in orbit in

592

00:28:31,830 --> 00:28:28,720

my opinion

593

00:28:34,950 --> 00:28:31,840

it was in our atmosphere whatever it was

594

00:28:37,669 --> 00:28:34,960

but it was that it that was the second

595

00:28:39,750 --> 00:28:37,679

best sighting of the night normally

596

00:28:41,350 --> 00:28:39,760

that kind of sighting is something you

597

00:28:43,029 --> 00:28:41,360

you remember for the rest of your lives

598

00:28:45,269 --> 00:28:43,039

and you tell all your friends about this

599

00:28:48,789 --> 00:28:45,279

amazing craft that went over

600

00:28:50,470 --> 00:28:48,799

really slow bright low clearly defined

601
00:28:53,350 --> 00:28:50,480
and it did its thing and you're gonna

602
00:28:54,950 --> 00:28:53,360
tell that that's your your ufo sighting

603
00:28:56,549 --> 00:28:54,960
of a lifetime

604
00:28:58,630 --> 00:28:56,559
but that wasn't that wasn't the best

605
00:29:00,310 --> 00:28:58,640
sighting of the night in my opinion the

606
00:29:02,789 --> 00:29:00,320
best setting of the night

607
00:29:05,029 --> 00:29:02,799
was in the opposite direction

608
00:29:07,590 --> 00:29:05,039
way up high now you're watching these

609
00:29:09,909 --> 00:29:07,600
satellites on satellites ufos objects

610
00:29:11,269 --> 00:29:09,919
whatever they are some are satellites

611
00:29:13,430 --> 00:29:11,279
and you're watching these all night long

612
00:29:16,549 --> 00:29:13,440
and you're used to the pace of them

613
00:29:19,990 --> 00:29:16,559

you're used to the speed and things all

614

00:29:23,590 --> 00:29:20,000

right then this happened

615

00:29:24,310 --> 00:29:23,600

from my right to left i guess that would

616

00:29:26,470 --> 00:29:24,320

be

617

00:29:29,110 --> 00:29:26,480

like east to west

618

00:29:31,190 --> 00:29:29,120

at a slight angle but high

619

00:29:33,350 --> 00:29:31,200

this is a very

620

00:29:36,870 --> 00:29:33,360

light

621

00:29:39,029 --> 00:29:36,880

object very small and barely lit up

622

00:29:41,590 --> 00:29:39,039

but this thing

623

00:29:44,789 --> 00:29:41,600

was hauling balls

624

00:29:53,140 --> 00:29:44,799

this thing went across the sky

625

00:29:55,430 --> 00:29:53,700

[Music]

626
00:29:57,830 --> 00:29:55,440
[Applause]

627
00:30:00,950 --> 00:29:57,840
i have no idea

628
00:30:02,470 --> 00:30:00,960
what kind of speed that was

629
00:30:04,230 --> 00:30:02,480
but when you're watching everything else

630
00:30:05,750 --> 00:30:04,240
you know you're used to this pace and

631
00:30:07,269 --> 00:30:05,760
you're using this thing and something

632
00:30:10,549 --> 00:30:07,279
like that

633
00:30:13,110 --> 00:30:10,559
goes across the sky in seconds

634
00:30:16,389 --> 00:30:13,120
inspect what is that

635
00:30:18,789 --> 00:30:16,399
i don't know i don't know that that

636
00:30:20,470 --> 00:30:18,799
it it just catches you by surprise it

637
00:30:23,029 --> 00:30:20,480
just doesn't look right

638
00:30:24,230 --> 00:30:23,039

it's it's way

639

00:30:25,909 --> 00:30:24,240

too fast

640

00:30:28,310 --> 00:30:25,919

now i started thinking to myself could

641

00:30:32,470 --> 00:30:28,320

it have been like an asteroid

642

00:30:35,110 --> 00:30:32,480

doing 200 000 miles an hour you know

643

00:30:38,230 --> 00:30:35,120

some crazy speed i don't know

644

00:30:39,590 --> 00:30:38,240

but it it it wasn't like anything else i

645

00:30:42,710 --> 00:30:39,600

have ever seen

646

00:30:44,549 --> 00:30:42,720

and it covered the sky in

647

00:30:46,789 --> 00:30:44,559

in in fact i didn't even see it it

648

00:30:48,710 --> 00:30:46,799

disappeared so i didn't see where it

649

00:30:54,230 --> 00:30:48,720

went it stopped like right about here

650

00:30:57,830 --> 00:30:56,230

it was fast it was fast it was

651
00:30:59,669 --> 00:30:57,840
incredible i had a great night thank you

652
00:31:01,909 --> 00:30:59,679
to michael of sedona

653
00:31:03,830 --> 00:31:01,919
uh just uh just a great evening great

654
00:31:05,509 --> 00:31:03,840
host really knows what he's doing if

655
00:31:08,549 --> 00:31:05,519
you're ever in sedona look up michael of

656
00:31:10,070 --> 00:31:08,559
sedona arizona ufo tours arizona ufo

657
00:31:11,269 --> 00:31:10,080
tours dot com he's great very

658
00:31:12,950 --> 00:31:11,279
knowledgeable

659
00:31:15,590 --> 00:31:12,960
and uh have him take you up to the

660
00:31:17,350 --> 00:31:15,600
airport this is fade to black i am your

661
00:31:20,710 --> 00:31:17,360
host jimmy church tonight elizabeth

662
00:31:23,110 --> 00:31:20,720
hoekstra is here it is another first

663
00:31:26,070 --> 00:31:23,120

time guests week here on fade to black

664

00:31:30,029 --> 00:31:26,080

tomorrow night stormy daniels is with us

665

00:31:31,669 --> 00:31:30,039

spooky babes wednesday night sean cahill

666

00:31:33,509 --> 00:31:31,679

skyfort

667

00:31:35,750 --> 00:31:33,519

thursday is another fader night with

668

00:31:38,149 --> 00:31:35,760

open lines all night long i'm your host

669

00:31:41,750 --> 00:31:38,159

jimmy church this is fade to black on

670

00:31:43,430 --> 00:31:41,760

the game changer and on x networks

671

00:31:45,110 --> 00:31:43,440

this is fade to black i'll be right back

672

00:31:48,130 --> 00:31:45,120

after this short break with our guest

673

00:32:11,750 --> 00:31:48,140

elizabeth hoekstra stay right there

674

00:32:13,909 --> 00:32:11,760

[Music]

675

00:32:16,070 --> 00:32:13,919

this is nicole church daughter of you

676
00:32:17,070 --> 00:32:16,080
know who and you're listening to fade to

677
00:32:18,710 --> 00:32:17,080
black on

678
00:32:21,590 --> 00:32:18,720
jimmychurchradio.com and the game

679
00:32:25,269 --> 00:32:23,750
you're listening to jimmy church and

680
00:32:31,750 --> 00:32:25,279
made to black

681
00:32:38,149 --> 00:32:34,070
you're listening to jimmy church fade to

682
00:32:45,669 --> 00:32:40,389
fade to black will now pause for alien

683
00:32:49,830 --> 00:32:47,990
introducing the game changer blend from

684
00:32:52,389 --> 00:32:49,840
river moon coffee that delivers a

685
00:32:55,430 --> 00:32:52,399
customized blend made specifically for

686
00:32:58,389 --> 00:32:55,440
the fader knots if the game is rigged

687
00:33:01,269 --> 00:32:58,399
change the game it's a boulder cup with

688
00:33:03,430 --> 00:33:01,279

some bite game changer is the coffee of

689

00:33:05,830 --> 00:33:03,440

choice for those that prefer an organic

690

00:33:09,430 --> 00:33:05,840

dark roast that is slightly lighter and

691

00:33:11,669 --> 00:33:09,440

milder but it's still dark with wild

692

00:33:14,310 --> 00:33:11,679

notes of pecans and chocolate with a

693

00:33:16,630 --> 00:33:14,320

rich balanced full-bodied cup that is

694

00:33:19,269 --> 00:33:16,640

roasted to perfection for a great coffee

695

00:33:22,549 --> 00:33:19,279

to start your day as an after dinner

696

00:33:25,350 --> 00:33:22,559

coffee or anywhere in between artisan

697

00:33:27,990 --> 00:33:25,360

small batch roasted to perfection usda

698

00:33:30,310 --> 00:33:28,000

certified organic all river moon coffee

699

00:33:33,190 --> 00:33:30,320

is freshly roasted and packaged in the

700

00:33:35,269 --> 00:33:33,200

usa just go to rivermooncoffee.com or

701

00:33:39,190 --> 00:33:35,279

click on the banners over on our site

702

00:33:41,269 --> 00:33:39,200

and use the promo code f2b blend for 15

703

00:33:44,470 --> 00:33:41,279

off of your order today

704

00:33:49,909 --> 00:33:47,110

this is the only way forward

705

00:33:52,230 --> 00:33:49,919

this is made to black

706

00:33:53,990 --> 00:33:52,240

make contact

707

00:33:56,870 --> 00:33:54,000

this is jimmy church of fade to black

708

00:33:59,190 --> 00:33:56,880

and you can get our podcast for just two

709

00:34:01,509 --> 00:33:59,200

dollars per month all you have to do is

710

00:34:04,310 --> 00:34:01,519

click on the podcast banner over at

711

00:34:06,950 --> 00:34:04,320

jimmychurchradio.com

712

00:34:09,589 --> 00:34:06,960

hi folks it's trembling times and fear

713

00:34:11,349 --> 00:34:09,599

is pushing emotions which in turn pushes

714

00:34:13,510 --> 00:34:11,359

health the wrong direction do you ever

715

00:34:15,909 --> 00:34:13,520

get an egg because life is uneasy try

716

00:34:17,829 --> 00:34:15,919

life change tea get the tea.com life

717

00:34:19,909 --> 00:34:17,839

change tea works on your digestive tract

718

00:34:22,470 --> 00:34:19,919

helping to move food through quicker and

719

00:34:24,230 --> 00:34:22,480

comfortably so your health is spot on

720

00:34:26,310 --> 00:34:24,240

life change team may not help with world

721

00:34:28,869 --> 00:34:26,320

issues but it will help with your

722

00:34:31,349 --> 00:34:28,879

digestive issues a glass a day helps

723

00:34:33,990 --> 00:34:31,359

keep the intruders away so

724

00:34:36,950 --> 00:34:34,000

change your life today log on to get the

725

00:34:39,430 --> 00:34:36,960

tea dot com that's get the tea dot com

726

00:34:41,990 --> 00:34:39,440

if your health game is off get on by

727

00:34:43,829 --> 00:34:42,000

ordering life change tea get the tea dot

728

00:34:46,149 --> 00:34:43,839

com and while you're on our site look

729

00:34:47,750 --> 00:34:46,159

around at the great non-gmo organic

730

00:34:50,389 --> 00:34:47,760

supplements and if you're a sales

731

00:34:52,230 --> 00:34:50,399

shopper go to our specials page and see

732

00:34:54,310 --> 00:34:52,240

what's for you i've been drinking the

733

00:34:56,869 --> 00:34:54,320

tea for 12 years and i'm sure glad for

734

00:34:59,270 --> 00:34:56,879

its health benefits again that's get the

735

00:35:00,550 --> 00:34:59,280

tea.com get the tea

736

00:35:03,190 --> 00:35:00,560

dot com

737

00:35:04,470 --> 00:35:03,200

the tea that makes you go

738

00:35:06,390 --> 00:35:04,480

do you have an interest in the

739

00:35:08,550 --> 00:35:06,400

paranormal that you'll love

740

00:35:10,950 --> 00:35:08,560

thenxnetwork.com

741

00:35:13,589 --> 00:35:10,960

the x is your streaming audio and video

742

00:35:17,349 --> 00:35:13,599

for everything supernatural strange and

743

00:35:19,589 --> 00:35:17,359

mysterious like ufos bigfoot ghosts and

744

00:35:22,550 --> 00:35:19,599

so much more from hosts like jimmy

745

00:35:24,829 --> 00:35:22,560

church whitley strieber micah hanks and

746

00:35:27,109 --> 00:35:24,839

christina gomez visit the

747

00:35:29,190 --> 00:35:27,119

nextnetwork.com show page for a complete

748

00:35:31,589 --> 00:35:29,200

list of all the paranormal programs

749

00:35:34,950 --> 00:35:31,599

you'll find on the axe be sure to follow

750

00:35:37,670 --> 00:35:34,960

us on twitter for updates at kunxdb

751
00:35:40,390 --> 00:35:37,680
follow our facebook group on x network

752
00:35:48,470 --> 00:35:40,400
find the podcast on spotify iheart

753
00:35:48,480 --> 00:35:53,510
nine out of ten geneticists agree

754
00:35:59,910 --> 00:35:55,910
fade to black

755
00:36:04,069 --> 00:35:59,920
is not your father's radio show

756
00:36:06,069 --> 00:36:04,079
on the game changer radio network

757
00:36:07,430 --> 00:36:06,079
hi this is rob reiner from anvil and

758
00:36:10,710 --> 00:36:07,440
you're listening to jimmy

759
00:36:29,430 --> 00:36:13,589
what's up i'm chris what up this is

760
00:36:34,710 --> 00:36:32,390
all right welcome back fade to black

761
00:36:37,030 --> 00:36:34,720
first time guest week again this week

762
00:36:39,430 --> 00:36:37,040
two weeks in a row tonight elizabeth

763
00:36:41,510 --> 00:36:39,440

hoekstra is here tomorrow night stormy

764

00:36:43,349 --> 00:36:41,520

daniels that's right these stormy

765

00:36:46,150 --> 00:36:43,359

daniels is here

766

00:36:48,630 --> 00:36:46,160

wednesday night sean cahill thursday is

767

00:36:50,950 --> 00:36:48,640

another fader night with uh open lines

768

00:36:53,270 --> 00:36:50,960

all night long tonight it's elizabeth

769

00:36:54,630 --> 00:36:53,280

she's finally here on fade to black for

770

00:36:56,870 --> 00:36:54,640

the first time we're going to be talking

771

00:37:00,710 --> 00:36:56,880

about her new best-selling book

772

00:37:02,470 --> 00:37:00,720

the recipe to elevated consciousness

773

00:37:05,109 --> 00:37:02,480

her career first started in the

774

00:37:06,870 --> 00:37:05,119

entertainment industry at a young age as

775

00:37:08,950 --> 00:37:06,880

a model and actress on nationally

776
00:37:11,589 --> 00:37:08,960
syndicated television programs movies

777
00:37:13,990 --> 00:37:11,599
music videos magazines which continued

778
00:37:15,829 --> 00:37:14,000
to expand while she attended davenport

779
00:37:17,829 --> 00:37:15,839
college for business management and

780
00:37:19,510 --> 00:37:17,839
marketing administration

781
00:37:21,670 --> 00:37:19,520
elizabeth received her real estate

782
00:37:24,870 --> 00:37:21,680
license in 2017

783
00:37:26,950 --> 00:37:24,880
and has contributed significantly to

784
00:37:29,750 --> 00:37:26,960
several charities focusing her efforts

785
00:37:31,510 --> 00:37:29,760
on children's health and education both

786
00:37:34,069 --> 00:37:31,520
through hosting fundraisers and

787
00:37:37,270 --> 00:37:34,079
parlaying all of that experience

788
00:37:39,910 --> 00:37:37,280

with her political connections into adv

789

00:37:42,150 --> 00:37:39,920

advocacy now throughout her various

790

00:37:44,790 --> 00:37:42,160

careers she has seen how stress can take

791

00:37:46,870 --> 00:37:44,800

its toll on your physical well-being

792

00:37:47,990 --> 00:37:46,880

leading to her most recent professional

793

00:37:50,710 --> 00:37:48,000

engagement

794

00:37:52,790 --> 00:37:50,720

elizabeth is founder of biohack your

795

00:37:55,349 --> 00:37:52,800

best life and the director of operations

796

00:37:57,349 --> 00:37:55,359

at forbidden knowledge her websites are

797

00:37:59,109 --> 00:37:57,359

right there and the links are over on

798

00:38:01,430 --> 00:37:59,119

our website throughout social media

799

00:38:03,750 --> 00:38:01,440

elizabeth hoekstra.com and forbidden

800

00:38:05,670 --> 00:38:03,760

knowledge tv i would like to welcome for

801
00:38:08,950 --> 00:38:05,680
the first time to fade to black she's

802
00:38:10,150 --> 00:38:08,960
here elizabeth hoekstra elizabeth

803
00:38:13,349 --> 00:38:10,160
hello

804
00:38:15,190 --> 00:38:13,359
what's good what is going on now

805
00:38:17,510 --> 00:38:15,200
um here well we're going to start off

806
00:38:20,150 --> 00:38:17,520
with this you get the first time guest

807
00:38:22,310 --> 00:38:20,160
disclaimer believe it or not billy got

808
00:38:23,190 --> 00:38:22,320
it once okay all right

809
00:38:25,109 --> 00:38:23,200
so

810
00:38:26,870 --> 00:38:25,119
it's just you and i elizabeth sitting on

811
00:38:28,230 --> 00:38:26,880
my couch having a conversation as

812
00:38:30,310 --> 00:38:28,240
friends and where that conversation

813
00:38:32,150 --> 00:38:30,320

starts it starts where it ends it ends

814

00:38:33,589 --> 00:38:32,160

but we're gonna end his friends there

815

00:38:36,550 --> 00:38:33,599

you go

816

00:38:38,550 --> 00:38:36,560

i love it okay yeah right

817

00:38:40,950 --> 00:38:38,560

now now um

818

00:38:44,230 --> 00:38:40,960

i'm gonna start off with this

819

00:38:46,950 --> 00:38:44,240

uh you and i uh just recently had a

820

00:38:50,230 --> 00:38:46,960

chance to hang out um somewhere

821

00:38:52,550 --> 00:38:50,240

on the east coast but

822

00:38:55,030 --> 00:38:52,560

we took some selfies

823

00:38:56,870 --> 00:38:55,040

and i've never posted the selfies and

824

00:38:59,430 --> 00:38:56,880

the reason why

825

00:39:00,390 --> 00:38:59,440

is i didn't want to make your friends

826

00:39:02,630 --> 00:39:00,400

jealous

827

00:39:04,870 --> 00:39:02,640

i didn't want your friends to go who's

828

00:39:06,390 --> 00:39:04,880

that guy with you elizabeth

829

00:39:08,550 --> 00:39:06,400

holy crap

830

00:39:11,270 --> 00:39:08,560

but we did we have a great time or what

831

00:39:13,430 --> 00:39:11,280

that was just amazing yes it was awesome

832

00:39:15,670 --> 00:39:13,440

we had such a good time i'm so glad i

833

00:39:17,750 --> 00:39:15,680

had heard so much about you and then i

834

00:39:19,829 --> 00:39:17,760

remember a couple times billy was on

835

00:39:22,470 --> 00:39:19,839

your show and uh i was you know in the

836

00:39:24,630 --> 00:39:22,480

background kind of listening in so he

837

00:39:26,390 --> 00:39:24,640

had amazing things to say about you so

838

00:39:28,310 --> 00:39:26,400

i'm so happy that we finally got to meet

839

00:39:31,430 --> 00:39:28,320

it was it was great yeah and we've uh

840

00:39:33,990 --> 00:39:31,440

we've got lots of things uh that uh that

841

00:39:35,349 --> 00:39:34,000

we're doing but but putting all of that

842

00:39:37,990 --> 00:39:35,359

aside

843

00:39:40,310 --> 00:39:38,000

um i wanted to ask you so i'm gonna go

844

00:39:43,349 --> 00:39:40,320

straight out of left field

845

00:39:46,230 --> 00:39:43,359

have you ever done a sky watch with

846

00:39:49,030 --> 00:39:46,240

night vision gear and gone out to look

847

00:39:52,310 --> 00:39:49,040

at ufos have you done that yet

848

00:39:54,470 --> 00:39:52,320

oh my gosh you know it's so crazy so um

849

00:39:57,750 --> 00:39:54,480

billy and i we just recently went to the

850

00:40:00,630 --> 00:39:57,760

maldives yes and he had gotten those um

851

00:40:02,870 --> 00:40:00,640

those infrared uh goggle things right

852

00:40:04,550 --> 00:40:02,880

before we went because there's no light

853

00:40:06,710 --> 00:40:04,560

pollution out there so i'm like listen

854

00:40:08,390 --> 00:40:06,720

we have to get something to be able to

855

00:40:11,190 --> 00:40:08,400

you know to look

856

00:40:14,069 --> 00:40:11,200

so um we ended up looking but i guess

857

00:40:16,390 --> 00:40:14,079

they they weren't good quality right so

858

00:40:17,589 --> 00:40:16,400

we ended up not using them but we were

859

00:40:20,630 --> 00:40:17,599

outside

860

00:40:23,990 --> 00:40:20,640

and we saw this huge flash in the sky it

861

00:40:25,190 --> 00:40:24,000

was like a bright just just flash and um

862

00:40:28,870 --> 00:40:25,200

it went away

863

00:40:32,150 --> 00:40:31,030

i i lost your audio

864

00:40:34,309 --> 00:40:32,160

it faded

865

00:40:36,710 --> 00:40:34,319

no it's okay no now you're back tap on

866

00:40:39,109 --> 00:40:36,720

the microphone just go like this

867

00:40:42,069 --> 00:40:39,119

okay it's on okay all right just want to

868

00:40:45,750 --> 00:40:42,079

make sure i had i i i panicked

869

00:40:46,710 --> 00:40:45,760

i um uh this this show isn't about billy

870

00:40:48,790 --> 00:40:46,720

but uh

871

00:40:50,390 --> 00:40:48,800

billy and i one night

872

00:40:52,630 --> 00:40:50,400

uh we're together and we're doing the

873

00:40:54,309 --> 00:40:52,640

sky we had a huge group of people with

874

00:40:57,270 --> 00:40:54,319

us you know a couple hundred

875

00:40:58,550 --> 00:40:57,280

and but billy had never seen it and i

876

00:41:01,030 --> 00:40:58,560

love

877

00:41:02,150 --> 00:41:01,040

uh the opportunity

878

00:41:04,550 --> 00:41:02,160

to

879

00:41:06,470 --> 00:41:04,560

have a virgin right somebody that's

880

00:41:08,230 --> 00:41:06,480

never gone through this before

881

00:41:11,589 --> 00:41:08,240

because i know that they're gonna go

882

00:41:14,069 --> 00:41:11,599

what right and so billy and i

883

00:41:15,349 --> 00:41:14,079

uh and it's on video too it's a funny uh

884

00:41:18,710 --> 00:41:15,359

video clip

885

00:41:20,870 --> 00:41:18,720

but for for him to go through that

886

00:41:22,150 --> 00:41:20,880

for the first time to see things up

887

00:41:23,910 --> 00:41:22,160

there because

888

00:41:25,990 --> 00:41:23,920

without the

889

00:41:28,470 --> 00:41:26,000

you don't see anything right but then

890

00:41:30,309 --> 00:41:28,480

you you you look through and and you see

891

00:41:32,630 --> 00:41:30,319

the stuff going on

892

00:41:33,670 --> 00:41:32,640

and it's a it's a real holy crap moment

893

00:41:36,550 --> 00:41:33,680

where

894

00:41:38,630 --> 00:41:36,560

you know and here's the thing and one of

895

00:41:40,390 --> 00:41:38,640

these days the three of us will go out

896

00:41:42,630 --> 00:41:40,400

together and we'll we'll we'll go do

897

00:41:45,349 --> 00:41:42,640

this please i want to do this so bad he

898

00:41:46,870 --> 00:41:45,359

told me about this so yeah i'm sure he

899

00:41:50,230 --> 00:41:46,880

did because it was it was just

900

00:41:52,390 --> 00:41:50,240

mind-blowing and and this is the this is

901
00:41:53,990 --> 00:41:52,400
the weird thing about it elizabeth is

902
00:41:55,270 --> 00:41:54,000
after that

903
00:41:58,470 --> 00:41:55,280
you know your first time your first

904
00:42:01,270 --> 00:41:58,480
night the next night or you're back home

905
00:42:04,710 --> 00:42:01,280
and you because we all look up and see

906
00:42:07,030 --> 00:42:04,720
stars but now you're looking up going i

907
00:42:08,309 --> 00:42:07,040
know there's stuff up there now yeah you

908
00:42:10,630 --> 00:42:08,319
know what i mean

909
00:42:15,349 --> 00:42:10,640
now you know you know it's it's it's

910
00:42:18,550 --> 00:42:15,359
really fun uh to do um so anyway um

911
00:42:22,550 --> 00:42:21,030
how did you

912
00:42:24,870 --> 00:42:22,560
start to

913
00:42:26,870 --> 00:42:24,880

look at yourself

914

00:42:29,670 --> 00:42:26,880

and think

915

00:42:32,710 --> 00:42:29,680

i've i've got to make some changes

916

00:42:33,829 --> 00:42:32,720

but but you don't know how to do this

917

00:42:35,510 --> 00:42:33,839

right you

918

00:42:39,990 --> 00:42:35,520

you know

919

00:42:42,790 --> 00:42:40,000

this planet i don't care who you are

920

00:42:45,270 --> 00:42:42,800

myself included i am the most imperfect

921

00:42:46,950 --> 00:42:45,280

person here i'm always trying to do

922

00:42:48,069 --> 00:42:46,960

something every day you know some little

923

00:42:51,750 --> 00:42:48,079

thing to

924

00:42:53,510 --> 00:42:51,760

to improve uh myself but

925

00:42:55,910 --> 00:42:53,520

we all know this

926

00:42:57,190 --> 00:42:55,920

we're all lazy first off

927

00:43:00,950 --> 00:42:57,200

but but

928

00:43:02,710 --> 00:43:00,960

what what made you what was that moment

929

00:43:04,150 --> 00:43:02,720

when you went you know what

930

00:43:06,230 --> 00:43:04,160

it's not right

931

00:43:07,589 --> 00:43:06,240

i've got to figure something out here

932

00:43:10,550 --> 00:43:07,599

what happened

933

00:43:13,589 --> 00:43:10,560

so it probably you know what started it

934

00:43:16,790 --> 00:43:13,599

was um you know my son when my son was

935

00:43:18,470 --> 00:43:16,800

born um he's nine now nine and a half so

936

00:43:19,510 --> 00:43:18,480

that's almost 10 years ago wow i'm

937

00:43:21,109 --> 00:43:19,520

getting old

938

00:43:23,349 --> 00:43:21,119

um yeah so

939

00:43:26,710 --> 00:43:23,359

it was probably when i found out that i

940

00:43:28,390 --> 00:43:26,720

was pregnant with him um i had to change

941

00:43:31,270 --> 00:43:28,400

at that point because

942

00:43:32,790 --> 00:43:31,280

you know i didn't want to end up in jail

943

00:43:35,990 --> 00:43:32,800

or something and have my son be in

944

00:43:37,990 --> 00:43:36,000

foster care or you know i just i stopped

945

00:43:40,309 --> 00:43:38,000

all the crazy stuff and really started

946

00:43:42,870 --> 00:43:40,319

trying to get my life back on track so

947

00:43:44,550 --> 00:43:42,880

he's really the beginning of the real

948

00:43:46,550 --> 00:43:44,560

change

949

00:43:48,390 --> 00:43:46,560

and uh

950

00:43:50,550 --> 00:43:48,400

what what is it

951
00:43:52,069 --> 00:43:50,560
um and you and i were talking about this

952
00:43:55,190 --> 00:43:52,079
uh earlier

953
00:43:58,069 --> 00:43:55,200
i know that with myself personally uh

954
00:43:59,430 --> 00:43:58,079
the the the phases in my life that i've

955
00:44:01,190 --> 00:43:59,440
gone through

956
00:44:03,190 --> 00:44:01,200
where i know that i've got to work

957
00:44:07,109 --> 00:44:03,200
myself out of this somehow

958
00:44:08,790 --> 00:44:07,119
but it's just like you just don't

959
00:44:10,710 --> 00:44:08,800
know what to do

960
00:44:12,950 --> 00:44:10,720
you know and you look around and you see

961
00:44:15,990 --> 00:44:12,960
people that you think are happy they're

962
00:44:17,589 --> 00:44:16,000
actually not but but but how can i get

963
00:44:18,990 --> 00:44:17,599

to where they are

964

00:44:21,109 --> 00:44:19,000

and it seems so

965

00:44:24,550 --> 00:44:21,119

insurmountable you know like it's

966

00:44:26,630 --> 00:44:24,560

impossible but it's not is it

967

00:44:28,069 --> 00:44:26,640

no no and you know what a lot of people

968

00:44:31,349 --> 00:44:28,079

you know growing up

969

00:44:34,309 --> 00:44:31,359

i really dove into negative ways to to

970

00:44:35,670 --> 00:44:34,319

soothe myself right and a lot of people

971

00:44:38,790 --> 00:44:35,680

you know they're they're filled up with

972

00:44:41,510 --> 00:44:38,800

stress and and all of this emotion

973

00:44:43,750 --> 00:44:41,520

they distract themselves with stimulus

974

00:44:46,550 --> 00:44:43,760

right they they try to find these ways

975

00:44:48,309 --> 00:44:46,560

to really soothe themselves and usually

976

00:44:50,870 --> 00:44:48,319

it's not in a very healthy manner you

977

00:44:52,790 --> 00:44:50,880

know what what's your definition of a

978

00:44:55,109 --> 00:44:52,800

stimulus i'm curious

979

00:44:58,790 --> 00:44:55,119

stimulus anything in this outer world

980

00:45:02,870 --> 00:45:00,470

hard driving down the street just any

981

00:45:03,910 --> 00:45:02,880

any sort of movement where you know

982

00:45:06,150 --> 00:45:03,920

anything anything in this

983

00:45:07,750 --> 00:45:06,160

three-dimensional world

984

00:45:09,990 --> 00:45:07,760

is stimulus

985

00:45:12,790 --> 00:45:10,000

in western and the western civilization

986

00:45:15,190 --> 00:45:12,800

we have way too much stimulus where go

987

00:45:17,750 --> 00:45:15,200

go go you know i'll sleep when i die i

988

00:45:20,390 --> 00:45:17,760

mean this is this is the mind frame that

989

00:45:21,270 --> 00:45:20,400

um you know our society unfortunately

990

00:45:23,349 --> 00:45:21,280

has

991

00:45:25,589 --> 00:45:23,359

in this western culture so you know

992

00:45:27,750 --> 00:45:25,599

we're filled up with stimulus whereas

993

00:45:29,190 --> 00:45:27,760

you know back in the day or maybe a

994

00:45:31,109 --> 00:45:29,200

tribe in

995

00:45:33,910 --> 00:45:31,119

africa or something that's living off

996

00:45:36,309 --> 00:45:33,920

the land they don't have so much

997

00:45:37,990 --> 00:45:36,319

you know busyness stimulus going on

998

00:45:40,309 --> 00:45:38,000

around them so they're more present

999

00:45:42,390 --> 00:45:40,319

they're more in tune right

1000

00:45:44,950 --> 00:45:42,400

so yeah stimulus is just really the

1001
00:45:46,630 --> 00:45:44,960
busyness of this this outer world

1002
00:45:49,270 --> 00:45:46,640
how did you uh

1003
00:45:51,430 --> 00:45:49,280
uh start

1004
00:45:52,710 --> 00:45:51,440
um there's got to be a certain amount of

1005
00:45:54,390 --> 00:45:52,720
research

1006
00:45:57,510 --> 00:45:54,400
and we'll get to that in a bit i don't

1007
00:46:00,630 --> 00:45:57,520
want to get too ahead of our skis

1008
00:46:02,870 --> 00:46:00,640
but there also are the direct changes

1009
00:46:04,790 --> 00:46:02,880
that you have to start to do

1010
00:46:06,790 --> 00:46:04,800
and that is the beginning of the bio

1011
00:46:07,990 --> 00:46:06,800
hack where you have to make some serious

1012
00:46:10,790 --> 00:46:08,000
decisions

1013
00:46:12,150 --> 00:46:10,800

about your path forward right

1014

00:46:14,309 --> 00:46:12,160

yeah yeah

1015

00:46:16,230 --> 00:46:14,319

yeah i mean i basically so i was using

1016

00:46:18,470 --> 00:46:16,240

negative ways to try to soothe myself

1017

00:46:21,829 --> 00:46:18,480

but i was always looking for something

1018

00:46:23,829 --> 00:46:21,839

to make myself feel better so the thing

1019

00:46:26,309 --> 00:46:23,839

that really stemmed everything was when

1020

00:46:27,670 --> 00:46:26,319

i was 19. um my best friend i was over

1021

00:46:28,390 --> 00:46:27,680

at his house i was i used to live with

1022

00:46:30,950 --> 00:46:28,400

him

1023

00:46:33,190 --> 00:46:30,960

and his next door neighbor actually

1024

00:46:34,630 --> 00:46:33,200

had a brain training unit he had a brain

1025

00:46:36,870 --> 00:46:34,640

training business

1026

00:46:39,430 --> 00:46:36,880

so you know my best friend introduced me

1027

00:46:41,349 --> 00:46:39,440

to the neighbor and i'm like talk i

1028

00:46:43,109 --> 00:46:41,359

talked to him and he's telling me about

1029

00:46:45,349 --> 00:46:43,119

brain training and i'm like wow this

1030

00:46:47,829 --> 00:46:45,359

sounds really amazing you know and at

1031

00:46:50,230 --> 00:46:47,839

the time i had just you know gotten out

1032

00:46:52,230 --> 00:46:50,240

of a drug binge and i was just really

1033

00:46:54,710 --> 00:46:52,240

really out of it i had a ton of brain

1034

00:46:57,510 --> 00:46:54,720

fog and i just i mean i could hardly

1035

00:46:59,270 --> 00:46:57,520

finish sentences at that time which was

1036

00:47:00,950 --> 00:46:59,280

really depressing for me because i was

1037

00:47:03,349 --> 00:47:00,960

always very you know naturally pretty

1038

00:47:05,589 --> 00:47:03,359

smart school book smart in school

1039

00:47:07,990 --> 00:47:05,599

so i mean when i couldn't even really

1040

00:47:08,950 --> 00:47:08,000

think straight um i i knew i had a

1041

00:47:10,710 --> 00:47:08,960

problem

1042

00:47:13,030 --> 00:47:10,720

so i was really searching for anything

1043

00:47:15,750 --> 00:47:13,040

to help myself and that fell into my

1044

00:47:17,910 --> 00:47:15,760

hands that day so literally that evening

1045

00:47:20,069 --> 00:47:17,920

i went and i brain trained when i was 19

1046

00:47:22,710 --> 00:47:20,079

and that that started everything for me

1047

00:47:25,589 --> 00:47:22,720

i mean that changed my whole trajectory

1048

00:47:26,870 --> 00:47:25,599

of my life now i'm curious what is brain

1049

00:47:32,069 --> 00:47:26,880

training

1050

00:47:34,069 --> 00:47:32,079

system that i used back when i was 19 is

1051

00:47:36,470 --> 00:47:34,079

different from the one that i i use

1052

00:47:38,309 --> 00:47:36,480

today um so there's a whole bunch of

1053

00:47:40,309 --> 00:47:38,319

different devices different uh

1054

00:47:42,710 --> 00:47:40,319

neurofeedback devices but basically what

1055

00:47:44,710 --> 00:47:42,720

it is is it it's showing your brain

1056

00:47:47,190 --> 00:47:44,720

what's going on with it right if you're

1057

00:47:48,069 --> 00:47:47,200

unaware of an issue within your body or

1058

00:47:49,829 --> 00:47:48,079

something

1059

00:47:51,030 --> 00:47:49,839

you you know you don't know how to

1060

00:47:52,790 --> 00:47:51,040

correct it because you don't even know

1061

00:47:54,230 --> 00:47:52,800

it's there right just like your brain

1062

00:47:56,309 --> 00:47:54,240

it's like putting a mirror up to your

1063

00:47:58,549 --> 00:47:56,319

brain now your brain can see these

1064

00:48:00,710 --> 00:47:58,559

issues now your brain can correct these

1065

00:48:03,030 --> 00:48:00,720

issues in real time

1066

00:48:05,030 --> 00:48:03,040

and so basically um i have my whole

1067

00:48:07,910 --> 00:48:05,040

brain mapped that night

1068

00:48:10,309 --> 00:48:07,920

and um i he found out that i was in deep

1069

00:48:13,270 --> 00:48:10,319

freeze which is a stress response

1070

00:48:15,270 --> 00:48:13,280

um and then you know i started training

1071

00:48:17,829 --> 00:48:15,280

and i trained i brain trained every

1072

00:48:20,870 --> 00:48:17,839

single day for five days straight and

1073

00:48:23,109 --> 00:48:20,880

after that fifth day it was crazy um you

1074

00:48:25,109 --> 00:48:23,119

know my brain fog

1075

00:48:27,030 --> 00:48:25,119

broke up with an abusive ex-boyfriend

1076

00:48:29,190 --> 00:48:27,040

and i moved back in with my mom signed

1077

00:48:31,190 --> 00:48:29,200

up for school it was just you know my

1078

00:48:32,230 --> 00:48:31,200

life um that was the beginning of the

1079

00:48:33,109 --> 00:48:32,240

change

1080

00:48:36,150 --> 00:48:33,119

for me

1081

00:48:39,510 --> 00:48:36,160

and when somebody sees you today

1082

00:48:42,950 --> 00:48:39,520

uh um in your videos uh listens to your

1083

00:48:45,589 --> 00:48:42,960

podcast or sees a an image of you

1084

00:48:46,309 --> 00:48:45,599

or or meets you in person right like i

1085

00:48:50,230 --> 00:48:46,319

have

1086

00:48:51,589 --> 00:48:50,240

and and look and just like wow right

1087

00:48:55,190 --> 00:48:51,599

well

1088

00:48:57,910 --> 00:48:55,200

it's not an easy road to get there

1089

00:49:01,349 --> 00:48:57,920

it's a lot of work right it's

1090

00:49:03,510 --> 00:49:01,359

these aren't these weren't gifted to you

1091

00:49:07,910 --> 00:49:03,520

you had to go out and go through these

1092

00:49:10,150 --> 00:49:07,920

processes and i like this this brain

1093

00:49:12,309 --> 00:49:10,160

to go and see

1094

00:49:14,710 --> 00:49:12,319

what your brain is actually doing to you

1095

00:49:16,309 --> 00:49:14,720

most people don't even think about that

1096

00:49:17,910 --> 00:49:16,319

and you were able to do that and

1097

00:49:20,309 --> 00:49:17,920

identify it but that is just the

1098

00:49:21,670 --> 00:49:20,319

beginning of the journey isn't it

1099

00:49:24,630 --> 00:49:21,680

yeah that was definitely just the

1100

00:49:28,829 --> 00:49:26,950

it wasn't it it didn't happen in the

1101

00:49:31,670 --> 00:49:28,839

maldives

1102

00:49:34,870 --> 00:49:31,680

no didn't happen at the the great

1103

00:49:36,950 --> 00:49:34,880

pyramid of uh of giza

1104

00:49:40,230 --> 00:49:36,960

um okay so

1105

00:49:41,030 --> 00:49:40,240

now you take this knowledge

1106

00:49:45,430 --> 00:49:41,040

and

1107

00:49:47,270 --> 00:49:45,440

know

1108

00:49:50,309 --> 00:49:47,280

it can be done

1109

00:49:52,710 --> 00:49:50,319

right that there is an internal process

1110

00:49:55,030 --> 00:49:52,720

if you only know what to do

1111

00:49:57,750 --> 00:49:55,040

that it's it's not hopeless life is not

1112

00:49:58,710 --> 00:49:57,760

hopeless right now you're coupled with

1113

00:49:59,589 --> 00:49:58,720

this

1114

00:50:02,710 --> 00:49:59,599

uh

1115

00:50:04,870 --> 00:50:02,720

this this knowledge it's a tool

1116

00:50:07,670 --> 00:50:04,880

for you to continue this and and try to

1117

00:50:08,950 --> 00:50:07,680

figure out a way to biohack and continue

1118

00:50:12,390 --> 00:50:08,960

this right

1119

00:50:14,630 --> 00:50:12,400

yeah yeah yeah so i mean honestly i'll

1120

00:50:16,630 --> 00:50:14,640

be very transparent with people

1121

00:50:19,030 --> 00:50:16,640

um when i found brain training yes it

1122

00:50:20,870 --> 00:50:19,040

really did help me to get over my brain

1123

00:50:22,390 --> 00:50:20,880

fog and get over certain things that

1124

00:50:23,990 --> 00:50:22,400

were you know really affecting me

1125

00:50:24,790 --> 00:50:24,000

negatively in my life

1126

00:50:28,390 --> 00:50:24,800

but

1127

00:50:30,230 --> 00:50:28,400

i didn't necessarily i didn't use it um

1128

00:50:32,390 --> 00:50:30,240

in the way that i was supposed to back

1129

00:50:33,910 --> 00:50:32,400

when i was 19. um that was at the

1130

00:50:36,549 --> 00:50:33,920

beginning of my modeling and acting

1131

00:50:39,349 --> 00:50:36,559

career and you know i moved to la and i

1132

00:50:41,750 --> 00:50:39,359

was living the hollywood life i was um

1133

00:50:43,190 --> 00:50:41,760

with the best of them you know and so

1134

00:50:46,150 --> 00:50:43,200

there were a lot of drugs and alcohol

1135

00:50:48,390 --> 00:50:46,160

out there and honestly i would brain

1136

00:50:50,630 --> 00:50:48,400

train but i would do it in a negative

1137

00:50:53,829 --> 00:50:50,640

way i would brain train because

1138

00:50:55,910 --> 00:50:53,839

i was feeling so you know out of it and

1139

00:50:58,870 --> 00:50:55,920

um just just really

1140

00:51:00,630 --> 00:50:58,880

just out of it you know brain fog is

1141

00:51:02,549 --> 00:51:00,640

inflammation in the brain drugs and

1142

00:51:04,150 --> 00:51:02,559

alcohol give you inflammation in the

1143

00:51:06,230 --> 00:51:04,160

brain so i was walking around with brain

1144

00:51:08,790 --> 00:51:06,240

fog all the time so anytime that i would

1145

00:51:10,950 --> 00:51:08,800

come back to michigan um i would go

1146

00:51:12,790 --> 00:51:10,960

brain train to feel better

1147

00:51:15,430 --> 00:51:12,800

so i could go party some more so that

1148

00:51:17,589 --> 00:51:15,440

was kind of like a loop of of you know

1149

00:51:19,430 --> 00:51:17,599

using it in not the proper way for a

1150

00:51:21,510 --> 00:51:19,440

couple years there

1151
00:51:24,549 --> 00:51:21,520
and what happened next

1152
00:51:27,510 --> 00:51:24,559
so let's see here um

1153
00:51:29,270 --> 00:51:27,520
i mean really honestly my bio hacking

1154
00:51:31,270 --> 00:51:29,280
journey didn't really necessarily start

1155
00:51:33,349 --> 00:51:31,280
until my son um

1156
00:51:34,950 --> 00:51:33,359
i did do a couple things here and there

1157
00:51:37,510 --> 00:51:34,960
you know i was always interested in

1158
00:51:39,270 --> 00:51:37,520
acupuncture and so i would i would get

1159
00:51:41,910 --> 00:51:39,280
acupuncture here and there

1160
00:51:43,589 --> 00:51:41,920
you know i i had this kind of dualistic

1161
00:51:45,349 --> 00:51:43,599
life where

1162
00:51:47,270 --> 00:51:45,359
i looked very successful from the

1163
00:51:49,109 --> 00:51:47,280

outside you know i looked like i was

1164

00:51:50,870 --> 00:51:49,119

living the dream and like i was living

1165

00:51:52,390 --> 00:51:50,880

the life that everybody wanted to live

1166

00:51:54,150 --> 00:51:52,400

that girls just you know would grow up

1167

00:51:56,309 --> 00:51:54,160

and want to be this this girl on the red

1168

00:51:59,030 --> 00:51:56,319

carpet and you know but

1169

00:52:01,349 --> 00:51:59,040

internally i was suffering i was i was

1170

00:52:02,230 --> 00:52:01,359

really really suffering and um you know

1171

00:52:03,030 --> 00:52:02,240

i was

1172

00:52:05,510 --> 00:52:03,040

just

1173

00:52:07,750 --> 00:52:05,520

i was heavily into drugs and alcohol and

1174

00:52:10,630 --> 00:52:07,760

just you know self-soothing by

1175

00:52:12,309 --> 00:52:10,640

distracting myself you know from myself

1176

00:52:14,630 --> 00:52:12,319

i would be at parties all night i would

1177

00:52:16,710 --> 00:52:14,640

be at parties all day you know so i

1178

00:52:18,150 --> 00:52:16,720

really really was living this life um

1179

00:52:20,230 --> 00:52:18,160

you know it looked very successful from

1180

00:52:22,710 --> 00:52:20,240

the outside but on the inside it just i

1181

00:52:27,589 --> 00:52:22,720

know i was i was really really suffering

1182

00:52:32,150 --> 00:52:28,790

internally

1183

00:52:34,630 --> 00:52:32,160

um at anything

1184

00:52:37,190 --> 00:52:34,640

your audio's dropping out uh can you

1185

00:52:40,069 --> 00:52:37,200

hear me i can hear you okay

1186

00:52:41,670 --> 00:52:40,079

okay so let's repeat the the last 30

1187

00:52:42,950 --> 00:52:41,680

seconds

1188

00:52:44,230 --> 00:52:42,960

um so

1189

00:52:48,150 --> 00:52:44,240

it took me

1190

00:52:51,349 --> 00:52:48,160

a little while just to to really um dive

1191

00:52:53,910 --> 00:52:51,359

into the actual biohacking and really

1192

00:52:56,470 --> 00:52:53,920

doing the internal shadow work

1193

00:52:59,030 --> 00:52:56,480

it it took a while because i was really

1194

00:53:01,589 --> 00:52:59,040

wrapped into the hollywood lifestyle and

1195

00:53:04,309 --> 00:53:01,599

you know the entertainment world that

1196

00:53:05,589 --> 00:53:04,319

world alone you know will will suck you

1197

00:53:08,710 --> 00:53:05,599

up

1198

00:53:10,390 --> 00:53:08,720

and and spit you out so um you know i i

1199

00:53:12,870 --> 00:53:10,400

really didn't

1200

00:53:14,549 --> 00:53:12,880

dive deep into the healing until after

1201
00:53:16,470 --> 00:53:14,559
my son so

1202
00:53:18,950 --> 00:53:16,480
during that time you know it was um i

1203
00:53:21,670 --> 00:53:18,960
was doing a lot of successful quote

1204
00:53:23,910 --> 00:53:21,680
unquote successful stuff you know doing

1205
00:53:26,230 --> 00:53:23,920
tv shows and movies

1206
00:53:28,150 --> 00:53:26,240
and magazines but yet you know

1207
00:53:30,950 --> 00:53:28,160
internally i was i was really really in

1208
00:53:33,030 --> 00:53:30,960
a bad place you know so i like you said

1209
00:53:35,750 --> 00:53:33,040
earlier you know people they look

1210
00:53:38,470 --> 00:53:35,760
successful they look happy but you know

1211
00:53:40,470 --> 00:53:38,480
knowing not not no one but people you

1212
00:53:42,710 --> 00:53:40,480
know tend to really be suffering on the

1213
00:53:44,470 --> 00:53:42,720

inside most of the time and covering it

1214

00:53:47,190 --> 00:53:44,480

up in some sort of way

1215

00:53:49,829 --> 00:53:47,200

and now when we uh as we head to the

1216

00:53:52,630 --> 00:53:49,839

break uh in about five minutes

1217

00:53:55,670 --> 00:53:52,640

um biohacking let's start with the

1218

00:53:57,670 --> 00:53:55,680

definition of what that actually means

1219

00:53:58,870 --> 00:53:57,680

because we we hear it more and more

1220

00:54:01,510 --> 00:53:58,880

today

1221

00:54:04,549 --> 00:54:01,520

but i think the definitions uh are

1222

00:54:06,710 --> 00:54:04,559

different and people also interpret uh

1223

00:54:09,270 --> 00:54:06,720

biohacking differently

1224

00:54:10,870 --> 00:54:09,280

so as we talk about the subject tonight

1225

00:54:13,030 --> 00:54:10,880

and of course the book

1226
00:54:14,549 --> 00:54:13,040
uh what is your definition of bio

1227
00:54:15,270 --> 00:54:14,559
hacking

1228
00:54:18,470 --> 00:54:15,280
so

1229
00:54:20,950 --> 00:54:18,480
my definition is basically optimizing

1230
00:54:23,190 --> 00:54:20,960
your mind body and soul

1231
00:54:25,349 --> 00:54:23,200
you know whether that be your outer

1232
00:54:26,870 --> 00:54:25,359
environment or whether that be your

1233
00:54:29,750 --> 00:54:26,880
physiology

1234
00:54:32,390 --> 00:54:29,760
um you know it's really self exploration

1235
00:54:35,109 --> 00:54:32,400
you know into figuring out ways to

1236
00:54:39,990 --> 00:54:35,119
become optimized

1237
00:54:41,910 --> 00:54:40,000
and um is is the process itself is it

1238
00:54:45,030 --> 00:54:41,920

is it internal

1239

00:54:47,990 --> 00:54:45,040

is it um is it mental

1240

00:54:50,870 --> 00:54:48,000

is it uh going down a checklist

1241

00:54:53,109 --> 00:54:50,880

and and and and drawing lines through

1242

00:54:55,430 --> 00:54:53,119

things what is it you know what jimmy

1243

00:54:57,589 --> 00:54:55,440

it's all of those things it's all of

1244

00:54:59,750 --> 00:54:57,599

those things it's really diving into

1245

00:55:01,910 --> 00:54:59,760

your own internal process really

1246

00:55:03,270 --> 00:55:01,920

figuring out you know your own trauma

1247

00:55:05,910 --> 00:55:03,280

that you've been through

1248

00:55:07,990 --> 00:55:05,920

looking at that trauma and you know i'm

1249

00:55:10,230 --> 00:55:08,000

not speaking about you know even mental

1250

00:55:13,349 --> 00:55:10,240

trauma i'm talking about physical trauma

1251
00:55:15,430 --> 00:55:13,359
your body holds on to everything so you

1252
00:55:18,309 --> 00:55:15,440
you know it's a matter of

1253
00:55:20,230 --> 00:55:18,319
really diving deep within but yet also

1254
00:55:22,230 --> 00:55:20,240
changing your outside environment you

1255
00:55:24,630 --> 00:55:22,240
know i mean we are surrounded by

1256
00:55:26,710 --> 00:55:24,640
toxicity everywhere we're getting

1257
00:55:28,870 --> 00:55:26,720
poisoned by our water even our air is

1258
00:55:31,190 --> 00:55:28,880
not as clean as it used to be you know

1259
00:55:32,710 --> 00:55:31,200
so it's it's it's really fixing your

1260
00:55:34,630 --> 00:55:32,720
outer environment

1261
00:55:36,630 --> 00:55:34,640
and you know doing the shadow work on

1262
00:55:38,309 --> 00:55:36,640
the inside and then you know really

1263
00:55:41,030 --> 00:55:38,319

really just optimizing your physical

1264

00:55:43,589 --> 00:55:41,040

body whether that be taking supplements

1265

00:55:46,230 --> 00:55:43,599

or using these different technologies to

1266

00:55:48,789 --> 00:55:46,240

really help you know help your your body

1267

00:55:51,670 --> 00:55:48,799

um and then also it's energetic it's

1268

00:55:54,309 --> 00:55:51,680

energy work you know so i do a lot of

1269

00:55:57,109 --> 00:55:54,319

energy work as well um so it's

1270

00:55:59,829 --> 00:55:57,119

everything now why is it elizabeth

1271

00:56:00,870 --> 00:55:59,839

here's here's the the basic why is it so

1272

00:56:03,190 --> 00:56:00,880

hard

1273

00:56:05,750 --> 00:56:03,200

to do the right thing

1274

00:56:08,470 --> 00:56:05,760

why is it yeah why is it so easy to do

1275

00:56:11,270 --> 00:56:08,480

the wrong thing doing the wrong thing is

1276

00:56:13,270 --> 00:56:11,280

is easy and a lot of times fun

1277

00:56:15,589 --> 00:56:13,280

doing the right thing

1278

00:56:18,069 --> 00:56:15,599

is difficult

1279

00:56:20,549 --> 00:56:18,079

and maybe not as much fun right why is

1280

00:56:21,750 --> 00:56:20,559

it why it's so why is it so hard to do

1281

00:56:23,750 --> 00:56:21,760

the right thing

1282

00:56:25,829 --> 00:56:23,760

trauma i really think it's it's people's

1283

00:56:28,789 --> 00:56:25,839

trauma you know trauma really affects

1284

00:56:31,430 --> 00:56:28,799

you and everybody you you cannot walk

1285

00:56:32,950 --> 00:56:31,440

through this life unscathed i mean even

1286

00:56:35,430 --> 00:56:32,960

coming through your mother's birth canal

1287

00:56:37,589 --> 00:56:35,440

as a baby is trauma and you know you

1288

00:56:40,789 --> 00:56:37,599

would be surprised at

1289

00:56:42,630 --> 00:56:40,799

how much your cells remember you know i

1290

00:56:44,789 --> 00:56:42,640

mean you could have had a trauma when

1291

00:56:46,789 --> 00:56:44,799

you were two years old let's say you had

1292

00:56:48,950 --> 00:56:46,799

a sister and she stomped on your arm or

1293

00:56:50,950 --> 00:56:48,960

something that could be something a

1294

00:56:53,349 --> 00:56:50,960

major trauma that could be affecting

1295

00:56:56,069 --> 00:56:53,359

your not only your physical body but

1296

00:56:58,390 --> 00:56:56,079

your mental health as well in the future

1297

00:57:01,670 --> 00:56:58,400

you know you really just don't know

1298

00:57:04,470 --> 00:57:01,680

how much you you have stuck in you until

1299

00:57:06,549 --> 00:57:04,480

you start to look and you know people

1300

00:57:08,870 --> 00:57:06,559

people it's a scary thing to do that and

1301
00:57:09,910 --> 00:57:08,880
so what trauma does to you is it really

1302
00:57:13,030 --> 00:57:09,920
makes you

1303
00:57:16,789 --> 00:57:13,040
want to search for any way to to feel

1304
00:57:19,589 --> 00:57:16,799
anything but yourself soberly right to

1305
00:57:22,150 --> 00:57:19,599
feel any way but you know having

1306
00:57:23,270 --> 00:57:22,160
time alone time within you know it's it

1307
00:57:25,270 --> 00:57:23,280
really really

1308
00:57:27,349 --> 00:57:25,280
just it it makes you want to distract

1309
00:57:30,710 --> 00:57:27,359
yourself away from from everything

1310
00:57:33,670 --> 00:57:30,720
internal um and so you know that's why

1311
00:57:35,990 --> 00:57:33,680
people use mechanisms to self soothe i

1312
00:57:37,750 --> 00:57:36,000
talk about this all the time right

1313
00:57:38,829 --> 00:57:37,760

shopping food

1314

00:57:41,270 --> 00:57:38,839

um

1315

00:57:43,670 --> 00:57:41,280

drugs uh sex you know it could be

1316

00:57:46,309 --> 00:57:43,680

anything anything anything to put a

1317

00:57:48,710 --> 00:57:46,319

band-aid on it so you just forget about

1318

00:57:51,109 --> 00:57:48,720

it and bury it and act like uh

1319

00:57:53,589 --> 00:57:51,119

everything's okay and it never happened

1320

00:57:55,030 --> 00:57:53,599

right exactly exactly and you know what

1321

00:57:57,670 --> 00:57:55,040

people don't even know it's there

1322

00:57:59,750 --> 00:57:57,680

sometimes you know and but when you have

1323

00:58:01,829 --> 00:57:59,760

a whole bunch of trauma you have no

1324

00:58:03,510 --> 00:58:01,839

space within within your minds you know

1325

00:58:06,230 --> 00:58:03,520

you have no space there's no space

1326
00:58:08,069 --> 00:58:06,240
between stimulus and response so people

1327
00:58:09,990 --> 00:58:08,079
with a ton of trauma are very very

1328
00:58:12,150 --> 00:58:10,000
reactive you know they don't really

1329
00:58:14,230 --> 00:58:12,160
think before they act their emotion

1330
00:58:15,510 --> 00:58:14,240
takes hold of them and

1331
00:58:17,589 --> 00:58:15,520
they don't they don't they're not in

1332
00:58:18,950 --> 00:58:17,599
control they're really not in control

1333
00:58:20,710 --> 00:58:18,960
you know that's why

1334
00:58:23,190 --> 00:58:20,720
you know people get addicted to

1335
00:58:25,430 --> 00:58:23,200
different things different stimulus they

1336
00:58:27,910 --> 00:58:25,440
get addicted because they're you know

1337
00:58:29,190 --> 00:58:27,920
trying to just feel anything but normal

1338
00:58:29,990 --> 00:58:29,200

but themselves

1339

00:58:34,870 --> 00:58:30,000

and

1340

00:58:38,069 --> 00:58:34,880

elizabeth we'll pick it up when we come

1341

00:58:39,589 --> 00:58:38,079

back but how long is the process because

1342

00:58:42,230 --> 00:58:39,599

today

1343

00:58:44,789 --> 00:58:42,240

it's an instant world that we live in

1344

00:58:47,109 --> 00:58:44,799

you know you there's an app for that man

1345

00:58:49,670 --> 00:58:47,119

there's an app for biohacking you you

1346

00:58:52,230 --> 00:58:49,680

know you'll be done tonight right well

1347

00:58:53,910 --> 00:58:52,240

it's it's not that kind of process is it

1348

00:58:56,069 --> 00:58:53,920

no it's life long

1349

00:59:00,309 --> 00:58:56,079

i'm still growing you know it's still

1350

00:59:01,589 --> 00:59:00,319

growing i still this is a lifestyle

1351
00:59:04,150 --> 00:59:01,599
and that's it

1352
00:59:06,230 --> 00:59:04,160
that is the one thing that i think

1353
00:59:08,150 --> 00:59:06,240
freaks people out whether it's a diet

1354
00:59:10,789 --> 00:59:08,160
right well how long can i lose all this

1355
00:59:11,829 --> 00:59:10,799
weight in in 72 hours no it takes six

1356
00:59:13,910 --> 00:59:11,839
months

1357
00:59:15,670 --> 00:59:13,920
well there there goes that plan right

1358
00:59:18,150 --> 00:59:15,680
it's just out the window

1359
00:59:21,190 --> 00:59:18,160
um everything is so instant today but

1360
00:59:23,430 --> 00:59:21,200
this is a lifelong process but you can

1361
00:59:25,829 --> 00:59:23,440
start to see things pretty quickly if

1362
00:59:27,430 --> 00:59:25,839
you just apply it right absolutely yeah

1363
00:59:29,349 --> 00:59:27,440

just like the first time i brain trained

1364

00:59:31,910 --> 00:59:29,359

i mean i felt different right away right

1365

00:59:33,270 --> 00:59:31,920

away right right i want to look into

1366

00:59:35,589 --> 00:59:33,280

this brain training thing that's pretty

1367

00:59:37,670 --> 00:59:35,599

interesting this is fade to black let's

1368

00:59:40,230 --> 00:59:37,680

take our first break

1369

00:59:43,349 --> 00:59:40,240

and uh we have elizabeth hoekstra with

1370

00:59:46,390 --> 00:59:43,359

us tonight it's all first time guests

1371

00:59:48,230 --> 00:59:46,400

all week long tonight elizabeth tomorrow

1372

00:59:50,870 --> 00:59:48,240

night stormy daniels wednesday night

1373

00:59:52,710 --> 00:59:50,880

sean cahill thursday is fader night i'm

1374

00:59:55,109 --> 00:59:52,720

your host jimmy church this is fade to

1375

01:00:00,630 --> 00:59:55,119

black more with elizabeth right after

1376

01:00:19,910 --> 01:00:06,230

[Music]

1377

01:00:25,590 --> 01:00:22,069

this is fade to black with jimmy church

1378

01:00:25,590 --> 01:00:25,600

on the game changer radio

1379

01:00:29,510 --> 01:00:27,109

[Music]

1380

01:00:32,950 --> 01:00:29,520

your 1 network gigawatt paranormal

1381

01:00:36,470 --> 01:00:32,960

powerhouse kumx db

1382

01:00:41,589 --> 01:00:38,309

this is billy carson with forbidden

1383

01:00:43,589 --> 01:00:41,599

knowledge dot tv forbidden knowledge tv

1384

01:00:46,789 --> 01:00:43,599

has just reached its one year

1385

01:00:49,030 --> 01:00:46,799

anniversary that's right one year and as

1386

01:00:51,829 --> 01:00:49,040

a show of appreciation we are giving all

1387

01:00:54,950 --> 01:00:51,839

new subscribers a free 30-day trial of

1388

01:00:58,069 --> 01:00:54,960

forbidden knowledge dot tv that's 30

1389

01:01:00,630 --> 01:00:58,079

days to binge watch thousands of movies

1390

01:01:03,589 --> 01:01:00,640

documentaries conferences workshops

1391

01:01:06,230 --> 01:01:03,599

lectures yoga classes meditation courses

1392

01:01:08,549 --> 01:01:06,240

and so much more so log on to forbidden

1393

01:01:10,710 --> 01:01:08,559

knowledge dot tv from your computer or

1394

01:01:15,349 --> 01:01:10,720

mobile device or get the forbidden

1395

01:01:18,390 --> 01:01:15,359

knowledge tv app on apple tv roku amazon

1396

01:01:21,990 --> 01:01:18,400

itunes or google play today and use

1397

01:01:24,470 --> 01:01:22,000

coupon code 30 days free that's coupon

1398

01:01:29,349 --> 01:01:24,480

code 30 days free on forbidden knowledge

1399

01:01:33,589 --> 01:01:31,430

because you never got that pony you

1400

01:01:35,270 --> 01:01:33,599

always wanted

1401

01:01:37,589 --> 01:01:35,280

damn it

1402

01:01:42,230 --> 01:01:37,599

jimmy church and fade to black on the

1403

01:01:47,829 --> 01:01:45,430

listen i know and you know that you've

1404

01:01:50,069 --> 01:01:47,839

always wanted your first crystal skull

1405

01:01:52,230 --> 01:01:50,079

or maybe you're a collector just like me

1406

01:01:54,069 --> 01:01:52,240

but you just don't know where to go to

1407

01:01:56,069 --> 01:01:54,079

find the real thing

1408

01:01:58,710 --> 01:01:56,079

then i met carolyn ford over at

1409

01:02:01,109 --> 01:01:58,720

einsteinthecrystalskull.com

1410

01:02:03,109 --> 01:02:01,119

carolyn is the guardian of einstein one

1411

01:02:05,589 --> 01:02:03,119

of the most respected ancient crystal

1412

01:02:07,430 --> 01:02:05,599

skulls in the world all of her unique

1413

01:02:09,750 --> 01:02:07,440

skulls have been imprinted sitting with

1414

01:02:11,750 --> 01:02:09,760

einstein in his sacred lodge and are

1415

01:02:14,470 --> 01:02:11,760

carved from the finest gemstone and

1416

01:02:16,470 --> 01:02:14,480

materials imprinting is the process of

1417

01:02:20,069 --> 01:02:16,480

receiving the ancient wisdom from the

1418

01:02:22,470 --> 01:02:20,079

master skull or master computer einstein

1419

01:02:24,230 --> 01:02:22,480

the ancient crystal skull to see

1420

01:02:26,950 --> 01:02:24,240

carolyn's current collection of crystal

1421

01:02:29,190 --> 01:02:26,960

skulls just visit her store at einstein

1422

01:02:31,750 --> 01:02:29,200

the crystal skull dot com or click on

1423

01:02:34,309 --> 01:02:31,760

the banner over on our site don't forget

1424

01:02:37,190 --> 01:02:34,319

to use the promo code jimmy at checkout

1425

01:02:40,150 --> 01:02:37,200

to receive 10 off of your order today

1426

01:02:43,029 --> 01:02:40,160

that's promo code jimmy finding your

1427

01:02:46,630 --> 01:02:43,039

first or next crystal skull is easy just

1428

01:02:47,829 --> 01:02:46,640

visit einstein the crystal skull.com

1429

01:02:50,069 --> 01:02:47,839

hi

1430

01:02:51,670 --> 01:02:50,079

with the x obviously if you're listening

1431

01:02:54,069 --> 01:02:51,680

to this you have an interest in

1432

01:02:56,950 --> 01:02:54,079

unexplained phenomena like ghosts

1433

01:02:59,349 --> 01:02:56,960

bigfoot and ufos and by now you know

1434

01:03:02,150 --> 01:02:59,359

that we have our own ex-blog the next

1435

01:03:03,990 --> 01:03:02,160

newsletter and the unex magazine

1436

01:03:05,990 --> 01:03:04,000

quarterly but most of you don't know

1437

01:03:08,069 --> 01:03:06,000

that we have started our very own

1438

01:03:10,390 --> 01:03:08,079

paranormal conference and this year for

1439

01:03:12,309 --> 01:03:10,400

safety this two-day ex-con will be

1440

01:03:14,630 --> 01:03:12,319

virtual so you can attend from the

1441

01:03:16,870 --> 01:03:14,640

comfort of your home ex-con presenters

1442

01:03:19,430 --> 01:03:16,880

include whitley strieber micah hanks

1443

01:03:21,829 --> 01:03:19,440

margie k and preston dennett lisa martin

1444

01:03:25,029 --> 01:03:21,839

and wayne lawrence lee spiegel debbie

1445

01:03:28,069 --> 01:03:25,039

zaglemyer dan terry kate bravoski and

1446

01:03:29,750 --> 01:03:28,079

ray hernandez there will also be a live

1447

01:03:32,390 --> 01:03:29,760

paranormal investigation by the

1448

01:03:34,710 --> 01:03:32,400

riverside iowa paranormal team so come

1449

01:03:37,829 --> 01:03:34,720

hang out with us in the safety of home

1450

01:03:41,190 --> 01:03:37,839

as we set out to explain the unexplained

1451

01:03:44,990 --> 01:03:41,200

friday may 13th and saturday the 14th

1452

01:03:58,710 --> 01:03:45,000

2022 and tickets are on sale now go to

1453

01:04:02,549 --> 01:04:00,630

hi this is ray sobs here repping the

1454

01:04:07,109 --> 01:04:02,559

planet and you're listening to my good

1455

01:04:11,349 --> 01:04:07,119

friend jimmy church fade to black

1456

01:04:13,190 --> 01:04:11,359

this is toby kebble you're listening to

1457

01:04:15,670 --> 01:04:13,200

don't jimmychurchradio.com me jimmy i'm

1458

01:04:17,430 --> 01:04:15,680

only little hey i'm adrian grenier and

1459

01:04:21,910 --> 01:04:17,440

this is ari gold we're the honey

1460

01:04:26,309 --> 01:04:24,309

hey i'm adrian grenier and i'm ari gold

1461

01:04:29,750 --> 01:04:26,319

we're the honey brothers and you're

1462

01:04:31,430 --> 01:04:29,760

listening to jimmy church a revolution

1463

01:04:33,349 --> 01:04:31,440

this is jimmy churchill fade to black

1464

01:04:35,670 --> 01:04:33,359

and you can become an official fate or

1465

01:04:36,630 --> 01:04:35,680

not by just going to our membership

1466

01:04:39,990 --> 01:04:36,640

section

1467

01:04:44,309 --> 01:04:41,990

hello this is serena wright taylor from

1468

01:04:46,710 --> 01:04:44,319

conscious life expo and you're listening

1469

01:04:49,029 --> 01:04:46,720

to fade to black with jimmy church who

1470

01:04:52,630 --> 01:04:49,039

holds the lucky pony record for the best

1471

01:04:54,470 --> 01:04:52,640

astrological chart since 1963. true

1472

01:04:56,150 --> 01:04:54,480

story

1473

01:04:57,829 --> 01:04:56,160

this is micah hanks of the ghrelian

1474

01:04:59,760 --> 01:04:57,839

report and you're listening to jimmy

1475

01:05:03,730 --> 01:04:59,770

church on fade to black

1476

01:05:04,110 --> 01:05:03,740

[Music]

1477

01:05:20,230 --> 01:05:04,120

[Applause]

1478

01:05:22,549 --> 01:05:20,240

[Music]

1479

01:05:24,150 --> 01:05:22,559

welcome back fade to black i am your

1480

01:05:26,230 --> 01:05:24,160

host jimmy church

1481

01:05:28,309 --> 01:05:26,240

what a great week we've got here coming

1482

01:05:31,349 --> 01:05:28,319

up on payton black all first time guests

1483

01:05:33,670 --> 01:05:31,359

again after 2000 shows

1484

01:05:36,069 --> 01:05:33,680

we still pull this off i love it and i

1485

01:05:38,789 --> 01:05:36,079

love sharing knowledge elizabeth

1486

01:05:40,870 --> 01:05:38,799

hoekstra is with us tonight her new book

1487

01:05:43,910 --> 01:05:40,880

is called the recipe to elevated

1488

01:05:46,309 --> 01:05:43,920

consciousness we've got the links for

1489

01:05:47,630 --> 01:05:46,319

the book up throughout social media you

1490

01:05:49,349 --> 01:05:47,640

can go to

1491

01:05:51,430 --> 01:05:49,359

elizabethholster.com and forbidden

1492

01:05:55,190 --> 01:05:51,440

knowledge tv as well

1493

01:05:56,230 --> 01:05:55,200

and now elizabeth um i have the book and

1494

01:05:57,109 --> 01:05:56,240

thank you

1495

01:05:58,630 --> 01:05:57,119

um

1496

01:06:03,029 --> 01:05:58,640

lots of

1497

01:06:06,549 --> 01:06:03,039

impossible thing to go through on the

1498

01:06:10,950 --> 01:06:06,559

show but um i wanted to uh to talk about

1499

01:06:13,750 --> 01:06:10,960

the recipe and the processes uh for this

1500

01:06:15,109 --> 01:06:13,760

um and i have a couple of comments and

1501

01:06:17,109 --> 01:06:15,119

and reading

1502

01:06:19,109 --> 01:06:17,119

uh reading the book and it's a great

1503

01:06:20,630 --> 01:06:19,119

read by the way well done

1504

01:06:22,870 --> 01:06:20,640

um

1505

01:06:24,710 --> 01:06:22,880

this is my opinion and then we're going

1506

01:06:25,829 --> 01:06:24,720

to start with the beginning of uh the

1507

01:06:26,710 --> 01:06:25,839

recipe

1508

01:06:30,309 --> 01:06:26,720

okay

1509

01:06:32,069 --> 01:06:30,319

i always suggest this

1510

01:06:35,270 --> 01:06:32,079

it's my own experience i wrote about

1511

01:06:36,309 --> 01:06:35,280

this in in billy's book uh as well

1512

01:06:37,990 --> 01:06:36,319

um

1513

01:06:39,349 --> 01:06:38,000

you need to surround yourself with the

1514

01:06:42,950 --> 01:06:39,359

correct people

1515

01:06:45,109 --> 01:06:42,960

right you need to surround yourself with

1516

01:06:47,910 --> 01:06:45,119

winners and people that glow

1517

01:06:50,309 --> 01:06:47,920

right yeah

1518

01:06:54,230 --> 01:06:50,319

and without that right because anything

1519

01:06:57,190 --> 01:06:54,240

else is is going to hold you back

1520

01:07:00,150 --> 01:06:57,200

right um and that is that i think that

1521

01:07:02,549 --> 01:07:00,160

is such a key to biohacking

1522

01:07:03,990 --> 01:07:02,559

your life is like look around you take a

1523

01:07:06,470 --> 01:07:04,000

hard look

1524

01:07:08,630 --> 01:07:06,480

and and who is negative and who is

1525

01:07:10,630 --> 01:07:08,640

holding you back you need to

1526

01:07:12,309 --> 01:07:10,640

you need to cut you need to cut that

1527

01:07:15,190 --> 01:07:12,319

whatever it is

1528

01:07:16,150 --> 01:07:15,200

right is is is that one of the first

1529

01:07:18,710 --> 01:07:16,160

steps

1530

01:07:20,789 --> 01:07:18,720

oh my gosh absolutely absolutely

1531

01:07:22,950 --> 01:07:20,799

actually the people who you're around

1532

01:07:25,510 --> 01:07:22,960

the person that you're most around your

1533

01:07:27,349 --> 01:07:25,520

physiology actually changes depending on

1534

01:07:30,230 --> 01:07:27,359

who you're around depending on their

1535

01:07:32,710 --> 01:07:30,240

moods their you know the stress factors

1536

01:07:35,270 --> 01:07:32,720

i mean it literally affects the hormones

1537

01:07:36,950 --> 01:07:35,280

that are released from your own body so

1538

01:07:39,109 --> 01:07:36,960

if you're around people that are very

1539

01:07:42,230 --> 01:07:39,119

negative all the time you will actually

1540

01:07:43,990 --> 01:07:42,240

fall into that you are actually the five

1541

01:07:46,789 --> 01:07:44,000

people that you surround yourself with

1542

01:07:48,950 --> 01:07:46,799

that is a correct and true statement you

1543

01:07:50,230 --> 01:07:48,960

share microbes gut microbes with those

1544

01:07:52,549 --> 01:07:50,240

people like

1545

01:07:54,950 --> 01:07:52,559

it's a literal proven science fact

1546

01:07:56,710 --> 01:07:54,960

i mean so yeah absolutely i mean if

1547

01:07:59,510 --> 01:07:56,720

you're surrounded by people that are are

1548

01:08:01,190 --> 01:07:59,520

negative i mean energy vampires you know

1549

01:08:04,950 --> 01:08:01,200

that's one of my chapters in the book

1550

01:08:07,510 --> 01:08:04,960

yes energy vampires they will literally

1551
01:08:08,950 --> 01:08:07,520
pull you down hold you down they'll just

1552
01:08:11,349 --> 01:08:08,960
you know it's like having chains when

1553
01:08:13,349 --> 01:08:11,359
you're trying to achieve your goals you

1554
01:08:15,430 --> 01:08:13,359
know you would never get there because

1555
01:08:17,910 --> 01:08:15,440
you know energetically their negativity

1556
01:08:20,470 --> 01:08:17,920
is on you so now you have negative

1557
01:08:23,510 --> 01:08:20,480
energy in your you know in your bio

1558
01:08:24,950 --> 01:08:23,520
field and then also you know your phys

1559
01:08:28,709 --> 01:08:24,960
physical body

1560
01:08:30,870 --> 01:08:28,719
when you're around negativity you know

1561
01:08:33,269 --> 01:08:30,880
and then you run the risk of becoming

1562
01:08:35,030 --> 01:08:33,279
addicted to that negative feeling in

1563
01:08:36,390 --> 01:08:35,040

your physical body and not even know

1564

01:08:38,470 --> 01:08:36,400

about it you know addicted to these

1565

01:08:39,990 --> 01:08:38,480

different hormones now you're going to

1566

01:08:42,229 --> 01:08:40,000

be searching for things that are

1567

01:08:44,470 --> 01:08:42,239

negative because your physical body is

1568

01:08:46,789 --> 01:08:44,480

searching for that cortisol or searching

1569

01:08:49,749 --> 01:08:46,799

for that adrenaline you know it's like

1570

01:08:52,149 --> 01:08:49,759

so i mean absolutely i would say that

1571

01:08:54,950 --> 01:08:52,159

that's probably one of the main pile

1572

01:08:57,110 --> 01:08:54,960

hacks absolutely now um and you can back

1573

01:09:02,229 --> 01:08:57,120

off the microphone maybe about an inch

1574

01:09:07,430 --> 01:09:05,590

another element to this

1575

01:09:09,590 --> 01:09:07,440

is social media

1576

01:09:11,829 --> 01:09:09,600

yeah you've got negative people in your

1577

01:09:13,110 --> 01:09:11,839

social media bubble

1578

01:09:18,470 --> 01:09:13,120

and

1579

01:09:21,829 --> 01:09:18,480

that is a a very direct energy vampire

1580

01:09:23,829 --> 01:09:21,839

where you you just need to stop and and

1581

01:09:25,990 --> 01:09:23,839

take a look what's going on and stop

1582

01:09:28,950 --> 01:09:26,000

being in denial

1583

01:09:30,950 --> 01:09:28,960

and hit the block button right

1584

01:09:31,829 --> 01:09:30,960

hit the unfriend button

1585

01:09:34,870 --> 01:09:31,839

right

1586

01:09:36,309 --> 01:09:34,880

yes yeah i mean every time and and you

1587

01:09:37,990 --> 01:09:36,319

know that that goes into saying even

1588

01:09:40,390 --> 01:09:38,000

negative comments you know negative

1589

01:09:42,149 --> 01:09:40,400

people it's just every time you see

1590

01:09:44,070 --> 01:09:42,159

something like that you're affecting

1591

01:09:45,829 --> 01:09:44,080

your body yeah not only are you

1592

01:09:47,910 --> 01:09:45,839

affecting your mental health but you are

1593

01:09:50,950 --> 01:09:47,920

affecting your body you're getting hits

1594

01:09:53,189 --> 01:09:50,960

of uh you know your body's going into a

1595

01:09:55,910 --> 01:09:53,199

stress state when you read something

1596

01:09:57,590 --> 01:09:55,920

negative or mind does you know

1597

01:09:59,510 --> 01:09:57,600

you have to be a different type of

1598

01:10:01,669 --> 01:09:59,520

person i mean people can say

1599

01:10:03,750 --> 01:10:01,679

you know it doesn't affect me at all but

1600

01:10:07,189 --> 01:10:03,760

a little bit you know a little bit it

1601
01:10:08,870 --> 01:10:07,199
does it always does it has the brain is

1602
01:10:11,189 --> 01:10:08,880
recording these things

1603
01:10:13,430 --> 01:10:11,199
so yeah yeah i mean it's it's social

1604
01:10:15,750 --> 01:10:13,440
media has really caused

1605
01:10:18,950 --> 01:10:15,760
some crazy you know it's just times have

1606
01:10:20,390 --> 01:10:18,960
changed i mean i think from 2011

1607
01:10:23,110 --> 01:10:20,400
until now

1608
01:10:26,470 --> 01:10:23,120
there has been an increase of 276

1609
01:10:27,990 --> 01:10:26,480
percent um of girls that are ages 13

1610
01:10:31,510 --> 01:10:28,000
through 17

1611
01:10:34,550 --> 01:10:31,520
that suicide rates have gone up 276 i

1612
01:10:36,630 --> 01:10:34,560
think that's that's the percentage um i

1613
01:10:38,390 --> 01:10:36,640

looked this up maybe three three years

1614

01:10:40,709 --> 01:10:38,400

ago because i wanted to see the stats on

1615

01:10:43,270 --> 01:10:40,719

this i mean it's just you know suicide

1616

01:10:45,910 --> 01:10:43,280

has has gone up drastically for for

1617

01:10:48,790 --> 01:10:45,920

young girls you know yeah when when when

1618

01:10:52,229 --> 01:10:48,800

i block somebody on social media

1619

01:10:55,030 --> 01:10:52,239

right okay and it's done for a reason

1620

01:10:58,550 --> 01:10:55,040

you don't get blocked because you're

1621

01:11:00,550 --> 01:10:58,560

cool right okay it's really the truth

1622

01:11:02,550 --> 01:11:00,560

and i'll get the email man why did you

1623

01:11:06,390 --> 01:11:02,560

block me on social media

1624

01:11:08,390 --> 01:11:06,400

and i sometimes i'll send an email back

1625

01:11:12,709 --> 01:11:08,400

this is why

1626

01:11:15,030 --> 01:11:12,719

email

1627

01:11:16,790 --> 01:11:15,040

there you go there's your answer

1628

01:11:18,390 --> 01:11:16,800

you know and and no you're not going to

1629

01:11:20,310 --> 01:11:18,400

get unblocked

1630

01:11:21,830 --> 01:11:20,320

right right it's it's part of the

1631

01:11:24,950 --> 01:11:21,840

process isn't it

1632

01:11:26,390 --> 01:11:24,960

not to have negativity around you

1633

01:11:28,550 --> 01:11:26,400

you're never going to

1634

01:11:31,110 --> 01:11:28,560

eliminate it completely

1635

01:11:33,189 --> 01:11:31,120

but you need to take those first steps

1636

01:11:35,110 --> 01:11:33,199

right yeah yeah absolutely i was

1637

01:11:36,790 --> 01:11:35,120

actually just on alive and there was

1638

01:11:38,709 --> 01:11:36,800

someone that was very very negative in

1639

01:11:40,470 --> 01:11:38,719

there not to say that they were you know

1640

01:11:42,470 --> 01:11:40,480

attacking they weren't attacking us or

1641

01:11:44,149 --> 01:11:42,480

anything but they were just you know

1642

01:11:45,590 --> 01:11:44,159

every single comment it was like how

1643

01:11:47,430 --> 01:11:45,600

could you live your best life when

1644

01:11:49,430 --> 01:11:47,440

people are starving and you know that

1645

01:11:51,510 --> 01:11:49,440

over there's a whole war there's you

1646

01:11:54,950 --> 01:11:51,520

know all these things but you know what

1647

01:11:56,709 --> 01:11:54,960

no amount of negativity will make

1648

01:11:57,510 --> 01:11:56,719

anything better right

1649

01:11:59,350 --> 01:11:57,520

so

1650

01:12:01,910 --> 01:11:59,360

you know if i'm sitting over here and

1651

01:12:03,910 --> 01:12:01,920

i'm i'm dreading on all of the issues in

1652

01:12:05,350 --> 01:12:03,920

the world how am i helping anybody i'm

1653

01:12:06,950 --> 01:12:05,360

not healthy

1654

01:12:11,750 --> 01:12:06,960

right right

1655

01:12:13,430 --> 01:12:11,760

yeah um it now uh and now let's let's go

1656

01:12:15,350 --> 01:12:13,440

with uh

1657

01:12:19,510 --> 01:12:15,360

the recipe

1658

01:12:20,630 --> 01:12:19,520

um there's always the starting stages so

1659

01:12:23,350 --> 01:12:20,640

um

1660

01:12:27,270 --> 01:12:23,360

all of this of course is in the book but

1661

01:12:31,110 --> 01:12:27,280

uh when is somebody uh ready for a

1662

01:12:33,590 --> 01:12:31,120

biohack and what are the first steps

1663

01:12:36,950 --> 01:12:33,600

um well you know what i think

1664

01:12:39,830 --> 01:12:36,960

people are on the journey so really it's

1665

01:12:42,550 --> 01:12:39,840

a matter of if you want to start you

1666

01:12:44,149 --> 01:12:42,560

know it's if you want to try these

1667

01:12:47,750 --> 01:12:44,159

things to feel better you know that's

1668

01:12:50,390 --> 01:12:47,760

why i have i attached research links to

1669

01:12:52,790 --> 01:12:50,400

the modalities in my book because i

1670

01:12:55,669 --> 01:12:52,800

never like to tell people to just follow

1671

01:12:58,310 --> 01:12:55,679

what someone says right do your own

1672

01:13:00,310 --> 01:12:58,320

research come to your own conclusion

1673

01:13:02,709 --> 01:13:00,320

that's so much more powerful because the

1674

01:13:04,390 --> 01:13:02,719

mind is a very powerful thing so if i'm

1675

01:13:05,750 --> 01:13:04,400

saying all this stuff about biohacking

1676

01:13:07,830 --> 01:13:05,760

and you're just like oh that's not for

1677

01:13:09,750 --> 01:13:07,840

me i don't you know don't don't don't

1678

01:13:11,510 --> 01:13:09,760

even do it because it probably i mean

1679

01:13:12,870 --> 01:13:11,520

there are certain things in this book

1680

01:13:15,189 --> 01:13:12,880

that that you know they've done

1681

01:13:17,030 --> 01:13:15,199

double-blind studies on so there is

1682

01:13:19,350 --> 01:13:17,040

actual things that will help you no

1683

01:13:20,709 --> 01:13:19,360

matter what if you believe it or not but

1684

01:13:22,790 --> 01:13:20,719

i'm saying i mean

1685

01:13:24,630 --> 01:13:22,800

it's it's really a lifestyle and if you

1686

01:13:28,310 --> 01:13:24,640

really want to

1687

01:13:30,070 --> 01:13:28,320

achieve your most optimal state i mean

1688

01:13:32,550 --> 01:13:30,080

it's it's a whole lifestyle you got to

1689

01:13:34,470 --> 01:13:32,560

just dive right in and um

1690

01:13:35,990 --> 01:13:34,480

you know if people

1691

01:13:37,910 --> 01:13:36,000

want to start addressing their trauma

1692

01:13:40,070 --> 01:13:37,920

you know i would just say just try a

1693

01:13:42,149 --> 01:13:40,080

couple things out of the book you know i

1694

01:13:43,750 --> 01:13:42,159

mean how did i start i mean i started

1695

01:13:46,470 --> 01:13:43,760

with the brain training but that's not

1696

01:13:48,630 --> 01:13:46,480

very normal i mean for people to really

1697

01:13:49,990 --> 01:13:48,640

you know experience or just come across

1698

01:13:51,510 --> 01:13:50,000

that in their lifetime but there are

1699

01:13:54,470 --> 01:13:51,520

things in my book

1700

01:13:57,110 --> 01:13:54,480

like let's say eft emotional freedom

1701

01:14:00,550 --> 01:13:57,120

technique right tapping um you can

1702

01:14:03,030 --> 01:14:00,560

actually do that try it for five minutes

1703

01:14:04,870 --> 01:14:03,040

just you know see if it feels better see

1704

01:14:07,110 --> 01:14:04,880

if you feel better see if it made a

1705

01:14:09,669 --> 01:14:07,120

positive change in your life let's stop

1706

01:14:12,070 --> 01:14:09,679

right there what is eft

1707

01:14:14,310 --> 01:14:12,080

eft is the emotional freedom technique

1708

01:14:16,550 --> 01:14:14,320

it's a form of tapping so you tap on

1709

01:14:18,870 --> 01:14:16,560

different meridians of your body

1710

01:14:19,910 --> 01:14:18,880

and it uses actually

1711

01:14:24,070 --> 01:14:19,920

chinese

1712

01:14:26,390 --> 01:14:24,080

western medicine as well because you're

1713

01:14:28,790 --> 01:14:26,400

affirming things when you're tapping on

1714

01:14:31,350 --> 01:14:28,800

these certain meridians in your body so

1715

01:14:35,430 --> 01:14:31,360

i think that there's nine points um let

1716

01:14:37,910 --> 01:14:35,440

me see one two three four five six seven

1717

01:14:40,709 --> 01:14:37,920

eight yep nine points and you tap on

1718

01:14:42,550 --> 01:14:40,719

these points on your body and you repeat

1719

01:14:44,229 --> 01:14:42,560

different affirmations or you repeat

1720

01:14:47,590 --> 01:14:44,239

different things and honestly it

1721

01:14:49,669 --> 01:14:47,600

reprograms your emotional response to

1722

01:14:52,310 --> 01:14:49,679

certain things so you can literally

1723

01:14:54,070 --> 01:14:52,320

clear trauma with eft

1724

01:14:57,910 --> 01:14:54,080

you can

1725

01:15:00,790 --> 01:14:57,920

help cravings with eft it really really

1726

01:15:03,030 --> 01:15:00,800

can affect it just kind of rewires you

1727

01:15:05,270 --> 01:15:03,040

it rewires your brain and it rewires

1728

01:15:06,950 --> 01:15:05,280

your nervous system to react differently

1729

01:15:09,350 --> 01:15:06,960

to things okay let's go through those

1730

01:15:11,270 --> 01:15:09,360

tapping points again i i

1731

01:15:14,470 --> 01:15:11,280

i got to watch it

1732

01:15:15,350 --> 01:15:14,480

that that wasn't what i expected young

1733

01:15:18,149 --> 01:15:15,360

lady

1734

01:15:20,470 --> 01:15:18,159

okay so first one is i'm going to do it

1735

01:15:23,270 --> 01:15:20,480

for the camera is the top of your head

1736

01:15:24,790 --> 01:15:23,280

right that's one two and then you do

1737

01:15:27,669 --> 01:15:24,800

right on the corner of your eyebrow

1738

01:15:29,990 --> 01:15:27,679

right here corner of the eyebrow is two

1739

01:15:31,750 --> 01:15:30,000

okay then you do the the outer corner of

1740

01:15:34,550 --> 01:15:31,760

your eyebrow three

1741

01:15:35,669 --> 01:15:34,560

right three and right under your pupil

1742

01:15:39,350 --> 01:15:35,679

four

1743

01:15:40,870 --> 01:15:39,360

and then right under your nose five

1744

01:15:41,910 --> 01:15:40,880

right on your lip

1745

01:15:43,669 --> 01:15:41,920

six

1746

01:15:45,990 --> 01:15:43,679

and then make a fist like this and you

1747

01:15:48,709 --> 01:15:46,000

do on your collarbones here right right

1748

01:15:51,030 --> 01:15:48,719

on the neck okay seven

1749

01:15:52,950 --> 01:15:51,040

underneath your armpit eight

1750

01:15:54,310 --> 01:15:52,960

eight and then your karate chop point

1751
01:15:55,590 --> 01:15:54,320
here nine

1752
01:15:56,709 --> 01:15:55,600
nine

1753
01:15:58,070 --> 01:15:56,719
crazy

1754
01:15:59,350 --> 01:15:58,080
yeah

1755
01:16:00,000 --> 01:15:59,360
not alone

1756
01:16:02,550 --> 01:16:00,010
so

1757
01:16:07,430 --> 01:16:02,560
[Laughter]

1758
01:16:10,229 --> 01:16:07,440
i love it so when you're alone

1759
01:16:12,390 --> 01:16:10,239
right you're are you you're and you're

1760
01:16:15,270 --> 01:16:12,400
you're going through

1761
01:16:18,070 --> 01:16:15,280
you're doing this yes yes

1762
01:16:19,830 --> 01:16:18,080
yes have you ever been caught

1763
01:16:21,990 --> 01:16:19,840

you know what i'll do it in public

1764

01:16:23,350 --> 01:16:22,000

because i honestly don't care

1765

01:16:26,950 --> 01:16:23,360

right

1766

01:16:29,110 --> 01:16:26,960

now now i'll know if i if i see anybody

1767

01:16:30,950 --> 01:16:29,120

doing that but i so i read about this

1768

01:16:34,630 --> 01:16:30,960

and i thought that's incredible

1769

01:16:35,830 --> 01:16:34,640

um i'm i'm okay so when you're going i i

1770

01:16:36,630 --> 01:16:35,840

love this

1771

01:16:39,669 --> 01:16:36,640

so

1772

01:16:41,270 --> 01:16:39,679

let's say you're on number one right

1773

01:16:43,270 --> 01:16:41,280

okay everybody can hear me tapping it's

1774

01:16:44,790 --> 01:16:43,280

going through my headphones what are you

1775

01:16:46,070 --> 01:16:44,800

affirming here

1776

01:16:47,350 --> 01:16:46,080

what would you be

1777

01:16:49,510 --> 01:16:47,360

doing

1778

01:16:52,310 --> 01:16:49,520

so you basically set yourself up so

1779

01:16:53,910 --> 01:16:52,320

let's say um you're having a very

1780

01:16:56,790 --> 01:16:53,920

stressful day at work and you just want

1781

01:16:59,990 --> 01:16:56,800

to feel better okay so you could say

1782

01:17:02,149 --> 01:17:00,000

i am having a very very stressful day at

1783

01:17:03,830 --> 01:17:02,159

work today you know so you have to talk

1784

01:17:05,510 --> 01:17:03,840

about the problem right because

1785

01:17:07,590 --> 01:17:05,520

something about your brain hears the

1786

01:17:09,990 --> 01:17:07,600

words too and your body reacts

1787

01:17:11,590 --> 01:17:10,000

differently so you you speak it out loud

1788

01:17:13,750 --> 01:17:11,600

you speak the problem out loud but then

1789

01:17:15,590 --> 01:17:13,760

you say after that and you continue to

1790

01:17:16,390 --> 01:17:15,600

tap on all these places you probably tap

1791

01:17:19,350 --> 01:17:16,400

about

1792

01:17:20,950 --> 01:17:19,360

maybe 10 times on each point right and

1793

01:17:22,790 --> 01:17:20,960

you're saying to yourself i really

1794

01:17:24,950 --> 01:17:22,800

really really am super stressed out

1795

01:17:26,149 --> 01:17:24,960

today and i just i'm so stressed out

1796

01:17:28,709 --> 01:17:26,159

because people

1797

01:17:30,950 --> 01:17:28,719

are really really annoying me today but

1798

01:17:34,550 --> 01:17:30,960

i still love

1799

01:17:36,550 --> 01:17:34,560

and deeply accept myself you know so you

1800

01:17:38,630 --> 01:17:36,560

you affirm yourself but you speak your

1801
01:17:41,030 --> 01:17:38,640
problem but then you reaffirm yourself

1802
01:17:42,830 --> 01:17:41,040
and you speak your problem

1803
01:17:45,669 --> 01:17:42,840
i just got to watch you do

1804
01:17:48,550 --> 01:17:45,679
that and so you

1805
01:17:51,350 --> 01:17:48,560
you are very practiced in this

1806
01:17:52,390 --> 01:17:51,360
if if the audience was seeing what i was

1807
01:17:54,070 --> 01:17:52,400
seeing

1808
01:17:55,430 --> 01:17:54,080
she just

1809
01:17:58,149 --> 01:17:55,440
she

1810
01:17:59,669 --> 01:17:58,159
right and and and speaking i'm stressed

1811
01:18:00,790 --> 01:17:59,679
out today

1812
01:18:01,910 --> 01:18:00,800
and

1813
01:18:04,630 --> 01:18:01,920

wow

1814

01:18:07,669 --> 01:18:04,640

so that's that that is when and

1815

01:18:08,950 --> 01:18:07,679

and how do how does one feel

1816

01:18:11,590 --> 01:18:08,960

after they

1817

01:18:12,470 --> 01:18:11,600

uh armpit right you've gone through the

1818

01:18:15,990 --> 01:18:12,480

cycle

1819

01:18:17,669 --> 01:18:16,000

right you've just karate chopped right

1820

01:18:20,310 --> 01:18:17,679

and

1821

01:18:22,149 --> 01:18:20,320

is it is it like wow okay now i can get

1822

01:18:24,470 --> 01:18:22,159

through the afternoon

1823

01:18:27,350 --> 01:18:24,480

yeah it really really makes a really big

1824

01:18:28,790 --> 01:18:27,360

difference um it shifts your body uh and

1825

01:18:31,990 --> 01:18:28,800

your nervous system

1826

01:18:33,590 --> 01:18:32,000

sympathetic which means you're in fight

1827

01:18:36,390 --> 01:18:33,600

or flight so you're right you know

1828

01:18:38,709 --> 01:18:36,400

you're real just hyped up and anxious so

1829

01:18:40,229 --> 01:18:38,719

it will take your body from sympathetic

1830

01:18:42,790 --> 01:18:40,239

your nervous system and it will shift

1831

01:18:45,910 --> 01:18:42,800

you back into parasympathetic which is

1832

01:18:48,630 --> 01:18:45,920

rest and digest relax peace you know

1833

01:18:50,390 --> 01:18:48,640

um so you'll feel that shift you'll feel

1834

01:18:53,270 --> 01:18:50,400

that shift um

1835

01:18:55,430 --> 01:18:53,280

honestly i've used eft to deal with

1836

01:18:56,310 --> 01:18:55,440

certain traumatic memories that i've had

1837

01:18:59,430 --> 01:18:56,320

um

1838

01:19:01,510 --> 01:18:59,440

i've used eft to help with different

1839

01:19:03,430 --> 01:19:01,520

triggers and my reacting

1840

01:19:04,630 --> 01:19:03,440

you know reaction to things i even used

1841

01:19:06,630 --> 01:19:04,640

eft

1842

01:19:08,630 --> 01:19:06,640

for negative comments you know i was

1843

01:19:10,470 --> 01:19:08,640

having an issue with negative comments

1844

01:19:12,390 --> 01:19:10,480

um a couple months back

1845

01:19:14,470 --> 01:19:12,400

and um you know i was they were they

1846

01:19:16,630 --> 01:19:14,480

were really affecting me so i'm like why

1847

01:19:18,390 --> 01:19:16,640

are these affecting me so deeply you

1848

01:19:21,350 --> 01:19:18,400

know i was trying to figure out any way

1849

01:19:23,669 --> 01:19:21,360

possible to try to feel better you know

1850

01:19:25,350 --> 01:19:23,679

and um i found that eft really helped me

1851

01:19:26,229 --> 01:19:25,360

with that so

1852

01:19:28,550 --> 01:19:26,239

it was

1853

01:19:32,470 --> 01:19:28,560

it it really did yeah

1854

01:19:35,110 --> 01:19:32,480

so the post right whatever right

1855

01:19:38,709 --> 01:19:35,120

right and right into the flight i love

1856

01:19:40,310 --> 01:19:38,719

that i absolutely love that okay

1857

01:19:41,990 --> 01:19:40,320

um this is

1858

01:19:43,750 --> 01:19:42,000

learning something the audience right

1859

01:19:45,350 --> 01:19:43,760

there if they walk away from something

1860

01:19:47,750 --> 01:19:45,360

with this show

1861

01:19:48,950 --> 01:19:47,760

is is that right there i i find that

1862

01:19:52,070 --> 01:19:48,960

incredible

1863

01:19:54,950 --> 01:19:52,080

um let's go to uh

1864

01:19:57,189 --> 01:19:54,960

like the next step down the recipe

1865

01:19:59,030 --> 01:19:57,199

uh uh when when you're talking to

1866

01:19:59,990 --> 01:19:59,040

somebody about this or of course reading

1867

01:20:04,310 --> 01:20:00,000

the book

1868

01:20:06,790 --> 01:20:04,320

um what what what is the next step

1869

01:20:09,350 --> 01:20:06,800

so i just picked up a random modality

1870

01:20:11,590 --> 01:20:09,360

that i know that it's free number one so

1871

01:20:13,910 --> 01:20:11,600

eft is free and easy for people to just

1872

01:20:15,430 --> 01:20:13,920

pick up and do there's no specific order

1873

01:20:18,790 --> 01:20:15,440

of things it's really just what you want

1874

01:20:21,510 --> 01:20:18,800

to kind of dive into sure um honestly i

1875

01:20:23,510 --> 01:20:21,520

would i would suggest for everybody and

1876

01:20:26,709 --> 01:20:23,520

i say this on every single show i've

1877

01:20:30,070 --> 01:20:26,719

ever done grounding groundings earthing

1878

01:20:33,189 --> 01:20:30,080

is so so massively important and

1879

01:20:37,270 --> 01:20:33,199

everybody should be grounded everybody

1880

01:20:39,910 --> 01:20:37,280

um back in the 19 late 1960s early 1970s

1881

01:20:42,229 --> 01:20:39,920

they invented synthetic material and

1882

01:20:44,229 --> 01:20:42,239

they slapped it on shoes rubber right

1883

01:20:46,790 --> 01:20:44,239

which completely disconnected us from

1884

01:20:49,110 --> 01:20:46,800

the earth um the earth has an abundance

1885

01:20:51,830 --> 01:20:49,120

of electrons all over the surface of it

1886

01:20:54,790 --> 01:20:51,840

which we used to be directly you know in

1887

01:20:55,990 --> 01:20:54,800

contact with or we would have shoes or

1888

01:20:58,870 --> 01:20:56,000

you know something on our feet that

1889

01:21:01,990 --> 01:20:58,880

would conduct this these electrons into

1890

01:21:04,390 --> 01:21:02,000

our bodies until until

1891

01:21:07,270 --> 01:21:04,400

rubber got slapped on shoes so if you

1892

01:21:10,709 --> 01:21:07,280

actually look at a graph of shoe sales

1893

01:21:12,790 --> 01:21:10,719

from the 1970s until now diabetes and

1894

01:21:15,750 --> 01:21:12,800

autoimmune disease they go up on the

1895

01:21:18,950 --> 01:21:15,760

same scale the exact same scale which is

1896

01:21:20,870 --> 01:21:18,960

very it's wild but if you think about it

1897

01:21:22,870 --> 01:21:20,880

it's impossible to have chronic

1898

01:21:24,390 --> 01:21:22,880

inflammation in your body when you're

1899

01:21:25,110 --> 01:21:24,400

grounded right

1900

01:21:27,110 --> 01:21:25,120

so

1901

01:21:28,950 --> 01:21:27,120

that would it doesn't surprise me that

1902

01:21:32,070 --> 01:21:28,960

autoimmune disease has shot up that

1903

01:21:34,390 --> 01:21:32,080

diabetes has shot up because those all

1904

01:21:36,790 --> 01:21:34,400

stem from inflammation

1905

01:21:39,990 --> 01:21:36,800

so you know grounding is so deeply

1906

01:21:42,629 --> 01:21:40,000

important for people to to do now all

1907

01:21:45,110 --> 01:21:42,639

right now i'm going to do a basic

1908

01:21:45,910 --> 01:21:45,120

explanation for everybody what grounding

1909

01:21:48,870 --> 01:21:45,920

is

1910

01:21:51,030 --> 01:21:48,880

um well first off it's called barefoot

1911

01:21:53,830 --> 01:21:51,040

okay all right

1912

01:21:55,030 --> 01:21:53,840

if socks are okay you know that that'll

1913

01:21:57,510 --> 01:21:55,040

work but

1914

01:21:59,229 --> 01:21:57,520

um in the

1915

01:22:03,110 --> 01:21:59,239

uh

1916

01:22:06,310 --> 01:22:03,120

professional audio and video world

1917

01:22:07,830 --> 01:22:06,320

you have a studio like this one that i'm

1918

01:22:11,669 --> 01:22:07,840

sitting in

1919

01:22:14,070 --> 01:22:11,679

you have to have it grounded

1920

01:22:14,870 --> 01:22:14,080

and i didn't understand what that was

1921

01:22:16,709 --> 01:22:14,880

now

1922

01:22:19,990 --> 01:22:16,719

a basic uh

1923

01:22:22,149 --> 01:22:20,000

for you when you see a three-prong plug

1924

01:22:24,629 --> 01:22:22,159

right that you plug in the wall that

1925

01:22:26,390 --> 01:22:24,639

third plug the round one that's the

1926

01:22:28,629 --> 01:22:26,400

ground

1927

01:22:29,910 --> 01:22:28,639

that goes to the

1928

01:22:33,430 --> 01:22:29,920

earth

1929

01:22:35,510 --> 01:22:33,440

in some societies in the world

1930

01:22:37,910 --> 01:22:35,520

instead of it called

1931

01:22:39,430 --> 01:22:37,920

the grounding plug it's called earthing

1932

01:22:41,669 --> 01:22:39,440

it's called the earth

1933

01:22:44,070 --> 01:22:41,679

so all studios

1934

01:22:46,790 --> 01:22:44,080

are grounded so you take

1935

01:22:50,229 --> 01:22:46,800

this not from plugging into the wall

1936

01:22:52,790 --> 01:22:50,239

you have check this out elizabeth

1937

01:22:55,110 --> 01:22:52,800

you have a grounding rod and that's

1938

01:22:57,750 --> 01:22:55,120

outside and that gets pounded into the

1939

01:23:00,709 --> 01:22:57,760

ground it's four feet long and then you

1940

01:23:03,830 --> 01:23:00,719

have a cable that comes out of that that

1941

01:23:06,709 --> 01:23:03,840

goes to the earth the ground for the

1942

01:23:10,790 --> 01:23:06,719

studio so you are grounded

1943

01:23:13,750 --> 01:23:10,800

that is the exact same process

1944

01:23:15,030 --> 01:23:13,760

that we are talking about here yes

1945

01:23:19,110 --> 01:23:15,040

except

1946

01:23:20,910 --> 01:23:19,120

it's us and you need to ground

1947

01:23:23,590 --> 01:23:20,920

yourself

1948

01:23:24,390 --> 01:23:23,600

electromagnetically electronically back

1949

01:23:25,750 --> 01:23:24,400

to

1950

01:23:28,629 --> 01:23:25,760

the earth

1951

01:23:30,550 --> 01:23:28,639

that's it this is a principle

1952

01:23:33,590 --> 01:23:30,560

of everything on this planet and

1953

01:23:36,229 --> 01:23:33,600

grounding yourself is so so important

1954

01:23:38,149 --> 01:23:36,239

yes yes we're we're bioelectric beings

1955

01:23:40,310 --> 01:23:38,159

you know it's it's just a fractal all

1956

01:23:42,629 --> 01:23:40,320

homes now are grounded they're all grown

1957

01:23:44,629 --> 01:23:42,639

dude they're all grumpy okay so you know

1958

01:23:46,870 --> 01:23:44,639

when you know what okay so check this

1959

01:23:48,950 --> 01:23:46,880

out you know when you shock yourself

1960

01:23:50,630 --> 01:23:48,960

right okay you go through

1961

01:23:53,669 --> 01:23:50,640

you just grounded yourself

1962

01:23:56,070 --> 01:23:53,679

[Laughter]

1963

01:23:57,270 --> 01:23:56,080

that that's another example of that i am

1964

01:24:00,070 --> 01:23:57,280

barefoot

1965

01:24:02,950 --> 01:24:00,080

right i'm wearing socks in the studio

1966

01:24:04,709 --> 01:24:02,960

i'm i'm grounded

1967

01:24:06,870 --> 01:24:04,719

and you need to do that take your socks

1968

01:24:08,629 --> 01:24:06,880

off and run around in the front yard

1969

01:24:10,149 --> 01:24:08,639

what what are your processes for

1970

01:24:11,830 --> 01:24:10,159

grounding

1971

01:24:14,149 --> 01:24:11,840

um so i

1972

01:24:16,709 --> 01:24:14,159

i'm kind of crazy though so i have a

1973

01:24:18,149 --> 01:24:16,719

grounded sheet i have a grounded blanket

1974

01:24:20,310 --> 01:24:18,159

i have a grounded pillowcase i have

1975

01:24:22,229 --> 01:24:20,320

grounded patches and i wear my patches

1976

01:24:25,110 --> 01:24:22,239

every single night

1977

01:24:27,189 --> 01:24:25,120

i have a grounded um laptop pad which i

1978

01:24:30,149 --> 01:24:27,199

have my laptop on and my hands on right

1979

01:24:32,390 --> 01:24:30,159

now i have a grounded mat where my feet

1980

01:24:34,950 --> 01:24:32,400

touch the ground when i'm at my desk i

1981

01:24:37,510 --> 01:24:34,960

mean i'm grounded all the time all the

1982

01:24:39,030 --> 01:24:37,520

time so we actually partnered um

1983

01:24:40,629 --> 01:24:39,040

forbidden knowledge we partnered with

1984

01:24:42,550 --> 01:24:40,639

clint ober the man that actually

1985

01:24:46,790 --> 01:24:42,560

rediscovered grounding

1986

01:24:48,470 --> 01:24:46,800

um in 1999 i believe it was and uh so we

1987

01:24:50,950 --> 01:24:48,480

partnered with his company

1988

01:24:53,270 --> 01:24:50,960

and um his company provides you know

1989

01:24:55,990 --> 01:24:53,280

different products that you can actually

1990

01:24:57,430 --> 01:24:56,000

plug into the ground outlet of your home

1991

01:25:00,629 --> 01:24:57,440

you know make sure that the the outlet

1992

01:25:02,070 --> 01:25:00,639

is grounded properly first right um

1993

01:25:04,310 --> 01:25:02,080

and then you know you can use these

1994

01:25:07,270 --> 01:25:04,320

products on the inside of your home so

1995

01:25:09,510 --> 01:25:07,280

you know i would suggest to everybody

1996

01:25:11,910 --> 01:25:09,520

get you know a grounded bed sheet you

1997

01:25:13,990 --> 01:25:11,920

know you sleep on it and people ask me

1998

01:25:15,669 --> 01:25:14,000

how long should i ground for

1999

01:25:18,310 --> 01:25:15,679

every day all the time

2000

01:25:21,750 --> 01:25:18,320

every day all day long all day long

2001

01:25:22,709 --> 01:25:21,760

um you know when you're inside your home

2002

01:25:24,950 --> 01:25:22,719

you can't

2003

01:25:26,470 --> 01:25:24,960

necessarily uh

2004

01:25:28,950 --> 01:25:26,480

be barefoot

2005

01:25:31,189 --> 01:25:28,960

at the shopping mall they have a sign

2006

01:25:33,350 --> 01:25:31,199

right there says no shirt no shoes no

2007

01:25:35,350 --> 01:25:33,360

service right okay so anyway

2008

01:25:37,189 --> 01:25:35,360

but when you're in your home the first

2009

01:25:38,629 --> 01:25:37,199

chance you get

2010

01:25:42,470 --> 01:25:38,639

you know that's one of the things

2011

01:25:45,669 --> 01:25:42,480

barefoot you know just just shoes off

2012

01:25:48,070 --> 01:25:45,679

and and the grounding process is is all

2013

01:25:50,310 --> 01:25:48,080

day long and you should do it

2014

01:25:55,110 --> 01:25:50,320

uh as much as you can

2015

01:25:57,270 --> 01:25:55,120

yes yes yeah it's it's so so so

2016

01:26:00,629 --> 01:25:57,280

important and honestly you know i've

2017

01:26:02,790 --> 01:26:00,639

i've done probably over 65 70 different

2018

01:26:04,310 --> 01:26:02,800

holistic modalities holistic therapies

2019

01:26:07,189 --> 01:26:04,320

alternative medicine

2020

01:26:09,830 --> 01:26:07,199

i've i've tried it all right and when i

2021

01:26:11,750 --> 01:26:09,840

first grounded and i well i got the

2022

01:26:13,830 --> 01:26:11,760

product so i put this patch on my

2023

01:26:16,310 --> 01:26:13,840

stomach on my um

2024

01:26:18,149 --> 01:26:16,320

my solar plexus actually and also your

2025

01:26:21,110 --> 01:26:18,159

the biggest lymph node in your body also

2026

01:26:23,910 --> 01:26:21,120

sits there so i put a patch on there and

2027

01:26:25,830 --> 01:26:23,920

i waited about five minutes and i took

2028

01:26:28,709 --> 01:26:25,840

the deepest breath that i've ever taken

2029

01:26:31,830 --> 01:26:28,719

in my entire life and i tripped out i

2030

01:26:38,629 --> 01:26:35,030

it it and see and here's the other thing

2031

01:26:40,390 --> 01:26:38,639

um uh and i'm talking about my own

2032

01:26:42,229 --> 01:26:40,400

everybody listen to me this is my own

2033

01:26:45,189 --> 01:26:42,239

personal experience

2034

01:26:47,110 --> 01:26:45,199

this was going on in my life way before

2035

01:26:48,390 --> 01:26:47,120

i met elizabeth

2036

01:26:49,830 --> 01:26:48,400

is that

2037

01:26:51,910 --> 01:26:49,840

grounding

2038

01:26:54,629 --> 01:26:51,920

builds up

2039

01:26:56,709 --> 01:26:54,639

inside of you and everything else around

2040

01:26:59,110 --> 01:26:56,719

you it's building up all day long and

2041

01:27:01,110 --> 01:26:59,120

you need to get it released it's got to

2042

01:27:03,750 --> 01:27:01,120

go back into the earth you need to

2043

01:27:05,590 --> 01:27:03,760

unground yourself this and it it builds

2044

01:27:07,350 --> 01:27:05,600

up it doesn't just like

2045

01:27:09,110 --> 01:27:07,360

uh go away in the morning and you're

2046

01:27:11,910 --> 01:27:09,120

cool for the rest of the day

2047

01:27:13,430 --> 01:27:11,920

no it builds back up it builds back up

2048

01:27:16,229 --> 01:27:13,440

um and

2049

01:27:18,229 --> 01:27:16,239

if you want an example of that is when

2050

01:27:19,350 --> 01:27:18,239

somebody walks up to you and shocks you

2051

01:27:24,709 --> 01:27:19,360

right

2052

01:27:28,070 --> 01:27:24,719

electrostatic energy in your body this

2053

01:27:29,910 --> 01:27:28,080

is just the way the universe works

2054

01:27:33,350 --> 01:27:29,920

yeah yeah well it's just i mean it's

2055

01:27:35,669 --> 01:27:33,360

crazy now with wi-fi 5g i mean we we

2056

01:27:38,149 --> 01:27:35,679

walk around with a positive charge now

2057

01:27:40,310 --> 01:27:38,159

you know we're bioelectric beings we

2058

01:27:44,390 --> 01:27:40,320

suck up all of this frequency all of

2059

01:27:47,030 --> 01:27:44,400

this energy cell phones exactly exactly

2060

01:27:49,350 --> 01:27:47,040

so now we desperately desperately need

2061

01:27:50,390 --> 01:27:49,360

to ground desperately i mean we have an

2062

01:27:52,950 --> 01:27:50,400

over

2063

01:27:54,550 --> 01:27:52,960

abundance of free radicals free radicals

2064

01:27:56,709 --> 01:27:54,560

in our bodies right and you know free

2065

01:27:59,189 --> 01:27:56,719

radicals are good in some instances but

2066

01:28:01,990 --> 01:27:59,199

when you have too many of them it's

2067

01:28:04,310 --> 01:28:02,000

awful for you it creates cytokine storms

2068

01:28:05,430 --> 01:28:04,320

inflammation and that's where you start

2069

01:28:07,189 --> 01:28:05,440

that's where you get your your

2070

01:28:11,510 --> 01:28:07,199

autoimmune disease you know that's where

2071

01:28:14,390 --> 01:28:11,520

autoimmune disease starts so actually

2072

01:28:15,990 --> 01:28:14,400

realizes right uh you dropped out

2073

01:28:21,510 --> 01:28:16,000

actually

2074

01:28:23,030 --> 01:28:21,520

your body right it neutralizes all those

2075

01:28:24,950 --> 01:28:23,040

free radicals so free radicals for

2076

01:28:27,270 --> 01:28:24,960

anyone that doesn't know is a an atom in

2077

01:28:29,590 --> 01:28:27,280

your body that's missing an electron so

2078

01:28:31,830 --> 01:28:29,600

it's it's basically searching for any

2079

01:28:34,229 --> 01:28:31,840

other you know molecule that it can

2080

01:28:36,629 --> 01:28:34,239

attach to you know to be able to get

2081

01:28:38,790 --> 01:28:36,639

that electron so you know when you

2082

01:28:41,910 --> 01:28:38,800

ground you're getting an abundance of

2083

01:28:43,750 --> 01:28:41,920

electrons flooding into your system now

2084

01:28:45,030 --> 01:28:43,760

your positive charge goes down you

2085

01:28:49,350 --> 01:28:45,040

neutralize

2086

01:28:51,750 --> 01:28:49,360

and now your body and all the cells and

2087

01:28:54,149 --> 01:28:51,760

the proper amount of electrons and now

2088

01:28:55,750 --> 01:28:54,159

everything inside you is functioning

2089

01:28:59,669 --> 01:28:55,760

properly you know

2090

01:29:02,950 --> 01:28:59,679

to to eft and grounding in one segment

2091

01:29:05,590 --> 01:29:02,960

that is uh a whole lot of learn

2092

01:29:07,910 --> 01:29:05,600

for i'm going to say them for most of

2093

01:29:09,189 --> 01:29:07,920

our audience tonight this is brand new

2094

01:29:12,550 --> 01:29:09,199

information

2095

01:29:15,110 --> 01:29:12,560

and it's so funny when um

2096

01:29:16,310 --> 01:29:15,120

uh i'm not gonna say this in a negative

2097

01:29:17,270 --> 01:29:16,320

sense

2098

01:29:20,149 --> 01:29:17,280

but

2099

01:29:22,229 --> 01:29:20,159

people use the word grounded

2100

01:29:24,070 --> 01:29:22,239

they have no clue what they're saying

2101

01:29:25,590 --> 01:29:24,080

none man you know you've got to get

2102

01:29:29,350 --> 01:29:25,600

grounded dude you don't even know what

2103

01:29:31,669 --> 01:29:29,360

you're saying i'm so grounded today

2104

01:29:33,270 --> 01:29:31,679

right it's just like this popular thing

2105

01:29:35,270 --> 01:29:33,280

to say

2106

01:29:38,550 --> 01:29:35,280

now you know

2107

01:29:40,229 --> 01:29:38,560

what grounding is it's not about finding

2108

01:29:42,950 --> 01:29:40,239

your inner self

2109

01:29:46,790 --> 01:29:42,960

i'm so grounded no no no no

2110

01:29:48,870 --> 01:29:46,800

no this is a physiological real

2111

01:29:52,390 --> 01:29:48,880

situation that we're talking about that

2112

01:29:54,790 --> 01:29:52,400

everything on this planet deals with and

2113

01:29:56,550 --> 01:29:54,800

like i said that third plug on on and

2114

01:29:58,470 --> 01:29:56,560

that you plug in the wall

2115

01:30:00,149 --> 01:29:58,480

that's grounding

2116

01:30:02,310 --> 01:30:00,159

and that's what we're talking about

2117

01:30:04,229 --> 01:30:02,320

elizabeth what a great start to the show

2118

01:30:05,669 --> 01:30:04,239

let's take a break right here this is

2119

01:30:06,550 --> 01:30:05,679

fade to black i'm yours jimmy church

2120

01:30:08,790 --> 01:30:06,560

tonight

2121

01:30:11,030 --> 01:30:08,800

elizabeth hoekstra is here we're talking

2122

01:30:12,550 --> 01:30:11,040

about her new best-selling book

2123

01:30:14,470 --> 01:30:12,560

the recipe

2124

01:30:16,229 --> 01:30:14,480

to elevated consciousness i'm yours

2125

01:30:19,870 --> 01:30:16,239

jimmy church more with elizabeth when we

2126

01:30:24,310 --> 01:30:19,880

come back stay with us

2127

01:30:36,629 --> 01:30:25,700

so

2128

01:30:41,910 --> 01:30:39,750

way out here we listen to jimmy church

2129

01:30:44,550 --> 01:30:41,920

you're listening to fade to black

2130

01:30:46,709 --> 01:30:44,560

[Applause]

2131

01:30:53,280 --> 01:30:46,719

you're listening to jimmy church and

2132

01:30:53,290 --> 01:30:58,550

[Applause]

2133

01:30:58,560 --> 01:31:05,110

jimmy church radio

2134

01:31:09,669 --> 01:31:07,590

this is jimmy church jason martell's

2135

01:31:12,470 --> 01:31:09,679

book knowledge apocalypse 10-year

2136

01:31:14,470 --> 01:31:12,480

anniversary edition is now available

2137

01:31:16,870 --> 01:31:14,480

most ancient cultures speak of a time

2138

01:31:19,030 --> 01:31:16,880

when their gods visited them they never

2139

01:31:21,510 --> 01:31:19,040

say their gods came from across the

2140

01:31:24,149 --> 01:31:21,520

ocean or from the mountains they always

2141

01:31:27,030 --> 01:31:24,159

came down from the skies was ancient man

2142

01:31:28,870 --> 01:31:27,040

visited by gods or extraterrestrials we

2143

01:31:31,350 --> 01:31:28,880

have not been told the full truth about

2144

01:31:33,350 --> 01:31:31,360

our human past there was a time when all

2145

01:31:35,590 --> 01:31:33,360

the ancient cultures lived amongst

2146

01:31:37,430 --> 01:31:35,600

beings they considered their gods

2147

01:31:39,350 --> 01:31:37,440

the search for truth leads us down the

2148

01:31:41,750 --> 01:31:39,360

path of learning where the et's might

2149

01:31:43,750 --> 01:31:41,760

come from and why they are here to

2150

01:31:45,910 --> 01:31:43,760

understand some of these advanced topics

2151
01:31:48,310 --> 01:31:45,920
and learn the truth about human origins

2152
01:31:51,189 --> 01:31:48,320
buy the new book from jason martell

2153
01:31:53,030 --> 01:31:51,199
knowledge apocalypse now in its 10-year

2154
01:31:55,430 --> 01:31:53,040
anniversary edition available on

2155
01:31:57,990 --> 01:31:55,440
amazon.com by clicking on the banners

2156
01:31:59,750 --> 01:31:58,000
over on our site or simply visit

2157
01:32:05,270 --> 01:31:59,760
jasonmartel.com

2158
01:32:07,910 --> 01:32:05,280
do you want to be an official fate or

2159
01:32:10,149 --> 01:32:07,920
not of course you do this is jimmy

2160
01:32:11,350 --> 01:32:10,159
church of fade to black just go to our

2161
01:32:13,910 --> 01:32:11,360
membership section at

2162
01:32:15,830 --> 01:32:13,920
jimmychurchradio.com

2163
01:32:17,669 --> 01:32:15,840

vadernots when you think about the

2164

01:32:19,590 --> 01:32:17,679

future of our country and where we're

2165

01:32:22,629 --> 01:32:19,600

headed do you wonder about the food

2166

01:32:24,870 --> 01:32:22,639

supply i do disruptions in the food

2167

01:32:27,669 --> 01:32:24,880

supply chain could be disastrous and

2168

01:32:29,590 --> 01:32:27,679

they usually occur with little warning

2169

01:32:32,629 --> 01:32:29,600

that's why the smartest thing you can do

2170

01:32:35,590 --> 01:32:32,639

today is to stockpile emergency food

2171

01:32:38,390 --> 01:32:35,600

water and other essentials i personally

2172

01:32:40,709 --> 01:32:38,400

recommend my patriot supply they're the

2173

01:32:43,270 --> 01:32:40,719

nation's largest emergency preparedness

2174

01:32:45,750 --> 01:32:43,280

company serving millions of customers

2175

01:32:48,390 --> 01:32:45,760

for more than a decade in fact they're

2176
01:32:51,510 --> 01:32:48,400
the only source my family trusts for our

2177
01:32:54,870 --> 01:32:51,520
preparedness plan you should too right

2178
01:32:57,350 --> 01:32:54,880
now save 20 off a full four week supply

2179
01:33:00,470 --> 01:32:57,360
of delicious meals that provide 2 000

2180
01:33:03,430 --> 01:33:00,480
calories a day saving 20 helps too

2181
01:33:06,390 --> 01:33:03,440
doesn't it especially now so go to

2182
01:33:09,669 --> 01:33:06,400
prepare with jimmy.com and get ready

2183
01:33:11,030 --> 01:33:09,679
that's prepare with jimmy.com there's no

2184
01:33:13,510 --> 01:33:11,040
time to lose

2185
01:33:16,550 --> 01:33:13,520
do it now

2186
01:33:18,790 --> 01:33:16,560
so you love talk radio then you'll love

2187
01:33:21,990 --> 01:33:18,800
talkstreamlive.com

2188
01:33:24,149 --> 01:33:22,000

talk stream live is always on 24 7 with

2189

01:33:26,070 --> 01:33:24,159

the best streaming talk shows find your

2190

01:33:28,950 --> 01:33:26,080

favorite talkers and discover some new

2191

01:33:31,030 --> 01:33:28,960

ones it's free readily available online

2192

01:33:33,110 --> 01:33:31,040

or on mobile with any smartphone or

2193

01:33:35,669 --> 01:33:33,120

tablet finding your favorite talk shows

2194

01:33:37,470 --> 01:33:35,679

all in one place has gotten a whole lot

2195

01:33:44,040 --> 01:33:37,480

easier just go to

2196

01:33:44,050 --> 01:33:48,950

[Music]

2197

01:33:48,960 --> 01:33:49,950

the downl

2198

01:33:49,960 --> 01:33:54,149

[Music]

2199

01:34:00,950 --> 01:33:56,149

you are listening to fate to black with

2200

01:34:06,390 --> 01:34:03,430

hi i'm reecey vance you're listening to

2201
01:34:09,189 --> 01:34:06,400
jimmy church this is revolution the

2202
01:34:12,470 --> 01:34:09,199
revolution will not be televised the

2203
01:34:17,200 --> 01:34:12,480
revolution is on radio

2204
01:34:17,210 --> 01:34:55,270
[Music]

2205
01:34:59,350 --> 01:34:57,109
welcome back fade to black i am your

2206
01:35:01,350 --> 01:34:59,360
host jimmy church first time guest week

2207
01:35:04,390 --> 01:35:01,360
here on fade to black tonight elizabeth

2208
01:35:07,669 --> 01:35:04,400
hoekstra tomorrow night stormy daniels

2209
01:35:09,669 --> 01:35:07,679
is here wednesday night shawn cahill

2210
01:35:12,070 --> 01:35:09,679
what a great week we've got coming up

2211
01:35:14,950 --> 01:35:12,080
and uh tonight it's it's elizabeth

2212
01:35:16,470 --> 01:35:14,960
hoelkstra and elizabeth so the chat room

2213
01:35:17,830 --> 01:35:16,480

right now you know what they're talking

2214

01:35:22,550 --> 01:35:17,840

about

2215

01:35:29,830 --> 01:35:26,830

oh man i love it i love it and now

2216

01:35:32,629 --> 01:35:29,840

um let's uh

2217

01:35:36,229 --> 01:35:32,639

let's move into uh another direction and

2218

01:35:38,709 --> 01:35:36,239

one thing that uh i think is besides

2219

01:35:41,030 --> 01:35:38,719

relationships everybody wants to figure

2220

01:35:42,790 --> 01:35:41,040

out a way to biohack your relationship

2221

01:35:45,109 --> 01:35:42,800

into uh

2222

01:35:46,629 --> 01:35:45,119

something else but let's talk about jobs

2223

01:35:47,750 --> 01:35:46,639

and career

2224

01:35:51,030 --> 01:35:47,760

um

2225

01:35:52,950 --> 01:35:51,040

one of the most difficult you know areas

2226

01:35:55,590 --> 01:35:52,960

uh to focus on

2227

01:35:57,189 --> 01:35:55,600

but how do you biohack your career how

2228

01:35:58,470 --> 01:35:57,199

do you change how do you change

2229

01:36:01,750 --> 01:35:58,480

direction

2230

01:36:03,270 --> 01:36:01,760

oh man that's that's that's a toughy um

2231

01:36:05,669 --> 01:36:03,280

let's see here

2232

01:36:09,830 --> 01:36:05,679

i was a chef for

2233

01:36:11,030 --> 01:36:09,840

five years and i hated it i loved

2234

01:36:13,750 --> 01:36:11,040

creating

2235

01:36:15,910 --> 01:36:13,760

um beautiful pastries and you know i

2236

01:36:18,390 --> 01:36:15,920

loved like the creation of it but

2237

01:36:21,669 --> 01:36:18,400

working in the industry was awful

2238

01:36:24,550 --> 01:36:21,679

so for me during that time i was doing

2239

01:36:27,510 --> 01:36:24,560

actually a lot of biohacking because i

2240

01:36:28,629 --> 01:36:27,520

needed to i was so stressed out i was so

2241

01:36:30,950 --> 01:36:28,639

stressed

2242

01:36:31,910 --> 01:36:30,960

um so what i would do is i would

2243

01:36:34,790 --> 01:36:31,920

schedule

2244

01:36:36,709 --> 01:36:34,800

flotation therapy for myself after work

2245

01:36:38,790 --> 01:36:36,719

a couple times a week

2246

01:36:41,270 --> 01:36:38,800

flotation therapy is becoming very

2247

01:36:43,750 --> 01:36:41,280

popular actually so i'm actually really

2248

01:36:45,750 --> 01:36:43,760

happy to see you know float places pop

2249

01:36:47,430 --> 01:36:45,760

up all over the country so you know

2250

01:36:49,669 --> 01:36:47,440

people can really look into this it's

2251

01:36:53,910 --> 01:36:49,679

probably at a city near them

2252

01:36:55,990 --> 01:36:53,920

um but flotation therapy is basically um

2253

01:36:58,310 --> 01:36:56,000

you dissolve about

2254

01:37:01,189 --> 01:36:58,320

a thousand fifteen hundred pounds of

2255

01:37:04,310 --> 01:37:01,199

epsom salt of magnesium into about a

2256

01:37:06,950 --> 01:37:04,320

foot of water and your body is actually

2257

01:37:08,709 --> 01:37:06,960

less dense than that than that so you

2258

01:37:11,910 --> 01:37:08,719

float effortlessly

2259

01:37:14,390 --> 01:37:11,920

and usually they make the the uh float

2260

01:37:16,550 --> 01:37:14,400

water the same temperature as your skin

2261

01:37:18,310 --> 01:37:16,560

so it really feels like you're you're

2262

01:37:20,470 --> 01:37:18,320

just you know

2263

01:37:22,070 --> 01:37:20,480

i don't know playing in abyss you know

2264

01:37:23,910 --> 01:37:22,080

you're you're weightless you're

2265

01:37:26,149 --> 01:37:23,920

weightless you're weightless you're

2266

01:37:29,590 --> 01:37:26,159

weightless you're floating literal uh

2267

01:37:31,990 --> 01:37:29,600

this weekend man i was so jealous

2268

01:37:34,629 --> 01:37:32,000

so i'm at this party

2269

01:37:37,270 --> 01:37:34,639

uh saturday night this uh

2270

01:37:39,990 --> 01:37:37,280

a very nice home

2271

01:37:44,950 --> 01:37:42,310

eight of yours

2272

01:37:46,629 --> 01:37:44,960

okay so picture that like eight of mine

2273

01:37:49,910 --> 01:37:46,639

right okay like

2274

01:37:52,470 --> 01:37:49,920

stupid town but anyway so down uh i go

2275

01:37:54,390 --> 01:37:52,480

down there's a uh

2276

01:37:57,109 --> 01:37:54,400

there's an indoor pool

2277

01:38:00,709 --> 01:37:57,119

not like a little indoor like a

2278

01:38:02,790 --> 01:38:00,719

a pool right okay but that was all great

2279

01:38:04,709 --> 01:38:02,800

but right next to that

2280

01:38:06,310 --> 01:38:04,719

the owner of the house is james brandon

2281

01:38:08,070 --> 01:38:06,320

great guy hello brandon i hope you're

2282

01:38:09,990 --> 01:38:08,080

listening tonight he goes yeah the

2283

01:38:10,950 --> 01:38:10,000

pool's great but check out what i just

2284

01:38:17,030 --> 01:38:10,960

got

2285

01:38:19,510 --> 01:38:17,040

yeah yeah and i'm looking i'm like dude

2286

01:38:22,310 --> 01:38:19,520

because man i just got it we're getting

2287

01:38:24,310 --> 01:38:22,320

it was empty i was i was ready man i was

2288

01:38:26,629 --> 01:38:24,320

gonna just

2289

01:38:29,109 --> 01:38:26,639

i was gonna jump in that thing

2290

01:38:31,590 --> 01:38:29,119

but uh yeah i would love to have a

2291

01:38:34,149 --> 01:38:31,600

flotation tank can you imagine

2292

01:38:35,750 --> 01:38:34,159

uh to to be able to have something like

2293

01:38:37,270 --> 01:38:35,760

that in your home and you could just do

2294

01:38:39,510 --> 01:38:37,280

it like every day

2295

01:38:41,669 --> 01:38:39,520

i'm going to literally that's that's top

2296

01:38:43,590 --> 01:38:41,679

of everything i'm literally going to put

2297

01:38:45,189 --> 01:38:43,600

one of those in my house i'm gonna put a

2298

01:38:48,470 --> 01:38:45,199

bunch of other different modalities in

2299

01:38:51,030 --> 01:38:48,480

my house as well i mean just just

2300

01:38:53,430 --> 01:38:51,040

just the magnesium alone you know most

2301

01:38:55,510 --> 01:38:53,440

american people are deficient in

2302

01:38:58,149 --> 01:38:55,520

magnesium so you get magnesium

2303

01:39:00,790 --> 01:38:58,159

transdermally through just even the the

2304

01:39:03,350 --> 01:39:00,800

salt water you know that

2305

01:39:05,910 --> 01:39:03,360

will lower your stress levels lower your

2306

01:39:07,030 --> 01:39:05,920

depression levels i mean really really

2307

01:39:09,430 --> 01:39:07,040

just

2308

01:39:10,790 --> 01:39:09,440

help you be way less stressed i mean and

2309

01:39:12,470 --> 01:39:10,800

then let's not talk about sensory

2310

01:39:14,390 --> 01:39:12,480

deprivation you know that's what i was

2311

01:39:16,390 --> 01:39:14,400

talking about earlier right right that's

2312

01:39:19,430 --> 01:39:16,400

right so it's filled up with stimulus

2313

01:39:21,189 --> 01:39:19,440

and it's not this is not an expensive

2314

01:39:23,270 --> 01:39:21,199

yeah putting a flotation tank in your

2315

01:39:27,189 --> 01:39:23,280

house well that's that's a

2316

01:39:30,709 --> 01:39:27,199

that's a extravagance okay i i get that

2317

01:39:32,709 --> 01:39:30,719

but a flotation tank center near you

2318

01:39:35,590 --> 01:39:32,719

this is inexpensive

2319

01:39:37,990 --> 01:39:35,600

and you can just go and and and and just

2320

01:39:41,510 --> 01:39:38,000

do it and your first time

2321

01:39:42,950 --> 01:39:41,520

uh you you get it and this is not some

2322

01:39:44,790 --> 01:39:42,960

crazy

2323

01:39:48,070 --> 01:39:44,800

you know thing that's gonna kill you no

2324

01:39:50,229 --> 01:39:48,080

it's actually a very inexpensive and

2325

01:39:52,629 --> 01:39:50,239

more than likely depending on where you

2326

01:39:54,709 --> 01:39:52,639

live you've got a flotation tank center

2327

01:39:56,629 --> 01:39:54,719

around you somewhere and you need to go

2328

01:39:58,229 --> 01:39:56,639

and at least

2329

01:40:00,070 --> 01:39:58,239

go through

2330

01:40:04,470 --> 01:40:00,080

the deprivation

2331

01:40:07,030 --> 01:40:04,480

of gravity and and see where because

2332

01:40:08,790 --> 01:40:07,040

this is and i'm sure this is

2333

01:40:11,910 --> 01:40:08,800

your main point

2334

01:40:14,790 --> 01:40:11,920

you are disconnected suddenly

2335

01:40:17,189 --> 01:40:14,800

from stress body stress

2336

01:40:19,669 --> 01:40:17,199

and then mental stress

2337

01:40:21,350 --> 01:40:19,679

is it has gone away

2338

01:40:23,590 --> 01:40:21,360

and your brain

2339

01:40:24,550 --> 01:40:23,600

works in another way

2340

01:40:26,870 --> 01:40:24,560

um

2341

01:40:27,910 --> 01:40:26,880

that you don't experience in the real

2342

01:40:28,990 --> 01:40:27,920

world

2343

01:40:31,430 --> 01:40:29,000

right and

2344

01:40:33,430 --> 01:40:31,440

suddenly right

2345

01:40:35,830 --> 01:40:33,440

and and that's what that's what uh the

2346

01:40:37,830 --> 01:40:35,840

flotation tanks do for you

2347

01:40:39,430 --> 01:40:37,840

yeah yeah it basically pushes your brain

2348

01:40:41,750 --> 01:40:39,440

into theta

2349

01:40:43,270 --> 01:40:41,760

theta is like you know that the brain

2350

01:40:44,709 --> 01:40:43,280

wave where you experience right before

2351

01:40:46,790 --> 01:40:44,719

you fall asleep right when you're

2352

01:40:49,350 --> 01:40:46,800

falling asleep you can actually

2353

01:40:52,470 --> 01:40:49,360

reprogram your subconscious mind in the

2354

01:40:54,390 --> 01:40:52,480

flow the flow tank i've astral traveled

2355

01:40:56,229 --> 01:40:54,400

in the float tank i mean every time i

2356

01:40:58,070 --> 01:40:56,239

float i feel like i'm standing up which

2357

01:41:00,470 --> 01:40:58,080

is really odd you know you you lay

2358

01:41:02,550 --> 01:41:00,480

backwards but you know i i literally

2359

01:41:04,390 --> 01:41:02,560

feel like i'm i'm up

2360

01:41:06,550 --> 01:41:04,400

standing up by the end of my float

2361

01:41:09,350 --> 01:41:06,560

always um so you can have some really

2362

01:41:11,910 --> 01:41:09,360

really crazy experiences in in the float

2363

01:41:13,590 --> 01:41:11,920

tank i actually one time i was floating

2364

01:41:15,270 --> 01:41:13,600

and i went in with an intention me and

2365

01:41:16,070 --> 01:41:15,280

my uh one of my friends actually did

2366

01:41:18,550 --> 01:41:16,080

this

2367

01:41:20,870 --> 01:41:18,560

to find out the time of my birth right

2368

01:41:22,470 --> 01:41:20,880

and so she meditated on it yes and then

2369

01:41:25,109 --> 01:41:22,480

i went into the float tank and i

2370

01:41:27,990 --> 01:41:25,119

meditated on it and we came up with

2371

01:41:30,629 --> 01:41:28,000

literally almost the exact same time she

2372

01:41:33,910 --> 01:41:30,639

said if it was it between 2 and 4 a.m

2373

01:41:36,709 --> 01:41:33,920

and i was like i got 2 47 a.m

2374

01:41:38,310 --> 01:41:36,719

so crazy was it was it correct by the

2375

01:41:40,709 --> 01:41:38,320

way i don't know i don't know but i i

2376

01:41:42,390 --> 01:41:40,719

deeply feel like it was right right yeah

2377

01:41:44,390 --> 01:41:42,400

i mean i've done regression work and

2378

01:41:46,390 --> 01:41:44,400

experienced my birth before

2379

01:41:48,229 --> 01:41:46,400

so i remember coming out of the womb and

2380

01:41:50,390 --> 01:41:48,239

it was dark outside you know it was

2381

01:41:52,229 --> 01:41:50,400

completely black outside so i do

2382

01:41:55,270 --> 01:41:52,239

remember that from doing regression work

2383

01:41:58,470 --> 01:41:55,280

um so i think i got it right honestly

2384

01:42:01,350 --> 01:41:58,480

now uh when you uh

2385

01:42:03,430 --> 01:42:01,360

uh i want to jump forward a little bit

2386

01:42:05,510 --> 01:42:03,440

but when you do

2387

01:42:08,470 --> 01:42:05,520

uh your flotation

2388

01:42:11,910 --> 01:42:08,480

are you doing it in total silence

2389

01:42:14,390 --> 01:42:11,920

yes yes i do i do because i mean the

2390

01:42:16,149 --> 01:42:14,400

whole point of it is sensory deprivation

2391

01:42:18,149 --> 01:42:16,159

right you know you don't have like you

2392

01:42:20,629 --> 01:42:18,159

were saying the stress on your body the

2393

01:42:22,470 --> 01:42:20,639

stress of you know we walk around every

2394

01:42:25,189 --> 01:42:22,480

single day with light even if the light

2395

01:42:27,270 --> 01:42:25,199

isn't bright you know that's stimulus we

2396

01:42:29,910 --> 01:42:27,280

we listen to these sounds even if a car

2397

01:42:31,590 --> 01:42:29,920

is just driving by that's still stimulus

2398

01:42:33,590 --> 01:42:31,600

so when you're in the float tank you

2399

01:42:36,149 --> 01:42:33,600

know to really really get the full

2400

01:42:38,950 --> 01:42:36,159

benefit in my opinion you really have to

2401
01:42:41,030 --> 01:42:38,960
shut it all down all down and and really

2402
01:42:43,910 --> 01:42:41,040
just listen to you what what's going on

2403
01:42:45,590 --> 01:42:43,920
within you you know some stuff may come

2404
01:42:47,990 --> 01:42:45,600
up that wow you don't even know it's

2405
01:42:50,709 --> 01:42:48,000
there because you're distracted all the

2406
01:42:52,470 --> 01:42:50,719
time because of all the stuff going on

2407
01:42:55,189 --> 01:42:52,480
around us so i mean

2408
01:42:58,629 --> 01:42:55,199
the point in my mind of flotation

2409
01:43:00,629 --> 01:42:58,639
therapy is really just to to relax and

2410
01:43:04,629 --> 01:43:00,639
you know really really dive deep

2411
01:43:06,870 --> 01:43:04,639
internally you know now okay so let's

2412
01:43:09,430 --> 01:43:06,880
circle back to

2413
01:43:10,390 --> 01:43:09,440

pastries

2414

01:43:11,430 --> 01:43:10,400

okay

2415

01:43:13,030 --> 01:43:11,440

so

2416

01:43:16,149 --> 01:43:13,040

you're going through these processes

2417

01:43:18,390 --> 01:43:16,159

you're stressed out sous chef by the way

2418

01:43:20,470 --> 01:43:18,400

i i can't wait to to have you make

2419

01:43:23,109 --> 01:43:20,480

pastries for me i bet you they're

2420

01:43:25,750 --> 01:43:23,119

unbelievable but um

2421

01:43:27,669 --> 01:43:25,760

so then what happened with that side of

2422

01:43:29,350 --> 01:43:27,679

your career

2423

01:43:31,109 --> 01:43:29,360

so honestly

2424

01:43:33,430 --> 01:43:31,119

the only thing that probably got me

2425

01:43:35,350 --> 01:43:33,440

through that career was flotation

2426

01:43:37,669 --> 01:43:35,360

therapy because it literally would lower

2427

01:43:40,470 --> 01:43:37,679

my stress levels enough to be able to go

2428

01:43:42,550 --> 01:43:40,480

back to work and do it all over again if

2429

01:43:44,229 --> 01:43:42,560

i wasn't floating once a week during

2430

01:43:46,229 --> 01:43:44,239

that time i probably would have gone

2431

01:43:49,910 --> 01:43:46,239

crazy to be honest

2432

01:43:56,550 --> 01:43:53,030

finally get the guts to leave that job

2433

01:43:59,750 --> 01:43:56,560

you know to to dive into the scary arena

2434

01:44:00,629 --> 01:43:59,760

you know when i got my my job as a chef

2435

01:44:14,870 --> 01:44:00,639

i

2436

01:44:16,950 --> 01:44:14,880

became structure for me and um you know

2437

01:44:19,189 --> 01:44:16,960

that was my probability at the time so

2438

01:44:21,030 --> 01:44:19,199

it was terrifying for me to leave that

2439

01:44:22,790 --> 01:44:21,040

which is why i was stuck in it for so

2440

01:44:25,030 --> 01:44:22,800

long even though i hated it

2441

01:44:27,510 --> 01:44:25,040

so honestly

2442

01:44:29,910 --> 01:44:27,520

the guts to walk away from that job

2443

01:44:32,830 --> 01:44:29,920

that's a biohack in itself

2444

01:44:35,189 --> 01:44:32,840

and it when do you when you hit that

2445

01:44:38,550 --> 01:44:35,199

crossroads was there

2446

01:44:41,109 --> 01:44:38,560

um a chasing of bliss was there

2447

01:44:42,070 --> 01:44:41,119

something that you wanted to do

2448

01:44:43,990 --> 01:44:42,080

that

2449

01:44:46,790 --> 01:44:44,000

you know because you were walking away

2450

01:44:50,390 --> 01:44:46,800

from uh the i don't want to say

2451
01:44:51,750 --> 01:44:50,400
hospitality but restaurant cooking right

2452
01:44:53,750 --> 01:44:51,760
that side of things

2453
01:44:57,270 --> 01:44:53,760
was there something that you wanted to

2454
01:44:59,510 --> 01:44:57,280
do that you then started to focus on

2455
01:45:01,750 --> 01:44:59,520
yeah yeah well actually during during

2456
01:45:03,430 --> 01:45:01,760
the last probably year that i was

2457
01:45:05,990 --> 01:45:03,440
actually working as a chef i was going

2458
01:45:09,350 --> 01:45:06,000
to school to become a real estate agent

2459
01:45:11,830 --> 01:45:09,360
um because i was my relationship at the

2460
01:45:13,990 --> 01:45:11,840
time he was a flipper so he flipped

2461
01:45:16,229 --> 01:45:14,000
homes and he owned a bunch of property

2462
01:45:18,550 --> 01:45:16,239
so i was trying to get my license to be

2463
01:45:21,030 --> 01:45:18,560

able to save the commission you know to

2464

01:45:23,590 --> 01:45:21,040

be able to save commission for the flips

2465

01:45:26,229 --> 01:45:23,600

and i ended up getting my license and i

2466

01:45:29,910 --> 01:45:26,239

i got a deal right away and i loved it

2467

01:45:34,310 --> 01:45:29,920

so really i just you know after i stayed

2468

01:45:36,629 --> 01:45:35,189

bully

2469

01:45:43,430 --> 01:45:36,639

okay

2470

01:45:45,270 --> 01:45:43,440

actually when i started real estate i go

2471

01:45:47,910 --> 01:45:45,280

ahead and finish that sentence

2472

01:45:51,189 --> 01:45:47,920

um when i started real estate i that's

2473

01:45:52,149 --> 01:45:51,199

when i really left the culinary industry

2474

01:45:55,270 --> 01:45:52,159

um

2475

01:46:00,790 --> 01:45:56,310

ring

2476

01:46:02,790 --> 01:46:00,800

um you know

2477

01:46:05,350 --> 01:46:02,800

getting my license really really gave me

2478

01:46:07,910 --> 01:46:05,360

the guts to leave the culinary industry

2479

01:46:10,830 --> 01:46:07,920

so and that and and those are uh you

2480

01:46:12,470 --> 01:46:10,840

know that's like apples and oranges

2481

01:46:18,629 --> 01:46:12,480

right

2482

01:46:19,590 --> 01:46:18,639

industry but uh to go into real estate

2483

01:46:22,149 --> 01:46:19,600

how does

2484

01:46:24,390 --> 01:46:22,159

how if if this suddenly you're in

2485

01:46:27,270 --> 01:46:24,400

something that you enjoy

2486

01:46:30,229 --> 01:46:27,280

how does that change your perspective on

2487

01:46:33,830 --> 01:46:30,239

life and and you know moving forward in

2488

01:46:36,790 --> 01:46:33,840

the biohack to be happy internally

2489

01:46:39,430 --> 01:46:36,800

yeah you know what i was i i was just it

2490

01:46:41,669 --> 01:46:39,440

was like almost just crossing into a new

2491

01:46:45,189 --> 01:46:41,679

life almost

2492

01:46:48,550 --> 01:46:45,199

oh man okay i'm sorry for the dropouts

2493

01:46:51,510 --> 01:46:48,560

everybody hey hey elizabeth i am going

2494

01:46:53,750 --> 01:46:51,520

to uh i'm going to do a reset i'm going

2495

01:46:55,910 --> 01:46:53,760

to let me jump to a break i'm going to

2496

01:46:58,149 --> 01:46:55,920

do this and i'm going to do a hard reset

2497

01:47:00,070 --> 01:46:58,159

on our connection here this is fade to

2498

01:47:02,470 --> 01:47:00,080

black i'm yours jimmy church more with

2499

01:47:04,470 --> 01:47:02,480

elizabeth when we come back but

2500

01:47:06,790 --> 01:47:04,480

this is too important to me

2501
01:47:08,310 --> 01:47:06,800
and i need to have the flow so we'll

2502
01:47:10,400 --> 01:47:08,320
reset everything i'll be right back

2503
01:47:15,410 --> 01:47:10,410
after this short break stay with us

2504
01:47:16,700 --> 01:47:15,420
[Music]

2505
01:47:19,350 --> 01:47:16,710
[Applause]

2506
01:47:21,109 --> 01:47:19,360
[Music]

2507
01:47:26,490 --> 01:47:21,119
hi

2508
01:47:30,470 --> 01:47:27,990
[Music]

2509
01:47:33,830 --> 01:47:30,480
your 1 million gigawatt paranormal

2510
01:47:35,590 --> 01:47:33,840
powerhouse kunx db

2511
01:47:37,270 --> 01:47:35,600
the x

2512
01:47:39,910 --> 01:47:37,280
are you ready to read about true

2513
01:47:42,709 --> 01:47:39,920

paranormal events unex media publishes

2514

01:47:45,109 --> 01:47:42,719

non-fiction books about ufos ghosts and

2515

01:47:48,390 --> 01:47:45,119

haunted places time anomalies cryptid

2516

01:47:50,550 --> 01:47:48,400

creatures and more just like kunx db

2517

01:47:53,550 --> 01:47:50,560

radio it's all about unexplained

2518

01:47:55,510 --> 01:47:53,560

phenomena visit

2519

01:47:57,750 --> 01:47:55,520

www.unxmedia.com to see our list of

2520

01:48:00,390 --> 01:47:57,760

great book titles by debbie zigglemeyer

2521

01:48:02,950 --> 01:48:00,400

gene walker devin listrom wayne lawrence

2522

01:48:06,709 --> 01:48:02,960

bill spicer and yours truly margie k

2523

01:48:10,709 --> 01:48:08,550

why is it we're not very good with our

2524

01:48:12,390 --> 01:48:10,719

health regiment until it's too late we

2525

01:48:14,310 --> 01:48:12,400

don't put oil in the car until the

2526

01:48:17,030 --> 01:48:14,320

engine blows up when the body's out of

2527

01:48:19,350 --> 01:48:17,040

balance your health is not so good give

2528

01:48:22,550 --> 01:48:19,360

your body some love log on to get the

2529

01:48:24,470 --> 01:48:22,560

tea.com that's get the tea dot com try

2530

01:48:27,590 --> 01:48:24,480

our life change tea which cleanses you

2531

01:48:29,189 --> 01:48:27,600

from harmful intruders a clean colon is

2532

01:48:31,189 --> 01:48:29,199

one of the ways to bring the body in

2533

01:48:33,270 --> 01:48:31,199

balance we also carry organic

2534

01:48:35,990 --> 01:48:33,280

supplements to help you get where you

2535

01:48:38,390 --> 01:48:36,000

need to go so do your body a favor log

2536

01:48:40,550 --> 01:48:38,400

on to get the tea.com that's get the

2537

01:48:42,790 --> 01:48:40,560

ttea.com

2538

01:48:45,270 --> 01:48:42,800

you can even visit our sales page to

2539

01:48:47,510 --> 01:48:45,280

save some dough does anybody call money

2540

01:48:49,590 --> 01:48:47,520

dough anymore anyway if you're looking

2541

01:48:53,030 --> 01:48:49,600

for short helpful health tips go to

2542

01:48:55,990 --> 01:48:53,040

youtube and punch in health matters now

2543

01:48:57,109 --> 01:48:56,000

that's health matters now

2544

01:48:59,830 --> 01:48:57,119

so

2545

01:49:02,229 --> 01:48:59,840

log on to get the tea.com

2546

01:49:04,870 --> 01:49:02,239

get balanced then learn some cool tips

2547

01:49:07,830 --> 01:49:04,880

at health matters now you'll be glad you

2548

01:49:09,669 --> 01:49:07,840

did that's get the tea dot com

2549

01:49:13,030 --> 01:49:09,679

this is jimmy church of fade to black

2550

01:49:16,229 --> 01:49:13,040

and i only drink fade to black blend

2551
01:49:17,830 --> 01:49:16,239
coffee from river moon just click on the

2552
01:49:19,589 --> 01:49:17,840
river moon coffee banner at

2553
01:49:23,589 --> 01:49:19,599
jimmychurchradio.com

2554
01:49:27,350 --> 01:49:23,599
promo code f2b blend

2555
01:49:30,560 --> 01:49:29,030
paid forward black

2556
01:49:34,470 --> 01:49:30,570
make contact

2557
01:49:39,270 --> 01:49:36,310
when you're in the house for longer

2558
01:49:43,430 --> 01:49:39,280
periods of time you can see them flying

2559
01:49:46,790 --> 01:49:43,440
or running across the floor ooh yuck

2560
01:49:51,030 --> 01:49:46,800
they're unhealthy gross and disgusting

2561
01:49:53,270 --> 01:49:51,040
bugs i loathe bugs we keep a clean home

2562
01:49:55,910 --> 01:49:53,280
but occasionally bugs show up

2563
01:49:59,589 --> 01:49:55,920

well i found something that is tougher

2564

01:50:03,189 --> 01:49:59,599

than bugs orange guard on contact it

2565

01:50:06,070 --> 01:50:03,199

kills hidden bugs including ants roaches

2566

01:50:08,550 --> 01:50:06,080

and fleas plus orange guard is a

2567

01:50:10,550 --> 01:50:08,560

residual repellent all of the

2568

01:50:13,990 --> 01:50:10,560

ingredients of orange guard are on the

2569

01:50:16,310 --> 01:50:14,000

fda generally recognized as safe list

2570

01:50:19,990 --> 01:50:16,320

orange guard may be used around food

2571

01:50:21,990 --> 01:50:20,000

humans and pets it comes with a 30 day

2572

01:50:24,589 --> 01:50:22,000

money back guarantee

2573

01:50:26,149 --> 01:50:24,599

orange guard available at

2574

01:50:29,750 --> 01:50:26,159

orangeguard.com

2575

01:50:33,109 --> 01:50:29,760

whole foods and ace hardware

2576

01:50:35,830 --> 01:50:33,119

gold loves chaos uncertainty and

2577

01:50:37,669 --> 01:50:35,840

disarray history shows us what gold does

2578

01:50:39,510 --> 01:50:37,679

when people aren't sure aren't sure

2579

01:50:42,310 --> 01:50:39,520

about the government the stock market

2580

01:50:45,030 --> 01:50:42,320

their jobs or their retirement savings

2581

01:50:46,950 --> 01:50:45,040

our national debt is skyrocketing gold

2582

01:50:49,109 --> 01:50:46,960

and other precious metals are a defense

2583

01:50:51,910 --> 01:50:49,119

measure against inflation and a stock

2584

01:50:54,149 --> 01:50:51,920

market that might take years to recover

2585

01:50:56,470 --> 01:50:54,159

so what can you do right now to protect

2586

01:50:58,229 --> 01:50:56,480

yourself called united gold group we

2587

01:51:01,430 --> 01:50:58,239

offer gold and other precious metals

2588

01:51:03,030 --> 01:51:01,440

delivered securely within 72 hours are

2589

01:51:05,510 --> 01:51:03,040

you worried about the stock market we

2590

01:51:09,830 --> 01:51:05,520

can also help you set up a real gold or

2591

01:51:12,149 --> 01:51:09,840

silver ira or a 401k safe and secure

2592

01:51:15,510 --> 01:51:12,159

united gold group makes gold ownership

2593

01:51:17,990 --> 01:51:15,520

affordable call now and get up to 2 500

2594

01:51:23,030 --> 01:51:18,000

in free gold or silver with a qualified

2595

01:51:23,040 --> 01:51:25,629

that's

2596

01:51:38,950 --> 01:51:27,270

800-753-85534 or visit

2597

01:51:44,629 --> 01:51:40,790

you want to know a secret

2598

01:51:45,990 --> 01:51:44,639

i love ponies i really love ponies i'm

2599

01:51:48,229 --> 01:51:46,000

serious

2600

01:51:49,589 --> 01:51:48,239

i couldn't stay sane without pulling mr

2601
01:51:51,669 --> 01:51:49,599
brush

2602
01:51:58,070 --> 01:51:51,679
why fade to black

2603
01:52:06,640 --> 01:52:00,310
this is fade to black with jimmy church

2604
01:52:17,270 --> 01:52:15,589
[Music]

2605
01:52:19,109 --> 01:52:17,280
welcome back payton black i'm your host

2606
01:52:21,830 --> 01:52:19,119
jimmy church tonight elizabeth hogswear

2607
01:52:23,910 --> 01:52:21,840
is with us i just did a quick reset

2608
01:52:26,629 --> 01:52:23,920
and uh

2609
01:52:28,070 --> 01:52:26,639
biohacking your life and we're talking

2610
01:52:29,510 --> 01:52:28,080
about her new best-selling book it's

2611
01:52:32,229 --> 01:52:29,520
called the recipe to elevate a

2612
01:52:35,189 --> 01:52:32,239
consciousness and and and here's the

2613
01:52:37,350 --> 01:52:35,199

deal uh elizabeth i'm not sure if you're

2614

01:52:39,430 --> 01:52:37,360

aware of this today but earlier today

2615

01:52:42,790 --> 01:52:39,440

like apple went down

2616

01:52:44,550 --> 01:52:42,800

right apple right and and and there

2617

01:52:47,589 --> 01:52:44,560

there's a lot of uh

2618

01:52:49,270 --> 01:52:47,599

a lot of issues that are going on uh

2619

01:52:51,430 --> 01:52:49,280

around the world not only with the the

2620

01:52:52,550 --> 01:52:51,440

internet but it's satellites it's solar

2621

01:52:53,750 --> 01:52:52,560

flares

2622

01:52:55,589 --> 01:52:53,760

there there are things that are

2623

01:52:57,270 --> 01:52:55,599

happening so it just may not even be the

2624

01:53:00,070 --> 01:52:57,280

connection between you and us this is

2625

01:53:02,709 --> 01:53:00,080

something that is way beyond our control

2626

01:53:05,189 --> 01:53:02,719

and uh and maybe uh you and i didn't

2627

01:53:06,390 --> 01:53:05,199

effectively ground you know before the

2628

01:53:09,030 --> 01:53:06,400

show so

2629

01:53:10,550 --> 01:53:09,040

but um i want to mention this uh before

2630

01:53:13,510 --> 01:53:10,560

we move on

2631

01:53:16,629 --> 01:53:13,520

um i'm excited that you and i are gonna

2632

01:53:19,189 --> 01:53:16,639

be able to hang out again very soon

2633

01:53:20,709 --> 01:53:19,199

because we've got the world premiere red

2634

01:53:23,510 --> 01:53:20,719

carpet

2635

01:53:27,109 --> 01:53:23,520

of uh a new movie uh that you and i have

2636

01:53:29,830 --> 01:53:27,119

been uh working on um and uh it's uh the

2637

01:53:31,430 --> 01:53:29,840

black knight satellite with billy and

2638

01:53:32,790 --> 01:53:31,440

the premiere is going to go down in

2639

01:53:33,750 --> 01:53:32,800

detroit

2640

01:53:37,189 --> 01:53:33,760

right

2641

01:53:40,629 --> 01:53:37,199

yes yes metro detroit michigan so it

2642

01:53:42,390 --> 01:53:40,639

will be at a beautiful theater um the

2643

01:53:45,830 --> 01:53:42,400

red carpet will be rolled out for

2644

01:53:48,390 --> 01:53:45,840

everybody i'm so so excited for it it's

2645

01:53:50,790 --> 01:53:48,400

gonna be a great event you know um so

2646

01:53:52,229 --> 01:53:50,800

we'll air the movie first and then you

2647

01:53:53,910 --> 01:53:52,239

know billy will be

2648

01:53:55,750 --> 01:53:53,920

probably go up and answer questions

2649

01:53:57,430 --> 01:53:55,760

about the documentary and everything and

2650

01:53:59,510 --> 01:53:57,440

it'll be awesome you know we'll have

2651
01:54:02,070 --> 01:53:59,520
most of the cast there you know i sent

2652
01:54:04,149 --> 01:54:02,080
out an email today so i i'm finding out

2653
01:54:06,709 --> 01:54:04,159
now that you know a lot of the cast is

2654
01:54:09,109 --> 01:54:06,719
confirmed and will be coming so

2655
01:54:11,510 --> 01:54:09,119
i'm just i'm really really thrilled it's

2656
01:54:13,589 --> 01:54:11,520
going to be an amazing amazing event i

2657
01:54:14,470 --> 01:54:13,599
just want pastry i'm just letting you

2658
01:54:15,750 --> 01:54:14,480
know

2659
01:54:19,189 --> 01:54:15,760
i expect

2660
01:54:22,629 --> 01:54:19,199
i know uh

2661
01:54:25,830 --> 01:54:22,639
i i just know you and i know that this

2662
01:54:26,870 --> 01:54:25,840
is going to be spectacular man and it is

2663
01:54:28,070 --> 01:54:26,880

yeah

2664

01:54:30,870 --> 01:54:28,080

you know what i'm excited for though

2665

01:54:34,310 --> 01:54:30,880

jimmy what's up i'm excited for egypt oh

2666

01:54:37,350 --> 01:54:34,320

yeah yeah yeah we're going to egypt uh

2667

01:54:40,629 --> 01:54:37,360

in october right yep october 5th through

2668

01:54:41,990 --> 01:54:40,639

the 12th yup a seven day tour my

2669

01:54:45,669 --> 01:54:42,000

birthday

2670

01:54:48,229 --> 01:54:45,679

oh snap yeah i'm gonna be in egypt with

2671

01:54:49,589 --> 01:54:48,239

billy and elizabeth on my birthday

2672

01:54:52,870 --> 01:54:49,599

october 10th

2673

01:54:54,550 --> 01:54:52,880

wow that's amazing yeah that's amazing

2674

01:54:56,310 --> 01:54:54,560

me and billy actually went last year

2675

01:54:59,589 --> 01:54:56,320

during his birthday his birthday he had

2676

01:55:02,229 --> 01:55:00,950

you know what

2677

01:55:04,629 --> 01:55:02,239

i would have

2678

01:55:06,310 --> 01:55:04,639

i was gonna say fly on the wall but no

2679

01:55:07,109 --> 01:55:06,320

maybe not maybe i didn't want to see

2680

01:55:11,109 --> 01:55:07,119

that

2681

01:55:14,470 --> 01:55:11,119

yeah we're gonna be in egypt for my

2682

01:55:16,390 --> 01:55:14,480

birthday this october and uh i i cannot

2683

01:55:19,270 --> 01:55:16,400

wait this is you guys have been there

2684

01:55:21,189 --> 01:55:19,280

many times um it's the basis of so much

2685

01:55:22,470 --> 01:55:21,199

of your research this is my first trip

2686

01:55:23,510 --> 01:55:22,480

to egypt

2687

01:55:27,669 --> 01:55:23,520

and

2688

01:55:30,229 --> 01:55:27,679

this for years that you know my first

2689

01:55:32,550 --> 01:55:30,239

trip was going to be with billy and you

2690

01:55:34,149 --> 01:55:32,560

know everything else just came and ran

2691

01:55:36,470 --> 01:55:34,159

interference you know for the last

2692

01:55:38,950 --> 01:55:36,480

couple of years but finally we've got

2693

01:55:40,870 --> 01:55:38,960

this and we're all going in october it's

2694

01:55:42,470 --> 01:55:40,880

going to be amazing it's going to be

2695

01:55:44,070 --> 01:55:42,480

awesome it's going to be really really

2696

01:55:45,830 --> 01:55:44,080

amazing we have a

2697

01:55:47,910 --> 01:55:45,840

so much planned every single day we'll

2698

01:55:50,629 --> 01:55:47,920

be doing something else there's a four

2699

01:55:53,189 --> 01:55:50,639

day Nile cruise that will be a forbidden

2700

01:55:54,870 --> 01:55:53,199

cruise you know so we'll have all of our

2701
01:55:56,709 --> 01:55:54,880
people and we'll have a you know a nice

2702
01:55:58,870 --> 01:55:56,719
little party on the on the beautiful

2703
01:56:01,669 --> 01:55:58,880
cruise ship and you know we'll be

2704
01:56:03,350 --> 01:56:01,679
staying at these really amazing places i

2705
01:56:06,550 --> 01:56:03,360
mean the experience is just something

2706
01:56:09,990 --> 01:56:06,560
else the energy over there is different

2707
01:56:12,550 --> 01:56:10,000
now um and it is okay

2708
01:56:13,430 --> 01:56:12,560
this is this is kind of strange to to

2709
01:56:17,030 --> 01:56:13,440
say

2710
01:56:18,709 --> 01:56:17,040
but grounding in in egypt

2711
01:56:21,109 --> 01:56:18,719
that's got to be one of the most dynamic

2712
01:56:24,149 --> 01:56:21,119
things that you can go through right to

2713
01:56:26,629 --> 01:56:24,159

ground in egypt to go through these

2714

01:56:28,470 --> 01:56:26,639

sacred places and temples and sights and

2715

01:56:30,950 --> 01:56:28,480

the energy that is there

2716

01:56:33,109 --> 01:56:30,960

and grounding in egypt that's just got

2717

01:56:36,070 --> 01:56:33,119

to be off the hook right

2718

01:56:39,430 --> 01:56:36,080

yeah well what what's crazy this is so

2719

01:56:41,589 --> 01:56:39,440

crazy jimmy so i used to work at a um a

2720

01:56:44,550 --> 01:56:41,599

holistic place and

2721

01:56:46,229 --> 01:56:44,560

it had different modalities um

2722

01:56:48,390 --> 01:56:46,239

and it had this modality called the

2723

01:56:51,189 --> 01:56:48,400

magnesphere right and this magnesphere

2724

01:56:53,350 --> 01:56:51,199

is is a biohacking tool it's two very

2725

01:56:54,870 --> 01:56:53,360

very large copper rings and you sit in

2726

01:56:57,589 --> 01:56:54,880

the center of these rings and it lends

2727

01:56:59,750 --> 01:56:57,599

you a very low magnetic frequency okay

2728

01:57:02,390 --> 01:56:59,760

what that frequency does

2729

01:57:04,550 --> 01:57:02,400

is it stimulates your vagus nerve

2730

01:57:06,550 --> 01:57:04,560

when your vagus nerve is stimulated if

2731

01:57:08,310 --> 01:57:06,560

you're in high sympathetic or you're in

2732

01:57:11,189 --> 01:57:08,320

you know fight or flight it will bring

2733

01:57:13,589 --> 01:57:11,199

you back into parasympathetic rest and

2734

01:57:15,589 --> 01:57:13,599

digest so it'll down regulate you and

2735

01:57:17,510 --> 01:57:15,599

just really really you'll feel just a

2736

01:57:19,750 --> 01:57:17,520

magnetic almost just wave through your

2737

01:57:20,790 --> 01:57:19,760

body right it's crazy it's a crazy

2738

01:57:23,750 --> 01:57:20,800

feeling

2739

01:57:27,910 --> 01:57:23,760

so when i was in egypt in specific parts

2740

01:57:30,709 --> 01:57:27,920

of egypt i felt that feeling in my body

2741

01:57:32,950 --> 01:57:30,719

of the magnetic waves especially in

2742

01:57:34,950 --> 01:57:32,960

sakara we were

2743

01:57:35,910 --> 01:57:34,960

going through these tunnels with these

2744

01:57:37,030 --> 01:57:35,920

huge

2745

01:57:42,550 --> 01:57:37,040

granite

2746

01:57:44,550 --> 01:57:42,560

and um you know in those tunnel feeling

2747

01:57:46,470 --> 01:57:44,560

of that magnetic wave through my body i

2748

01:57:49,350 --> 01:57:46,480

felt it the entire time we were down in

2749

01:57:52,310 --> 01:57:49,360

those tunnels so now i've i've watched

2750

01:57:54,070 --> 01:57:52,320

the videos and you know and i've teased

2751
01:57:55,270 --> 01:57:54,080
billy you know this i've teased billy

2752
01:57:57,910 --> 01:57:55,280
about this

2753
01:57:59,589 --> 01:57:57,920
um claustrophobic right

2754
01:58:02,470 --> 01:57:59,599
and and i remember you telling me i'm

2755
01:58:05,589 --> 01:58:02,480
tiny i can go through billy's not tiny i

2756
01:58:08,470 --> 01:58:05,599
know no he's he's he's he's a big guy

2757
01:58:09,990 --> 01:58:08,480
and i'm in between you and billy uh

2758
01:58:11,350 --> 01:58:10,000
size-wise

2759
01:58:12,470 --> 01:58:11,360
but uh

2760
01:58:15,830 --> 01:58:12,480
you

2761
01:58:17,830 --> 01:58:15,840
like it's nothing

2762
01:58:19,910 --> 01:58:17,840
you're okay you don't did you feel

2763
01:58:21,430 --> 01:58:19,920

claustrophobic i asked you this

2764

01:58:24,149 --> 01:58:21,440

privately but

2765

01:58:26,070 --> 01:58:24,159

uh just right now in front of everybody

2766

01:58:28,629 --> 01:58:26,080

are you okay with that

2767

01:58:30,950 --> 01:58:28,639

yeah yeah i'm not i was never really um

2768

01:58:32,550 --> 01:58:30,960

claustrophobic at all so you know i can

2769

01:58:35,270 --> 01:58:32,560

i can just climb through areas i'll

2770

01:58:38,149 --> 01:58:35,280

crawl through places you know i love it

2771

01:58:41,109 --> 01:58:38,159

well when we go we're going to facetime

2772

01:58:42,950 --> 01:58:41,119

i'll be outside and you can just show me

2773

01:58:45,830 --> 01:58:42,960

what's going what's going on in there

2774

01:58:48,229 --> 01:58:45,840

now let's uh let's get back to uh

2775

01:58:51,589 --> 01:58:48,239

where we were

2776

01:58:53,430 --> 01:58:51,599

biohacking your career now so you go and

2777

01:58:55,910 --> 01:58:53,440

i like the sleep deprivation you know

2778

01:58:57,830 --> 01:58:55,920

calming your nerves but it also helps

2779

01:58:59,589 --> 01:58:57,840

you make a decision

2780

01:59:01,669 --> 01:58:59,599

going uh

2781

01:59:04,550 --> 01:59:01,679

you know i'm having to

2782

01:59:06,629 --> 01:59:04,560

get into this float tank because of the

2783

01:59:08,470 --> 01:59:06,639

stress of my day

2784

01:59:11,430 --> 01:59:08,480

well that's that's only putting a

2785

01:59:14,390 --> 01:59:11,440

band-aid on the problem you've got to

2786

01:59:17,270 --> 01:59:14,400

uh take control and take initiative and

2787

01:59:19,109 --> 01:59:17,280

you did just that right well

2788

01:59:20,629 --> 01:59:19,119

there's a there's a fear factor that

2789

01:59:21,910 --> 01:59:20,639

most people have because they're

2790

01:59:22,790 --> 01:59:21,920

comfortable

2791

01:59:28,070 --> 01:59:22,800

in

2792

01:59:30,229 --> 01:59:28,080

so they don't have to go and and maybe

2793

01:59:31,990 --> 01:59:30,239

change careers or do what they want

2794

01:59:34,310 --> 01:59:32,000

they're in the comfort zone and they

2795

01:59:38,390 --> 01:59:34,320

deal with the stress and they don't take

2796

01:59:42,870 --> 01:59:40,870

yeah i've just you know i found that on

2797

01:59:44,390 --> 01:59:42,880

the other side of fear is something

2798

01:59:47,109 --> 01:59:44,400

great usually

2799

01:59:48,629 --> 01:59:47,119

so anytime i'm scared of anything i i

2800

01:59:51,750 --> 01:59:48,639

like to jump in and

2801
01:59:54,709 --> 01:59:51,760
dive right into the fear i mean i i used

2802
01:59:56,629 --> 01:59:54,719
to have this fear of public speaking

2803
01:59:58,470 --> 01:59:56,639
and now i'm going

2804
02:00:00,310 --> 01:59:58,480
to speak at conferences you know because

2805
02:00:03,430 --> 02:00:00,320
i'm terrified but i know that on the

2806
02:00:05,589 --> 02:00:03,440
other side of my fear is greatness so

2807
02:00:08,229 --> 02:00:05,599
you know i just i've always found that

2808
02:00:11,270 --> 02:00:08,239
you know fear is resistance and

2809
02:00:13,350 --> 02:00:11,280
resistance creates growth so

2810
02:00:16,310 --> 02:00:13,360
so um

2811
02:00:19,669 --> 02:00:16,320
how do uh okay i understand facing your

2812
02:00:21,750 --> 02:00:19,679
fear but uh for those out there

2813
02:00:23,109 --> 02:00:21,760

that need to hear this

2814

02:00:25,270 --> 02:00:23,119

um

2815

02:00:27,830 --> 02:00:25,280

that know that there's something inside

2816

02:00:31,750 --> 02:00:27,840

that is missing that will make them

2817

02:00:33,750 --> 02:00:31,760

happy and i'm talking about a career

2818

02:00:35,510 --> 02:00:33,760

how do you

2819

02:00:37,189 --> 02:00:35,520

overcome it

2820

02:00:39,350 --> 02:00:37,199

and and and

2821

02:00:41,270 --> 02:00:39,360

initiate the change how do you

2822

02:00:43,270 --> 02:00:41,280

hack that

2823

02:00:45,430 --> 02:00:43,280

well i mean i think it it it's really a

2824

02:00:47,430 --> 02:00:45,440

mix of a lot of things um you know like

2825

02:00:49,990 --> 02:00:47,440

i was talking about trauma earlier you

2826

02:00:51,990 --> 02:00:50,000

know being able to deal with your trauma

2827

02:00:55,189 --> 02:00:52,000

really eliminates a lot of fear within

2828

02:00:58,310 --> 02:00:55,199

your mind and body so i mean when you do

2829

02:01:00,709 --> 02:00:58,320

that you really feel almost

2830

02:01:02,390 --> 02:01:00,719

so just so powerful that you can really

2831

02:01:05,350 --> 02:01:02,400

take on the world and that's really you

2832

02:01:07,189 --> 02:01:05,360

know where i stand now and after doing

2833

02:01:09,510 --> 02:01:07,199

all of the work on myself i mean i

2834

02:01:11,830 --> 02:01:09,520

really really stand in my own power so

2835

02:01:14,149 --> 02:01:11,840

i'm not really afraid of the fear you

2836

02:01:16,070 --> 02:01:14,159

know it kind of interests me now like i

2837

02:01:17,830 --> 02:01:16,080

said i'm terrified to speak in front of

2838

02:01:19,830 --> 02:01:17,840

a whole bunch of people but

2839

02:01:22,229 --> 02:01:19,840

i'm gonna go do it because i'm i'm

2840

02:01:24,709 --> 02:01:22,239

intrigued like this is scary like i'm

2841

02:01:27,510 --> 02:01:24,719

intrigued so i think that that's

2842

02:01:29,990 --> 02:01:27,520

a lot of that stems from me doing my own

2843

02:01:32,550 --> 02:01:30,000

work though um working my trauma out of

2844

02:01:35,669 --> 02:01:32,560

my my mind and body you know

2845

02:01:36,470 --> 02:01:35,679

the uh there is a release

2846

02:01:43,350 --> 02:01:36,480

that

2847

02:01:46,310 --> 02:01:43,360

is

2848

02:01:47,510 --> 02:01:46,320

great it's an extraordinary you took the

2849

02:01:49,189 --> 02:01:47,520

chance

2850

02:01:51,750 --> 02:01:49,199

right you think about it every day man

2851
02:01:53,109 --> 02:01:51,760
i'm gonna quit tomorrow but you don't

2852
02:01:54,070 --> 02:01:53,119
right you don't but

2853
02:01:55,750 --> 02:01:54,080
at

2854
02:01:56,550 --> 02:01:55,760
one point you do

2855
02:01:59,669 --> 02:01:56,560
and

2856
02:02:01,430 --> 02:01:59,679
the the fear of uh the great unknown

2857
02:02:03,830 --> 02:02:01,440
about your next step in life maybe

2858
02:02:06,790 --> 02:02:03,840
you've got another job lined up but

2859
02:02:10,070 --> 02:02:06,800
there is a release that you have

2860
02:02:11,589 --> 02:02:10,080
that your body goes through when you do

2861
02:02:13,109 --> 02:02:11,599
finally

2862
02:02:15,350 --> 02:02:13,119
take the step

2863
02:02:18,229 --> 02:02:15,360

right and that's the feeling that you

2864

02:02:19,589 --> 02:02:18,239

want as you go through life that feeling

2865

02:02:21,990 --> 02:02:19,599

we've all had it

2866

02:02:24,310 --> 02:02:22,000

just do that and repeat it and repeat it

2867

02:02:25,990 --> 02:02:24,320

because it's a great feeling when you

2868

02:02:27,830 --> 02:02:26,000

initiate change

2869

02:02:29,350 --> 02:02:27,840

yeah you know what i i didn't even

2870

02:02:31,270 --> 02:02:29,360

address that jimmy and that's so

2871

02:02:33,510 --> 02:02:31,280

important when i quit

2872

02:02:36,149 --> 02:02:33,520

it was like chains broke off of me you

2873

02:02:37,669 --> 02:02:36,159

know it was like the stress was gone

2874

02:02:40,870 --> 02:02:37,679

i was like

2875

02:02:42,310 --> 02:02:40,880

just had to do it i just had to do it

2876

02:02:44,629 --> 02:02:42,320

so

2877

02:02:46,550 --> 02:02:44,639

it does it feels great it felt great

2878

02:02:48,870 --> 02:02:46,560

because it wasn't for me it was not for

2879

02:02:50,790 --> 02:02:48,880

me when you're going to work and you're

2880

02:02:53,910 --> 02:02:50,800

dreading going to work every day it's

2881

02:02:54,709 --> 02:02:53,920

not for you you know it's not

2882

02:02:56,310 --> 02:02:54,719

and

2883

02:02:57,030 --> 02:02:56,320

now um

2884

02:02:59,350 --> 02:02:57,040

and

2885

02:03:00,709 --> 02:02:59,360

let's talk about the other thing right

2886

02:03:02,149 --> 02:03:00,719

which is

2887

02:03:03,750 --> 02:03:02,159

when i do

2888

02:03:06,550 --> 02:03:03,760

uh and i've always found it so

2889

02:03:08,470 --> 02:03:06,560

interesting when i do a show when i have

2890

02:03:11,589 --> 02:03:08,480

somebody do readings you know tarot

2891

02:03:14,230 --> 02:03:11,599

cards and and you know ouija boards and

2892

02:03:15,430 --> 02:03:14,240

we're doing all this stuff on the air um

2893

02:03:17,510 --> 02:03:15,440

[Music]

2894

02:03:19,350 --> 02:03:17,520

two questions come in

2895

02:03:20,629 --> 02:03:19,360

and there's some that are you know a

2896

02:03:22,950 --> 02:03:20,639

little different

2897

02:03:23,910 --> 02:03:22,960

two questions

2898

02:03:24,950 --> 02:03:23,920

right

2899

02:03:27,669 --> 02:03:24,960

one

2900

02:03:29,750 --> 02:03:27,679

how do i change my career

2901
02:03:30,950 --> 02:03:29,760
that's number one but the the main

2902
02:03:33,990 --> 02:03:30,960
question

2903
02:03:35,669 --> 02:03:34,000
what's up with my love life

2904
02:03:37,350 --> 02:03:35,679
i need a change what's up with my

2905
02:03:38,950 --> 02:03:37,360
relationship

2906
02:03:43,589 --> 02:03:38,960
right okay

2907
02:03:46,229 --> 02:03:43,599
how do we do this biohacking not only

2908
02:03:48,069 --> 02:03:46,239
your relationship but maybe your your

2909
02:03:50,390 --> 02:03:48,079
love life in general maybe you're in a

2910
02:03:52,149 --> 02:03:50,400
relationship that you enjoy but then how

2911
02:03:54,950 --> 02:03:52,159
do you bio-hack

2912
02:03:57,669 --> 02:03:54,960
your relationship and improve it

2913
02:04:00,069 --> 02:03:57,679

right so let's let's let's bio hack your

2914

02:04:02,229 --> 02:04:00,079

love life first

2915

02:04:03,750 --> 02:04:02,239

you're you're in something that is

2916

02:04:07,510 --> 02:04:03,760

that is toxic

2917

02:04:08,629 --> 02:04:07,520

all right and and and you're stuck

2918

02:04:11,589 --> 02:04:08,639

okay

2919

02:04:15,910 --> 02:04:11,599

and i i love it because i get the uh the

2920

02:04:18,149 --> 02:04:15,920

feminine version of this i uh if if

2921

02:04:21,030 --> 02:04:18,159

a man's gonna give a different response

2922

02:04:24,390 --> 02:04:21,040

but but uh how do how do you biohack

2923

02:04:28,069 --> 02:04:24,400

your way out of a relationship

2924

02:04:32,069 --> 02:04:30,790

what that you do on yourself you know on

2925

02:04:33,350 --> 02:04:32,079

you

2926

02:04:35,589 --> 02:04:33,360

get the

2927

02:04:37,910 --> 02:04:35,599

the you know strength to actually be

2928

02:04:39,830 --> 02:04:37,920

able to leave you know i was in a lot of

2929

02:04:41,430 --> 02:04:39,840

really terrible relationships not a lot

2930

02:04:43,830 --> 02:04:41,440

but i was in a couple really really

2931

02:04:46,950 --> 02:04:43,840

awful ones but that was because i had no

2932

02:04:48,870 --> 02:04:46,960

love for myself i had no self-love i

2933

02:04:51,589 --> 02:04:48,880

have no self-esteem

2934

02:04:53,589 --> 02:04:51,599

so i let these people just treat me like

2935

02:04:56,470 --> 02:04:53,599

the bottom of their shoes you know i let

2936

02:04:58,550 --> 02:04:56,480

these people treat me like dirt because

2937

02:05:03,510 --> 02:04:58,560

i had no confidence in myself i had no

2938

02:05:08,790 --> 02:05:06,629

love me properly right so

2939

02:05:11,589 --> 02:05:08,800

i mean really doing the doing my work

2940

02:05:13,270 --> 02:05:11,599

and doing my shadow work and finding

2941

02:05:16,069 --> 02:05:13,280

love for self and building my

2942

02:05:18,229 --> 02:05:16,079

self-esteem in my confidence that

2943

02:05:20,629 --> 02:05:18,239

really really changed my entire

2944

02:05:23,030 --> 02:05:20,639

perspective on you know love

2945

02:05:25,990 --> 02:05:23,040

love and relationships and honestly

2946

02:05:27,669 --> 02:05:26,000

energetically you attract what you are

2947

02:05:30,390 --> 02:05:27,679

right you you really attract just a

2948

02:05:32,470 --> 02:05:30,400

mirror of what you are so you know for

2949

02:05:34,790 --> 02:05:32,480

me i was in a

2950

02:05:37,669 --> 02:05:34,800

relationship and you know we broke up

2951

02:05:42,229 --> 02:05:39,990

about a year and a half off of of

2952

02:05:44,709 --> 02:05:42,239

relationships off anything romantic and

2953

02:05:47,189 --> 02:05:44,719

i really dove into myself and did work

2954

02:05:49,030 --> 02:05:47,199

on myself during that time i filled

2955

02:05:51,830 --> 02:05:49,040

myself up i always felt like i had a

2956

02:05:53,350 --> 02:05:51,840

void you know in my gut my whole life

2957

02:05:56,069 --> 02:05:53,360

and i would try to fill it up with drugs

2958

02:05:58,629 --> 02:05:56,079

and alcohol but really that void was

2959

02:06:00,950 --> 02:05:58,639

love you know for self i had none of it

2960

02:06:03,669 --> 02:06:00,960

right so during that year and a half i

2961

02:06:06,470 --> 02:06:03,679

really did the deep deep deep work

2962

02:06:08,390 --> 02:06:06,480

and filled myself up with love and you

2963

02:06:10,709 --> 02:06:08,400

know now i'm in a great relationship i

2964

02:06:12,709 --> 02:06:10,719

attracted somebody that is a great great

2965

02:06:15,270 --> 02:06:12,719

match for me and

2966

02:06:18,709 --> 02:06:15,280

you know and it's a respectful conscious

2967

02:06:21,910 --> 02:06:18,719

relationship you know so okay so but

2968

02:06:24,870 --> 02:06:21,920

here's the crucial thing you can okay so

2969

02:06:27,830 --> 02:06:24,880

you make the conscious decision to

2970

02:06:29,669 --> 02:06:27,840

uh break the chains of your current

2971

02:06:32,149 --> 02:06:29,679

relationship whatever it is

2972

02:06:33,669 --> 02:06:32,159

and you work on yourself okay that's

2973

02:06:36,390 --> 02:06:33,679

great too as well

2974

02:06:38,149 --> 02:06:36,400

but now you need you know the bees to

2975

02:06:41,589 --> 02:06:38,159

honey situation

2976

02:06:45,350 --> 02:06:41,599

and you need to bio-hack yourself

2977

02:06:46,310 --> 02:06:45,360

into the direction of somebody that is

2978

02:06:48,149 --> 02:06:46,320

uh

2979

02:06:51,270 --> 02:06:48,159

more compatible with you that's going to

2980

02:06:53,830 --> 02:06:51,280

make you happy how do you do that

2981

02:06:54,709 --> 02:06:53,840

you didn't you didn't bump into billy

2982

02:06:56,390 --> 02:06:54,719

just

2983

02:06:57,350 --> 02:06:56,400

by chance

2984

02:07:00,069 --> 02:06:57,360

right now

2985

02:07:02,470 --> 02:07:00,079

that that is something that so how how

2986

02:07:06,709 --> 02:07:02,480

do you go through that process i'm very

2987

02:07:11,990 --> 02:07:09,589

no wait it's it's jimmy it goes back to

2988

02:07:14,229 --> 02:07:12,000

the work on self okay i mean honestly

2989

02:07:17,510 --> 02:07:14,239

it's so random like he lives in florida

2990

02:07:19,589 --> 02:07:17,520

i live in michigan i mean it's just it

2991

02:07:22,470 --> 02:07:19,599

how how did this even happen you know

2992

02:07:25,109 --> 02:07:22,480

but it was energetically meant to happen

2993

02:07:28,550 --> 02:07:25,119

because you know it's it's divine that

2994

02:07:31,990 --> 02:07:28,560

was my my destiny it's my my path you

2995

02:07:32,950 --> 02:07:32,000

know and honestly i mean i

2996

02:07:56,629 --> 02:07:32,960

i

2997

02:07:59,030 --> 02:07:56,639

because

2998

02:08:01,910 --> 02:07:59,040

i met billy during the pandemic and it

2999

02:08:05,189 --> 02:08:01,920

was so random you know it was just it

3000

02:08:07,030 --> 02:08:05,199

was so random so i mean energetically

3001
02:08:09,109 --> 02:08:07,040
you will attract the person that's meant

3002
02:08:10,470 --> 02:08:09,119
for you um

3003
02:08:12,629 --> 02:08:10,480
you know once you do the work on

3004
02:08:15,270 --> 02:08:12,639
yourself once you really figure yourself

3005
02:08:17,109 --> 02:08:15,280
out once you really build your self love

3006
02:08:19,350 --> 02:08:17,119
up because then

3007
02:08:21,669 --> 02:08:19,360
you know another person can come in and

3008
02:08:23,350 --> 02:08:21,679
treat you the way you treat yourself

3009
02:08:25,270 --> 02:08:23,360
because honestly if you don't love

3010
02:08:26,550 --> 02:08:25,280
yourself you're not gonna

3011
02:08:29,669 --> 02:08:26,560
you know

3012
02:08:31,109 --> 02:08:29,679
people are gonna treat you crappy

3013
02:08:33,109 --> 02:08:31,119

don't you know that's how you treat

3014

02:08:34,709 --> 02:08:33,119

yourself but the minute you start loving

3015

02:08:36,550 --> 02:08:34,719

on yourself

3016

02:08:38,709 --> 02:08:36,560

you won't let anyone disrespect you or

3017

02:08:41,270 --> 02:08:38,719

treat you anything less than you know

3018

02:08:43,589 --> 02:08:41,280

than how you deserve to be treated

3019

02:08:45,669 --> 02:08:43,599

and honestly i

3020

02:08:47,270 --> 02:08:45,679

i've done the work i know the way i'm

3021

02:08:48,470 --> 02:08:47,280

supposed to be loved because i love

3022

02:08:51,430 --> 02:08:48,480

myself

3023

02:08:53,750 --> 02:08:51,440

and therefore you know i found a match

3024

02:08:55,109 --> 02:08:53,760

that loves me deeply in the way that i

3025

02:08:57,270 --> 02:08:55,119

should be loved

3026

02:09:00,550 --> 02:08:57,280

you know it's it's really work on self

3027

02:09:01,430 --> 02:09:00,560

honestly honestly it is now here we are

3028

02:09:06,709 --> 02:09:01,440

uh

3029

02:09:08,069 --> 02:09:06,719

two-year nightmare this pandemic and

3030

02:09:09,270 --> 02:09:08,079

everything else that's going on in the

3031

02:09:11,669 --> 02:09:09,280

world right now

3032

02:09:14,149 --> 02:09:11,679

there's other things externally

3033

02:09:16,310 --> 02:09:14,159

that are are messing with us uh

3034

02:09:18,870 --> 02:09:16,320

certainly with our emotions and and

3035

02:09:21,589 --> 02:09:18,880

energy levels but

3036

02:09:25,950 --> 02:09:21,599

this is also an opportunity at the end

3037

02:09:28,790 --> 02:09:25,960

of this uh this drama this two years of

3038

02:09:29,990 --> 02:09:28,800

craziness that affected the entire

3039

02:09:32,470 --> 02:09:30,000

planet

3040

02:09:35,669 --> 02:09:32,480

this is the opportunity right now to

3041

02:09:37,669 --> 02:09:35,679

biohack right now if you are going to do

3042

02:09:40,310 --> 02:09:37,679

something for yourself

3043

02:09:43,589 --> 02:09:40,320

it's it's today right it's it's not

3044

02:09:45,830 --> 02:09:43,599

tomorrow it's right now

3045

02:09:47,990 --> 02:09:45,840

i would absolutely agree with you it's

3046

02:09:51,990 --> 02:09:48,000

just the amount of stress that is in the

3047

02:09:53,669 --> 02:09:52,000

world today is is crazy um 90 of people

3048

02:09:55,910 --> 02:09:53,679

right now in america at least are

3049

02:09:57,910 --> 02:09:55,920

walking around in fight or flight that

3050

02:10:01,270 --> 02:09:57,920

means that your nervous system is

3051

02:10:04,069 --> 02:10:01,280

overactive and you know it actually

3052

02:10:07,030 --> 02:10:04,079

your physiology changes you know your

3053

02:10:10,149 --> 02:10:07,040

your frontal cortex your frontal cor low

3054

02:10:12,950 --> 02:10:10,159

your brain your thinking part right your

3055

02:10:15,430 --> 02:10:12,960

your logic it actually the blood vessels

3056

02:10:17,510 --> 02:10:15,440

restrict their constrict and then it

3057

02:10:20,310 --> 02:10:17,520

rushes to your hind brain your reactive

3058

02:10:22,629 --> 02:10:20,320

brain and it goes your blood from your

3059

02:10:24,790 --> 02:10:22,639

organs and you know they go out to your

3060

02:10:27,030 --> 02:10:24,800

peripheral you know to be able to run

3061

02:10:29,350 --> 02:10:27,040

and get away from the threats the

3062

02:10:31,030 --> 02:10:29,360

threats right but see people are stuck

3063

02:10:33,270 --> 02:10:31,040

they're stuck in fight or flight which

3064

02:10:34,229 --> 02:10:33,280

is awful for your system awful for your

3065

02:10:37,270 --> 02:10:34,239

body

3066

02:10:39,430 --> 02:10:37,280

so i mean biohacking really helps you

3067

02:10:42,229 --> 02:10:39,440

you know down regulate it helps you

3068

02:10:43,270 --> 02:10:42,239

return to homeostasis to where you can

3069

02:10:45,830 --> 02:10:43,280

actually

3070

02:10:47,430 --> 02:10:45,840

feel peace again you know and just i

3071

02:10:49,109 --> 02:10:47,440

mean there's just way too much stress in

3072

02:10:51,270 --> 02:10:49,119

the world today and it's manifesting all

3073

02:10:52,950 --> 02:10:51,280

over this earth all over the planet

3074

02:10:54,310 --> 02:10:52,960

so i mean if more people would start

3075

02:10:56,709 --> 02:10:54,320

biohacking

3076

02:10:58,149 --> 02:10:56,719

i i it would show up in the collective

3077

02:11:00,629 --> 02:10:58,159

you know it would become a more

3078

02:11:04,870 --> 02:11:00,639

beautiful place on this earth

3079

02:11:06,790 --> 02:11:04,880

the um the processes for that to

3080

02:11:09,589 --> 02:11:06,800

uh to get

3081

02:11:12,550 --> 02:11:09,599

both the front and back of your head

3082

02:11:15,030 --> 02:11:12,560

uh cooperating which does absolutely

3083

02:11:17,270 --> 02:11:15,040

goes to your fingertips after that right

3084

02:11:19,589 --> 02:11:17,280

it goes to all of your extremes

3085

02:11:22,229 --> 02:11:19,599

um how do you how do we how do we start

3086

02:11:25,030 --> 02:11:22,239

that uh day-to-day without going back to

3087

02:11:26,950 --> 02:11:25,040

like eft right i i get that

3088

02:11:29,030 --> 02:11:26,960

but how do we

3089

02:11:31,510 --> 02:11:29,040

uh how can we

3090

02:11:32,470 --> 02:11:31,520

in the comfort of our own home

3091

02:11:35,189 --> 02:11:32,480

uh

3092

02:11:36,709 --> 02:11:35,199

get our brain to start

3093

02:11:39,270 --> 02:11:36,719

back in sync

3094

02:11:41,990 --> 02:11:39,280

to get away from fight or flight

3095

02:11:43,669 --> 02:11:42,000

so i would tell people to

3096

02:11:45,669 --> 02:11:43,679

think about right before they go to

3097

02:11:47,910 --> 02:11:45,679

sleep at night you never want to go to

3098

02:11:50,069 --> 02:11:47,920

sleep thinking about something negative

3099

02:11:51,830 --> 02:11:50,079

um so honestly before i go to sleep

3100

02:11:53,589 --> 02:11:51,840

every night i think about five things

3101

02:11:55,910 --> 02:11:53,599

that i'm grateful for and i focus on

3102

02:11:58,390 --> 02:11:55,920

them and i focus focus focus until i

3103

02:12:00,310 --> 02:11:58,400

fall asleep and i'll do the exact same

3104

02:12:02,470 --> 02:12:00,320

things in the morning right you know we

3105

02:12:05,189 --> 02:12:02,480

have a bad habit of grabbing our phones

3106

02:12:08,149 --> 02:12:05,199

and immediately when we wake up please

3107

02:12:10,069 --> 02:12:08,159

don't give your brain a break okay

3108

02:12:11,270 --> 02:12:10,079

when you wake up you know

3109

02:12:13,109 --> 02:12:11,280

think about five things that you're

3110

02:12:15,270 --> 02:12:13,119

grateful for if you have the energy get

3111

02:12:16,790 --> 02:12:15,280

it up and write down five things that

3112

02:12:18,470 --> 02:12:16,800

you're grateful for

3113

02:12:21,030 --> 02:12:18,480

that will start changing your neural

3114

02:12:22,870 --> 02:12:21,040

pathways and creating different neural

3115

02:12:24,790 --> 02:12:22,880

pathways and it will make you a more

3116

02:12:26,870 --> 02:12:24,800

grateful person start paying attention

3117

02:12:28,550 --> 02:12:26,880

to the things that you have instead of

3118

02:12:30,709 --> 02:12:28,560

paying the attention to the things that

3119

02:12:32,709 --> 02:12:30,719

you don't have you know really really

3120

02:12:34,709 --> 02:12:32,719

pay attention to your thoughts too i

3121

02:12:37,669 --> 02:12:34,719

mean you are not your thoughts you are

3122

02:12:39,830 --> 02:12:37,679

the observer of your thoughts so really

3123

02:12:42,310 --> 02:12:39,840

really just i mean try to meditate you

3124

02:12:45,189 --> 02:12:42,320

know take five minutes everybody has

3125

02:12:47,030 --> 02:12:45,199

five minutes take five minutes sit

3126

02:12:48,629 --> 02:12:47,040

quietly and just see what's going on

3127

02:12:51,189 --> 02:12:48,639

with your your thoughts because your

3128

02:12:53,109 --> 02:12:51,199

thoughts run you if you don't run them

3129

02:12:55,270 --> 02:12:53,119

so you know you become the master of

3130

02:12:57,910 --> 02:12:55,280

your own thoughts so become that

3131

02:12:59,830 --> 02:12:57,920

observer and that you know just creates

3132

02:13:01,589 --> 02:12:59,840

more awareness more more consciousness

3133

02:13:03,830 --> 02:13:01,599

and more presence

3134

02:13:06,390 --> 02:13:03,840

and when you're present you know

3135

02:13:07,910 --> 02:13:06,400

that's that's bliss that's euphoria

3136

02:13:09,350 --> 02:13:07,920

we're so thinking about things in the

3137

02:13:10,310 --> 02:13:09,360

past they're thinking about what we have

3138

02:13:12,069 --> 02:13:10,320

to do

3139

02:13:15,030 --> 02:13:12,079

you know we're hardly ever present

3140

02:13:17,430 --> 02:13:15,040

anymore so you know in in the present

3141

02:13:20,870 --> 02:13:17,440

moment the only moment that is actually

3142

02:13:23,030 --> 02:13:20,880

real that is actually now right

3143

02:13:25,430 --> 02:13:23,040

i mean that's that's where you will find

3144

02:13:27,109 --> 02:13:25,440

true happiness is is

3145

02:13:29,030 --> 02:13:27,119

now right now

3146

02:13:30,550 --> 02:13:29,040

i i okay

3147

02:13:32,629 --> 02:13:30,560

i practice

3148

02:13:35,750 --> 02:13:32,639

everything that you just said

3149

02:13:37,430 --> 02:13:35,760

and for the audience right now going oh

3150

02:13:39,589 --> 02:13:37,440

stop

3151

02:13:42,709 --> 02:13:39,599

okay this is what i do

3152

02:13:44,629 --> 02:13:42,719

and and the evidence is right out there

3153

02:13:45,990 --> 02:13:44,639

you can go and look for it but check

3154

02:13:46,950 --> 02:13:46,000

this out

3155

02:13:50,390 --> 02:13:46,960

after

3156

02:13:53,189 --> 02:13:50,400

this show is done

3157

02:13:55,189 --> 02:13:53,199

you don't see me posting

3158

02:13:56,870 --> 02:13:55,199

i'm not on the internet

3159

02:14:02,229 --> 02:13:56,880

i'm not you don't see me oh great show

3160

02:14:04,950 --> 02:14:02,239

tonight uh tag elizabeth great show no

3161

02:14:08,310 --> 02:14:04,960

it doesn't exist

3162

02:14:11,270 --> 02:14:08,320

i am not doing that

3163

02:14:13,990 --> 02:14:11,280

i go i eat

3164

02:14:17,589 --> 02:14:14,000

i watch a movie

3165

02:14:18,870 --> 02:14:17,599

i'm doing anything tv whatever

3166

02:14:21,270 --> 02:14:18,880

but i'm doing

3167

02:14:23,270 --> 02:14:21,280

everything but

3168

02:14:24,870 --> 02:14:23,280

the internet social media thinking about

3169

02:14:27,510 --> 02:14:24,880

the show plotting out the next day

3170

02:14:30,790 --> 02:14:27,520

getting my head clouded up keeping my

3171

02:14:31,950 --> 02:14:30,800

brain working and no

3172

02:14:33,589 --> 02:14:31,960

i'm

3173

02:14:34,870 --> 02:14:33,599

unwinding

3174

02:14:38,069 --> 02:14:34,880

yeah right

3175

02:14:40,550 --> 02:14:38,079

and and so and my pat

3176

02:14:43,270 --> 02:14:40,560

you don't see it no

3177

02:14:45,350 --> 02:14:43,280

everybody it's not that i don't love you

3178

02:14:48,229 --> 02:14:45,360

i do

3179

02:14:52,310 --> 02:14:48,239

but i need to disconnect

3180

02:14:54,790 --> 02:14:52,320

i need to make sure that my brain stops

3181

02:14:58,310 --> 02:14:54,800

working through those processes that

3182

02:15:01,350 --> 02:14:58,320

you're talking about so am i

3183

02:15:03,589 --> 02:15:01,360

am i on a computer

3184

02:15:06,310 --> 02:15:03,599

plotting no i'm i'm i'm thinking about

3185

02:15:08,550 --> 02:15:06,320

the day in my head

3186

02:15:10,709 --> 02:15:08,560

what am i going to do when i get up okay

3187

02:15:15,189 --> 02:15:10,719

and disconnect watch a movie watch a

3188

02:15:16,629 --> 02:15:15,199

comedy not thinking about the world or

3189

02:15:19,270 --> 02:15:16,639

wow what was that

3190

02:15:20,550 --> 02:15:19,280

that was awesome scared the crap out of

3191

02:15:23,830 --> 02:15:20,560

me

3192

02:15:26,709 --> 02:15:23,840

and and and but that's what i do

3193

02:15:29,589 --> 02:15:26,719

and and get into that mode of sleep when

3194

02:15:32,629 --> 02:15:29,599

i wake up in the morning elizabeth and i

3195

02:15:34,709 --> 02:15:32,639

i i started this about a year ago

3196

02:15:37,830 --> 02:15:34,719

i used to do just that

3197

02:15:39,270 --> 02:15:37,840

oh wake up pick up my phone right

3198

02:15:41,030 --> 02:15:39,280

first thing

3199

02:15:43,990 --> 02:15:41,040

yeah it's habitual it becomes the first

3200

02:15:47,189 --> 02:15:44,000

one first thing no

3201

02:15:50,390 --> 02:15:47,199

uh uh no that's right there

3202

02:15:52,950 --> 02:15:50,400

um whatever is there is there

3203

02:15:56,470 --> 02:15:52,960

i start off my day you know shower this

3204

02:15:59,350 --> 02:15:56,480

that and thinking about you know the day

3205

02:16:03,189 --> 02:15:59,360

and and what but but i'm not doing it

3206

02:16:07,750 --> 02:16:03,199

via the phone i'm not doing that no i

3207

02:16:09,589 --> 02:16:07,760

don't plug in uh and it's very rare

3208

02:16:14,950 --> 02:16:09,599

i'll write

3209

02:16:18,709 --> 02:16:14,960

things you know because i do have a job

3210

02:16:19,910 --> 02:16:18,719

but i'm not i'm not going there i'm not

3211

02:16:23,430 --> 02:16:19,920

connecting

3212

02:16:25,030 --> 02:16:23,440

you know and and that's it it is it's a

3213

02:16:27,350 --> 02:16:25,040

magical thing and you see the

3214

02:16:29,750 --> 02:16:27,360

transformation

3215

02:16:32,309 --> 02:16:29,760

why is it that so many right now when

3216

02:16:35,349 --> 02:16:32,319

they hear you and i talking about this

3217

02:16:37,110 --> 02:16:35,359

it's like kryptonite to them oh no

3218

02:16:39,669 --> 02:16:37,120

no i can't do that

3219

02:16:41,830 --> 02:16:39,679

i'll do anything else i'll buy a hack

3220

02:16:42,790 --> 02:16:41,840

but i i can't give up my phone in the

3221

02:16:45,270 --> 02:16:42,800

morning

3222

02:16:47,190 --> 02:16:45,280

what are you talking about

3223

02:16:48,870 --> 02:16:47,200

right it's like kryptonite

3224

02:16:50,790 --> 02:16:48,880

yeah i mean that really sets the

3225

02:16:52,389 --> 02:16:50,800

precedence for your day too i mean the

3226

02:16:55,349 --> 02:16:52,399

minute if you're grabbing your phone

3227

02:16:57,030 --> 02:16:55,359

immediately i mean do you know how much

3228

02:16:59,190 --> 02:16:57,040

i'm gonna say the word again do you know

3229

02:17:01,030 --> 02:16:59,200

how much stimulus is going into your

3230

02:17:02,870 --> 02:17:01,040

brain when you're you're reaching for

3231

02:17:05,349 --> 02:17:02,880

your phone the minute you get up and you

3232

02:17:06,790 --> 02:17:05,359

start scrolling i mean your brain takes

3233

02:17:09,110 --> 02:17:06,800

in everything even though you don't

3234

02:17:11,429 --> 02:17:09,120

consciously take in everything it picks

3235

02:17:13,509 --> 02:17:11,439

up everything i mean you're exhausting

3236

02:17:16,389 --> 02:17:13,519

your systems the minute you get up it's

3237

02:17:17,830 --> 02:17:16,399

it's not a great way to start the day no

3238

02:17:20,709 --> 02:17:17,840

and it yeah

3239

02:17:24,070 --> 02:17:20,719

it's not i i don't want to disappoint uh

3240

02:17:26,070 --> 02:17:24,080

but but it's it's really an honest thing

3241

02:17:27,669 --> 02:17:26,080

you know jimmy did you get my email

3242

02:17:29,030 --> 02:17:27,679

they'll call right

3243

02:17:33,669 --> 02:17:29,040

no

3244

02:17:36,469 --> 02:17:33,679

i didn't want to read your email

3245

02:17:39,110 --> 02:17:36,479

i haven't read anybody's email right

3246

02:17:41,030 --> 02:17:39,120

it's not it's not focused it's you how

3247

02:17:43,589 --> 02:17:41,040

come you didn't see my tweet i didn't

3248

02:17:46,389 --> 02:17:43,599

see anybody's

3249

02:17:49,669 --> 02:17:46,399

believe it or not you know and and i

3250

02:17:52,389 --> 02:17:49,679

will set aside time for that but i'm not

3251

02:17:54,950 --> 02:17:52,399

doing that all day long

3252

02:17:57,830 --> 02:17:54,960

i'm just not i'm not

3253

02:17:59,429 --> 02:17:57,840

i'm not and i'm better for it i'm better

3254

02:18:01,349 --> 02:17:59,439

for it you're absolutely right that

3255

02:18:02,469 --> 02:18:01,359

external stimulus and most of it is

3256

02:18:04,709 --> 02:18:02,479

negative

3257

02:18:06,870 --> 02:18:04,719

i don't engage in it

3258

02:18:09,589 --> 02:18:06,880

yeah yeah and honestly the the blue

3259

02:18:11,270 --> 02:18:09,599

lights and how it affects our our eyes

3260

02:18:12,870 --> 02:18:11,280

and how it affects our brain and bodies

3261

02:18:14,549 --> 02:18:12,880

i mean it's really really terrible for

3262

02:18:17,190 --> 02:18:14,559

you right before you go to sleep too you

3263

02:18:18,230 --> 02:18:17,200

should not have or even you know look at

3264

02:18:20,230 --> 02:18:18,240

screens

3265

02:18:22,309 --> 02:18:20,240

an hour to two hours before you go to

3266

02:18:25,270 --> 02:18:22,319

sleep you should not have your eyes

3267

02:18:27,429 --> 02:18:25,280

exposed to any blue light two to three

3268

02:18:30,629 --> 02:18:27,439

hours before you go to sleep you know

3269

02:18:32,469 --> 02:18:30,639

you're you will not get into the correct

3270

02:18:34,950 --> 02:18:32,479

states of sleep there's three different

3271

02:18:37,830 --> 02:18:34,960

kinds of sleep that you get light ram

3272

02:18:39,589 --> 02:18:37,840

and deep okay and they all perform

3273

02:18:42,309 --> 02:18:39,599

different functions for your body and

3274

02:18:45,190 --> 02:18:42,319

brain so it's important to reach all of

3275

02:18:46,629 --> 02:18:45,200

these levels of sleep you know so i mean

3276

02:18:48,950 --> 02:18:46,639

i mean you could get

3277

02:18:50,469 --> 02:18:48,960

blue blockers these glasses that block

3278

02:18:53,589 --> 02:18:50,479

blue light you can you know do things

3279

02:18:56,950 --> 02:18:53,599

like that i mean my my home i have these

3280

02:18:59,030 --> 02:18:56,960

these red tinted light bulbs so after

3281

02:19:00,870 --> 02:18:59,040

the sun goes down you know i i'll turn

3282

02:19:03,509 --> 02:19:00,880

on my red tinted light bulbs instead of

3283

02:19:05,830 --> 02:19:03,519

my my bright light bulbs i'm looking at

3284

02:19:07,910 --> 02:19:05,840

i'm looking at them right now by the way

3285

02:19:11,669 --> 02:19:07,920

she's she's practicing what she's

3286

02:19:13,110 --> 02:19:11,679

preaching i read i read a study uh

3287

02:19:14,790 --> 02:19:13,120

this is uh

3288

02:19:17,190 --> 02:19:14,800

it was about two months ago this came

3289

02:19:18,790 --> 02:19:17,200

out now this is research that has been

3290

02:19:20,790 --> 02:19:18,800

going on for a while which you're

3291

02:19:23,990 --> 02:19:20,800

talking about right now

3292

02:19:25,750 --> 02:19:24,000

that everybody's complaining about

3293

02:19:28,070 --> 02:19:25,760

and not being able to go to sleep at

3294

02:19:29,669 --> 02:19:28,080

night and in the study

3295

02:19:32,389 --> 02:19:29,679

they found out that

3296

02:19:34,389 --> 02:19:32,399

the it was like nine out of ten people

3297

02:19:36,629 --> 02:19:34,399

that complained

3298

02:19:38,230 --> 02:19:36,639

are looking at an ipad

3299

02:19:39,669 --> 02:19:38,240

or a phone

3300

02:19:42,709 --> 02:19:39,679

in bed

3301
02:19:43,750 --> 02:19:42,719
and then wonder why their brain won't

3302
02:19:46,070 --> 02:19:43,760
turn off

3303
02:19:48,710 --> 02:19:46,080
and that blue light

3304
02:19:52,630 --> 02:19:48,720
and the frequency that it is vibrating

3305
02:19:53,429 --> 02:19:52,640
on is keeping your brain at full pump

3306
02:19:58,150 --> 02:19:53,439
yeah

3307
02:19:59,670 --> 02:19:58,160
on

3308
02:20:03,190 --> 02:19:59,680
yes right

3309
02:20:03,990 --> 02:20:03,200
normally it's a two hour wind down oh

3310
02:20:06,469 --> 02:20:04,000
you know

3311
02:20:08,309 --> 02:20:06,479
that's what it is and you're keeping it

3312
02:20:09,910 --> 02:20:08,319
you know so it's midnight and you're

3313
02:20:12,230 --> 02:20:09,920

looking at your phone and you wonder why

3314

02:20:14,230 --> 02:20:12,240

you can't fall asleep till two

3315

02:20:15,190 --> 02:20:14,240

yeah that's why

3316

02:20:16,309 --> 02:20:15,200

yeah

3317

02:20:18,389 --> 02:20:16,319

and you're really you're missing

3318

02:20:20,710 --> 02:20:18,399

necessary levels of sleep you know i

3319

02:20:23,510 --> 02:20:20,720

mean deep sleep cleans and basically

3320

02:20:25,270 --> 02:20:23,520

detoxifies your your body and rem sleep

3321

02:20:27,349 --> 02:20:25,280

detoxifies your brain you know your

3322

02:20:29,590 --> 02:20:27,359

lymphatic system is active when you're

3323

02:20:31,990 --> 02:20:29,600

sleeping that's that's your basic

3324

02:20:35,750 --> 02:20:32,000

lymphatic system in your brain you know

3325

02:20:37,510 --> 02:20:35,760

your your toxic waste disposal right

3326

02:20:39,590 --> 02:20:37,520

okay you're not getting into these great

3327

02:20:41,349 --> 02:20:39,600

levels of sleep i mean you're you're not

3328

02:20:42,230 --> 02:20:41,359

getting a good detox when you're

3329

02:20:44,150 --> 02:20:42,240

sleeping

3330

02:20:45,270 --> 02:20:44,160

you know how many people are like man no

3331

02:20:49,190 --> 02:20:45,280

man

3332

02:20:52,309 --> 02:20:49,200

uh i my phone before bed

3333

02:20:54,070 --> 02:20:52,319

just listen and just try it just just

3334

02:20:55,429 --> 02:20:54,080

you know what just just put the thing

3335

02:20:57,110 --> 02:20:55,439

down

3336

02:20:59,830 --> 02:20:57,120

um

3337

02:21:01,270 --> 02:20:59,840

okay talk about analog and old school in

3338

02:21:03,190 --> 02:21:01,280

this study

3339

02:21:05,830 --> 02:21:03,200

you know what it said

3340

02:21:08,309 --> 02:21:05,840

read a book

3341

02:21:10,950 --> 02:21:08,319

right there's no blue there's no

3342

02:21:13,110 --> 02:21:10,960

frequencies and you wonder why you get

3343

02:21:14,309 --> 02:21:13,120

tired when you read a book

3344

02:21:15,830 --> 02:21:14,319

that's why

3345

02:21:20,950 --> 02:21:15,840

right

3346

02:21:22,630 --> 02:21:20,960

and let's uh let's close with this let's

3347

02:21:25,270 --> 02:21:22,640

talk about diet

3348

02:21:28,550 --> 02:21:25,280

bio hacking your life and and how

3349

02:21:30,550 --> 02:21:28,560

important diet is now don't ruin my life

3350

02:21:33,030 --> 02:21:30,560

for me right now and just

3351

02:21:35,590 --> 02:21:33,040

just take away the things that i love

3352

02:21:38,070 --> 02:21:35,600

but but how important is diet

3353

02:21:40,150 --> 02:21:38,080

you know what diet plays a a big role

3354

02:21:41,110 --> 02:21:40,160

honestly because it can you know the

3355

02:21:41,990 --> 02:21:41,120

most

3356

02:21:44,070 --> 02:21:42,000

like

3357

02:21:45,990 --> 02:21:44,080

toxins that you're filled up with the

3358

02:21:48,230 --> 02:21:46,000

the you know your mental health probably

3359

02:21:50,150 --> 02:21:48,240

won't be that great and you know your

3360

02:21:53,270 --> 02:21:50,160

your mental just just won't be

3361

02:21:55,190 --> 02:21:53,280

functioning at your optimal level but at

3362

02:21:57,030 --> 02:21:55,200

the same time i mean

3363

02:21:59,750 --> 02:21:57,040

i don't know i'm really not for fad

3364

02:22:02,150 --> 02:21:59,760

diets i'm not really for any specific

3365

02:22:03,990 --> 02:22:02,160

anything i really think that everybody

3366

02:22:06,230 --> 02:22:04,000

you know everything is different for

3367

02:22:08,150 --> 02:22:06,240

everybody you know culturally wherever

3368

02:22:10,070 --> 02:22:08,160

you were born at you know you everybody

3369

02:22:12,469 --> 02:22:10,080

has different microbes in their gut

3370

02:22:14,309 --> 02:22:12,479

depending on where they grew up at you

3371

02:22:16,389 --> 02:22:14,319

know and what type of food they like to

3372

02:22:19,349 --> 02:22:16,399

eat and then they do they eat on a daily

3373

02:22:20,230 --> 02:22:19,359

basis so i mean everybody

3374

02:22:23,190 --> 02:22:20,240

needs

3375

02:22:24,870 --> 02:22:23,200

to probably eat healthy but i wouldn't i

3376

02:22:27,750 --> 02:22:24,880

would not say any diet is great for

3377

02:22:30,150 --> 02:22:27,760

anybody honestly biohackers really go

3378

02:22:32,150 --> 02:22:30,160

get their levels tested you know i get

3379

02:22:34,870 --> 02:22:32,160

blood work all the time you get you know

3380

02:22:38,070 --> 02:22:34,880

fecal work you you you test everything

3381

02:22:40,469 --> 02:22:38,080

everything to know what is specifically

3382

02:22:42,150 --> 02:22:40,479

good for your vessel you know for your

3383

02:22:44,469 --> 02:22:42,160

specific vessel because what's good for

3384

02:22:46,710 --> 02:22:44,479

your vessel is not going to be good for

3385

02:22:49,349 --> 02:22:46,720

another's you know i mean i love kale

3386

02:22:51,349 --> 02:22:49,359

and kale i can handle kale and broccoli

3387

02:22:53,270 --> 02:22:51,359

and spinach but if billy were to eat

3388

02:22:55,750 --> 02:22:53,280

some kale or broccoli or spinach it

3389

02:22:57,990 --> 02:22:55,760

would tear him up tear him up so

3390

02:23:00,710 --> 02:22:58,000

i mean what works for one may not work

3391

02:23:02,950 --> 02:23:00,720

for another i will say though that sugar

3392

02:23:04,950 --> 02:23:02,960

is awful for your body

3393

02:23:06,710 --> 02:23:04,960

sugar is no good see you just killed it

3394

02:23:09,030 --> 02:23:06,720

for me

3395

02:23:10,790 --> 02:23:09,040

you just killed it no i

3396

02:23:12,950 --> 02:23:10,800

okay now

3397

02:23:15,590 --> 02:23:12,960

are you talking about

3398

02:23:18,270 --> 02:23:15,600

pure sugar or

3399

02:23:20,630 --> 02:23:18,280

the poison fructose

3400

02:23:23,030 --> 02:23:20,640

manufactured sugars

3401

02:23:26,389 --> 02:23:23,040

yeah i mean high fructose corn syrup is

3402

02:23:29,429 --> 02:23:26,399

probably one of the worst um right right

3403

02:23:31,910 --> 02:23:29,439

yeah i mean processed processed stuff is

3404

02:23:34,710 --> 02:23:31,920

just you know just horrible for you i

3405

02:23:37,030 --> 02:23:34,720

mean what i do i replace my sugar with

3406

02:23:39,670 --> 02:23:37,040

stevia and it's you know a sweetener

3407

02:23:42,790 --> 02:23:39,680

that's that's way way way healthier for

3408

02:23:45,670 --> 02:23:42,800

your body than sugar is sugar is very

3409

02:23:47,670 --> 02:23:45,680

inflammatory um it can cause holes in

3410

02:23:49,030 --> 02:23:47,680

your gut lining which is really really

3411

02:23:50,710 --> 02:23:49,040

bad um

3412

02:23:52,710 --> 02:23:50,720

it's just it's it's really really not

3413

02:23:54,630 --> 02:23:52,720

good so if you can substitute it with

3414

02:23:57,190 --> 02:23:54,640

you know other other different things i

3415

02:23:59,349 --> 02:23:57,200

would i would advise to do so

3416

02:24:02,150 --> 02:23:59,359

um i really i've cut sugar completely

3417

02:24:04,950 --> 02:24:02,160

out of my life and honestly whenever i

3418

02:24:06,790 --> 02:24:04,960

taste it now it's kind of gross to me i

3419

02:24:08,550 --> 02:24:06,800

don't know i've gotten used to my my

3420

02:24:10,710 --> 02:24:08,560

coffee with stevia

3421

02:24:11,990 --> 02:24:10,720

and i just i don't really you know i

3422

02:24:14,309 --> 02:24:12,000

don't

3423

02:24:16,630 --> 02:24:14,319

too much i eat chocolate from time to

3424

02:24:18,550 --> 02:24:16,640

time but right right now i just take a

3425

02:24:22,389 --> 02:24:18,560

bag of pure sugar and eat it with a

3426

02:24:24,710 --> 02:24:22,399

spoon oh man no i don't i don't i don't

3427

02:24:27,429 --> 02:24:24,720

sounds good though

3428

02:24:28,710 --> 02:24:27,439

that does not sound bad to me

3429

02:24:32,710 --> 02:24:28,720

i um

3430

02:24:34,469 --> 02:24:32,720

i i i freak out on on fructose

3431

02:24:36,550 --> 02:24:34,479

i i i

3432

02:24:37,990 --> 02:24:36,560

when you really start to look at it's

3433

02:24:43,590 --> 02:24:38,000

everywhere

3434

02:24:45,750 --> 02:24:43,600

i just eliminate it now there are things

3435

02:24:48,710 --> 02:24:45,760

that i'm not going to give up i'm not

3436

02:24:51,510 --> 02:24:48,720

going to give up pure maple syrup

3437

02:24:53,110 --> 02:24:51,520

right no no no no no that's not going to

3438

02:24:54,950 --> 02:24:53,120

leave my life

3439

02:24:57,750 --> 02:24:54,960

right it's not

3440

02:24:58,950 --> 02:24:57,760

there are certain things that that i

3441

02:25:00,950 --> 02:24:58,960

enjoy

3442

02:25:02,710 --> 02:25:00,960

and and you're and you're right about

3443

02:25:03,590 --> 02:25:02,720

that it's the way that we're brought up

3444

02:25:06,550 --> 02:25:03,600

but

3445

02:25:09,190 --> 02:25:06,560

um there are things

3446

02:25:12,070 --> 02:25:09,200

that i can't do anymore right i just

3447

02:25:14,309 --> 02:25:12,080

can't i can't do it and one of those is

3448

02:25:16,630 --> 02:25:14,319

is is fructose and

3449

02:25:18,550 --> 02:25:16,640

it's really weird you read a label

3450

02:25:21,830 --> 02:25:18,560

and you wouldn't think about it

3451

02:25:22,790 --> 02:25:21,840

yeah but it's like in everything

3452

02:25:25,030 --> 02:25:22,800

so

3453

02:25:28,070 --> 02:25:25,040

now um

3454

02:25:29,750 --> 02:25:28,080

now what about uh uh one i just have a

3455

02:25:33,349 --> 02:25:29,760

quick question for you because you are

3456

02:25:34,309 --> 02:25:33,359

so healthy and and you glow literally

3457

02:25:37,349 --> 02:25:34,319

glow

3458

02:25:39,190 --> 02:25:37,359

um what about carbs and protein how do

3459

02:25:42,630 --> 02:25:39,200

you balance that

3460

02:25:44,870 --> 02:25:42,640

um you know what carbs i i

3461

02:25:47,110 --> 02:25:44,880

honestly i eat

3462

02:25:49,429 --> 02:25:47,120

potatoes and not potato i mean sweet

3463

02:25:51,670 --> 02:25:49,439

potatoes and stuff like that instead of

3464

02:25:53,750 --> 02:25:51,680

actual wheat and gluten right i try to

3465

02:25:56,070 --> 02:25:53,760

stay away from gluten glue no tear up

3466

02:25:58,309 --> 02:25:56,080

your your gut some people it really

3467

02:26:00,790 --> 02:25:58,319

really really affects in a negative way

3468

02:26:03,990 --> 02:26:00,800

um so when i when i gave that up and

3469

02:26:06,230 --> 02:26:04,000

steered more toward quinoa and um you

3470

02:26:09,110 --> 02:26:06,240

know like i said potatoes and rice you

3471

02:26:11,190 --> 02:26:09,120

know that's better for me personally um

3472

02:26:13,270 --> 02:26:11,200

so i'll always eat some sort of carb i'm

3473

02:26:15,349 --> 02:26:13,280

trying to gain weight right now so

3474

02:26:17,510 --> 02:26:15,359

i'll always be i'm kind of stacking up

3475

02:26:20,150 --> 02:26:17,520

the carbs right now i'll always eat some

3476

02:26:22,950 --> 02:26:20,160

sort of carb and then protein i love

3477

02:26:25,270 --> 02:26:22,960

protein for me personally meat is

3478

02:26:26,309 --> 02:26:25,280

heavily in my diet because i know i'm

3479

02:26:29,429 --> 02:26:26,319

korean

3480

02:26:30,309 --> 02:26:29,439

um asian people eat a lot of meats so

3481

02:26:33,510 --> 02:26:30,319

for me

3482

02:26:34,469 --> 02:26:33,520

i handle a ton a ton of meat red meat um

3483

02:26:37,429 --> 02:26:34,479

chicken

3484

02:26:39,349 --> 02:26:37,439

fish i love it i love it all um just you

3485

02:26:41,510 --> 02:26:39,359

have to be careful with you know mercury

3486

02:26:44,070 --> 02:26:41,520

levels um that's another test that

3487

02:26:46,630 --> 02:26:44,080

people might want to go out and try and

3488

02:26:48,550 --> 02:26:46,640

get a test see if you have you know

3489

02:26:51,429 --> 02:26:48,560

heavy metals in your system see if you

3490

02:26:52,630 --> 02:26:51,439

your mercury mercury levels are high

3491

02:26:54,630 --> 02:26:52,640

because that can affect your mental

3492

02:26:57,990 --> 02:26:54,640

health that can affect you uh really

3493

02:26:59,030 --> 02:26:58,000

really deeply so yeah the people that uh

3494

02:27:01,590 --> 02:26:59,040

uh

3495

02:27:04,150 --> 02:27:01,600

heavy sushi eaters

3496

02:27:06,150 --> 02:27:04,160

they would be shocked if they went and

3497

02:27:07,670 --> 02:27:06,160

and found out you know what their

3498

02:27:10,070 --> 02:27:07,680

mercury levels and they think that

3499

02:27:11,990 --> 02:27:10,080

they're eating healthy well okay in

3500

02:27:13,830 --> 02:27:12,000

moderation but if you're doing that

3501
02:27:16,790 --> 02:27:13,840
every day twice a day and i've got

3502
02:27:18,150 --> 02:27:16,800
friends that got really really sick oh

3503
02:27:20,230 --> 02:27:18,160
yeah um

3504
02:27:21,750 --> 02:27:20,240
from that um and by the way we didn't

3505
02:27:22,950 --> 02:27:21,760
even bring that up you were born in

3506
02:27:24,630 --> 02:27:22,960
korea

3507
02:27:29,830 --> 02:27:24,640
yeah yeah

3508
02:27:31,910 --> 02:27:29,840
born in korea um and one last one i want

3509
02:27:33,990 --> 02:27:31,920
to stay on this carbs thing

3510
02:27:36,550 --> 02:27:34,000
um because i'm trying to figure this out

3511
02:27:39,590 --> 02:27:36,560
myself what about rice

3512
02:27:43,510 --> 02:27:39,600
so for me because i was born in korea we

3513
02:27:44,790 --> 02:27:43,520

can handle a ton of rice a ton okay but

3514

02:27:47,750 --> 02:27:44,800

i don't think

3515

02:27:49,670 --> 02:27:47,760

like you know as for an american person

3516

02:27:51,349 --> 02:27:49,680

that was born in america

3517

02:27:53,190 --> 02:27:51,359

um i i don't think that they could

3518

02:27:55,510 --> 02:27:53,200

handle as much rice as i could handle

3519

02:27:57,910 --> 02:27:55,520

personally so that goes back to saying

3520

02:28:00,070 --> 02:27:57,920

you know you really have to test your

3521

02:28:01,750 --> 02:28:00,080

own physical body because your vessel is

3522

02:28:03,990 --> 02:28:01,760

completely different than my vessel you

3523

02:28:06,389 --> 02:28:04,000

know um i can handle i could probably

3524

02:28:08,230 --> 02:28:06,399

eat 10 pounds of rice and my gut could

3525

02:28:10,070 --> 02:28:08,240

process that in a great way you know i

3526
02:28:12,469 --> 02:28:10,080
wouldn't even feel any negative effects

3527
02:28:13,830 --> 02:28:12,479
from it whereas a person that was you

3528
02:28:16,070 --> 02:28:13,840
know born

3529
02:28:17,990 --> 02:28:16,080
born in america and even eating an

3530
02:28:19,910 --> 02:28:18,000
american diet their entire life you know

3531
02:28:23,110 --> 02:28:19,920
they probably it would make them pretty

3532
02:28:24,950 --> 02:28:23,120
sick probably yeah yeah yeah yeah and

3533
02:28:27,750 --> 02:28:24,960
brown rice actually has a lot of heavy

3534
02:28:30,630 --> 02:28:27,760
metals in it so um i would be careful

3535
02:28:32,950 --> 02:28:30,640
with brown rice oh is that right yeah

3536
02:28:35,349 --> 02:28:32,960
yeah i've been doing brown rice lately

3537
02:28:38,389 --> 02:28:35,359
instead of jasmine okay

3538
02:28:40,469 --> 02:28:38,399

thanks thanks elizabeth

3539

02:28:41,750 --> 02:28:40,479

appreciate that back to jasmine to be

3540

02:28:43,510 --> 02:28:41,760

honest

3541

02:28:45,910 --> 02:28:43,520

i've done a lot of research on brown

3542

02:28:47,429 --> 02:28:45,920

rice because i love brown rice i love it

3543

02:28:49,590 --> 02:28:47,439

but there's you know higher amounts of

3544

02:28:50,790 --> 02:28:49,600

arsenic in it i mean there's arsenic in

3545

02:28:52,950 --> 02:28:50,800

all rice but

3546

02:28:55,750 --> 02:28:52,960

you know heavy metals are a problem when

3547

02:28:57,429 --> 02:28:55,760

it comes to brown

3548

02:28:59,270 --> 02:28:57,439

i wouldn't even tell you what i ate last

3549

02:29:01,429 --> 02:28:59,280

night great

3550

02:29:03,830 --> 02:29:01,439

so uh how's

3551
02:29:05,990 --> 02:29:03,840
really quick how's the book uh doing and

3552
02:29:07,110 --> 02:29:06,000
where can everybody go and get their

3553
02:29:09,429 --> 02:29:07,120
copy

3554
02:29:11,030 --> 02:29:09,439
uh the book is doing great it's doing

3555
02:29:13,110 --> 02:29:11,040
really really great and i'm so grateful

3556
02:29:14,790 --> 02:29:13,120
for any everybody that has gotten it so

3557
02:29:16,309 --> 02:29:14,800
far and i just hope that it lends some

3558
02:29:19,030 --> 02:29:16,319
sort of positive

3559
02:29:20,790 --> 02:29:19,040
something in their lives and um they can

3560
02:29:22,469 --> 02:29:20,800
find it on amazon

3561
02:29:24,550 --> 02:29:22,479
so you can go to amazon and search the

3562
02:29:28,670 --> 02:29:24,560
recipe to elevated consciousness or you

3563
02:29:31,270 --> 02:29:28,680

can go to my website elizabethan s i

3564

02:29:33,429 --> 02:29:31,280

hookstra.com or you can go to forbidden

3565

02:29:36,950 --> 02:29:33,439

knowledge with the number four dot com

3566

02:29:38,389 --> 02:29:36,960

you're the very best elizabeth and i am

3567

02:29:40,309 --> 02:29:38,399

so uh

3568

02:29:41,670 --> 02:29:40,319

so thankful for our friendship and

3569

02:29:44,710 --> 02:29:41,680

everything that you do for this

3570

02:29:46,550 --> 02:29:44,720

community you're absolutely amazing and

3571

02:29:48,870 --> 02:29:46,560

you're just an inspiration to all of us

3572

02:29:50,950 --> 02:29:48,880

thank you so much give my best abilities

3573

02:29:52,870 --> 02:29:50,960

safe travels i will see you in a couple

3574

02:29:53,910 --> 02:29:52,880

of months in detroit for the premiere of

3575

02:29:56,230 --> 02:29:53,920

the movie

3576

02:29:58,469 --> 02:29:56,240

and uh let's just uh continue this life

3577

02:29:59,910 --> 02:29:58,479

journey together thank you so much

3578

02:30:02,230 --> 02:29:59,920

awesome jimmy thank you so much for

3579

02:30:04,710 --> 02:30:02,240

having me i appreciate you the absolute

3580

02:30:07,750 --> 02:30:04,720

very best right there elizabeth hoekstra

3581

02:30:09,349 --> 02:30:07,760

again it's all simple to do everybody uh

3582

02:30:12,110 --> 02:30:09,359

her websites are right there at

3583

02:30:14,550 --> 02:30:12,120

jimmychurchradio.com

3584

02:30:17,030 --> 02:30:14,560

elizabethholstra.com and forbidden

3585

02:30:18,389 --> 02:30:17,040

knowledge dot tv and of course you can

3586

02:30:19,910 --> 02:30:18,399

head over to amazon

3587

02:30:21,349 --> 02:30:19,920

i'm your jimmy church i'm going to take

3588

02:30:25,570 --> 02:30:21,359

a quick break

3589

02:30:49,030 --> 02:30:25,580

this is fade to black stay with us

3590

02:30:52,710 --> 02:30:51,190

you're listening to jimmy church and

3591

02:30:57,750 --> 02:30:52,720

fade to black

3592

02:31:02,950 --> 02:31:00,070

hey what up y'all biblical fox here and

3593

02:31:07,190 --> 02:31:02,960

you are listening to my boy jimmy church

3594

02:31:14,150 --> 02:31:09,750

despite popular opinion

3595

02:31:16,340 --> 02:31:14,160

reading a book will not make you smarter

3596

02:31:17,830 --> 02:31:16,350

but listening to jimmy church will

3597

02:31:20,309 --> 02:31:17,840

[Applause]

3598

02:31:22,389 --> 02:31:20,319

this is jimmy church jason martell's

3599

02:31:25,190 --> 02:31:22,399

book knowledge apocalypse 10-year

3600

02:31:27,190 --> 02:31:25,200

anniversary edition is now available

3601

02:31:29,590 --> 02:31:27,200

most ancient cultures speak of a time

3602

02:31:31,750 --> 02:31:29,600

when their gods visited them they never

3603

02:31:34,309 --> 02:31:31,760

say their gods came from across the

3604

02:31:36,870 --> 02:31:34,319

ocean or from the mountains they always

3605

02:31:39,750 --> 02:31:36,880

came down from the skies was ancient man

3606

02:31:41,510 --> 02:31:39,760

visited by gods or extraterrestrials we

3607

02:31:44,070 --> 02:31:41,520

have not been told the full truth about

3608

02:31:45,990 --> 02:31:44,080

our human past there was a time when all

3609

02:31:48,469 --> 02:31:46,000

the ancient cultures lived amongst

3610

02:31:50,469 --> 02:31:48,479

beings they considered their gods the

3611

02:31:52,309 --> 02:31:50,479

search for truth leads us down the path

3612

02:31:54,950 --> 02:31:52,319

of learning where the et's might come

3613

02:31:56,790 --> 02:31:54,960

from and why they are here to understand

3614

02:31:59,110 --> 02:31:56,800

some of these advanced topics and learn

3615

02:32:01,510 --> 02:31:59,120

the truth about human origins buy the

3616

02:32:03,910 --> 02:32:01,520

new book from jason martell knowledge

3617

02:32:05,710 --> 02:32:03,920

apocalypse now in its 10-year

3618

02:32:08,150 --> 02:32:05,720

anniversary edition available on

3619

02:32:11,309 --> 02:32:08,160

amazon.com by clicking on the banners

3620

02:32:13,950 --> 02:32:11,319

over on our site or simply visit

3621

02:32:15,510 --> 02:32:13,960

jasonmartel.com that's

3622

02:32:17,190 --> 02:32:15,520

jasonmartel.com

3623

02:32:20,070 --> 02:32:17,200

this is jimmy church of fade to black

3624

02:32:23,510 --> 02:32:20,080

and i take life change t supplements

3625

02:32:27,190 --> 02:32:23,520

every single day it's what i do click on

3626
02:32:28,950 --> 02:32:27,200
their banner at jimmychurchradio.com

3627
02:32:31,510 --> 02:32:28,960
are you ready to read about true

3628
02:32:34,309 --> 02:32:31,520
paranormal events unex media publishes

3629
02:32:36,710 --> 02:32:34,319
non-fiction books about ufos ghosts and

3630
02:32:39,990 --> 02:32:36,720
haunted places time anomalies cryptid

3631
02:32:42,150 --> 02:32:40,000
creatures and more just like kunx db

3632
02:32:45,150 --> 02:32:42,160
radio it's all about unexplained

3633
02:32:47,190 --> 02:32:45,160
phenomena visit

3634
02:32:49,349 --> 02:32:47,200
www.unexmedia.com to see our list of

3635
02:32:51,990 --> 02:32:49,359
great book titles by debbie zigglemeyer

3636
02:32:54,550 --> 02:32:52,000
gene walker devin listrom wayne lawrence

3637
02:32:59,590 --> 02:32:54,560
bill spicer and yours truly margie k

3638
02:33:04,389 --> 02:33:01,750

when you take the beans from central

3639

02:33:06,790 --> 02:33:04,399

america with dashes of indonesian and

3640

02:33:09,990 --> 02:33:06,800

african mixed in and then roasted to the

3641

02:33:12,469 --> 02:33:10,000

dark side of fade to black you create

3642

02:33:15,429 --> 02:33:12,479

the ultimate brew of fringe

3643

02:33:18,710 --> 02:33:15,439

introducing the fade to black blend from

3644

02:33:21,510 --> 02:33:18,720

river moon coffee yes river moon's

3645

02:33:24,309 --> 02:33:21,520

darkest customized roast was created for

3646

02:33:26,870 --> 02:33:24,319

the love of fade to black

3647

02:33:29,510 --> 02:33:26,880

the alchemy of masterful roasting and

3648

02:33:33,110 --> 02:33:29,520

smoking the beans is in every sip of

3649

02:33:34,469 --> 02:33:33,120

this full-bodied dark java i need my

3650

02:33:37,030 --> 02:33:34,479

coffee doc

3651
02:33:40,070 --> 02:33:37,040
deep with distinct bittersweet chocolate

3652
02:33:42,550 --> 02:33:40,080
highlights just like the bunker leaning

3653
02:33:45,190 --> 02:33:42,560
further into the darkness of the roast

3654
02:33:47,870 --> 02:33:45,200
is fade to black blend from river moon

3655
02:33:49,830 --> 02:33:47,880
coffee just click on the banner at

3656
02:33:53,590 --> 02:33:49,840
jimmychurchradio.com and use the promo

3657
02:33:56,550 --> 02:33:53,600
code f2b blend for 15 off of your order

3658
02:34:01,670 --> 02:33:58,469
this is billy carson with forbidden

3659
02:34:03,750 --> 02:34:01,680
knowledge dot tv forbidden knowledge tv

3660
02:34:06,870 --> 02:34:03,760
has just reached its one year

3661
02:34:09,190 --> 02:34:06,880
anniversary that's right one year and as

3662
02:34:11,990 --> 02:34:09,200
a show of appreciation we are giving all

3663
02:34:15,030 --> 02:34:12,000

new subscribers a free 30-day trial of

3664

02:34:18,150 --> 02:34:15,040

forbidden knowledge dot tv that's 30

3665

02:34:20,710 --> 02:34:18,160

days to binge watch thousands of movies

3666

02:34:23,750 --> 02:34:20,720

documentaries conferences workshops

3667

02:34:26,389 --> 02:34:23,760

lectures yoga classes meditation courses

3668

02:34:28,710 --> 02:34:26,399

and so much more so log on to forbidden

3669

02:34:30,870 --> 02:34:28,720

knowledge dot tv from your computer or

3670

02:34:35,429 --> 02:34:30,880

mobile device or get the forbidden

3671

02:34:38,550 --> 02:34:35,439

knowledge tv app on apple tv roku amazon

3672

02:34:42,150 --> 02:34:38,560

itunes or google play today and use

3673

02:34:44,630 --> 02:34:42,160

coupon code 30 days free that's coupon

3674

02:34:47,010 --> 02:34:44,640

code 30 days free on forbidden knowledge

3675

02:34:50,950 --> 02:34:47,020

dot tv today

3676

02:34:53,110 --> 02:34:50,960

[Music]

3677

02:34:55,910 --> 02:34:53,120

are you intrigued by paranormal talk

3678

02:34:58,630 --> 02:34:55,920

radio you love the new paranormal radio

3679

02:35:00,389 --> 02:34:58,640

app from talk stream live

3680

02:35:03,190 --> 02:35:00,399

you'll find a great selection of talk

3681

02:35:05,830 --> 02:35:03,200

shows covering ufos ghosts strange

3682

02:35:08,150 --> 02:35:05,840

phenomena and much more download the

3683

02:35:10,150 --> 02:35:08,160

paranormal radio app now and start

3684

02:35:12,389 --> 02:35:10,160

listening to the very best in paranormal

3685

02:35:14,150 --> 02:35:12,399

talk entertainment including the network

3686

02:35:17,349 --> 02:35:14,160

you're listening to right now the

3687

02:35:28,070 --> 02:35:17,359

paranormal radio app free in google play

3688

02:35:32,550 --> 02:35:31,110

it's not a lifestyle we chose we were

3689

02:35:38,670 --> 02:35:32,560

born this way

3690

02:35:38,680 --> 02:35:49,830

[Music]

3691

02:35:53,670 --> 02:35:52,469

all right welcome back fade to black i'm

3692

02:35:57,190 --> 02:35:53,680

real shimmy church what a great

3693

02:35:58,950 --> 02:35:57,200

conversation elizabeth hoelkstra

3694

02:36:02,309 --> 02:35:58,960

grounded

3695

02:36:04,710 --> 02:36:02,319

the book is a great read and uh the

3696

02:36:06,469 --> 02:36:04,720

links for it are up in social media you

3697

02:36:09,670 --> 02:36:06,479

can go over to the website too as well

3698

02:36:10,550 --> 02:36:09,680

and i highly recommend this book

3699

02:36:16,710 --> 02:36:10,560

um

3700

02:36:19,030 --> 02:36:16,720

i want to go back here and and talk

3701
02:36:21,349 --> 02:36:19,040
about uh sedona and phoenix uh a bit

3702
02:36:22,790 --> 02:36:21,359
more uh so much to talk about

3703
02:36:25,190 --> 02:36:22,800
um but

3704
02:36:26,070 --> 02:36:25,200
it is so important

3705
02:36:29,429 --> 02:36:26,080
uh

3706
02:36:33,990 --> 02:36:29,439
for you to surround yourself

3707
02:36:36,070 --> 02:36:34,000
with people that want to move forward

3708
02:36:39,510 --> 02:36:36,080
with people that are not negative that

3709
02:36:43,510 --> 02:36:39,520
is one of the most paramount things and

3710
02:36:45,030 --> 02:36:43,520
uh not only in your 2d 3d world i'm

3711
02:36:47,110 --> 02:36:45,040
talking about people that you hang out

3712
02:36:48,469 --> 02:36:47,120
with in real life

3713
02:36:52,070 --> 02:36:48,479

but also

3714

02:36:54,309 --> 02:36:52,080

um and in the world of uh social media

3715

02:36:57,190 --> 02:36:54,319

you need to have a positive people

3716

02:36:59,429 --> 02:36:57,200

around you and it is one of the biggest

3717

02:37:00,790 --> 02:36:59,439

steps the biggest changes that you can

3718

02:37:05,670 --> 02:37:00,800

initiate

3719

02:37:07,510 --> 02:37:05,680

and i i promise you you start to

3720

02:37:10,150 --> 02:37:07,520

just just stop returning calls stop

3721

02:37:11,750 --> 02:37:10,160

making those calls stop uh going you

3722

02:37:13,990 --> 02:37:11,760

just stop making pla

3723

02:37:17,030 --> 02:37:14,000

with with those that that are negative i

3724

02:37:19,670 --> 02:37:17,040

promise you two or three months

3725

02:37:21,990 --> 02:37:19,680

and you'll go back and you will look

3726

02:37:24,950 --> 02:37:22,000

back and go man i can't believe my life

3727

02:37:26,870 --> 02:37:24,960

was actually like that because right now

3728

02:37:30,469 --> 02:37:26,880

things are great

3729

02:37:34,389 --> 02:37:30,479

and it's one of the biggest things that

3730

02:37:35,510 --> 02:37:34,399

you can do and with somebody like um you

3731

02:37:37,670 --> 02:37:35,520

know like

3732

02:37:39,990 --> 02:37:37,680

i'll i'll give a perfect example like

3733

02:37:41,030 --> 02:37:40,000

elizabeth is a great example of that or

3734

02:37:42,790 --> 02:37:41,040

billy

3735

02:37:45,670 --> 02:37:42,800

um

3736

02:37:49,590 --> 02:37:45,680

for me around adrian valera

3737

02:37:55,190 --> 02:37:49,600

adrian valera a positive ray of light

3738

02:37:58,550 --> 02:37:55,200

and all he wants to do uh his his thing

3739

02:38:01,349 --> 02:37:58,560

today after going through these changing

3740

02:38:03,990 --> 02:38:01,359

changes in biohacking his life we did a

3741

02:38:04,870 --> 02:38:04,000

lot of talking about this and and how

3742

02:38:05,670 --> 02:38:04,880

our

3743

02:38:08,550 --> 02:38:05,680

life

3744

02:38:11,349 --> 02:38:08,560

journey uh with the two of us you know

3745

02:38:14,950 --> 02:38:11,359

how we got here today and we discussed

3746

02:38:16,070 --> 02:38:14,960

this personally um at length for hours

3747

02:38:21,429 --> 02:38:16,080

and

3748

02:38:23,190 --> 02:38:21,439

us we are two opposites attract right we

3749

02:38:24,790 --> 02:38:23,200

are two totally different

3750

02:38:26,070 --> 02:38:24,800

uh people

3751

02:38:29,190 --> 02:38:26,080

and uh

3752

02:38:31,910 --> 02:38:29,200

uh but the similarities are there and

3753

02:38:33,670 --> 02:38:31,920

and i want to

3754

02:38:35,429 --> 02:38:33,680

hang out

3755

02:38:38,389 --> 02:38:35,439

with adrian

3756

02:38:42,790 --> 02:38:38,399

he's a positive force

3757

02:38:45,830 --> 02:38:42,800

you know and his goals in life um are

3758

02:38:47,270 --> 02:38:45,840

and these are things that all of us take

3759

02:38:48,710 --> 02:38:47,280

for granted

3760

02:38:50,469 --> 02:38:48,720

not for him

3761

02:38:51,590 --> 02:38:50,479

i'm talking about

3762

02:38:53,670 --> 02:38:51,600

cleaning

3763

02:38:57,030 --> 02:38:53,680

the beaches

3764

02:38:59,190 --> 02:38:57,040

in southern california that that is

3765

02:39:00,950 --> 02:38:59,200

that's one of the things that he does

3766

02:39:03,750 --> 02:39:00,960

and he puts these groups of people

3767

02:39:06,389 --> 02:39:03,760

together and they go out and they clean

3768

02:39:07,750 --> 02:39:06,399

the beaches who does this

3769

02:39:09,110 --> 02:39:07,760

you know that's something that we take

3770

02:39:10,469 --> 02:39:09,120

for granted

3771

02:39:11,910 --> 02:39:10,479

not adrian

3772

02:39:13,270 --> 02:39:11,920

he's the one

3773

02:39:15,590 --> 02:39:13,280

doing it

3774

02:39:17,110 --> 02:39:15,600

you know feeding the homeless educating

3775

02:39:19,750 --> 02:39:17,120

the homeless

3776

02:39:20,870 --> 02:39:19,760

who does that well you know what adrian

3777

02:39:24,389 --> 02:39:20,880

does

3778

02:39:26,389 --> 02:39:24,399

guys prepping meals every single day and

3779

02:39:28,950 --> 02:39:26,399

going down to skid row

3780

02:39:31,830 --> 02:39:28,960

that's what he does

3781

02:39:34,790 --> 02:39:31,840

planting trees

3782

02:39:36,950 --> 02:39:34,800

that's what he does that's what he does

3783

02:39:40,389 --> 02:39:36,960

i remember um

3784

02:39:44,070 --> 02:39:40,399

one year uh i uh well i've seen it every

3785

02:39:46,070 --> 02:39:44,080

year but uh i uh at disclosure fest you

3786

02:39:48,150 --> 02:39:46,080

know so i show up there and there are

3787

02:39:50,830 --> 02:39:48,160

you know it's like a thousand trees and

3788

02:39:53,670 --> 02:39:50,840

pots getting ready to go and get

3789

02:39:57,510 --> 02:39:53,680

delivered put in the ground

3790

02:39:58,790 --> 02:39:57,520

around los angeles planting trees

3791

02:40:00,790 --> 02:39:58,800

like

3792

02:40:03,429 --> 02:40:00,800

lots of them

3793

02:40:04,469 --> 02:40:03,439

who does that you ever wonder how that

3794

02:40:06,469 --> 02:40:04,479

gets done

3795

02:40:09,670 --> 02:40:06,479

it's a guy like adrian

3796

02:40:13,030 --> 02:40:09,680

that's who i want around me i want a

3797

02:40:15,750 --> 02:40:13,040

positive influence

3798

02:40:20,389 --> 02:40:15,760

that's what you do

3799

02:40:22,309 --> 02:40:20,399

it's the the first step in life is

3800

02:40:23,830 --> 02:40:22,319

surrounding yourself

3801
02:40:26,630 --> 02:40:23,840
with winners

3802
02:40:29,190 --> 02:40:26,640
and and is it a financial thing you know

3803
02:40:31,830 --> 02:40:29,200
well yeah

3804
02:40:34,870 --> 02:40:31,840
not directly but what i'm saying is when

3805
02:40:36,630 --> 02:40:34,880
you go down the positive road

3806
02:40:40,309 --> 02:40:36,640
a positive road and you surround

3807
02:40:42,630 --> 02:40:40,319
yourself then suddenly with the negative

3808
02:40:44,550 --> 02:40:42,640
influence gone from your life

3809
02:40:47,349 --> 02:40:44,560
things come back

3810
02:40:49,990 --> 02:40:47,359
and you will see those changes

3811
02:40:53,190 --> 02:40:50,000
that you are

3812
02:40:55,349 --> 02:40:53,200
doing for yourself

3813
02:40:57,349 --> 02:40:55,359

you know you don't want to i've said

3814

02:40:59,830 --> 02:40:57,359

this a lot

3815

02:41:03,670 --> 02:40:59,840

don't chase the money

3816

02:41:04,710 --> 02:41:03,680

don't chase success don't make that your

3817

02:41:06,389 --> 02:41:04,720

goal

3818

02:41:07,830 --> 02:41:06,399

you'll never get there

3819

02:41:12,950 --> 02:41:07,840

no

3820

02:41:14,150 --> 02:41:12,960

yourself with positivity chasing your

3821

02:41:17,190 --> 02:41:14,160

bliss

3822

02:41:20,950 --> 02:41:17,200

chasing the things that make you happy

3823

02:41:21,830 --> 02:41:20,960

then things change in your life

3824

02:41:23,830 --> 02:41:21,840

and

3825

02:41:25,830 --> 02:41:23,840

you're not chasing money the money is

3826
02:41:27,910 --> 02:41:25,840
chasing you now

3827
02:41:29,110 --> 02:41:27,920
and it's like wow

3828
02:41:32,070 --> 02:41:29,120
it is

3829
02:41:33,110 --> 02:41:32,080
it's it's easier than and it's really

3830
02:41:35,750 --> 02:41:33,120
true

3831
02:41:37,990 --> 02:41:35,760
as soon as you find that uh that

3832
02:41:39,429 --> 02:41:38,000
happiness and you surround yourself with

3833
02:41:42,070 --> 02:41:39,439
positivity

3834
02:41:42,950 --> 02:41:42,080
that's how you start to bio hack your

3835
02:41:45,030 --> 02:41:42,960
life

3836
02:41:45,990 --> 02:41:45,040
and if there's a secret

3837
02:41:48,469 --> 02:41:46,000
that's

3838
02:41:50,070 --> 02:41:48,479

you know what's the secret what's this

3839

02:41:51,269 --> 02:41:50,080

well you know what

3840

02:41:54,150 --> 02:41:51,279

uh

3841

02:41:57,269 --> 02:41:54,160

successful people not not necessarily

3842

02:41:59,910 --> 02:41:57,279

financially because that comes later you

3843

02:42:01,990 --> 02:41:59,920

know for sure there's i'm not

3844

02:42:03,030 --> 02:42:02,000

in any way discounting that

3845

02:42:06,870 --> 02:42:03,040

but

3846

02:42:08,550 --> 02:42:06,880

successful people happy people are not

3847

02:42:10,630 --> 02:42:08,560

surrounded with

3848

02:42:13,269 --> 02:42:10,640

negativity

3849

02:42:15,590 --> 02:42:13,279

they're not

3850

02:42:21,990 --> 02:42:15,600

i don't have time for it

3851
02:42:24,870 --> 02:42:22,000
and an an example of this

3852
02:42:27,269 --> 02:42:24,880
is this road trip that i just took to

3853
02:42:29,830 --> 02:42:27,279
sedona and to phoenix

3854
02:42:31,750 --> 02:42:29,840
i've got a positive person that is my

3855
02:42:34,630 --> 02:42:31,760
co-pilot

3856
02:42:37,510 --> 02:42:34,640
nothing but positive energy all the way

3857
02:42:38,469 --> 02:42:37,520
out and around and then

3858
02:42:41,269 --> 02:42:38,479
there

3859
02:42:44,550 --> 02:42:41,279
i just posted some pictures

3860
02:42:45,990 --> 02:42:44,560
um and this is um and i want everybody

3861
02:42:48,070 --> 02:42:46,000
to go and see this

3862
02:42:51,190 --> 02:42:48,080
go to go to my twitter feed at j church

3863
02:42:53,190 --> 02:42:51,200

radio i posted this uh uh set of

3864

02:42:56,309 --> 02:42:53,200

pictures and it's it's very simple it

3865

02:42:57,429 --> 02:42:56,319

just says some pics from sedona

3866

02:42:58,389 --> 02:42:57,439

okay

3867

02:43:01,190 --> 02:42:58,399

now

3868

02:43:03,030 --> 02:43:01,200

look at these four pictures

3869

02:43:05,349 --> 02:43:03,040

one

3870

02:43:07,670 --> 02:43:05,359

the dinner that i did with carolyn ford

3871

02:43:10,230 --> 02:43:07,680

and and and joan of angels and look at

3872

02:43:13,910 --> 02:43:10,240

victoria look at adrian look at melinda

3873

02:43:17,030 --> 02:43:13,920

leslie everybody smiling

3874

02:43:20,870 --> 02:43:17,040

that's that's what you want around you

3875

02:43:23,990 --> 02:43:20,880

there was not one negative vibe

3876

02:43:25,990 --> 02:43:24,000

on the whole trip actually um but that

3877

02:43:28,070 --> 02:43:26,000

right there that's what you want do you

3878

02:43:30,790 --> 02:43:28,080

want this positivity

3879

02:43:33,670 --> 02:43:30,800

go to this uh let's see what's next

3880

02:43:35,910 --> 02:43:33,680

there's geraldine orozco

3881

02:43:37,750 --> 02:43:35,920

i'm smiling we can't see you can see to

3882

02:43:39,830 --> 02:43:37,760

my eyes look at her face

3883

02:43:42,790 --> 02:43:39,840

that's a positive person

3884

02:43:43,830 --> 02:43:42,800

that's a positive vibe that's a glowing

3885

02:43:46,070 --> 02:43:43,840

thing

3886

02:43:48,389 --> 02:43:46,080

that's what i want around me

3887

02:43:51,190 --> 02:43:48,399

is that right there

3888

02:43:52,950 --> 02:43:51,200

next picture this is brandon he owned

3889

02:43:54,389 --> 02:43:52,960

the house

3890

02:43:55,910 --> 02:43:54,399

that we were at for the party on

3891

02:43:58,790 --> 02:43:55,920

saturday night

3892

02:43:59,670 --> 02:43:58,800

and and tangential right there look at

3893

02:44:02,870 --> 02:43:59,680

her

3894

02:44:05,269 --> 02:44:02,880

look at the positive vibes now granted

3895

02:44:08,309 --> 02:44:05,279

we're doing jello shots

3896

02:44:10,150 --> 02:44:08,319

but look at the positive vibe

3897

02:44:11,429 --> 02:44:10,160

that's the glowing thing and and i'm

3898

02:44:14,309 --> 02:44:11,439

telling you

3899

02:44:16,710 --> 02:44:14,319

that little get-together at that home

3900

02:44:19,269 --> 02:44:16,720

everybody was like that

3901
02:44:21,910 --> 02:44:19,279
just positive there's no negativity

3902
02:44:23,030 --> 02:44:21,920
there it's not even allowed

3903
02:44:24,790 --> 02:44:23,040
and then

3904
02:44:27,030 --> 02:44:24,800
the best for last

3905
02:44:30,070 --> 02:44:27,040
picture i took of william henry

3906
02:44:33,750 --> 02:44:30,080
with his beautiful wife claire

3907
02:44:35,590 --> 02:44:33,760
and and look at that three smiling faces

3908
02:44:39,190 --> 02:44:35,600
that's a positive

3909
02:44:41,510 --> 02:44:39,200
atmosphere that's what i want around me

3910
02:44:45,830 --> 02:44:41,520
it's no place for negativity

3911
02:44:49,190 --> 02:44:45,840
and uh and that was the trip to sedona

3912
02:44:51,349 --> 02:44:49,200
and then next up i i just i have more i

3913
02:44:53,910 --> 02:44:51,359

just grabbed these really quick but i

3914

02:44:57,750 --> 02:44:53,920

wanted to show everybody uh the next

3915

02:44:59,750 --> 02:44:57,760

shot from phoenix lights there's carl

3916

02:45:01,910 --> 02:44:59,760

there's carl

3917

02:45:06,070 --> 02:45:01,920

the fire pit

3918

02:45:08,230 --> 02:45:06,080

there's carl and uh and you know what at

3919

02:45:12,070 --> 02:45:08,240

the end of this road trip

3920

02:45:14,230 --> 02:45:12,080

uh to uh have carl come up and go jimmy

3921

02:45:15,429 --> 02:45:14,240

and throw his arms around me and give me

3922

02:45:18,389 --> 02:45:15,439

that hug

3923

02:45:19,830 --> 02:45:18,399

um for everybody over um in the chat

3924

02:45:21,910 --> 02:45:19,840

room right now

3925

02:45:24,469 --> 02:45:21,920

uh i hope all of you are looking at this

3926

02:45:27,429 --> 02:45:24,479

but that is carl

3927

02:45:29,349 --> 02:45:27,439

carl you are absolutely magnetic my man

3928

02:45:32,550 --> 02:45:29,359

and uh it just

3929

02:45:36,550 --> 02:45:32,560

it it just completed uh this journey and

3930

02:45:38,230 --> 02:45:36,560

then uh there's uh uh dr lin

3931

02:45:39,990 --> 02:45:38,240

um at uh

3932

02:45:42,710 --> 02:45:40,000

at uh the uh

3933

02:45:45,750 --> 02:45:42,720

uh the documentary 25 anniversary of the

3934

02:45:48,550 --> 02:45:45,760

phoenix lights but look at her she glows

3935

02:45:50,870 --> 02:45:48,560

and uh it was great that was a great

3936

02:45:52,389 --> 02:45:50,880

event full of positivity by the way and

3937

02:45:54,550 --> 02:45:52,399

all of the fader knots that were there

3938

02:45:59,190 --> 02:45:54,560

you guys know who you are and gals

3939

02:46:02,790 --> 02:45:59,200

to come up and and and say hello um uh

3940

02:46:04,870 --> 02:46:02,800

was just it's a humbling experience but

3941

02:46:07,830 --> 02:46:04,880

uh it was a great event and a great

3942

02:46:10,710 --> 02:46:07,840

positive event but i wanted to uh uh get

3943

02:46:12,950 --> 02:46:10,720

these uh pictures up here of uh dr lynn

3944

02:46:15,590 --> 02:46:12,960

and myself we just had a great time

3945

02:46:18,150 --> 02:46:15,600

and uh katie grabowski

3946

02:46:21,269 --> 02:46:18,160

you you are just an amazing woman

3947

02:46:23,910 --> 02:46:21,279

uh just an amazing presence

3948

02:46:25,670 --> 02:46:23,920

and i got to hang out uh with katie for

3949

02:46:27,030 --> 02:46:25,680

the afternoon too as well and katie if

3950

02:46:29,349 --> 02:46:27,040

you're listening you're the absolute

3951

02:46:31,830 --> 02:46:29,359

very best i think that they are all no

3952

02:46:34,630 --> 02:46:31,840

they're not listening right now because

3953

02:46:37,429 --> 02:46:34,640

after the phoenix lights

3954

02:46:39,349 --> 02:46:37,439

katie went up to sedona because she was

3955

02:46:42,150 --> 02:46:39,359

speaking today there

3956

02:46:45,110 --> 02:46:42,160

uh with dwayne allenger and uh some

3957

02:46:48,070 --> 02:46:45,120

other great folks uh for the uh day

3958

02:46:49,510 --> 02:46:48,080

three day four of uh the event but

3959

02:46:52,790 --> 02:46:49,520

that's what you do

3960

02:46:55,190 --> 02:46:52,800

you surround yourself with positivity

3961

02:46:57,190 --> 02:46:55,200

and there you go so there's some images

3962

02:46:59,670 --> 02:46:57,200

i'll post some more tomorrow

3963

02:47:01,990 --> 02:46:59,680

and uh so everybody can see more about

3964

02:47:04,150 --> 02:47:02,000

the weekend with that i've opened up the

3965

02:47:06,230 --> 02:47:04,160

phone lines actually i didn't announce

3966

02:47:08,070 --> 02:47:06,240

it but some calls started to come in so

3967

02:47:10,389 --> 02:47:08,080

let's see who's here hi you're live on

3968

02:47:12,630 --> 02:47:10,399

fade to black who's calling

3969

02:47:15,030 --> 02:47:12,640

hey jimmy this is mike from

3970

02:47:16,389 --> 02:47:15,040

from buena vista colorado hi mike how

3971

02:47:18,550 --> 02:47:16,399

are you

3972

02:47:20,150 --> 02:47:18,560

oh fantastic how about yourself it's a

3973

02:47:22,790 --> 02:47:20,160

it's a great night man i just had

3974

02:47:24,630 --> 02:47:22,800

elizabeth hoaxer on

3975

02:47:26,150 --> 02:47:24,640

you know i was listening yeah what a

3976

02:47:27,590 --> 02:47:26,160

great night what a great night what's on

3977

02:47:30,550 --> 02:47:27,600

your mind

3978

02:47:33,030 --> 02:47:30,560

so i uh talking about positivity and

3979

02:47:36,790 --> 02:47:33,040

surrounding yourself with positivity

3980

02:47:40,230 --> 02:47:36,800

i am the secretary on uh the board for a

3981

02:47:42,790 --> 02:47:40,240

non-profit charity called cbr kids

3982

02:47:45,349 --> 02:47:42,800

right and it's at cbrkids.com

3983

02:47:49,990 --> 02:47:47,429

we right now

3984

02:47:51,429 --> 02:47:50,000

get uh unread comic book

3985

02:47:52,790 --> 02:47:51,439

contributions

3986

02:47:54,870 --> 02:47:52,800

and uh

3987

02:47:56,710 --> 02:47:54,880

unused toys and things like that and

3988

02:47:59,990 --> 02:47:56,720

take them to children's hospitals in

3989

02:48:01,750 --> 02:48:00,000

denver oh man

3990

02:48:03,750 --> 02:48:01,760

man that's gotta be like the coolest

3991

02:48:05,670 --> 02:48:03,760

thing in the world

3992

02:48:07,750 --> 02:48:05,680

yeah yeah you know i live uh two two

3993

02:48:10,790 --> 02:48:07,760

hours and 15 minutes away so i'm not

3994

02:48:13,030 --> 02:48:10,800

involved um in that aspect of it

3995

02:48:16,469 --> 02:48:13,040

but uh i

3996

02:48:19,830 --> 02:48:16,479

my best friend is uh kareem kamal taylor

3997

02:48:20,630 --> 02:48:19,840

and he is the founder and ceo of this

3998

02:48:22,790 --> 02:48:20,640

thing

3999

02:48:24,630 --> 02:48:22,800

and it's starting to take off

4000

02:48:26,790 --> 02:48:24,640

now where can everybody go what's it

4001
02:48:28,790 --> 02:48:26,800
called cbr kids

4002
02:48:31,349 --> 02:48:28,800
what is it again

4003
02:48:32,630 --> 02:48:31,359
cbr cbrkids.org

4004
02:48:35,670 --> 02:48:32,640
okay

4005
02:48:37,190 --> 02:48:35,680
and that's what you guys do so you you

4006
02:48:40,309 --> 02:48:37,200
get uh

4007
02:48:43,110 --> 02:48:40,319
uh unu did you say unused comic books

4008
02:48:45,349 --> 02:48:43,120
yeah for the for the children's hospital

4009
02:48:46,469 --> 02:48:45,359
everything has to be unused and boxed

4010
02:48:49,670 --> 02:48:46,479
right right

4011
02:48:52,070 --> 02:48:49,680
and and unused toys so you collect those

4012
02:48:53,670 --> 02:48:52,080
and uh and then and take them to the

4013
02:48:57,030 --> 02:48:53,680

children's hospital

4014

02:48:59,030 --> 02:48:57,040

and that's about as noble

4015

02:49:01,910 --> 02:48:59,040

and as glorious as anything i can think

4016

02:49:03,349 --> 02:49:01,920

of that's that's awesome yeah

4017

02:49:06,389 --> 02:49:03,359

you know and uh

4018

02:49:08,870 --> 02:49:06,399

my friend came to me with this idea just

4019

02:49:12,790 --> 02:49:08,880

maybe a year and a half ago

4020

02:49:14,309 --> 02:49:12,800

and um in april they get their uh their

4021

02:49:18,550 --> 02:49:14,319

um

4022

02:49:20,070 --> 02:49:18,560

taxes they haven't been we haven't

4023

02:49:22,550 --> 02:49:20,080

really been a uh

4024

02:49:24,710 --> 02:49:22,560

a charity for that long so

4025

02:49:27,349 --> 02:49:24,720

it but in april people can start writing

4026

02:49:28,630 --> 02:49:27,359

these donations off but they've got

4027

02:49:31,190 --> 02:49:28,640

amazon

4028

02:49:32,230 --> 02:49:31,200

has uh collection sites and one in their

4029

02:49:34,710 --> 02:49:32,240

warehouse

4030

02:49:37,110 --> 02:49:34,720

in denver and they're just

4031

02:49:37,830 --> 02:49:37,120

like giving so much

4032

02:49:40,630 --> 02:49:37,840

and

4033

02:49:42,870 --> 02:49:40,640

we've got a bunch of uh comic book

4034

02:49:44,389 --> 02:49:42,880

artists that are sending us original

4035

02:49:47,910 --> 02:49:44,399

works that we can auction off we have

4036

02:49:49,590 --> 02:49:47,920

auctions once a month in denver

4037

02:49:52,550 --> 02:49:49,600

well if

4038

02:49:54,550 --> 02:49:52,560

if michael ohming is listening

4039

02:49:57,349 --> 02:49:54,560

uh you know he's one of the great comic

4040

02:50:00,389 --> 02:49:57,359

book artists uh him and his wife taki

4041

02:50:04,030 --> 02:50:00,399

soma um on this planet michael if you're

4042

02:50:05,670 --> 02:50:04,040

listening you know what to do right now

4043

02:50:10,550 --> 02:50:05,680

cbrkids.org

4044

02:50:12,630 --> 02:50:10,560

and he knows he knows everybody

4045

02:50:14,870 --> 02:50:12,640

yeah in that way in that world he's one

4046

02:50:17,429 --> 02:50:14,880

of the great artists as a matter of fact

4047

02:50:21,670 --> 02:50:17,439

you know like on twitter right my little

4048

02:50:25,510 --> 02:50:21,680

uh what do you call it my uh my avatar

4049

02:50:27,670 --> 02:50:25,520

would you know that's him he drew that

4050

02:50:29,590 --> 02:50:27,680

oh really yeah yeah yeah he's the best

4051
02:50:31,269 --> 02:50:29,600
you know the one me standing next to the

4052
02:50:32,950 --> 02:50:31,279
robot gort

4053
02:50:34,710 --> 02:50:32,960
yeah yeah that's michael

4054
02:50:36,870 --> 02:50:34,720
if you look you can see his signature

4055
02:50:38,790 --> 02:50:36,880
down at the bottom it says uh omega i'm

4056
02:50:40,469 --> 02:50:38,800
looking at it right now yeah yeah that's

4057
02:50:42,950 --> 02:50:40,479
michael omega so

4058
02:50:45,590 --> 02:50:42,960
michael he's gonna if he's not listening

4059
02:50:48,550 --> 02:50:45,600
now he'll be listening tomorrow

4060
02:50:50,790 --> 02:50:48,560
uh he listens to the show when he draws

4061
02:50:53,510 --> 02:50:50,800
and uh him and taki and they're the best

4062
02:50:55,590 --> 02:50:53,520
so he's gonna have to go oh man

4063
02:50:57,590 --> 02:50:55,600

all right church

4064

02:50:59,510 --> 02:50:57,600

give him something my name is

4065

02:51:00,710 --> 02:50:59,520

my name is michael o'neill so that's

4066

02:51:03,590 --> 02:51:00,720

pretty close

4067

02:51:06,150 --> 02:51:03,600

yeah that's even strange too well how uh

4068

02:51:08,150 --> 02:51:06,160

synchronicities right how important is

4069

02:51:11,590 --> 02:51:08,160

it you know michael to

4070

02:51:13,269 --> 02:51:11,600

surround yourself with positive people

4071

02:51:16,389 --> 02:51:13,279

oh it's the most important thing you

4072

02:51:18,870 --> 02:51:16,399

know i also own a cheesesteak restaurant

4073

02:51:21,349 --> 02:51:18,880

up here in buda vista and i run it with

4074

02:51:23,750 --> 02:51:21,359

my wife and she's the brains i'm i'm

4075

02:51:25,349 --> 02:51:23,760

merely eye candy i i just talk to people

4076
02:51:26,630 --> 02:51:25,359
i'm good at talking

4077
02:51:28,150 --> 02:51:26,640
but uh

4078
02:51:30,870 --> 02:51:28,160
we uh

4079
02:51:33,670 --> 02:51:30,880
we have the best crew in town we're

4080
02:51:34,389 --> 02:51:33,680
we're a town of about 2500 people

4081
02:51:35,750 --> 02:51:34,399
so

4082
02:51:37,269 --> 02:51:35,760
you know the the people that you

4083
02:51:39,750 --> 02:51:37,279
surround yourself with

4084
02:51:40,950 --> 02:51:39,760
are very important and everybody that

4085
02:51:42,630 --> 02:51:40,960
works for us

4086
02:51:45,429 --> 02:51:42,640
loves working for us

4087
02:51:47,349 --> 02:51:45,439
and uh we reciprocate that with

4088
02:51:48,950 --> 02:51:47,359

you know bonuses and things just like

4089

02:51:49,990 --> 02:51:48,960

that

4090

02:51:51,910 --> 02:51:50,000

and uh

4091

02:51:53,190 --> 02:51:51,920

it keeps everybody positive and if you

4092

02:51:54,469 --> 02:51:53,200

go to

4093

02:51:55,750 --> 02:51:54,479

if you look at the reviews from my

4094

02:51:57,269 --> 02:51:55,760

restaurant

4095

02:51:59,429 --> 02:51:57,279

i don't know if i i should say the name

4096

02:52:01,349 --> 02:51:59,439

go ahead plug it man plug it plug it

4097

02:52:03,590 --> 02:52:01,359

right now cool

4098

02:52:05,510 --> 02:52:03,600

it's uh biggie's subs we're we're a

4099

02:52:07,670 --> 02:52:05,520

cheesesteak place

4100

02:52:09,990 --> 02:52:07,680

and uh i have customers from south

4101

02:52:11,910 --> 02:52:10,000

philly that

4102

02:52:13,670 --> 02:52:11,920

come back every week

4103

02:52:16,150 --> 02:52:13,680

every week say this is as good as

4104

02:52:19,269 --> 02:52:16,160

anything i get in south philly

4105

02:52:22,150 --> 02:52:19,279

i'm looking here oh here it is

4106

02:52:27,750 --> 02:52:22,160

biggie's subs and more right here buena

4107

02:52:29,429 --> 02:52:27,760

vista colorado look at that sandwich

4108

02:52:31,510 --> 02:52:29,439

so that's you

4109

02:52:33,650 --> 02:52:31,520

okay hold on a minute man now i get to

4110

02:52:39,670 --> 02:52:33,660

look at the menu

4111

02:52:43,110 --> 02:52:41,750

and cold subs too as well you know

4112

02:52:44,950 --> 02:52:43,120

what's weird

4113

02:52:46,790 --> 02:52:44,960

i go both ways

4114

02:52:48,230 --> 02:52:46,800

i'm okay i'm okay with the Philly

4115

02:52:50,309 --> 02:52:48,240

cheesesteak right

4116

02:52:52,630 --> 02:52:50,319

yeah that's where my heart lies but

4117

02:52:55,670 --> 02:52:52,640

there's something about a cold Italian

4118

02:52:59,190 --> 02:52:55,680

spicy Italian sub do you have like a

4119

02:53:02,070 --> 02:52:59,200

cold spicy Italian on the menu

4120

02:53:05,429 --> 02:53:02,080

we have a spicy and a regular Italian

4121

02:53:09,030 --> 02:53:05,439

and we we serve Amaro rolls

4122

02:53:12,070 --> 02:53:09,040

like the real deal i i can't can i live

4123

02:53:14,550 --> 02:53:12,080

vicariously through you for a second

4124

02:53:18,070 --> 02:53:14,560

just let me enjoy the moment

4125

02:53:19,670 --> 02:53:18,080

uh so you guys are baking your own bread

4126

02:53:24,389 --> 02:53:19,680

no no we get we get it shipped in from

4127

02:53:26,070 --> 02:53:24,399

philadelphia oh even better

4128

02:53:28,710 --> 02:53:26,080

where do okay so where where did they

4129

02:53:31,990 --> 02:53:28,720

come from in philly you know is it is it

4130

02:53:32,950 --> 02:53:32,000

true is it's the water is it the water

4131

02:53:34,710 --> 02:53:32,960

yeah

4132

02:53:36,550 --> 02:53:34,720

well it's it's something something about

4133

02:53:38,950 --> 02:53:36,560

the east coast i spent a lot of time on

4134

02:53:41,269 --> 02:53:38,960

cape cod and the baked goods are so much

4135

02:53:45,110 --> 02:53:41,279

better near the ocean

4136

02:53:49,030 --> 02:53:45,120

so much better roast beef and cheddar

4137

02:53:50,950 --> 02:53:49,040

oh man green chilies

4138

02:53:53,910 --> 02:53:50,960

the green chili philly is the best

4139

02:53:55,830 --> 02:53:53,920

sandwich on the planet i put my money on

4140

02:53:57,030 --> 02:53:55,840

the green chili please put it up against

4141

02:53:59,590 --> 02:53:57,040

any

4142

02:54:03,910 --> 02:53:59,600

single sandwich oh

4143

02:54:06,790 --> 02:54:03,920

man ham stinger what is that

4144

02:54:09,030 --> 02:54:06,800

two mozzarella no no that's uh that's

4145

02:54:11,510 --> 02:54:09,040

ham and cheese two chicken tenders two

4146

02:54:13,990 --> 02:54:11,520

saucers lettuce tomato and onions oh

4147

02:54:15,830 --> 02:54:14,000

that's not even right

4148

02:54:17,590 --> 02:54:15,840

i know

4149

02:54:19,030 --> 02:54:17,600

and then we've got the biggie which is

4150

02:54:20,630 --> 02:54:19,040

two months of those sticks two onion

4151
02:54:25,190 --> 02:54:20,640
rings two chicken tenders on a cheese

4152
02:54:30,630 --> 02:54:28,230
that is so wrong it's right

4153
02:54:32,710 --> 02:54:30,640
yeah we sell a lot of them

4154
02:54:34,870 --> 02:54:32,720
oh man

4155
02:54:37,590 --> 02:54:34,880
you should make a trip up here jimmy

4156
02:54:41,830 --> 02:54:37,600
yeah i i just can't get past the giorgio

4157
02:54:49,190 --> 02:54:44,630
once i get past this is uh this is great

4158
02:54:51,269 --> 02:54:49,200
man and and i uh i love food see this is

4159
02:54:53,429 --> 02:54:51,279
the thing

4160
02:54:54,710 --> 02:54:53,439
food consciousness

4161
02:54:57,030 --> 02:54:54,720
oneness

4162
02:55:00,550 --> 02:54:57,040
service to others

4163
02:55:01,750 --> 02:55:00,560

ufos conspiracy ghost

4164

02:55:02,790 --> 02:55:01,760

music

4165

02:55:04,950 --> 02:55:02,800

that's that

4166

02:55:07,269 --> 02:55:04,960

that's all i want this show to be and

4167

02:55:09,590 --> 02:55:07,279

that's what makes me who i am

4168

02:55:11,110 --> 02:55:09,600

but uh this conversation with you and

4169

02:55:13,429 --> 02:55:11,120

what you do

4170

02:55:17,030 --> 02:55:13,439

that's what this show was about mike

4171

02:55:19,269 --> 02:55:17,040

you know and and for you to uh feel the

4172

02:55:21,510 --> 02:55:19,279

connection because of the conversation i

4173

02:55:23,750 --> 02:55:21,520

had tonight with elizabeth but then you

4174

02:55:26,389 --> 02:55:23,760

just call in and let us know you know

4175

02:55:28,790 --> 02:55:26,399

you're not just

4176

02:55:30,870 --> 02:55:28,800

no what you do

4177

02:55:33,590 --> 02:55:30,880

is you are

4178

02:55:34,790 --> 02:55:33,600

making children at the children's

4179

02:55:37,429 --> 02:55:34,800

hospital

4180

02:55:39,990 --> 02:55:37,439

their life just a little bit better

4181

02:55:42,309 --> 02:55:40,000

right that's that's that's what you do

4182

02:55:43,670 --> 02:55:42,319

and i think that that is so important

4183

02:55:44,870 --> 02:55:43,680

and it just so happens you got a

4184

02:55:47,429 --> 02:55:44,880

kick-ass

4185

02:55:49,349 --> 02:55:47,439

philly cheesesteak shop too as well and

4186

02:55:52,070 --> 02:55:49,359

that's that's the icing on the cake but

4187

02:55:54,389 --> 02:55:52,080

is i i just find that's just

4188

02:55:56,070 --> 02:55:54,399

just humbling to me man and i think

4189

02:55:58,469 --> 02:55:56,080

everybody should listen

4190

02:56:01,030 --> 02:55:58,479

uh to what you have to say when when you

4191

02:56:03,590 --> 02:56:01,040

say it's about giving and and doing

4192

02:56:06,710 --> 02:56:03,600

stuff for others well you actually live

4193

02:56:08,469 --> 02:56:06,720

it mike and and good on you man

4194

02:56:11,990 --> 02:56:08,479

thank you so much i really appreciate

4195

02:56:17,990 --> 02:56:15,750

go have some coffee hey is there a way

4196

02:56:21,830 --> 02:56:18,000

is there a way is there a way i can

4197

02:56:24,710 --> 02:56:21,840

order can you ship some food to me

4198

02:56:26,630 --> 02:56:24,720

i haven't figured out how to do that yet

4199

02:56:29,349 --> 02:56:26,640

man because i want i want this green

4200

02:56:30,710 --> 02:56:29,359

chili philly man

4201

02:56:32,790 --> 02:56:30,720

you need to make a trip up here you'll

4202

02:56:34,070 --> 02:56:32,800

never see a better more beautiful place

4203

02:56:36,309 --> 02:56:34,080

in your life

4204

02:56:38,309 --> 02:56:36,319

the town is bordered by

4205

02:56:40,469 --> 02:56:38,319

by seven fourteen thousand foot

4206

02:56:41,990 --> 02:56:40,479

mountains on on the west side and then

4207

02:56:43,910 --> 02:56:42,000

the mountains that turn into the sun or

4208

02:56:46,309 --> 02:56:43,920

decrease those on the of the on the east

4209

02:56:49,030 --> 02:56:46,319

side right and then right right down the

4210

02:56:51,750 --> 02:56:49,040

middle runs the arkansas river

4211

02:56:55,670 --> 02:56:51,760

yeah right on man right on well maybe

4212

02:56:58,150 --> 02:56:55,680

you can figure uh isn't it like dry ice

4213

02:57:01,110 --> 02:56:58,160

you could just like build a dry ice box

4214

02:57:02,790 --> 02:57:01,120

and then pack it and then send it to me

4215

02:57:04,950 --> 02:57:02,800

you know i'll try and figure it out man

4216

02:57:07,269 --> 02:57:04,960

i will really try and figure it out man

4217

02:57:08,630 --> 02:57:07,279

man man i want this green chili philly i

4218

02:57:09,990 --> 02:57:08,640

don't know that ham stinger is looking

4219

02:57:12,710 --> 02:57:10,000

pretty good maybe i'm just going to

4220

02:57:14,790 --> 02:57:12,720

order everything off of the menu

4221

02:57:17,269 --> 02:57:14,800

and then uh

4222

02:57:18,070 --> 02:57:17,279

this uh this just looks incredible to me

4223

02:57:19,750 --> 02:57:18,080

mike

4224

02:57:22,309 --> 02:57:19,760

my best to you and your wife and your

4225

02:57:24,230 --> 02:57:22,319

family and i'll see what i can do about

4226

02:57:26,950 --> 02:57:24,240

getting uh michael ohming and the rest

4227

02:57:29,110 --> 02:57:26,960

of his comic book buddies uh to get you

4228

02:57:31,510 --> 02:57:29,120

all hooked up not only for the auction

4229

02:57:32,870 --> 02:57:31,520

but uh maybe some boxed up stuff for the

4230

02:57:35,429 --> 02:57:32,880

kids

4231

02:57:38,150 --> 02:57:35,439

oh man you're gonna make me cry

4232

02:57:39,670 --> 02:57:38,160

no i you know hey that's what we do here

4233

02:57:41,510 --> 02:57:39,680

man we just uh

4234

02:57:43,750 --> 02:57:41,520

we just get this community connected

4235

02:57:46,230 --> 02:57:43,760

we're a family mike behave and be well

4236

02:57:48,070 --> 02:57:46,240

we'll see you tomorrow night right here

4237

02:57:49,590 --> 02:57:48,080

yeah i'll be here man talk to you later

4238

02:57:51,510 --> 02:57:49,600

thank you so much

4239

02:57:54,790 --> 02:57:51,520

and uh that's a great phone call right

4240

02:57:57,030 --> 02:57:54,800

there that's what fader knots are and

4241

02:57:58,469 --> 02:57:57,040

that's what this show

4242

02:58:00,150 --> 02:57:58,479

is about

4243

02:58:01,670 --> 02:58:00,160

right there and

4244

02:58:04,389 --> 02:58:01,680

when i say

4245

02:58:06,630 --> 02:58:04,399

surround yourself with positivity right

4246

02:58:08,150 --> 02:58:06,640

there that phone call that's what i'm

4247

02:58:10,389 --> 02:58:08,160

talking about

4248

02:58:11,510 --> 02:58:10,399

yeah there you go cass just posted

4249

02:58:13,750 --> 02:58:11,520

biggies

4250

02:58:15,670 --> 02:58:13,760

i'm going to uh i'm going to do a

4251
02:58:16,830 --> 02:58:15,680
retweet on this

4252
02:58:19,269 --> 02:58:16,840
and

4253
02:58:20,469 --> 02:58:19,279
uh this

4254
02:58:22,309 --> 02:58:20,479
is

4255
02:58:24,309 --> 02:58:22,319
biggies

4256
02:58:26,389 --> 02:58:24,319
there you go thank you cass for that let

4257
02:58:27,830 --> 02:58:26,399
me get this retweet happening

4258
02:58:30,469 --> 02:58:27,840
and uh

4259
02:58:32,630 --> 02:58:30,479
see again that's that's this that's this

4260
02:58:33,750 --> 02:58:32,640
family that's the fader not family right

4261
02:58:39,269 --> 02:58:33,760
there

4262
02:58:41,510 --> 02:58:39,279
yeah yeah mike you need to figure out a

4263
02:58:42,870 --> 02:58:41,520

way to uh to get this stuff to the rest

4264

02:58:46,309 --> 02:58:42,880

of the country

4265

02:58:49,030 --> 02:58:46,319

that is uh that is totally noble so yeah

4266

02:58:50,630 --> 02:58:49,040

surround yourself with positive positive

4267

02:58:53,030 --> 02:58:50,640

people

4268

02:58:54,870 --> 02:58:53,040

right there the fader not family mike

4269

02:58:56,630 --> 02:58:54,880

calling and saying that's that's what he

4270

02:58:59,429 --> 02:58:56,640

does that's that's it

4271

02:59:01,750 --> 02:58:59,439

and that's that's what makes you happy

4272

02:59:04,710 --> 02:59:01,760

chase your bliss

4273

02:59:06,150 --> 02:59:04,720

surround yourself with nothing but

4274

02:59:08,950 --> 02:59:06,160

positivity

4275

02:59:11,670 --> 02:59:08,960

and uh and go and check out the images

4276

02:59:13,990 --> 02:59:11,680

that i just posted from sedona and uh

4277

02:59:15,429 --> 02:59:14,000

and from phoenix because it was just a

4278

02:59:19,349 --> 02:59:15,439

great positive

4279

02:59:21,510 --> 02:59:19,359

uh weekend um i wanted to uh maybe i'll

4280

02:59:22,469 --> 02:59:21,520

save this for fade or night

4281

02:59:23,670 --> 02:59:22,479

um

4282

02:59:25,990 --> 02:59:23,680

but uh

4283

02:59:28,469 --> 02:59:26,000

we were talking about and i'm out of

4284

02:59:30,309 --> 02:59:28,479

time i'll say this for fader night but

4285

02:59:34,230 --> 02:59:30,319

i'm out to dinner right i've got carolyn

4286

02:59:37,429 --> 02:59:34,240

ford i've got uh i've got uh um

4287

02:59:40,710 --> 02:59:37,439

melinda leslie there and and uh virginia

4288

02:59:43,590 --> 02:59:40,720

reynolds or victoria reynolds uh joan of

4289

02:59:46,070 --> 02:59:43,600

uh angels and of course adrian

4290

02:59:48,790 --> 02:59:46,080

but i've got this this uh everybody's

4291

02:59:51,110 --> 02:59:48,800

like you know connection right and i

4292

02:59:53,910 --> 02:59:51,120

told everybody the uh the story about

4293

02:59:55,190 --> 02:59:53,920

the shoes right my little ghost you know

4294

02:59:57,429 --> 02:59:55,200

here at the house

4295

02:59:59,670 --> 02:59:57,439

and to sit there for

4296

03:00:02,150 --> 02:59:59,680

for uh you know probably an hour in a

4297

03:00:04,710 --> 03:00:02,160

positive way everybody talking about

4298

03:00:07,429 --> 03:00:04,720

what is actually going on it was one of

4299

03:00:10,710 --> 03:00:07,439

the coolest conversations i've had

4300

03:00:13,190 --> 03:00:10,720

in a long long time

4301
03:00:15,830 --> 03:00:13,200
i wish all of you could have been there

4302
03:00:18,630 --> 03:00:15,840
it was absolutely incredible well listen

4303
03:00:21,190 --> 03:00:18,640
this is a first time guest week again

4304
03:00:23,110 --> 03:00:21,200
here on fade to black what we've got

4305
03:00:25,190 --> 03:00:23,120
lined up this week is absolutely

4306
03:00:26,630 --> 03:00:25,200
incredible again another first time

4307
03:00:28,870 --> 03:00:26,640
guest week here

4308
03:00:31,750 --> 03:00:28,880
on fade to black and and tonight that of

4309
03:00:34,550 --> 03:00:31,760
course was elizabeth hoekstra tomorrow

4310
03:00:36,790 --> 03:00:34,560
night stormy daniels is here we're going

4311
03:00:39,110 --> 03:00:36,800
to be talking about spooky babes

4312
03:00:41,110 --> 03:00:39,120
uh ghost hunting the paranormal the

4313
03:00:43,750 --> 03:00:41,120

supernatural all of that tomorrow night

4314

03:00:45,429 --> 03:00:43,760

with a stormy and then wednesday night

4315

03:00:47,190 --> 03:00:45,439

sean cahill

4316

03:00:48,389 --> 03:00:47,200

is here and

4317

03:00:51,510 --> 03:00:48,399

one of

4318

03:00:53,510 --> 03:00:51,520

and this uh really especially

4319

03:00:56,469 --> 03:00:53,520

underneath what is going on on the

4320

03:00:59,110 --> 03:00:56,479

surface but underneath in our community

4321

03:01:01,990 --> 03:00:59,120

last summer sky fort

4322

03:01:03,030 --> 03:01:02,000

what is skyford

4323

03:01:05,349 --> 03:01:03,040

okay

4324

03:01:06,710 --> 03:01:05,359

now it's going to be uaps the subject of

4325

03:01:10,230 --> 03:01:06,720

uaps

4326
03:01:12,790 --> 03:01:10,240
on wednesday night but what is skyfort

4327
03:01:14,150 --> 03:01:12,800
and who is involved and what is the

4328
03:01:17,110 --> 03:01:14,160
agenda there

4329
03:01:19,269 --> 03:01:17,120
that's going down wednesday night

4330
03:01:21,990 --> 03:01:19,279
first time guest week again here on fade

4331
03:01:24,469 --> 03:01:22,000
to black it's uh it's what i do

4332
03:01:26,389 --> 03:01:24,479
and i am just in a great mood fade to

4333
03:01:28,469 --> 03:01:26,399
black is produced by hill j paul renee

4334
03:01:30,550 --> 03:01:28,479
dennis and kevin

4335
03:01:33,429 --> 03:01:30,560
announcers are steve harter gene vitoa

4336
03:01:36,469 --> 03:01:33,439
mark d kovar webmaster is drew the geek

4337
03:01:37,790 --> 03:01:36,479
music doug aldrige intro

4338
03:01:41,590 --> 03:01:37,800

spaceboy

4339

03:01:43,030 --> 03:01:41,600

produced by kjcr for the game changer

4340

03:01:45,750 --> 03:01:43,040

network

4341

03:01:47,590 --> 03:01:45,760

this broadcast on copyrighted 2022 by

4342

03:01:50,550 --> 03:01:47,600

fade to black and the game your network

4343

03:01:52,309 --> 03:01:50,560

inc it cannot be rebroadcast downloaded

4344

03:01:54,389 --> 03:01:52,319

copied or used anywhere in the known

4345

03:01:55,670 --> 03:01:54,399

universe without written permission from

4346

03:01:57,510 --> 03:01:55,680

fade to black of the game changer

4347

03:01:59,030 --> 03:01:57,520

network i'm your host jimmy church

4348

03:02:02,790 --> 03:01:59,040

tomorrow night right here on this

4349

03:02:05,269 --> 03:02:02,800

program stormy daniels until then i want

4350

03:02:11,750 --> 03:02:05,279

everybody to be safe

4351

03:02:38,230 --> 03:02:20,130

[Music]

4352

03:02:38,240 --> 03:02:42,060

so