

FADE TO BLACK

with JIMMY CHURCH

PRESENTS

KELLY SULLIVAN WALDEN

TRANSFORMING TRAGIC TO MAGIC

TUE FEB 21 LIVE

7:00 PM PT/10:00PM ET



1
00:00:27,310 --> 00:00:22,330

[Music]

2
00:00:30,650 --> 00:00:27,320

the smoke radio for the masses of July 8

3
00:00:32,990 --> 00:00:30,660

1947 the Army Air Forces has announced

4
00:00:35,150 --> 00:00:33,000

that a flying disc has been found and is

5
00:00:38,150 --> 00:00:35,160

now in the possession of the army

6
00:00:41,930 --> 00:00:38,160

game is rigged change the game game

7
00:00:45,170 --> 00:00:41,940

changer I occasionally think how quickly

8
00:00:48,229 --> 00:00:45,180

hard difference is worldwide would

9
00:00:50,170 --> 00:00:48,239

vanish if we were facing an alien threat

10
00:00:52,120 --> 00:00:50,180

from outside this work

11
00:00:52,270 --> 00:00:52,130

[Music]

12
00:00:54,610 --> 00:00:52,280

[Applause]

13
00:00:57,529 --> 00:00:54,620

[Music]

14

00:01:00,350 --> 00:00:57,539

this is Fade to Black with your host

15

00:01:01,060 --> 00:01:00,360

Jimmy Church on the game changer Radio

16

00:01:04,369 --> 00:01:01,070

Network

17

00:01:09,950 --> 00:01:07,670

all right welcome Fade to Black I am

18

00:01:16,070 --> 00:01:09,960

your host Jimmy church today is Tuesday

19

00:01:18,649 --> 00:01:16,080

February 21st 2023 I cannot wait for

20

00:01:22,190 --> 00:01:18,659

tonight's show to kick off oh no we just

21

00:01:23,830 --> 00:01:22,200

started it tonight's Kelly Sullivan

22

00:01:26,950 --> 00:01:23,840

Walden is with us

23

00:01:31,910 --> 00:01:26,960

and tonight I just called the show

24

00:01:35,090 --> 00:01:31,920

tragic into magic and uh completely uh

25

00:01:37,190 --> 00:01:35,100

plagiarized and stolen uh from Kelly

26

00:01:40,789 --> 00:01:37,200

um but uh that's that's what the show

27

00:01:43,670 --> 00:01:40,799

was about tonight and I know uh as I as

28

00:01:45,770 --> 00:01:43,680

I set this up before I bring Kelly in

29

00:01:49,370 --> 00:01:45,780

um you know she's the dream expert right

30

00:01:52,190 --> 00:01:49,380

the dream doctor doctor dream but uh

31

00:01:54,109 --> 00:01:52,200

tonight a little bit little tiny little

32

00:01:56,929 --> 00:01:54,119

bit about dreams but tonight we're going

33

00:01:59,389 --> 00:01:56,939

to talk about her new book it's called a

34

00:02:01,550 --> 00:01:59,399

crisis is a terrible thing to waste the

35

00:02:05,209 --> 00:02:01,560

art of transforming the tragic into

36

00:02:08,449 --> 00:02:05,219

magic the link for the book is below I

37

00:02:10,070 --> 00:02:08,459

have been reading it it's it's you know

38

00:02:12,830 --> 00:02:10,080

what enough of that Kelly's Great the

39

00:02:15,170 --> 00:02:12,840

book is great the link is below

40

00:02:17,449 --> 00:02:15,180

um we know everything that she's been

41

00:02:19,729 --> 00:02:17,459

doing in the media and her website and

42

00:02:22,430 --> 00:02:19,739

her podcast over the years she's one of

43

00:02:25,790 --> 00:02:22,440

the most respected uh authors and dream

44

00:02:27,710 --> 00:02:25,800

experts out there but but the the new

45

00:02:31,070 --> 00:02:27,720

book and I'll let Kelly describe it to

46

00:02:33,830 --> 00:02:31,080

you this is a personal Journey

47

00:02:36,250 --> 00:02:33,840

this is a personal Journey uh there are

48

00:02:40,430 --> 00:02:36,260

a couple of Dreams in the book

49

00:02:44,089 --> 00:02:40,440

but it's it's a series of life's essays

50

00:02:47,270 --> 00:02:44,099

and I I hope I'm putting that uh terming

51
00:02:50,210 --> 00:02:47,280
that correctly so with that let's just

52
00:02:52,190 --> 00:02:50,220
get straight to it and say welcome Kelly

53
00:02:55,369 --> 00:02:52,200
Sullivan Walden

54
00:02:58,970 --> 00:02:55,379
how are you doing and you've got

55
00:03:01,390 --> 00:02:58,980
yourself muted you need to unmute some

56
00:03:04,009 --> 00:03:01,400
things I don't have control of

57
00:03:07,550 --> 00:03:04,019
how's that am I back with you yeah

58
00:03:08,869 --> 00:03:07,560
you're here welcome back it it's you

59
00:03:09,949 --> 00:03:08,879
know it's always amazing when you're

60
00:03:13,550 --> 00:03:09,959
with us

61
00:03:16,009 --> 00:03:13,560
um but uh before we get started uh how

62
00:03:17,990 --> 00:03:16,019
were the holidays uh Dana everything

63
00:03:21,470 --> 00:03:18,000

else in your life great

64

00:03:23,930 --> 00:03:21,480

life is good life is good it's been a

65

00:03:26,089 --> 00:03:23,940

really busy beginning of the new year

66

00:03:28,970 --> 00:03:26,099

with this book coming out and

67

00:03:30,470 --> 00:03:28,980

it's it's it's really good it's been not

68

00:03:32,570 --> 00:03:30,480

like you know normally the beginning of

69

00:03:35,170 --> 00:03:32,580

the year is kind of mellow this was like

70

00:03:38,809 --> 00:03:35,180

bam here we go rock and roll

71

00:03:41,449 --> 00:03:38,819

no doubt no doubt no doubt no doubt uh

72

00:03:44,149 --> 00:03:41,459

good to be with you though Jimmy you you

73

00:03:47,690 --> 00:03:44,159

you do mention in the book

74

00:03:50,149 --> 00:03:47,700

um uh which which I thought was uh again

75

00:03:52,970 --> 00:03:50,159

this is all personal uh you know this is

76

00:03:56,210 --> 00:03:52,980

a pretty pretty gnarly Insight right you

77

00:03:58,369 --> 00:03:56,220

let it all hang out but um but you say

78

00:04:01,729 --> 00:03:58,379

in the book you know man I've I've been

79

00:04:03,830 --> 00:04:01,739

just like everybody else you know locked

80

00:04:05,869 --> 00:04:03,840

down I haven't seen my family in a year

81

00:04:07,670 --> 00:04:05,879

I had this happen and this happened and

82

00:04:09,949 --> 00:04:07,680

this happened I'm dealing with this and

83

00:04:14,149 --> 00:04:09,959

so are all of you

84

00:04:16,729 --> 00:04:14,159

um wow right but I think 2023 finally we

85

00:04:19,310 --> 00:04:16,739

get you know we get to enjoy try to get

86

00:04:22,490 --> 00:04:19,320

back to normal if if that's the right

87

00:04:24,610 --> 00:04:22,500

way to put it right back to black back

88

00:04:31,270 --> 00:04:24,620

to normal

89

00:04:36,890 --> 00:04:33,530

I want to share one thing with you about

90

00:04:38,330 --> 00:04:36,900

dreams really quick please over the

91

00:04:41,749 --> 00:04:38,340

weekend

92

00:04:43,909 --> 00:04:41,759

um I had this crazy dream

93

00:04:46,969 --> 00:04:43,919

and now check this out

94

00:04:47,870 --> 00:04:46,979

I'm just gonna lay it out there I woke

95

00:04:52,070 --> 00:04:47,880

up

96

00:04:53,510 --> 00:04:52,080

don't know if you know what grounding is

97

00:04:54,830 --> 00:04:53,520

we won't get into that but I've been

98

00:04:58,790 --> 00:04:54,840

grounding at night

99

00:05:01,189 --> 00:04:58,800

and so when I wake up in the morning my

100

00:05:03,430 --> 00:05:01,199

dreams they're because you go into such

101
00:05:05,450 --> 00:05:03,440
a deep sleep when you when you ground

102
00:05:07,790 --> 00:05:05,460
everything's like really Vivid and

103
00:05:10,129 --> 00:05:07,800
Technicolor and it's fun and but I I've

104
00:05:12,350 --> 00:05:10,139
been remembering things so anyway I was

105
00:05:15,469 --> 00:05:12,360
in Miami over the weekend and I woke up

106
00:05:18,230 --> 00:05:15,479
I went that was the craziest dream ever

107
00:05:22,390 --> 00:05:18,240
and this was the dream I was at a party

108
00:05:24,909 --> 00:05:22,400
okay and I'm walking around at the party

109
00:05:28,490 --> 00:05:24,919
asking everybody

110
00:05:35,390 --> 00:05:34,010
if the world blew up 30 days after you

111
00:05:37,310 --> 00:05:35,400
died

112
00:05:37,860 --> 00:05:37,320
how would you feel

113
00:05:42,170 --> 00:05:37,870

right

114

00:05:42,180 --> 00:05:44,930

and that was

115

00:05:49,189 --> 00:05:46,790

you know person after person after

116

00:05:51,110 --> 00:05:49,199

person at this party just upsetting

117

00:05:52,310 --> 00:05:51,120

everybody apparently

118

00:05:55,850 --> 00:05:52,320

um

119

00:05:59,270 --> 00:05:55,860

and now I have no idea where that came

120

00:06:01,249 --> 00:05:59,280

from and and I'm thinking about it so

121

00:06:04,249 --> 00:06:01,259

then after that

122

00:06:06,350 --> 00:06:04,259

uh after I woke up had breakfast uh and

123

00:06:09,350 --> 00:06:06,360

then I I went to where I was Billy

124

00:06:11,029 --> 00:06:09,360

Carson's house and it was earlier there

125

00:06:14,270 --> 00:06:11,039

was you know five or ten of our friends

126

00:06:15,350 --> 00:06:14,280

were there early uh in the day and I

127

00:06:17,270 --> 00:06:15,360

said man

128

00:06:19,969 --> 00:06:17,280

I gotta tell you guys about this dream

129

00:06:22,430 --> 00:06:19,979

that I had and so I hit everybody with

130

00:06:24,950 --> 00:06:22,440

that question same reaction that you

131

00:06:27,890 --> 00:06:24,960

just did whoa

132

00:06:32,230 --> 00:06:27,900

what what you know and I got everybody

133

00:06:35,090 --> 00:06:32,240

thinking and yeah crazy

134

00:06:37,309 --> 00:06:35,100

what did they say I think everybody

135

00:06:39,409 --> 00:06:37,319

wanted to a little bit of

136

00:06:41,809 --> 00:06:39,419

self-reflection just like I was right

137

00:06:45,230 --> 00:06:41,819

where they that's not a question I don't

138

00:06:48,050 --> 00:06:45,240

think is easily answered right it's it's

139

00:06:49,850 --> 00:06:48,060

there there that is a that's a mind

140

00:06:52,129 --> 00:06:49,860

experiment that's a thought experiment

141

00:06:55,249 --> 00:06:52,139

right there it definitely it definitely

142

00:06:57,409 --> 00:06:55,259

is I think um in dreams when we have a

143

00:06:59,510 --> 00:06:57,419

very specific question when there's a

144

00:07:01,850 --> 00:06:59,520

quote because often in dreams it's kind

145

00:07:03,590 --> 00:07:01,860

of nebulous and things are hard to pin

146

00:07:07,070 --> 00:07:03,600

down but when there's a there's a

147

00:07:08,809 --> 00:07:07,080

specific word or a specific phrase it

148

00:07:10,969 --> 00:07:08,819

Bears repeating it means that there's

149

00:07:12,529 --> 00:07:10,979

something there because the dreams are

150

00:07:15,650 --> 00:07:12,539

typically they take place with the

151
00:07:18,230 --> 00:07:15,660
visual cortex so to hear something and

152
00:07:21,409 --> 00:07:18,240
to say something that's I that's very

153
00:07:23,270 --> 00:07:21,419
special and so I think it's it is worth

154
00:07:25,249 --> 00:07:23,280
going down the rabbit hole on that

155
00:07:27,350 --> 00:07:25,259
question I know what it brings up for me

156
00:07:29,390 --> 00:07:27,360
but I want to know what it brings up for

157
00:07:31,909 --> 00:07:29,400
you first and then I'll weigh in on if

158
00:07:35,809 --> 00:07:31,919
it were my dream yeah you know and I've

159
00:07:39,890 --> 00:07:35,819
I've thought about it uh quite a bit

160
00:07:42,830 --> 00:07:39,900
um and I think it reflects back I mean

161
00:07:45,110 --> 00:07:42,840
it's a definite philosophical move on

162
00:07:46,969 --> 00:07:45,120
the head right it's a definite thing

163
00:07:53,089 --> 00:07:46,979

there

164

00:07:55,430 --> 00:07:53,099

um and so is it is it about this is how

165

00:07:59,089 --> 00:07:55,440

I've tried to resolve it in my own mind

166

00:08:00,670 --> 00:07:59,099

is it about should you care

167

00:08:04,790 --> 00:08:00,680

about

168

00:08:08,809 --> 00:08:04,800

the now

169

00:08:10,010 --> 00:08:08,819

right now because 30 days after you're

170

00:08:14,409 --> 00:08:10,020

gone

171

00:08:18,469 --> 00:08:14,419

there's nothing here so

172

00:08:20,809 --> 00:08:18,479

do you focus on the now now right and

173

00:08:24,830 --> 00:08:20,819

those that are around you do you focus

174

00:08:27,529 --> 00:08:24,840

on that because right

175

00:08:29,869 --> 00:08:27,539

um and and it's such a heavy thought

176

00:08:34,010 --> 00:08:29,879

because we're supposed to care about the

177

00:08:36,110 --> 00:08:34,020

planet seven generations yes yes right

178

00:08:37,310 --> 00:08:36,120

Beyond us and so this kind of changes

179

00:08:40,430 --> 00:08:37,320

all of that

180

00:08:43,909 --> 00:08:40,440

well I'm kind of chomping at the bit

181

00:08:45,590 --> 00:08:43,919

and one of the one of the stories in my

182

00:08:46,910 --> 00:08:45,600

book that we're talking about a crisis

183

00:08:48,230 --> 00:08:46,920

is a terrible thing to waste I think

184

00:08:49,550 --> 00:08:48,240

you'll dig this one and we might have

185

00:08:51,590 --> 00:08:49,560

even talked about this on a previous

186

00:08:52,910 --> 00:08:51,600

show because this is one of my favorite

187

00:08:55,790 --> 00:08:52,920

stories

188

00:08:58,610 --> 00:08:55,800

um about my death experience when I had

189

00:09:01,610 --> 00:08:58,620

a mini death experience as as contrasted

190

00:09:03,470 --> 00:09:01,620

by Daniel Brinkley's you know hour-long

191

00:09:05,810 --> 00:09:03,480

death experiences I was only on the

192

00:09:09,590 --> 00:09:05,820

other side for about 15 minutes and all

193

00:09:13,850 --> 00:09:09,600

I know is from that experience I felt

194

00:09:18,110 --> 00:09:13,860

such Grace such peace such okayness

195

00:09:19,850 --> 00:09:18,120

about everything so I think if I died

196

00:09:21,070 --> 00:09:19,860

and then I found out later that the

197

00:09:25,370 --> 00:09:21,080

world

198

00:09:28,130 --> 00:09:25,380

exploded or was just it ceased to be I

199

00:09:30,829 --> 00:09:28,140

think from a from a being on the other

200

00:09:33,410 --> 00:09:30,839

side perspective it would be like okay

201
00:09:35,269 --> 00:09:33,420
well that was fun we we did what we came

202
00:09:37,730 --> 00:09:35,279
here to do it's okay because the whole

203
00:09:39,710 --> 00:09:37,740
the whole message that I got from the

204
00:09:42,050 --> 00:09:39,720
other side was

205
00:09:46,070 --> 00:09:42,060
was suffering

206
00:09:49,190 --> 00:09:46,080
is equated to the amount of attachment I

207
00:09:52,070 --> 00:09:49,200
have and if I can be detached and still

208
00:09:54,410 --> 00:09:52,080
present still fully show up fully love

209
00:09:57,470 --> 00:09:54,420
with my whole heart but not be attached

210
00:09:59,690 --> 00:09:57,480
then there's Bliss possible no matter no

211
00:10:03,170 --> 00:09:59,700
matter what and everything has an

212
00:10:06,530 --> 00:10:03,180
expiration date including this planet so

213
00:10:08,870 --> 00:10:06,540

right that's okay it just means well

214

00:10:11,210 --> 00:10:08,880

whatever time we have left here let's

215

00:10:14,449 --> 00:10:11,220

make the most of it let's not squander

216

00:10:16,730 --> 00:10:14,459

it living in fear let's not squander it

217

00:10:19,250 --> 00:10:16,740

you know contemplating our navels and

218

00:10:22,130 --> 00:10:19,260

and the navel of The Neighbor Next Door

219

00:10:26,030 --> 00:10:22,140

let's just let's what what matters most

220

00:10:26,990 --> 00:10:26,040

let's let if this time is really limited

221

00:10:28,970 --> 00:10:27,000

then

222

00:10:31,670 --> 00:10:28,980

let's knock it off let's stop being

223

00:10:34,070 --> 00:10:31,680

Knuckleheads let's get on with really

224

00:10:36,590 --> 00:10:34,080

doing what we came here to do so

225

00:10:38,389 --> 00:10:36,600

I would as somebody who likes to turn

226

00:10:40,610 --> 00:10:38,399

the tragic into magic I feel like

227

00:10:42,949 --> 00:10:40,620

they're the magic of this dream is that

228

00:10:45,769 --> 00:10:42,959

it feels like just do what you came here

229

00:10:47,210 --> 00:10:45,779

to do love with your full heart and

230

00:10:49,190 --> 00:10:47,220

because this

231

00:10:52,730 --> 00:10:49,200

as much as I loved being on the other

232

00:10:55,430 --> 00:10:52,740

side and I didn't want to come back here

233

00:10:57,829 --> 00:10:55,440

I realized that back here in this

234

00:10:59,269 --> 00:10:57,839

Dimension this is a precious realm this

235

00:11:01,730 --> 00:10:59,279

is something that we all I believe we

236

00:11:03,230 --> 00:11:01,740

all chose to come here for a period of

237

00:11:06,230 --> 00:11:03,240

time to learn some things and maybe

238

00:11:08,269 --> 00:11:06,240

we're not done and maybe it we will at

239

00:11:11,930 --> 00:11:08,279

some point this this playground won't be

240

00:11:14,269 --> 00:11:11,940

here anymore for us but perhaps the best

241

00:11:15,829 --> 00:11:14,279

way to be here is like it's a great like

242

00:11:17,690 --> 00:11:15,839

it's Disneyland we don't want to miss a

243

00:11:20,750 --> 00:11:17,700

thing we want to yeah yeah yeah yeah

244

00:11:24,170 --> 00:11:20,760

yeah yeah yeah that's it and yes yes yes

245

00:11:27,590 --> 00:11:24,180

yes yes and here here's that you know to

246

00:11:29,509 --> 00:11:27,600

turn around and and and look at

247

00:11:31,610 --> 00:11:29,519

something like that when you unpack it

248

00:11:34,069 --> 00:11:31,620

one of the first things is well the

249

00:11:36,230 --> 00:11:34,079

petty stuff just doesn't matter you may

250

00:11:38,329 --> 00:11:36,240

have you may have a butt head friend

251

00:11:40,130 --> 00:11:38,339

that gets on your nerves

252

00:11:42,490 --> 00:11:40,140

but they're still your friend you know

253

00:11:46,550 --> 00:11:42,500

the petty stuff just doesn't matter

254

00:11:49,190 --> 00:11:46,560

there's there's that and and to to not

255

00:11:53,389 --> 00:11:49,200

waste time with with negative Vibes

256

00:11:56,030 --> 00:11:53,399

right right don't don't stay stay with

257

00:11:59,630 --> 00:11:56,040

positive things around you because you

258

00:12:02,630 --> 00:11:59,640

just never right and to have wasted

259

00:12:05,750 --> 00:12:02,640

precious time on negative trivial stuff

260

00:12:07,250 --> 00:12:05,760

right and and here's so here's the thing

261

00:12:10,670 --> 00:12:07,260

right

262

00:12:14,810 --> 00:12:10,680

so uh Consciousness I believe is

263

00:12:17,569 --> 00:12:14,820

non-physical right yeah when when we die

264

00:12:20,449 --> 00:12:17,579

that's not the end that's just simple

265

00:12:23,090 --> 00:12:20,459

hitting right right so what you don't

266

00:12:26,030 --> 00:12:23,100

want to do let's say you die 30 days

267

00:12:27,650 --> 00:12:26,040

later asteroid hits Planet blows up you

268

00:12:28,509 --> 00:12:27,660

know whatever happens right and it's

269

00:12:32,990 --> 00:12:28,519

over

270

00:12:36,069 --> 00:12:33,000

your your conscious self right you don't

271

00:12:40,329 --> 00:12:36,079

want to bump in to the soul out there

272

00:12:42,949 --> 00:12:40,339

that that you were not cool with right

273

00:12:46,990 --> 00:12:42,959

you know but do you remember that time

274

00:12:53,090 --> 00:12:51,470

you don't want that so clean it up and

275

00:12:56,090 --> 00:12:53,100

also

276

00:12:58,370 --> 00:12:56,100

um the those out there Kelly let me

277

00:13:00,170 --> 00:12:58,380

bring up this and I want to get to this

278

00:13:02,269 --> 00:13:00,180

quote from Joseph Campbell that you

279

00:13:04,490 --> 00:13:02,279

start off the book with it is so on

280

00:13:08,230 --> 00:13:04,500

point even with what we're talking about

281

00:13:12,129 --> 00:13:08,240

right now right yeah which is this

282

00:13:15,050 --> 00:13:12,139

you don't want to be that soul

283

00:13:17,990 --> 00:13:15,060

traveling the universe right after

284

00:13:19,850 --> 00:13:18,000

everything is over with going man that

285

00:13:22,790 --> 00:13:19,860

time on Earth was kind of fun but I sure

286

00:13:24,710 --> 00:13:22,800

to wasted a lot of time being being a

287

00:13:27,590 --> 00:13:24,720

dick you don't want to be that either

288

00:13:29,329 --> 00:13:27,600

right you you just don't you know you

289

00:13:32,269 --> 00:13:29,339

don't want to waste your time going to

290

00:13:33,769 --> 00:13:32,279

this uh quote this is uh Joseph Campbell

291

00:13:37,910 --> 00:13:33,779

and I love this

292

00:13:41,389 --> 00:13:37,920

It is by going down into the abyss that

293

00:13:45,050 --> 00:13:41,399

we recover the treasures of life

294

00:13:46,569 --> 00:13:45,060

where you stumble there lies your

295

00:13:50,389 --> 00:13:46,579

treasure

296

00:13:52,490 --> 00:13:50,399

oh man that is strong

297

00:13:55,930 --> 00:13:52,500

isn't that great that kind of says it

298

00:14:03,050 --> 00:13:59,389

says he also says the cave you fear to

299

00:14:05,629 --> 00:14:03,060

enter holds the treasures you seek

300

00:14:08,690 --> 00:14:05,639

so let's go after these things that

301

00:14:10,550 --> 00:14:08,700

scare us most let's let's dive in let's

302

00:14:13,670 --> 00:14:10,560

let's go in with our full heart because

303

00:14:16,730 --> 00:14:13,680

then I mean Ben there's nothing we can

304

00:14:19,490 --> 00:14:16,740

live fearlessly and when we go after we

305

00:14:20,410 --> 00:14:19,500

turn the table on it we Ogle it or Ogle

306

00:14:31,910 --> 00:14:20,420

it

307

00:14:34,550 --> 00:14:31,920

what I believe and I and I think you

308

00:14:36,410 --> 00:14:34,560

were saying something about this um

309

00:14:39,550 --> 00:14:36,420

one of the things that I think is so

310

00:14:43,129 --> 00:14:39,560

true is we are

311

00:14:45,410 --> 00:14:43,139

one percent physical maybe zero zero

312

00:14:48,730 --> 00:14:45,420

point zero zero one percent physical the

313

00:14:51,650 --> 00:14:48,740

rest of us are being our nature is is

314

00:14:54,829 --> 00:14:51,660

non-physical so if everything that is

315

00:14:57,530 --> 00:14:54,839

physical was to be destroyed

316

00:14:58,850 --> 00:14:57,540

that's just it's kind of like losing our

317

00:15:02,269 --> 00:14:58,860

pinky toe

318

00:15:04,790 --> 00:15:02,279

right our Pinky the the nail our pinky

319

00:15:08,750 --> 00:15:04,800

toenail not even the pinky toe just the

320

00:15:11,090 --> 00:15:08,760

nail and it's like okay well that was

321

00:15:12,889 --> 00:15:11,100

precious and

322

00:15:15,170 --> 00:15:12,899

what else

323

00:15:17,509 --> 00:15:15,180

and that's I think the moment that we

324

00:15:19,490 --> 00:15:17,519

pass over and we experience this

325

00:15:22,730 --> 00:15:19,500

sometimes in dreams that's why death and

326

00:15:25,189 --> 00:15:22,740

dreams are so correlated because they we

327

00:15:28,009 --> 00:15:25,199

experience the non-physical aspect of

328

00:15:30,050 --> 00:15:28,019

who we are we explore Dimensions that we

329

00:15:32,569 --> 00:15:30,060

that are harder to explore when we're

330

00:15:33,949 --> 00:15:32,579

when we're just fixated on this

331

00:15:36,410 --> 00:15:33,959

particular Dimension this

332

00:15:40,250 --> 00:15:36,420

three-dimensional reality but we get to

333

00:15:41,930 --> 00:15:40,260

expand and it's just it's so cool so we

334

00:15:43,250 --> 00:15:41,940

just need to remember that we when we go

335

00:15:45,050 --> 00:15:43,260

on the other side we're gonna we're

336

00:15:46,850 --> 00:15:45,060

gonna have a lot of relief we're gonna

337

00:15:49,069 --> 00:15:46,860

feel a lot of gratitude we're gonna

338

00:15:50,930 --> 00:15:49,079

we're gonna love it but we wanna stay

339

00:15:53,930 --> 00:15:50,940

here as long as we can and enjoy and do

340

00:15:58,310 --> 00:15:53,940

what we came here to do well in in in

341

00:16:00,350 --> 00:15:58,320

with such a strong statement like you

342

00:16:04,250 --> 00:16:00,360

know turning tragic into magic right

343

00:16:08,870 --> 00:16:04,260

right there right that that set of words

344

00:16:11,870 --> 00:16:08,880

said so much because if we look at the

345

00:16:16,069 --> 00:16:11,880

and we all do this including myself you

346

00:16:17,389 --> 00:16:16,079

look at the romance of time travel right

347

00:16:20,569 --> 00:16:17,399

the wrong

348

00:16:22,569 --> 00:16:20,579

that oh man if I could just go back and

349

00:16:26,509 --> 00:16:22,579

fix that stuff

350

00:16:29,170 --> 00:16:26,519

get long lost love from eighth grade

351

00:16:33,050 --> 00:16:29,180

whatever it is right right

352

00:16:37,069 --> 00:16:33,060

the romance of time travel if you know

353

00:16:40,129 --> 00:16:37,079

can you change one little thing then

354

00:16:40,930 --> 00:16:40,139

your children aren't born today right

355

00:16:46,189 --> 00:16:40,940

right

356

00:16:48,650 --> 00:16:46,199

the thing so no those things those

357

00:16:50,689 --> 00:16:48,660

tragedies or whatever it is from your

358

00:16:52,790 --> 00:16:50,699

past made you who you are today why

359

00:16:56,210 --> 00:16:52,800

would you change it

360

00:16:58,189 --> 00:16:56,220

right yeah I think it's it's really

361

00:17:00,470 --> 00:16:58,199

flipping it I love there's a Cheryl

362

00:17:02,449 --> 00:17:00,480

Strayed quote um I wish I could remember

363

00:17:05,750 --> 00:17:02,459

it exactly it's something about how

364

00:17:08,390 --> 00:17:05,760

people lament not getting better cards

365

00:17:10,490 --> 00:17:08,400

and she said but that's not the job to

366

00:17:13,010 --> 00:17:10,500

to wish you had other cards it's to play

367

00:17:16,789 --> 00:17:13,020

the cards you're dealt play those

368

00:17:18,770 --> 00:17:16,799

puppies with all your might don't like

369

00:17:19,850 --> 00:17:18,780

hello you've got some cards that you've

370

00:17:22,789 --> 00:17:19,860

been handed

371

00:17:24,669 --> 00:17:22,799

deal with those

372

00:17:27,590 --> 00:17:24,679

I'm awesome

373

00:17:30,650 --> 00:17:27,600

we've got a lot more that I mean it's

374

00:17:33,350 --> 00:17:30,660

just the human The Human Condition is

375

00:17:36,169 --> 00:17:33,360

such a conundrum we always I mean it's

376

00:17:37,909 --> 00:17:36,179

so typical that we that we want what we

377

00:17:40,070 --> 00:17:37,919

don't have and that we take for granted

378

00:17:42,890 --> 00:17:40,080

what we do have and if we had if we were

379

00:17:44,510 --> 00:17:42,900

really awake if we just woke up took

380

00:17:46,610 --> 00:17:44,520

whatever the red or the green or the red

381

00:17:49,070 --> 00:17:46,620

pill whatever that is we would we would

382

00:17:52,310 --> 00:17:49,080

say oh my God it'd be like Jimmy Stewart

383

00:17:56,810 --> 00:17:52,320

at the end of It's a Wonderful Life

384

00:17:59,390 --> 00:17:56,820

I get this oh my God this is cool let's

385

00:18:01,789 --> 00:17:59,400

milk it for all its work

386

00:18:05,090 --> 00:18:01,799

um I uh I was in Miami uh over the

387

00:18:07,970 --> 00:18:05,100

weekend and Billy Carson and I uh we did

388

00:18:11,270 --> 00:18:07,980

a couple of live streams in his Studio

389

00:18:14,270 --> 00:18:11,280

and in one of the live streams where we

390

00:18:17,390 --> 00:18:14,280

were talking about look you know we all

391

00:18:19,310 --> 00:18:17,400

go through hard stuff right and but it's

392

00:18:22,430 --> 00:18:19,320

still who we are today you know and

393

00:18:25,490 --> 00:18:22,440

don't don't you know take that and and

394

00:18:27,650 --> 00:18:25,500

work with it he starts crying he's

395

00:18:29,990 --> 00:18:27,660

talking about new experience this is

396

00:18:31,750 --> 00:18:30,000

Billy Carson right I'm sitting next to

397

00:18:34,850 --> 00:18:31,760

him and

398

00:18:39,049 --> 00:18:34,860

but here's here's what he was trying to

399

00:18:43,490 --> 00:18:39,059

say as bad as it was and it was bad

400

00:18:45,110 --> 00:18:43,500

I had a dream I had a vision and at that

401
00:18:46,970 --> 00:18:45,120
point in my life there was nobody there

402
00:18:48,169 --> 00:18:46,980
that's willing to help somebody that's

403
00:18:50,690 --> 00:18:48,179
got nothing

404
00:18:53,510 --> 00:18:50,700
and I wasn't looking for a handout and I

405
00:18:55,909 --> 00:18:53,520
realized uh that that it's just me

406
00:18:58,970 --> 00:18:55,919
that's going to push through this you

407
00:19:01,430 --> 00:18:58,980
know how you take tragic and turn it

408
00:19:03,950 --> 00:19:01,440
into magic you know and I wasn't about

409
00:19:05,630 --> 00:19:03,960
to let myself go you know fully naked at

410
00:19:07,010 --> 00:19:05,640
that point and start talking about my

411
00:19:09,130 --> 00:19:07,020
past

412
00:19:12,650 --> 00:19:09,140
um why not

413
00:19:16,250 --> 00:19:12,660

discussing that earlier right in that

414

00:19:19,490 --> 00:19:16,260

um uh everybody

415

00:19:21,110 --> 00:19:19,500

is dealing with with stuff there's

416

00:19:22,340 --> 00:19:21,120

nobody out there

417

00:19:23,710 --> 00:19:22,350

there's no no

418

00:19:26,630 --> 00:19:23,720

[Laughter]

419

00:19:29,690 --> 00:19:26,640

there there's nobody out there that has

420

00:19:32,150 --> 00:19:29,700

lived a perfect life uh that that hasn't

421

00:19:34,909 --> 00:19:32,160

had its share of setbacks and and things

422

00:19:35,990 --> 00:19:34,919

and sadness and and whatever you want to

423

00:19:40,190 --> 00:19:36,000

call it

424

00:19:42,110 --> 00:19:40,200

um but it builds to who you are today so

425

00:19:45,549 --> 00:19:42,120

don't go back and change anything why

426

00:19:48,650 --> 00:19:45,559

would you just ride through it

427

00:19:51,049 --> 00:19:48,660

absolutely and if there's anything that

428

00:19:55,490 --> 00:19:51,059

I mean there's a it seems like there's a

429

00:19:57,770 --> 00:19:55,500

process of of coming into this world as

430

00:20:00,110 --> 00:19:57,780

these perfect innocent beautiful little

431

00:20:02,570 --> 00:20:00,120

babies and then

432

00:20:05,390 --> 00:20:02,580

we all get our hearts broken I mean I've

433

00:20:07,310 --> 00:20:05,400

had I've had my heart smashed a bunch of

434

00:20:09,710 --> 00:20:07,320

times and I list not all of them but

435

00:20:12,650 --> 00:20:09,720

many of them in in this book

436

00:20:15,650 --> 00:20:12,660

but with every every heartbreak there's

437

00:20:18,110 --> 00:20:15,660

some I mean it's like part resilience

438

00:20:20,590 --> 00:20:18,120

part protectiveness that we develop some

439

00:20:24,590 --> 00:20:20,600

strategy for coping if we if we survive

440

00:20:26,690 --> 00:20:24,600

and that coping mechanism can sometimes

441

00:20:29,029 --> 00:20:26,700

become like a mask we become really

442

00:20:32,029 --> 00:20:29,039

funny we become really cool we become

443

00:20:34,310 --> 00:20:32,039

really smart we become really uh

444

00:20:37,430 --> 00:20:34,320

avoidant we become really domineering

445

00:20:40,730 --> 00:20:37,440

whatever it is we we become something to

446

00:20:44,450 --> 00:20:40,740

cope and then at some point that that

447

00:20:47,029 --> 00:20:44,460

coping mechanism stops working it either

448

00:20:48,710 --> 00:20:47,039

starts to become a kind of like used car

449

00:20:52,370 --> 00:20:48,720

salesman-ish where it just sort of

450

00:20:54,890 --> 00:20:52,380

repels people or it works so well that

451
00:20:57,230 --> 00:20:54,900
we maybe achieve all the things that we

452
00:20:59,450 --> 00:20:57,240
want but we have this profound imposter

453
00:21:00,830 --> 00:20:59,460
syndrome that was kind of you know I

454
00:21:03,409 --> 00:21:00,840
kind of had a little bit of both of

455
00:21:05,810 --> 00:21:03,419
those where it's just like my my facade

456
00:21:07,730 --> 00:21:05,820
is cracking it's breaking and then at

457
00:21:10,549 --> 00:21:07,740
that point that's usually the crisis

458
00:21:12,830 --> 00:21:10,559
point where people even if they're going

459
00:21:14,090 --> 00:21:12,840
to check out that's usually the place

460
00:21:16,730 --> 00:21:14,100
where they do it because they realize

461
00:21:18,710 --> 00:21:16,740
they can't go back to who they were and

462
00:21:20,390 --> 00:21:18,720
their mask their coping mechanism isn't

463
00:21:22,490 --> 00:21:20,400

working so what's the point of being

464

00:21:24,650 --> 00:21:22,500

here and I reached that point several

465

00:21:28,010 --> 00:21:24,660

times in my book I talk about wanting to

466

00:21:30,049 --> 00:21:28,020

just not be here anymore but those are

467

00:21:32,390 --> 00:21:30,059

also those those moments where if we're

468

00:21:34,669 --> 00:21:32,400

wise we'll we'll hit our knees we'll

469

00:21:37,430 --> 00:21:34,679

we'll fall into a place of surrender

470

00:21:40,850 --> 00:21:37,440

where we make a demand of the Universe

471

00:21:44,090 --> 00:21:40,860

show me something give me some kind of a

472

00:21:47,870 --> 00:21:44,100

sign so I can stay here and if we

473

00:21:49,850 --> 00:21:47,880

sincerely ask then we're sincerely given

474

00:21:52,549 --> 00:21:49,860

something and that's usually when when

475

00:21:54,770 --> 00:21:52,559

some form of Grace takes place where we

476

00:21:56,930 --> 00:21:54,780

step out and we realize it's like the

477

00:22:00,169 --> 00:21:56,940

Harrison Ford and Indiana Jones walking

478

00:22:01,549 --> 00:22:00,179

across that invisible bridge where we

479

00:22:04,490 --> 00:22:01,559

don't know how we're going to make it

480

00:22:06,770 --> 00:22:04,500

but but we if we keep putting a foot in

481

00:22:09,350 --> 00:22:06,780

front of the other we do and there's so

482

00:22:11,450 --> 00:22:09,360

it seems like there's this place where I

483

00:22:14,029 --> 00:22:11,460

mean there's the crisis which is the

484

00:22:15,289 --> 00:22:14,039

cracking of the mask and then there's

485

00:22:20,270 --> 00:22:15,299

the

486

00:22:22,490 --> 00:22:20,280

cracking and we don't want to live

487

00:22:24,529 --> 00:22:22,500

forever with that mask we want to return

488

00:22:27,289 --> 00:22:24,539

back to our innocence but with the

489

00:22:30,049 --> 00:22:27,299

wisdom of a mature adult and that's

490

00:22:32,390 --> 00:22:30,059

that's what's possible for all of us

491

00:22:35,090 --> 00:22:32,400

but it makes sense that we would defend

492

00:22:36,789 --> 00:22:35,100

our masks and not tell anybody about

493

00:22:39,470 --> 00:22:36,799

what's underneath them because we want

494

00:22:42,350 --> 00:22:39,480

it we want to be loved we want to be

495

00:22:45,830 --> 00:22:42,360

accepted and so much of my life was so

496

00:22:48,049 --> 00:22:45,840

much about the facade and wanting to get

497

00:22:50,930 --> 00:22:48,059

the respect the approval the love the

498

00:22:53,630 --> 00:22:50,940

Adoration or whatever at whatever cost

499

00:22:55,490 --> 00:22:53,640

and it was kind of like who cares about

500

00:22:58,010 --> 00:22:55,500

what's authentic under there I don't

501
00:23:00,770 --> 00:22:58,020
care as long as I get the outer stuff

502
00:23:03,350 --> 00:23:00,780
but then at some point it's like wow so

503
00:23:05,830 --> 00:23:03,360
all this love is really people loving me

504
00:23:09,230 --> 00:23:05,840
but they're not loving the real me

505
00:23:13,130 --> 00:23:09,240
they're loving the representative the

506
00:23:14,510 --> 00:23:13,140
representative exactly but it takes you

507
00:23:16,190 --> 00:23:14,520
write in the book

508
00:23:17,810 --> 00:23:16,200
um I'm not going to give it away so I'm

509
00:23:20,149 --> 00:23:17,820
going to paraphrase a little bit here

510
00:23:22,549 --> 00:23:20,159
write it you write in the book you've

511
00:23:25,850 --> 00:23:22,559
got a journalist and you're excited

512
00:23:27,310 --> 00:23:25,860
she's coming over to to interview you

513
00:23:30,649 --> 00:23:27,320

right okay

514

00:23:32,570 --> 00:23:30,659

you've arrived and so she's comes over

515

00:23:35,870 --> 00:23:32,580

everything's cool right you guys she's

516

00:23:37,970 --> 00:23:35,880

hip she's a hippie she's hip and uh

517

00:23:40,549 --> 00:23:37,980

she's the hippie and you guys are doing

518

00:23:42,770 --> 00:23:40,559

your thing and then and then later in

519

00:23:44,690 --> 00:23:42,780

the you know and so you've got you've

520

00:23:46,549 --> 00:23:44,700

got the house all you know you've got

521

00:23:49,070 --> 00:23:46,559

the you've got the you've got the

522

00:23:50,930 --> 00:23:49,080

representative mask on right and then

523

00:23:52,669 --> 00:23:50,940

she goes well tell me about the time

524

00:23:55,610 --> 00:23:52,679

when you robbed the bank with Patty

525

00:23:57,830 --> 00:23:55,620

Hearst right and and you're like what

526

00:23:59,510 --> 00:23:57,840

how do you know that now I'm

527

00:24:04,630 --> 00:23:59,520

paraphrasing you can tell the real story

528

00:24:09,169 --> 00:24:04,640

later but now she's behind the mask and

529

00:24:12,529 --> 00:24:09,179

you are at that crossroads of like well

530

00:24:17,630 --> 00:24:12,539

crap am I going to discuss the real me

531

00:24:21,049 --> 00:24:17,640

or am I gonna keep the mask on and how

532

00:24:23,750 --> 00:24:21,059

was that a week of pressure when you

533

00:24:25,669 --> 00:24:23,760

have that oh my God no it was horrible

534

00:24:27,789 --> 00:24:25,679

because I wasn't I wasn't prepared for

535

00:24:32,690 --> 00:24:27,799

it so what she asked was like later

536

00:24:36,049 --> 00:24:32,700

after she later so in hindsight now I'm

537

00:24:37,970 --> 00:24:36,059

so grateful for her I mean she so it's

538

00:24:41,990 --> 00:24:37,980

it's what I opened the book with and she

539

00:24:43,430 --> 00:24:42,000

asks me so you know tell me like why are

540

00:24:45,529 --> 00:24:43,440

nightmares so great and I say something

541

00:24:47,090 --> 00:24:45,539

about how nightmares are helping us to

542

00:24:48,830 --> 00:24:47,100

come to peace with the parts of

543

00:24:51,529 --> 00:24:48,840

ourselves we don't love so that we're

544

00:24:54,049 --> 00:24:51,539

capable of living these Fearless lives

545

00:24:56,870 --> 00:24:54,059

and and she says so is that how you feel

546

00:25:01,210 --> 00:24:56,880

about your past as a pole dancer and I'm

547

00:25:08,090 --> 00:25:04,370

like I pulled a William Shatner on her I

548

00:25:09,890 --> 00:25:08,100

can't but leave you and all of that it

549

00:25:12,350 --> 00:25:09,900

was like I just

550

00:25:14,270 --> 00:25:12,360

literally wanted to die I turned every

551
00:25:16,850 --> 00:25:14,280
shade of every color

552
00:25:19,549 --> 00:25:16,860
and wanted to find a hole dig myself

553
00:25:22,010 --> 00:25:19,559
into it and I asked her how she knew

554
00:25:23,990 --> 00:25:22,020
this because that was I thought buried

555
00:25:26,630 --> 00:25:24,000
in the closet and only a few people knew

556
00:25:28,549 --> 00:25:26,640
and she said that she had been to a

557
00:25:32,990 --> 00:25:28,559
12-step women's meeting that I had been

558
00:25:35,570 --> 00:25:33,000
to years and years before and I'm like

559
00:25:38,690 --> 00:25:35,580
and she heard me talk about that in a

560
00:25:41,690 --> 00:25:38,700
very very you know small what I thought

561
00:25:44,090 --> 00:25:41,700
was an anonymous group and apparently

562
00:25:46,850 --> 00:25:44,100
not so it was a breach of 12 step

563
00:25:50,450 --> 00:25:46,860

protocol but at the time so this I think

564

00:25:52,310 --> 00:25:50,460

is what's important I wasn't prepared to

565

00:25:55,310 --> 00:25:52,320

be called out

566

00:25:57,409 --> 00:25:55,320

and I asked her not to print it because

567

00:25:59,750 --> 00:25:57,419

I was working with school kids at the

568

00:26:01,850 --> 00:25:59,760

time and I know like in in schools

569

00:26:04,370 --> 00:26:01,860

there's you know they're super careful

570

00:26:06,289 --> 00:26:04,380

about what we what like if if you have a

571

00:26:08,529 --> 00:26:06,299

background a criminal record for example

572

00:26:10,549 --> 00:26:08,539

or if you've done anything in

573

00:26:12,110 --> 00:26:10,559

quasi-questionable like you can't work

574

00:26:14,149 --> 00:26:12,120

with kids so I thought oh my God this is

575

00:26:15,529 --> 00:26:14,159

going to ruin all this good work that

576

00:26:17,210 --> 00:26:15,539

I've started to do please don't mention

577

00:26:19,130 --> 00:26:17,220

it even though at the beginning of the

578

00:26:22,070 --> 00:26:19,140

interview she said is there anything off

579

00:26:25,190 --> 00:26:22,080

limits I said no I'm an open book you

580

00:26:26,930 --> 00:26:25,200

can ask me anything Famous Last Words

581

00:26:29,090 --> 00:26:26,940

except with Jimmy Church Jimmy church

582

00:26:32,029 --> 00:26:29,100

you can ask me anything at this point

583

00:26:34,310 --> 00:26:32,039

but here's the thing I realized at the

584

00:26:35,330 --> 00:26:34,320

end of that story and I and I Ogle it

585

00:26:38,330 --> 00:26:35,340

but

586

00:26:39,950 --> 00:26:38,340

um if anybody's gonna tell my story it's

587

00:26:43,070 --> 00:26:39,960

going to be me I don't want somebody

588

00:26:44,990 --> 00:26:43,080

else telling it so for for the years

589

00:26:48,049 --> 00:26:45,000

between so that was about five years ago

590

00:26:50,750 --> 00:26:48,059

that that happened and it's taken me up

591

00:26:55,549 --> 00:26:50,760

until now to have written my stories

592

00:26:58,310 --> 00:26:55,559

myself so now I stand here today having

593

00:27:00,649 --> 00:26:58,320

done the work the integration work to

594

00:27:03,409 --> 00:27:00,659

love my Shadows to practice what I

595

00:27:05,870 --> 00:27:03,419

preach truly to take every single part

596

00:27:07,970 --> 00:27:05,880

of my past that I thought was horrific

597

00:27:09,950 --> 00:27:07,980

it would cause everybody to run for the

598

00:27:13,310 --> 00:27:09,960

hills get me kicked off the island

599

00:27:15,169 --> 00:27:13,320

burned at the stake all of those things

600

00:27:16,730 --> 00:27:15,179

I've taken every one of those stories

601
00:27:18,529 --> 00:27:16,740
and written them

602
00:27:21,350 --> 00:27:18,539
to the place where I feel like I've

603
00:27:23,330 --> 00:27:21,360
turned my broken heart into art I feel

604
00:27:25,669 --> 00:27:23,340
like these have become something that

605
00:27:28,430 --> 00:27:25,679
now I I wouldn't want to live through

606
00:27:31,370 --> 00:27:28,440
any of these things ever and I wouldn't

607
00:27:33,230 --> 00:27:31,380
wish any of them on my worst enemy but

608
00:27:35,870 --> 00:27:33,240
I'm glad that I lived through them and

609
00:27:37,970 --> 00:27:35,880
I'm grateful that I that I'm still alive

610
00:27:41,269 --> 00:27:37,980
and that I learned so much and in fact

611
00:27:43,070 --> 00:27:41,279
the wisdom all the wisdom I have isn't

612
00:27:45,230 --> 00:27:43,080
from the books I've read isn't from

613
00:27:47,090 --> 00:27:45,240

isn't from what the teachers the

614

00:27:48,529 --> 00:27:47,100

greatest teachers in the world that I've

615

00:27:51,710 --> 00:27:48,539

had a chance to interview like you have

616

00:27:54,289 --> 00:27:51,720

Jimmy but it's from my own heart breaks

617

00:27:56,930 --> 00:27:54,299

my the wisdom that I learned

618

00:27:58,370 --> 00:27:56,940

in the School of Hard Knocks and I think

619

00:28:01,190 --> 00:27:58,380

that's where we get the best stuff

620

00:28:05,210 --> 00:28:01,200

except we're in a we we get into a state

621

00:28:07,149 --> 00:28:05,220

of sort of suspended animation suspended

622

00:28:10,190 --> 00:28:07,159

animation can I say that 10 times fast

623

00:28:11,870 --> 00:28:10,200

when when there isn't the Alchemy when

624

00:28:13,909 --> 00:28:11,880

we just take this

625

00:28:16,190 --> 00:28:13,919

this thing that seems so horrible and we

626

00:28:18,769 --> 00:28:16,200

put it in the closet it doesn't become

627

00:28:20,750 --> 00:28:18,779

wisdom when it's in the closet but when

628

00:28:22,610 --> 00:28:20,760

we really pull it out and look at it

629

00:28:24,590 --> 00:28:22,620

then all of a sudden I think it's

630

00:28:26,090 --> 00:28:24,600

transformative and that's where I found

631

00:28:31,970 --> 00:28:26,100

that that

632

00:28:34,850 --> 00:28:31,980

how most people know about

633

00:28:38,630 --> 00:28:34,860

post-traumatic stress disorder PTSD but

634

00:28:41,990 --> 00:28:38,640

few people know about ptg which is this

635

00:28:43,970 --> 00:28:42,000

possibility for for all of us to go

636

00:28:47,269 --> 00:28:43,980

through a difficult time and come out

637

00:28:50,390 --> 00:28:47,279

better on the other end but it takes us

638

00:28:52,130 --> 00:28:50,400

really owning our circumstance owning

639

00:28:54,950 --> 00:28:52,140

our life owning what we've been through

640

00:28:57,110 --> 00:28:54,960

and not denying it putting it off

641

00:28:59,090 --> 00:28:57,120

blaming it on somebody else but that's

642

00:29:02,470 --> 00:28:59,100

when we can actually come through it

643

00:29:05,330 --> 00:29:02,480

better than we were when we went in

644

00:29:07,149 --> 00:29:05,340

post-traumatic growth was a huge subject

645

00:29:10,070 --> 00:29:07,159

this weekend

646

00:29:12,590 --> 00:29:10,080

a bunch of friends and ptg

647

00:29:15,710 --> 00:29:12,600

post-traumatic growth

648

00:29:18,049 --> 00:29:15,720

um big big big topic of a conversation

649

00:29:20,810 --> 00:29:18,059

talked about it all weekend long with

650

00:29:23,149 --> 00:29:20,820

numerous people and and I found it

651
00:29:26,149 --> 00:29:23,159
fascinating that you know these studies

652
00:29:29,110 --> 00:29:26,159
that have come out that about the

653
00:29:31,610 --> 00:29:29,120
numbers 50 right yeah

654
00:29:34,549 --> 00:29:31,620
of people that have gone through

655
00:29:37,850 --> 00:29:34,559
something traumatic uh come out of the

656
00:29:42,649 --> 00:29:37,860
other side uh better learned learned

657
00:29:47,029 --> 00:29:42,659
right and have had a positive growth uh

658
00:29:49,370 --> 00:29:47,039
situation after that right yeah yeah but

659
00:29:51,710 --> 00:29:49,380
usually I mean it kind of it's in some

660
00:29:54,649 --> 00:29:51,720
way it correlates with the work that

661
00:29:56,210 --> 00:29:54,659
Barbara marks Hubbard was doing that was

662
00:29:58,549 --> 00:29:56,220
talking about the theory of the

663
00:30:00,889 --> 00:29:58,559

dissipation of structures basically

664

00:30:02,870 --> 00:30:00,899

about transformation using the metaphor

665

00:30:07,490 --> 00:30:02,880

of the caterpillar becoming the

666

00:30:09,470 --> 00:30:07,500

butterfly and most of us assume that

667

00:30:12,830 --> 00:30:09,480

every caterpillar that melts down into

668

00:30:14,750 --> 00:30:12,840

goo eventually gets its wings but not

669

00:30:17,149 --> 00:30:14,760

every caterpillar gets turns into a

670

00:30:20,330 --> 00:30:17,159

butterfly some of the caterpillars

671

00:30:23,269 --> 00:30:20,340

end right there in that puddle of goo

672

00:30:26,210 --> 00:30:23,279

and it's like us it's not guaranteed

673

00:30:27,289 --> 00:30:26,220

that we're going to have ptg when we go

674

00:30:29,570 --> 00:30:27,299

through something that we're going to

675

00:30:31,850 --> 00:30:29,580

grow and develop wings as a result of it

676

00:30:34,070 --> 00:30:31,860

we have to do some things and some of

677

00:30:36,769 --> 00:30:34,080

the study talks about the people that

678

00:30:39,830 --> 00:30:36,779

move toward their difficulty that that

679

00:30:42,830 --> 00:30:39,840

go into therapy that look that look for

680

00:30:44,570 --> 00:30:42,840

the good that look for the growth then

681

00:30:46,370 --> 00:30:44,580

they tend to find it but there's some

682

00:30:48,409 --> 00:30:46,380

people we have the choice we can go

683

00:30:51,370 --> 00:30:48,419

through something horrific and become

684

00:30:54,230 --> 00:30:51,380

embittered by those those situations

685

00:30:57,710 --> 00:30:54,240

victim I'm a victim and you want to

686

00:30:59,510 --> 00:30:57,720

point fingers and and and blame uh and

687

00:31:02,330 --> 00:30:59,520

which is a complete waste of time by the

688

00:31:04,370 --> 00:31:02,340

way no matter no matter what and it's

689

00:31:06,409 --> 00:31:04,380

those that aren't choosing to go down

690

00:31:07,970 --> 00:31:06,419

that path then there is an opportunity

691

00:31:09,470 --> 00:31:07,980

there for them yeah you're absolutely

692

00:31:12,049 --> 00:31:09,480

right but I think there's I think

693

00:31:14,810 --> 00:31:12,059

there's a and I agree with you but I but

694

00:31:16,970 --> 00:31:14,820

part of my Ogle formula which is how I

695

00:31:20,090 --> 00:31:16,980

suggest and how I practice it is what I

696

00:31:22,669 --> 00:31:20,100

teach my clients how to get through to

697

00:31:24,710 --> 00:31:22,679

transform our tragic into magic is first

698

00:31:27,769 --> 00:31:24,720

we need to give ourselves permission to

699

00:31:30,169 --> 00:31:27,779

be in the O in the what's offensive in

700

00:31:32,930 --> 00:31:30,179

in we can give ourselves that that time

701

00:31:36,889 --> 00:31:32,940

to be in the pain I mean we can't just

702

00:31:39,110 --> 00:31:36,899

completely gloss over it we it it has a

703

00:31:41,930 --> 00:31:39,120

beginning the middle and end and some of

704

00:31:44,149 --> 00:31:41,940

us are too quick to gloss over it and to

705

00:31:45,769 --> 00:31:44,159

be like I'm fine I'm fine nope I'm good

706

00:31:48,169 --> 00:31:45,779

I'm good and then there's all this scar

707

00:31:49,549 --> 00:31:48,179

tissue that we hold on to but we and

708

00:31:51,529 --> 00:31:49,559

then some of us hold on to the pain

709

00:31:53,930 --> 00:31:51,539

maybe a little too long and we're it's

710

00:31:56,090 --> 00:31:53,940

maybe the human race is divided into two

711

00:31:58,310 --> 00:31:56,100

camp some of us glossing over too

712

00:32:00,590 --> 00:31:58,320

quickly some of us holding on a little

713

00:32:04,130 --> 00:32:00,600

too long but whatever it is we need some

714

00:32:07,789 --> 00:32:04,140

time to be real with the pain because

715

00:32:11,029 --> 00:32:07,799

let's face it I mean the shock is real

716

00:32:12,889 --> 00:32:11,039

and the pain is real I know when I I

717

00:32:14,269 --> 00:32:12,899

mean in the last few years I lost one of

718

00:32:16,610 --> 00:32:14,279

the things I talk about is all the loved

719

00:32:18,529 --> 00:32:16,620

ones I've lost in the last few years and

720

00:32:21,350 --> 00:32:18,539

even though I I've had a death

721

00:32:23,690 --> 00:32:21,360

experience and I know how glorious it is

722

00:32:26,210 --> 00:32:23,700

on the other side that doesn't stop me

723

00:32:28,549 --> 00:32:26,220

my heart from breaking when when my dogs

724

00:32:29,690 --> 00:32:28,559

died when my best friends died I just

725

00:32:31,549 --> 00:32:29,700

was like

726

00:32:33,590 --> 00:32:31,559

even though I know what's on the other

727

00:32:34,730 --> 00:32:33,600

side and I know that they're so lucky to

728

00:32:36,769 --> 00:32:34,740

be there

729

00:32:39,289 --> 00:32:36,779

I couldn't help but my heart just

730

00:32:41,389 --> 00:32:39,299

breaking and I had to give myself that

731

00:32:43,070 --> 00:32:41,399

grief is tough

732

00:32:46,370 --> 00:32:43,080

I mean It's just tough they're tough and

733

00:32:47,870 --> 00:32:46,380

and some people deal with it in in

734

00:32:50,810 --> 00:32:47,880

certain ways

735

00:32:52,850 --> 00:32:50,820

um the other the other day I'm not going

736

00:32:55,370 --> 00:32:52,860

to dwell on this at all but I was in my

737

00:32:57,230 --> 00:32:55,380

kitchen I'm standing at the sink and I

738

00:32:59,990 --> 00:32:57,240

went man

739

00:33:03,110 --> 00:33:00,000

everybody around me

740

00:33:06,169 --> 00:33:03,120

is dead right I was like going down the

741

00:33:08,269 --> 00:33:06,179

list right I was like you don't know you

742

00:33:08,990 --> 00:33:08,279

know and I know it's my age you know you

743

00:33:12,470 --> 00:33:09,000

don't

744

00:33:16,009 --> 00:33:12,480

down when you're five and six years old

745

00:33:21,370 --> 00:33:16,019

but but I'm just like my dad my brother

746

00:33:29,450 --> 00:33:26,389

oh man you know and and some people just

747

00:33:32,169 --> 00:33:29,460

deal with it uh grief is a is a heavy

748

00:33:35,029 --> 00:33:32,179

thing that that sometimes can take years

749

00:33:38,990 --> 00:33:35,039

all right well yeah there's the study

750

00:33:41,810 --> 00:33:39,000

that says that most people in the the

751
00:33:43,070 --> 00:33:41,820
this survey the study was done on widows

752
00:33:47,210 --> 00:33:43,080
that grieve and they said it takes

753
00:33:51,730 --> 00:33:47,220
between three to eight years to to mourn

754
00:33:54,710 --> 00:33:51,740
to grieve a traumatic loss unless people

755
00:33:57,409 --> 00:33:54,720
actively participate in moving through

756
00:33:59,330 --> 00:33:57,419
the grief and one of the things I

757
00:34:01,669 --> 00:33:59,340
suggest that we do is give ours in the

758
00:34:05,210 --> 00:34:01,679
moments that we feel those those waves

759
00:34:06,470 --> 00:34:05,220
of grief I mean I I've lost a million I

760
00:34:10,310 --> 00:34:06,480
don't know about a million but I've lost

761
00:34:13,250 --> 00:34:10,320
a lot of deeply deeply deep loved loved

762
00:34:14,990 --> 00:34:13,260
ones so when those moments come up where

763
00:34:17,210 --> 00:34:15,000

we're just feeling it we need to give

764

00:34:18,889 --> 00:34:17,220

ourselves that permission but then go

765

00:34:20,750 --> 00:34:18,899

through the Ogle process should I say

766

00:34:22,190 --> 00:34:20,760

what it is just since I keep bringing up

767

00:34:25,010 --> 00:34:22,200

Ogle

768

00:34:28,849 --> 00:34:25,020

yeah we you know what we got way ahead

769

00:34:30,950 --> 00:34:28,859

of our skis didn't we we had it again we

770

00:34:34,310 --> 00:34:30,960

had a plan Jimmy we had a plan which

771

00:34:36,530 --> 00:34:34,320

which we're 30 minutes into the show and

772

00:34:38,869 --> 00:34:36,540

none of it is like the quickie I want to

773

00:34:41,389 --> 00:34:38,879

just say this one thing because when I

774

00:34:43,430 --> 00:34:41,399

think about for example I think about

775

00:34:46,250 --> 00:34:43,440

um my best friend Gypsy who passed away

776
00:34:47,270 --> 00:34:46,260
and shoot that was a couple years ago

777
00:34:49,310 --> 00:34:47,280
and

778
00:34:52,609 --> 00:34:49,320
I think about what's offensive about

779
00:34:56,149 --> 00:34:52,619
that is that I had plans for us in our

780
00:34:59,950 --> 00:34:56,159
lives I mean we I planned on having her

781
00:35:02,930 --> 00:34:59,960
around until we're 90. you know and I

782
00:35:04,670 --> 00:35:02,940
like what do I do with all that and

783
00:35:06,950 --> 00:35:04,680
there and plus I just miss her in the

784
00:35:08,750 --> 00:35:06,960
day-to-day but what's good about it so I

785
00:35:09,589 --> 00:35:08,760
go into the G for what's good about it

786
00:35:11,569 --> 00:35:09,599
is

787
00:35:14,630 --> 00:35:11,579
oh my god well I had her for all the

788
00:35:18,170 --> 00:35:14,640

years that I did I I have somebody worth

789

00:35:19,670 --> 00:35:18,180

missing I to have you know to have loved

790

00:35:22,310 --> 00:35:19,680

and lost is better than not to have

791

00:35:23,870 --> 00:35:22,320

loved at all and to you know and and I

792

00:35:25,670 --> 00:35:23,880

still have an angel on the other side so

793

00:35:28,849 --> 00:35:25,680

I have to give myself permission to

794

00:35:32,210 --> 00:35:28,859

grieve being the oh what's offensive but

795

00:35:34,790 --> 00:35:32,220

in the G what's good about this is I'm

796

00:35:37,310 --> 00:35:34,800

so lucky to have had somebody like her

797

00:35:40,430 --> 00:35:37,320

and she still she shows up all the time

798

00:35:43,069 --> 00:35:40,440

it's kind of like invasive a little but

799

00:35:45,290 --> 00:35:43,079

it's awesome and then the L is for the

800

00:35:48,710 --> 00:35:45,300

Looking Glass how

801
00:35:50,990 --> 00:35:48,720
how do I ghost myself how how do I go in

802
00:35:53,510 --> 00:35:51,000
and out of being present how am I not

803
00:35:55,130 --> 00:35:53,520
fully Alive sometimes when I'm dwelling

804
00:35:57,470 --> 00:35:55,140
on the things that aren't worthy of my

805
00:35:59,510 --> 00:35:57,480
attention I you know I take I'm the one

806
00:36:02,930 --> 00:35:59,520
that is the Grim Reaper of my own life

807
00:36:05,930 --> 00:36:02,940
and then the E is for Elevate that's how

808
00:36:08,990 --> 00:36:05,940
will I live a more elevated Life as a

809
00:36:10,790 --> 00:36:09,000
result of of this pain well I'm gonna be

810
00:36:14,150 --> 00:36:10,800
more present with the ones I love and

811
00:36:16,490 --> 00:36:14,160
when I do notice her busting through I

812
00:36:19,490 --> 00:36:16,500
want to really recognize it and and

813
00:36:20,990 --> 00:36:19,500

appreciate it and and take it in instead

814

00:36:22,390 --> 00:36:21,000

of just being like Oh that was cool

815

00:36:25,430 --> 00:36:22,400

whatever

816

00:36:27,050 --> 00:36:25,440

moving on I mean there's so many moments

817

00:36:30,470 --> 00:36:27,060

that I can just

818

00:36:32,329 --> 00:36:30,480

take it in so I think it's important to

819

00:36:34,609 --> 00:36:32,339

acknowledge the sadness and the and and

820

00:36:36,829 --> 00:36:34,619

the fact that we're old enough to lose

821

00:36:39,170 --> 00:36:36,839

people like you know some people don't

822

00:36:41,750 --> 00:36:39,180

have that they they check out too early

823

00:36:45,710 --> 00:36:41,760

there's a lot to be grateful for that is

824

00:36:47,930 --> 00:36:45,720

one of the best points if you're still

825

00:36:50,810 --> 00:36:47,940

around to be bummed out

826

00:36:54,170 --> 00:36:50,820

yeah you're ahead of the game man you're

827

00:36:56,930 --> 00:36:54,180

out of the game and and I I actually

828

00:36:59,690 --> 00:36:56,940

have had that thought

829

00:37:01,550 --> 00:36:59,700

right and it could it could definitely

830

00:37:03,290 --> 00:37:01,560

be the other way around and so you're

831

00:37:05,750 --> 00:37:03,300

absolutely right we need to really stop

832

00:37:08,150 --> 00:37:05,760

and appreciate uh the fact that we have

833

00:37:10,550 --> 00:37:08,160

the opportunity to to think about and

834

00:37:13,730 --> 00:37:10,560

have the memories right it could be the

835

00:37:16,790 --> 00:37:13,740

other way around it's really that simple

836

00:37:19,370 --> 00:37:16,800

um Can can okay let's get back to the

837

00:37:25,910 --> 00:37:22,490

put me in coach yes let's get

838

00:37:28,010 --> 00:37:25,920

um your your writing style

839

00:37:30,170 --> 00:37:28,020

and I've noticed this I've got so many

840

00:37:32,569 --> 00:37:30,180

of your books right your writing style

841

00:37:35,510 --> 00:37:32,579

is just always so cool

842

00:37:37,430 --> 00:37:35,520

um I know you well enough that uh you're

843

00:37:39,829 --> 00:37:37,440

the way that you Converse the way that

844

00:37:43,190 --> 00:37:39,839

you speak and who you are this glowing

845

00:37:45,470 --> 00:37:43,200

uh ray of sunshine that you are but it

846

00:37:49,370 --> 00:37:45,480

always comes across in your writing and

847

00:37:52,190 --> 00:37:49,380

this this this doesn't disappoint but it

848

00:37:53,630 --> 00:37:52,200

had me cracking up and that I can hear

849

00:37:56,630 --> 00:37:53,640

it in your own voice oh by the way

850

00:38:01,310 --> 00:37:56,640

everybody I I I have the first couple of

851
00:38:02,750 --> 00:38:01,320
chapters of uh the the audiobook in in

852
00:38:05,329 --> 00:38:02,760
her voice

853
00:38:06,370 --> 00:38:05,339
I've got that going for me too

854
00:38:08,930 --> 00:38:06,380
um but

855
00:38:12,410 --> 00:38:08,940
the way we're going to talk about

856
00:38:14,630 --> 00:38:12,420
Persephone and so when I saw I didn't

857
00:38:16,849 --> 00:38:14,640
know where you were going with this

858
00:38:20,089 --> 00:38:16,859
and uh

859
00:38:24,410 --> 00:38:20,099
um there was uh you you said something

860
00:38:27,349 --> 00:38:24,420
in the very okay first off uh who she is

861
00:38:29,210 --> 00:38:27,359
and and that part of Mythology and and

862
00:38:31,790 --> 00:38:29,220
her story

863
00:38:35,089 --> 00:38:31,800

um your typical you know Greek tragedy I

864

00:38:38,450 --> 00:38:35,099

might add or or something like that but

865

00:38:42,470 --> 00:38:38,460

um uh it could have been written in no

866

00:38:43,010 --> 00:38:42,480

you wrote it in your voice with

867

00:38:46,010 --> 00:38:43,020

um

868

00:38:47,329 --> 00:38:46,020

uh so anyway so I'm I'm reading through

869

00:38:49,970 --> 00:38:47,339

and then we're going to get to

870

00:38:51,829 --> 00:38:49,980

Persephone but you said you said this

871

00:38:54,650 --> 00:38:51,839

you go

872

00:38:58,250 --> 00:38:54,660

so uh you said something like uh so she

873

00:38:59,950 --> 00:38:58,260

whiffs the flower and he said the

874

00:39:04,930 --> 00:38:59,960

flowers narcotic

875

00:39:11,329 --> 00:39:08,710

he didn't just do that okay

876

00:39:14,089 --> 00:39:11,339

we got a different version of Persephone

877

00:39:17,089 --> 00:39:14,099

that's about to be laid out here

878

00:39:19,069 --> 00:39:17,099

um so why why take this approach

879

00:39:22,329 --> 00:39:19,079

um and and why did you choose Persephone

880

00:39:26,990 --> 00:39:22,339

uh to to set up the book

881

00:39:30,530 --> 00:39:27,000

well I have always been a fan of of the

882

00:39:32,390 --> 00:39:30,540

Greek myths and the goddesses and of all

883

00:39:35,150 --> 00:39:32,400

the Greek goddesses the one that I

884

00:39:37,490 --> 00:39:35,160

relate to the most is Persephone and

885

00:39:39,650 --> 00:39:37,500

for people who don't know which one she

886

00:39:41,930 --> 00:39:39,660

is she's she's actually known as the

887

00:39:43,310 --> 00:39:41,940

triple goddess because she starts off

888

00:39:45,349 --> 00:39:43,320

kind of like what we were talking about

889

00:39:48,710 --> 00:39:45,359
earlier she starts off all innocent

890

00:39:50,990 --> 00:39:48,720
she's the maiden she's frolicking

891

00:39:53,230 --> 00:39:51,000
through the meadow with butterflies

892

00:39:56,210 --> 00:39:53,240
landing on her shoulder

893

00:39:58,849 --> 00:39:56,220
everything is just hunky-dory she's

894

00:40:01,849 --> 00:39:58,859
cartwheeling it's just fabulous and

895

00:40:05,329 --> 00:40:01,859
little does she know that Hades is

896

00:40:08,329 --> 00:40:05,339
stalking her he got of the underworld

897

00:40:10,910 --> 00:40:08,339
is watching her and he's waiting for his

898

00:40:12,230 --> 00:40:10,920
moment and it was the moment that she

899

00:40:15,109 --> 00:40:12,240
gets the whiff and I won't tell the

900

00:40:17,930 --> 00:40:15,119
whole story I will but but I she she

901
00:40:21,530 --> 00:40:17,940
gets abducted she gets pulled into the

902
00:40:25,790 --> 00:40:21,540
underworld by Hades and scaly hand and

903
00:40:27,710 --> 00:40:25,800
and her life on Earth is over and

904
00:40:30,890 --> 00:40:27,720
Demeter her mother who was the

905
00:40:33,230 --> 00:40:30,900
helicopter parent she's she puts out of

906
00:40:35,390 --> 00:40:33,240
all points bulletin she turns the world

907
00:40:37,930 --> 00:40:35,400
to ice there's no more Harvest until you

908
00:40:41,210 --> 00:40:37,940
bring back my daughter but meanwhile

909
00:40:42,950 --> 00:40:41,220
Persephone is in the Underworld and

910
00:40:45,890 --> 00:40:42,960
she's running and trying to hide and

911
00:40:48,230 --> 00:40:45,900
just like ew gross oh my God what is

912
00:40:51,530 --> 00:40:48,240
this place oh oh

913
00:40:55,430 --> 00:40:51,540

and Hades is like

914

00:40:57,589 --> 00:40:55,440

place you can run but you can't hide so

915

00:41:00,770 --> 00:40:57,599

I want you to be my queen and she's like

916

00:41:03,530 --> 00:41:00,780

uh ew I'm a virgin

917

00:41:05,690 --> 00:41:03,540

um and he doesn't care he does

918

00:41:07,190 --> 00:41:05,700

everything he rapes her whatever all the

919

00:41:10,790 --> 00:41:07,200

stuff that happens in the Underworld

920

00:41:12,170 --> 00:41:10,800

it's bad but eventually she says well if

921

00:41:15,170 --> 00:41:12,180

you can't beat him join them kind of

922

00:41:17,210 --> 00:41:15,180

like potty Hearst she she becomes Queen

923

00:41:20,210 --> 00:41:17,220

of the underworld and says well if you

924

00:41:23,210 --> 00:41:20,220

can't beat him join them so she learns

925

00:41:26,210 --> 00:41:23,220

the tarot she learns all about the dark

926

00:41:28,790 --> 00:41:26,220

arts and she's like this is kind of cool

927

00:41:31,069 --> 00:41:28,800

I mean I didn't seek out to learn these

928

00:41:33,410 --> 00:41:31,079

things but while I'm here when in Rome

929

00:41:35,990 --> 00:41:33,420

might as well learn about psychic

930

00:41:38,210 --> 00:41:36,000

phenomenon and all this all this stuff

931

00:41:39,829 --> 00:41:38,220

and so she becomes kind of a badass down

932

00:41:42,050 --> 00:41:39,839

there in the moment

933

00:41:44,690 --> 00:41:42,060

she's comfortable the moment she's found

934

00:41:47,210 --> 00:41:44,700

her groove is the moment that Demeter

935

00:41:49,130 --> 00:41:47,220

makes the bargain with Zeus the father

936

00:41:51,410 --> 00:41:49,140

of all that sees everything just like

937

00:41:53,569 --> 00:41:51,420

Zeus I know you know where Persephone is

938

00:41:56,210 --> 00:41:53,579

because you know where everybody is so

939

00:41:59,150 --> 00:41:56,220

bring her back or there will be no more

940

00:42:00,410 --> 00:41:59,160

food on Earth that means no humans to

941

00:42:02,870 --> 00:42:00,420

worship you

942

00:42:05,150 --> 00:42:02,880

and Zeus is like oh you got me there

943

00:42:07,910 --> 00:42:05,160

that's my only weak spot I need people

944

00:42:10,750 --> 00:42:07,920

to worship me so all right Hades you got

945

00:42:14,150 --> 00:42:10,760

to give Persephone back so Persephone

946

00:42:17,930 --> 00:42:14,160

comes back and she's all kind of blocked

947

00:42:20,329 --> 00:42:17,940

out Apollo goes down Apollo goes down on

948

00:42:24,430 --> 00:42:20,339

his winged Chariot rescues her brings

949

00:42:27,349 --> 00:42:24,440

her back up to Earth but she's

950

00:42:29,690 --> 00:42:27,359

discombobulated so she's not the

951

00:42:33,710 --> 00:42:29,700

innocent girl she once was

952

00:42:36,349 --> 00:42:33,720

she's no longer queen of Darkness

953

00:42:38,050 --> 00:42:36,359

who is she so there's a period of time

954

00:42:40,730 --> 00:42:38,060

of of

955

00:42:45,050 --> 00:42:40,740

disequilibrium until she eventually

956

00:42:47,390 --> 00:42:45,060

finds her way into owning oh I am all of

957

00:42:50,030 --> 00:42:47,400

the above so she's three goddesses for

958

00:42:54,730 --> 00:42:50,040

the price of one she is innocence

959

00:42:57,230 --> 00:42:54,740

perpetually she is the queen of Darkness

960

00:43:09,890 --> 00:42:57,240

you left out the key though hold on hold

961

00:43:13,849 --> 00:43:11,390

yeah

962

00:43:15,710 --> 00:43:13,859

on The Chariot Hades is like oh you must

963

00:43:19,130 --> 00:43:15,720

be hungry it's been a while since you've

964

00:43:21,290 --> 00:43:19,140

eaten let me let me give you a few six

965

00:43:24,290 --> 00:43:21,300

pomegranate seeds and she's like I'm

966

00:43:26,990 --> 00:43:24,300

famished give me those so she gobbles

967

00:43:29,210 --> 00:43:27,000

them up and bingo she didn't read the

968

00:43:31,790 --> 00:43:29,220

fine print because nobody ever told her

969

00:43:34,250 --> 00:43:31,800

that you can't eat anything in the

970

00:43:37,250 --> 00:43:34,260

Underworld otherwise you are tied to the

971

00:43:40,849 --> 00:43:37,260

underworld forever so

972

00:43:42,710 --> 00:43:40,859

Hades godder so she is supposed to come

973

00:43:44,630 --> 00:43:42,720

back every every six months and

974

00:43:47,630 --> 00:43:44,640

basically this is how we get our Seasons

975

00:43:50,690 --> 00:43:47,640

it used to be Perpetual Springtime on

976

00:43:54,349 --> 00:43:50,700

Earth but because of Persephone's

977

00:43:57,890 --> 00:43:54,359

abduction and her return we have all the

978

00:43:59,329 --> 00:43:57,900

seasons that we have today so I resonate

979

00:44:02,630 --> 00:43:59,339

with her because

980

00:44:04,730 --> 00:44:02,640

to me she's she's deep and she's she's

981

00:44:06,470 --> 00:44:04,740

been she knows innocence I mean I feel

982

00:44:08,990 --> 00:44:06,480

like there's a part of me that is that

983

00:44:11,930 --> 00:44:09,000

relates to the Disney princesses like I

984

00:44:15,230 --> 00:44:11,940

like happy things I like butterflies I

985

00:44:19,069 --> 00:44:15,240

like Springtime and I've also done my

986

00:44:22,670 --> 00:44:19,079

Tour of Duty many times in the Land of

987

00:44:24,950 --> 00:44:22,680

Shadows and I have found my way out some

988

00:44:27,890 --> 00:44:24,960

people get stuck down there and

989

00:44:30,290 --> 00:44:27,900

Persephone's job is to help take the

990

00:44:32,270 --> 00:44:30,300

ones who've been stuck down there and

991

00:44:34,250 --> 00:44:32,280

help show them the way out that's what I

992

00:44:36,170 --> 00:44:34,260

do as a therapist that's why people

993

00:44:38,690 --> 00:44:36,180

bring their nightmares to me because I

994

00:44:40,910 --> 00:44:38,700

can see the path that those nightmares

995

00:44:42,950 --> 00:44:40,920

are illuminating and also there's the

996

00:44:45,530 --> 00:44:42,960

people who are stuck in the upper world

997

00:44:48,290 --> 00:44:45,540

that have never even dipped their toe

998

00:44:50,329 --> 00:44:48,300

into the darkness and I also say hey

999

00:44:53,569 --> 00:44:50,339

come here take a look at this you're

1000

00:44:56,450 --> 00:44:53,579

missing out haha you know it's like so

1001
00:44:58,670 --> 00:44:56,460
we to me she's just kind of the whole

1002
00:45:02,690 --> 00:44:58,680
the whole thing she's the deep dish

1003
00:45:04,849 --> 00:45:02,700
goddess and and I love her so she's kind

1004
00:45:07,370 --> 00:45:04,859
of the patron saint of my book I begin

1005
00:45:11,450 --> 00:45:07,380
the book and end the book with

1006
00:45:13,490 --> 00:45:11,460
Persephone now and and and there's so

1007
00:45:19,270 --> 00:45:13,500
many there's like an esops Fable here

1008
00:45:22,670 --> 00:45:19,280
right yeah or a tragic grief uh Greek

1009
00:45:25,309 --> 00:45:22,680
which is this no matter what when you're

1010
00:45:27,829 --> 00:45:25,319
walking down the street and you you see

1011
00:45:31,130 --> 00:45:27,839
somebody and you think to yourself like

1012
00:45:34,010 --> 00:45:31,140
it's she lives a perfect life look at

1013
00:45:39,470 --> 00:45:34,020

her or him right look look at everybody

1014

00:45:43,130 --> 00:45:39,480

yeah oh no you know everybody has got

1015

00:45:45,770 --> 00:45:43,140

their thing and in Persephone's case man

1016

00:45:48,589 --> 00:45:45,780

I mean she got she got dragged down you

1017

00:45:50,750 --> 00:45:48,599

know by Hades now we perceive her a

1018

00:45:53,329 --> 00:45:50,760

certain way right frolicking in the Mist

1019

00:45:55,069 --> 00:45:53,339

right butterflies right you know all of

1020

00:45:58,550 --> 00:45:55,079

that I love the cart wheels by the way

1021

00:46:01,730 --> 00:45:58,560

right yeah but look what she carries

1022

00:46:04,790 --> 00:46:01,740

with her and everybody has that so you

1023

00:46:06,829 --> 00:46:04,800

know just just don't don't judge and

1024

00:46:09,109 --> 00:46:06,839

don't don't think that somebody else has

1025

00:46:12,230 --> 00:46:09,119

got it all good because they've got the

1026
00:46:14,510 --> 00:46:12,240
same story as you do no matter how bad

1027
00:46:15,470 --> 00:46:14,520
you think it is they they also have the

1028
00:46:17,809 --> 00:46:15,480
same things

1029
00:46:21,109 --> 00:46:17,819
right and that's one of the things that

1030
00:46:23,089 --> 00:46:21,119
I I love having put this book out in the

1031
00:46:25,190 --> 00:46:23,099
world which was very scary to do by the

1032
00:46:27,770 --> 00:46:25,200
way it was like I can't believe I'm

1033
00:46:30,470 --> 00:46:27,780
doing this I was having heart palpitas

1034
00:46:32,710 --> 00:46:30,480
still having heart palpitations but I'm

1035
00:46:35,870 --> 00:46:32,720
finding that with it out in the world

1036
00:46:38,630 --> 00:46:35,880
people are kind of revealing their

1037
00:46:41,380 --> 00:46:38,640
secrets to me too kind of like what

1038
00:46:44,890 --> 00:46:41,390

happens on the date that I write

1039

00:46:48,290 --> 00:46:44,900

[Laughter]

1040

00:46:52,490 --> 00:46:48,300

the palpitations are because of me I get

1041

00:46:54,349 --> 00:46:52,500

that you know Jimmy Church you just

1042

00:47:00,349 --> 00:46:54,359

gotta work through it Kelly you gotta

1043

00:47:04,670 --> 00:47:01,750

um

1044

00:47:07,370 --> 00:47:04,680

the uh I'm looking at the clock so we're

1045

00:47:10,750 --> 00:47:07,380

gonna get straight to this because there

1046

00:47:15,290 --> 00:47:10,760

is again this is written in in you know

1047

00:47:17,990 --> 00:47:15,300

the way that you get your your brain out

1048

00:47:20,809 --> 00:47:18,000

right and get this written I love that

1049

00:47:23,450 --> 00:47:20,819

part of it because uh you've got this

1050

00:47:25,730 --> 00:47:23,460

chapter called I'm just gonna it's

1051
00:47:28,089 --> 00:47:25,740
published now so I can say it my

1052
00:47:30,950 --> 00:47:28,099
nitty-gritty shitty list

1053
00:47:32,270 --> 00:47:30,960
and we all have one don't we

1054
00:47:35,690 --> 00:47:32,280
we do

1055
00:47:42,430 --> 00:47:35,700
we all have one when uh you decided

1056
00:47:48,290 --> 00:47:46,309
I have to I have to say it's um I

1057
00:47:50,329 --> 00:47:48,300
thought about something I heard Marianne

1058
00:47:52,670 --> 00:47:50,339
Williamson say years ago where she said

1059
00:47:54,470 --> 00:47:52,680
when somebody was asking her about how

1060
00:47:58,190 --> 00:47:54,480
much do you tell people about yourself

1061
00:47:59,809 --> 00:47:58,200
and she said if they're gonna pass let

1062
00:48:03,650 --> 00:47:59,819
them pass early

1063
00:48:06,230 --> 00:48:03,660

instead of like yeah like hooking people

1064

00:48:08,030 --> 00:48:06,240

along with all the Razzle Dazzle all the

1065

00:48:10,190 --> 00:48:08,040

oh here's the best thing and the best

1066

00:48:11,510 --> 00:48:10,200

thing and then you're in a few years

1067

00:48:14,270 --> 00:48:11,520

down the line and then you're like

1068

00:48:17,150 --> 00:48:14,280

kablam here's the truth ah why didn't

1069

00:48:19,190 --> 00:48:17,160

you tell me I mean why not just lay it

1070

00:48:20,750 --> 00:48:19,200

all out right at the beginning and if

1071

00:48:24,829 --> 00:48:20,760

somebody wants to pass let them pass

1072

00:48:27,890 --> 00:48:24,839

early okay so yeah and you know with

1073

00:48:31,010 --> 00:48:27,900

with Marianne I remember uh speaking to

1074

00:48:32,990 --> 00:48:31,020

her once she ran uh for office she rough

1075

00:48:34,670 --> 00:48:33,000

for governor right was the governor what

1076

00:48:37,150 --> 00:48:34,680

is that for president or president

1077

00:48:40,010 --> 00:48:37,160

that's what it was so she's yeah yeah

1078

00:48:44,630 --> 00:48:40,020

and uh you you and I were there when

1079

00:48:47,270 --> 00:48:44,640

when uh anyway it doesn't matter so yeah

1080

00:48:51,650 --> 00:48:47,280

I was like are you are you a little

1081

00:48:53,030 --> 00:48:51,660

nervous I mean because you've got you

1082

00:48:55,430 --> 00:48:53,040

and our community

1083

00:48:57,530 --> 00:48:55,440

and then you've got the you and our

1084

00:48:58,849 --> 00:48:57,540

community that is about to get exposed

1085

00:49:00,530 --> 00:48:58,859

to everybody as you're running for

1086

00:49:03,650 --> 00:49:00,540

office right

1087

00:49:06,530 --> 00:49:03,660

um you know and what do you do do you do

1088

00:49:08,750 --> 00:49:06,540

you just put that in your CV out of the

1089

00:49:10,730 --> 00:49:08,760

gate as as you're running for office you

1090

00:49:12,530 --> 00:49:10,740

know running for president uh because

1091

00:49:15,050 --> 00:49:12,540

it's going to come out and I remember

1092

00:49:17,870 --> 00:49:15,060

reading some things

1093

00:49:20,030 --> 00:49:17,880

um in the Press about her

1094

00:49:22,309 --> 00:49:20,040

um where they were going

1095

00:49:25,130 --> 00:49:22,319

you know after the spiritual side and

1096

00:49:27,170 --> 00:49:25,140

and the community side of things but man

1097

00:49:29,750 --> 00:49:27,180

that that's just not fair they're trying

1098

00:49:33,410 --> 00:49:29,760

to paint this picture because she is so

1099

00:49:35,930 --> 00:49:33,420

smart and so well oh God yeah you know

1100

00:49:39,470 --> 00:49:35,940

so we need to be pragmatic as well I

1101

00:49:42,589 --> 00:49:39,480

mean for being such a spiritual teacher

1102

00:49:45,109 --> 00:49:42,599

and leader she's incredibly grounded and

1103

00:49:48,290 --> 00:49:45,119

yeah she speaks from A Course in

1104

00:49:51,050 --> 00:49:48,300

Miracles which I think is is amazing but

1105

00:49:53,990 --> 00:49:51,060

she gets to the spiritual and she gets

1106

00:49:55,790 --> 00:49:54,000

to the nitty-gritty pretty pretty well I

1107

00:49:58,550 --> 00:49:55,800

mean and she talks about how the

1108

00:50:01,910 --> 00:49:58,560

founders of our country were very

1109

00:50:04,430 --> 00:50:01,920

spiritual and I mean it takes people

1110

00:50:05,809 --> 00:50:04,440

with with vision to be able to run a

1111

00:50:07,970 --> 00:50:05,819

country and I don't want to get all

1112

00:50:10,490 --> 00:50:07,980

political here because I don't want to

1113

00:50:13,430 --> 00:50:10,500

be in that divisive kind of place but I

1114

00:50:17,750 --> 00:50:13,440

think she's I think she's amazing yeah

1115

00:50:20,690 --> 00:50:17,760

it was I was like man I'm I'm proud you

1116

00:50:24,650 --> 00:50:20,700

know and everything but I thought you're

1117

00:50:26,390 --> 00:50:24,660

just right I'm so I was so proud of her

1118

00:50:29,750 --> 00:50:26,400

and I hope she runs again I mean I think

1119

00:50:32,510 --> 00:50:29,760

she I think she might and um I would

1120

00:50:33,829 --> 00:50:32,520

support her well it's a difference see

1121

00:50:35,930 --> 00:50:33,839

it's a different world now though

1122

00:50:39,349 --> 00:50:35,940

because when she ran before this was

1123

00:50:41,630 --> 00:50:39,359

this was before the UFO conversation and

1124

00:50:44,390 --> 00:50:41,640

before the universe conversation and

1125

00:50:46,550 --> 00:50:44,400

before the spiritual God no that was a

1126

00:50:48,349 --> 00:50:46,560

that was a different thing going on when

1127

00:50:52,490 --> 00:50:48,359

she ran last time which was what now

1128

00:50:55,490 --> 00:50:52,500

almost eight years ago yeah yeah yeah so

1129

00:50:58,010 --> 00:50:55,500

no it's no she it it's she would be

1130

00:51:01,870 --> 00:50:58,020

perceived differently she it's uh nah

1131

00:51:06,650 --> 00:51:01,880

maybe maybe who knows yeah okay so

1132

00:51:09,290 --> 00:51:06,660

anyway my nitty-gritty shitty list

1133

00:51:11,930 --> 00:51:09,300

um yeah let's just let's just jump right

1134

00:51:14,930 --> 00:51:11,940

into the view uh

1135

00:51:16,910 --> 00:51:14,940

first date I don't know how you've got

1136

00:51:19,270 --> 00:51:16,920

this guy at the table or how this first

1137

00:51:21,910 --> 00:51:19,280

game happened

1138

00:51:24,470 --> 00:51:21,920

well this is this is really the only

1139

00:51:26,750 --> 00:51:24,480

fictional part of this this is kind of

1140

00:51:30,770 --> 00:51:26,760

just to imagine because I shall I just

1141

00:51:33,049 --> 00:51:30,780

read a little bit here absolutely go so

1142

00:51:35,750 --> 00:51:33,059

well it starts off with you might be

1143

00:51:37,970 --> 00:51:35,760

wondering what in God's name am I a

1144

00:51:40,250 --> 00:51:37,980

white 54 year old woman from a middle

1145

00:51:42,770 --> 00:51:40,260

class family in the U.S living in the

1146

00:51:45,589 --> 00:51:42,780

21st century doing writing a book with

1147

00:51:47,990 --> 00:51:45,599

the word crisis in the title my Irish

1148

00:51:50,569 --> 00:51:48,000

ancestors survivors of the Potato Famine

1149

00:51:53,510 --> 00:51:50,579

would scoff in their grave ugh what does

1150

00:51:56,510 --> 00:51:53,520

our girl know about crisis ancestry

1151
00:51:57,470 --> 00:51:56,520
aside let's pretend you and I are on a

1152
00:52:00,410 --> 00:51:57,480
first date

1153
00:52:03,109 --> 00:52:00,420
in a lovely restaurant

1154
00:52:04,790 --> 00:52:03,119
seated at a window side booth and we

1155
00:52:07,370 --> 00:52:04,800
just ordered dinner

1156
00:52:10,430 --> 00:52:07,380
As We Sip floral wine from crystal

1157
00:52:13,730 --> 00:52:10,440
glasses you look across the table

1158
00:52:16,430 --> 00:52:13,740
past the red rose and the VAS and the

1159
00:52:18,530 --> 00:52:16,440
flickering candle smiling as you

1160
00:52:22,190 --> 00:52:18,540
innocently say

1161
00:52:25,790 --> 00:52:22,200
so tell me about yourself

1162
00:52:29,450 --> 00:52:25,800
I clear my throat and dab the cloth the

1163
00:52:33,109 --> 00:52:29,460

napkin to my lips take a breath look you

1164

00:52:35,329 --> 00:52:33,119

intently in the eye and reply ah thanks

1165

00:52:37,910 --> 00:52:35,339

I'm happy to

1166

00:52:40,069 --> 00:52:37,920

yeah Jimmy there are a few things you

1167

00:52:42,829 --> 00:52:40,079

should know about me if we're gonna have

1168

00:52:45,710 --> 00:52:42,839

a relationship Beyond this date

1169

00:52:48,109 --> 00:52:45,720

first I'll get my nitty-gritty shitty

1170

00:52:51,109 --> 00:52:48,119

list out of the way

1171

00:52:53,870 --> 00:52:51,119

um as I reach into my purse I say I've

1172

00:52:58,370 --> 00:52:53,880

prepared a document for just such an

1173

00:53:02,270 --> 00:52:58,380

occasion I have it right here right

1174

00:53:05,690 --> 00:53:02,280

I you watch Spellbound as I unfurl a

1175

00:53:08,030 --> 00:53:05,700

very very long scroll from my purse

1176

00:53:10,250 --> 00:53:08,040

Clear My Throat again

1177

00:53:13,910 --> 00:53:10,260

um and read aloud

1178

00:53:17,990 --> 00:53:13,920

well I pursued acting in my 20s I had

1179

00:53:20,809 --> 00:53:18,000

over 100 indecent hashtag me to s

1180

00:53:23,270 --> 00:53:20,819

propositions one of those led to me

1181

00:53:27,109 --> 00:53:23,280

becoming a stripper in a bikini bar for

1182

00:53:29,510 --> 00:53:27,119

a year and then I was robbed five times

1183

00:53:32,210 --> 00:53:29,520

it was physically assaulted and nearly

1184

00:53:36,170 --> 00:53:32,220

raped four times was in three car

1185

00:53:40,130 --> 00:53:36,180

accidents contemplated suicide twice was

1186

00:53:42,770 --> 00:53:40,140

mauled by dogs once jumped off a 60-foot

1187

00:53:46,010 --> 00:53:42,780

high cliff and landed ass first in the

1188

00:53:48,410 --> 00:53:46,020

water bounced checks dropped out of

1189

00:53:51,650 --> 00:53:48,420

college shoplifted

1190

00:53:53,690 --> 00:53:51,660

dabbled in Eating Disorders I used to be

1191

00:53:55,990 --> 00:53:53,700

irresistibly drawn to dysfunctional

1192

00:54:00,130 --> 00:53:56,000

relationships where I was lied to

1193

00:54:03,170 --> 00:54:00,140

manipulated conned cheated rejected

1194

00:54:05,930 --> 00:54:03,180

stalked forced to file restraining

1195

00:54:08,750 --> 00:54:05,940

orders was up close and personal with

1196

00:54:14,630 --> 00:54:11,990

no longer by the way all of this has led

1197

00:54:17,630 --> 00:54:14,640

me to become a commitment phobe with a

1198

00:54:19,910 --> 00:54:17,640

Messianic complex an insecure

1199

00:54:23,450 --> 00:54:19,920

codependent workaholic

1200

00:54:26,329 --> 00:54:23,460

in grief over the recent-ish death of

1201
00:54:29,150 --> 00:54:26,339
over a dozen loved ones including two

1202
00:54:31,849 --> 00:54:29,160
lifelong best friends Teresa and Gypsy

1203
00:54:35,210 --> 00:54:31,859
and most recently my lap dogs and

1204
00:54:37,130 --> 00:54:35,220
constant companions Lola and Priya

1205
00:54:40,730 --> 00:54:37,140
but my biggest heartbreak was the death

1206
00:54:42,950 --> 00:54:40,740
of a baby I was scheduled to adopt

1207
00:54:45,530 --> 00:54:42,960
and in the time it took me to tell you

1208
00:54:47,990 --> 00:54:45,540
all this I've had one of the 50 hot

1209
00:54:51,049 --> 00:54:48,000
flashes I'll experience today

1210
00:54:53,030 --> 00:54:51,059
so now that we've gotten that out of the

1211
00:54:55,329 --> 00:54:53,040
way I'm going to the little girls room

1212
00:55:01,210 --> 00:54:55,339
and if you're still here when I return

1213
00:55:09,470 --> 00:55:05,390

and to to do that

1214

00:55:11,690 --> 00:55:09,480

um did you make a decision to do it or

1215

00:55:14,809 --> 00:55:11,700

did this just come out of the process

1216

00:55:16,730 --> 00:55:14,819

and then it just flowed out because

1217

00:55:19,250 --> 00:55:16,740

that's a bit that's a big step that's a

1218

00:55:23,870 --> 00:55:20,329

I think

1219

00:55:26,210 --> 00:55:23,880

the the writing process I mean I've done

1220

00:55:29,690 --> 00:55:26,220

every healing modality known to

1221

00:55:31,370 --> 00:55:29,700

humankind and I don't think there is a

1222

00:55:34,670 --> 00:55:31,380

healing modality more powerful than

1223

00:55:36,770 --> 00:55:34,680

writing so I'm a big Advocate I'm now I

1224

00:55:38,630 --> 00:55:36,780

teach a class for people that are that

1225

00:55:40,670 --> 00:55:38,640

are wanting to heal via the stories that

1226

00:55:42,650 --> 00:55:40,680

they write because it's I've found that

1227

00:55:45,470 --> 00:55:42,660

yes DreamWork is powerful but couple

1228

00:55:48,109 --> 00:55:45,480

that with writing it's amazing so I

1229

00:55:50,569 --> 00:55:48,119

think I first just wrote the stories

1230

00:55:53,150 --> 00:55:50,579

thank you to that reporter that was

1231

00:55:55,130 --> 00:55:53,160

definitely a trigger for me to write my

1232

00:55:57,470 --> 00:55:55,140

stories but I think when we write we

1233

00:55:59,690 --> 00:55:57,480

don't do it for anybody else but us it's

1234

00:56:02,210 --> 00:55:59,700

just kind of journaling

1235

00:56:05,150 --> 00:56:02,220

and then there's a small group of people

1236

00:56:07,970 --> 00:56:05,160

that I that I share my my work with

1237

00:56:09,349 --> 00:56:07,980

every week and sometimes I'm like oh my

1238

00:56:11,270 --> 00:56:09,359

God you guys I'm going to read this to

1239

00:56:12,890 --> 00:56:11,280

you but you're gonna freak out okay put

1240

00:56:14,750 --> 00:56:12,900

on your big girl panties you're gonna

1241

00:56:16,910 --> 00:56:14,760

like put a bubble around yourself so you

1242

00:56:19,010 --> 00:56:16,920

can handle it and sometimes I think

1243

00:56:21,530 --> 00:56:19,020

they're gonna say okay yeah don't ever

1244

00:56:23,809 --> 00:56:21,540

publish that but after I read this piece

1245

00:56:27,470 --> 00:56:23,819

they were like you've got to publish

1246

00:56:31,370 --> 00:56:27,480

that that like it's just

1247

00:56:33,049 --> 00:56:31,380

I don't know so it felt like it had it

1248

00:56:35,390 --> 00:56:33,059

had me but there was something in the

1249

00:56:36,589 --> 00:56:35,400

writing of it that also took the power

1250

00:56:38,390 --> 00:56:36,599

away

1251
00:56:40,430 --> 00:56:38,400
because all of these things by

1252
00:56:42,230 --> 00:56:40,440
themselves felt like they were marks

1253
00:56:44,390 --> 00:56:42,240
against me

1254
00:56:47,630 --> 00:56:44,400
um I mean literally I'd had I've had

1255
00:56:49,730 --> 00:56:47,640
dreams where I was being run out of town

1256
00:56:53,089 --> 00:56:49,740
with people holding

1257
00:56:55,250 --> 00:56:53,099
um torches and rakes and I'm sure I was

1258
00:56:58,430 --> 00:56:55,260
I burnt at the stake in other lifetimes

1259
00:57:01,010 --> 00:56:58,440
so the idea of coming out is is

1260
00:57:04,309 --> 00:57:01,020
terrifying because it hits some PTSD

1261
00:57:05,809 --> 00:57:04,319
that's that's still in there but but the

1262
00:57:08,750 --> 00:57:05,819
writing of it there's something about

1263
00:57:11,030 --> 00:57:08,760

writing that makes things right it's

1264

00:57:13,910 --> 00:57:11,040

like it kind of felt like it turned to

1265

00:57:16,670 --> 00:57:13,920

gold in some way like wow

1266

00:57:19,190 --> 00:57:16,680

this doesn't have the power it used to

1267

00:57:21,349 --> 00:57:19,200

have over me I mean the fact that I'm

1268

00:57:23,809 --> 00:57:21,359

still I'm not completely blushing I'm

1269

00:57:27,710 --> 00:57:23,819

not completely fuchsia right now is kind

1270

00:57:31,069 --> 00:57:27,720

of a miracle it means that yeah I showed

1271

00:57:32,809 --> 00:57:31,079

you mine now show me yours and if you if

1272

00:57:35,690 --> 00:57:32,819

you want to because you know we all have

1273

00:57:37,849 --> 00:57:35,700

to come to sharing our secrets in our

1274

00:57:39,530 --> 00:57:37,859

own time but I but I think this is the

1275

00:57:41,690 --> 00:57:39,540

work that our dreams are trying to help

1276

00:57:45,290 --> 00:57:41,700

us do they're trying to help us heal

1277

00:57:48,370 --> 00:57:45,300

those things that are in our closet and

1278

00:57:51,710 --> 00:57:48,380

I think if we can do some work by by day

1279

00:57:53,270 --> 00:57:51,720

to help that process along then it's

1280

00:57:55,730 --> 00:57:53,280

like we're kind of working hand in hand

1281

00:57:57,890 --> 00:57:55,740

with our with our dreams so that we can

1282

00:58:00,829 --> 00:57:57,900

flush all that stuff out so that we can

1283

00:58:03,109 --> 00:58:00,839

get present tense with our lives so I

1284

00:58:04,609 --> 00:58:03,119

feel like there's it's hard to admit

1285

00:58:08,390 --> 00:58:04,619

these things

1286

00:58:10,490 --> 00:58:08,400

there must be some other self-esteem in

1287

00:58:12,950 --> 00:58:10,500

me that knows I'm not completely a piece

1288

00:58:14,690 --> 00:58:12,960

of trash otherwise I wouldn't be able to

1289

00:58:17,510 --> 00:58:14,700

reveal it so I think

1290

00:58:19,670 --> 00:58:17,520

you know for if I thought I was those

1291

00:58:21,950 --> 00:58:19,680

things and that was all that I was I

1292

00:58:23,390 --> 00:58:21,960

wouldn't be able to say I wouldn't be

1293

00:58:25,430 --> 00:58:23,400

able to reveal it I'd say no I'm perfect

1294

00:58:27,890 --> 00:58:25,440

what are you talking about I would have

1295

00:58:31,309 --> 00:58:27,900

to deflect but I think in the writing of

1296

00:58:34,250 --> 00:58:31,319

it I was able to see wow

1297

00:58:35,930 --> 00:58:34,260

I I'm proud of myself just like the

1298

00:58:37,789 --> 00:58:35,940

there's the scar for anybody who's

1299

00:58:40,250 --> 00:58:37,799

watching I have one of the stories in

1300

00:58:42,410 --> 00:58:40,260

the book is about me getting mauled by a

1301

00:58:45,650 --> 00:58:42,420

bull mastiff and you can still sort of

1302

00:58:47,690 --> 00:58:45,660

see this car on my list let me see if I

1303

00:58:52,069 --> 00:58:47,700

can pull this up hold on hold on hold on

1304

00:58:53,809 --> 00:58:52,079

I mean it's it's small at this point

1305

00:58:57,710 --> 00:58:53,819

it's right

1306

00:59:00,170 --> 00:58:57,720

that's kind of an indentation oh yeah

1307

00:59:02,150 --> 00:59:00,180

so I wouldn't trade this for anything

1308

00:59:03,710 --> 00:59:02,160

like if somebody said oh let me help you

1309

00:59:07,490 --> 00:59:03,720

get rid of that Scar and be like no

1310

00:59:10,250 --> 00:59:07,500

that's mine I lived through that

1311

00:59:12,410 --> 00:59:10,260

can you believe it I mean it's like it's

1312

00:59:14,930 --> 00:59:12,420

kind of like a badge of honor in some

1313

00:59:18,770 --> 00:59:14,940

strange way I mean I I don't I'm not

1314

00:59:21,230 --> 00:59:18,780

proud of anybody that I've ever hurt in

1315

00:59:24,170 --> 00:59:21,240

the past I'm not proud of any of those

1316

00:59:26,210 --> 00:59:24,180

things but I'm I'm kind of grateful that

1317

00:59:27,890 --> 00:59:26,220

when I die when and I do look back on

1318

00:59:31,609 --> 00:59:27,900

this life I'm not gonna

1319

00:59:31,619 --> 00:59:35,089

definitely

1320

00:59:40,430 --> 00:59:37,670

I um it's interesting that you bring

1321

00:59:44,809 --> 00:59:40,440

that up because when we talk The Mask

1322

00:59:47,630 --> 00:59:44,819

right the mask the mask the mask and

1323

00:59:51,530 --> 00:59:47,640

um going through my life all the way up

1324

00:59:53,210 --> 00:59:51,540

until uh probably uh 12 years ago maybe

1325

00:59:56,089 --> 00:59:53,220

a little longer

1326

01:00:01,370 --> 00:59:56,099

um as I started my broadcast career

1327

01:00:06,349 --> 01:00:01,380

um I I I divorced my parents when I was

1328

01:00:08,630 --> 01:00:06,359

uh 15 years old and and I went through a

1329

01:00:10,250 --> 01:00:08,640

very it was traumatic you know and I

1330

01:00:12,530 --> 01:00:10,260

think about looking back I don't know

1331

01:00:15,470 --> 01:00:12,540

how the heck I came out of that uh you

1332

01:00:16,789 --> 01:00:15,480

know and anywhere near sane at that age

1333

01:00:21,010 --> 01:00:16,799

but I

1334

01:00:26,210 --> 01:00:21,020

my real mom

1335

01:00:29,030 --> 01:00:26,220

uh for uh ever again

1336

01:00:32,329 --> 01:00:29,040

she died I never saw her again now we

1337

01:00:35,630 --> 01:00:32,339

talked on the phone okay we reconnected

1338

01:00:38,569 --> 01:00:35,640

as an adult uh after all of this but

1339

01:00:41,809 --> 01:00:38,579

here's the thing with that and my

1340

01:00:43,670 --> 01:00:41,819

adopted parents uh John and Sharon um

1341

01:00:46,069 --> 01:00:43,680

and stuff you know I love them to death

1342

01:00:48,910 --> 01:00:46,079

you know but you know it's just part of

1343

01:00:53,750 --> 01:00:48,920

life's journey but anyway

1344

01:00:56,150 --> 01:00:53,760

my entire life until my mom's death I

1345

01:01:00,170 --> 01:00:56,160

had dreams

1346

01:01:01,789 --> 01:01:00,180

a lot of me trying to find her I'm going

1347

01:01:03,650 --> 01:01:01,799

to get a lump in my throat these crazy

1348

01:01:05,270 --> 01:01:03,660

dreams man I'm going across the country

1349

01:01:06,829 --> 01:01:05,280

going around the world trying to find

1350

01:01:08,930 --> 01:01:06,839

her trying to find my mom trying to find

1351
01:01:11,569 --> 01:01:08,940
my mom and almost catching up to her

1352
01:01:14,990 --> 01:01:11,579
never it never resolved

1353
01:01:17,569 --> 01:01:15,000
but here trip on this my mom and I

1354
01:01:19,190 --> 01:01:17,579
leading up uh to her death which was

1355
01:01:23,329 --> 01:01:19,200
about five years ago

1356
01:01:24,530 --> 01:01:23,339
uh the last uh five years before that we

1357
01:01:26,450 --> 01:01:24,540
were talking on the phone all the time

1358
01:01:27,950 --> 01:01:26,460
getting caught up and but I never got a

1359
01:01:32,109 --> 01:01:27,960
chance to see her

1360
01:01:36,950 --> 01:01:32,119
but the dreams stopped

1361
01:01:39,530 --> 01:01:36,960
right crazy and after yeah yeah after

1362
01:01:42,289 --> 01:01:39,540
her death I have not had those crazy

1363
01:01:45,049 --> 01:01:42,299

almost nightmarish right kind of sad

1364

01:01:47,630 --> 01:01:45,059

Melancholy dreams of some kid trying to

1365

01:01:49,970 --> 01:01:47,640

find his mom that he hasn't said I never

1366

01:01:50,930 --> 01:01:49,980

I never saw her again the last time I

1367

01:01:52,309 --> 01:01:50,940

saw her

1368

01:01:56,690 --> 01:01:52,319

uh

1369

01:01:58,390 --> 01:01:56,700

was 12 13 years old right I'm 60. I

1370

01:02:01,270 --> 01:01:58,400

never saw her again

1371

01:02:05,510 --> 01:02:01,280

wow yeah yeah

1372

01:02:09,410 --> 01:02:05,520

but that's the mask right you don't talk

1373

01:02:12,170 --> 01:02:09,420

about it you put it yeah you put it on a

1374

01:02:14,690 --> 01:02:12,180

shelf and yeah you leave it there you

1375

01:02:17,329 --> 01:02:14,700

leave the pain there and you don't want

1376

01:02:19,130 --> 01:02:17,339

people you know it's the mask you don't

1377

01:02:22,609 --> 01:02:19,140

want people to know about this this pain

1378

01:02:25,190 --> 01:02:22,619

right yeah but at a certain point like

1379

01:02:27,289 --> 01:02:25,200

you're at right now it's it's time like

1380

01:02:30,170 --> 01:02:27,299

you you're strong enough you're you've

1381

01:02:33,049 --> 01:02:30,180

got a base that's solid enough in your

1382

01:02:35,990 --> 01:02:33,059

life where you're okay right so now is

1383

01:02:38,390 --> 01:02:36,000

the time to go back and and rescue that

1384

01:02:41,390 --> 01:02:38,400

little boy that that must have been so

1385

01:02:44,089 --> 01:02:41,400

sad and so hurt and so scared and it

1386

01:02:46,549 --> 01:02:44,099

makes you I mean you were you know I've

1387

01:02:49,609 --> 01:02:46,559

always since the moment we met I've been

1388

01:02:51,770 --> 01:02:49,619

like instant friends instant brother but

1389

01:02:54,289 --> 01:02:51,780

I feel like you're all of a sudden like

1390

01:02:57,289 --> 01:02:54,299

10 times deeper in my heart at this

1391

01:03:00,349 --> 01:02:57,299

moment from telling me this this one

1392

01:03:04,490 --> 01:03:00,359

story I'm mean it's like oh my God now

1393

01:03:07,549 --> 01:03:04,500

you're you're totally my brother 100 now

1394

01:03:10,549 --> 01:03:07,559

now so with that

1395

01:03:13,190 --> 01:03:10,559

do the time machine right the Romantic

1396

01:03:14,990 --> 01:03:13,200

time machine do I go back and change

1397

01:03:18,109 --> 01:03:15,000

that

1398

01:03:19,970 --> 01:03:18,119

no well no you don't you can't you can't

1399

01:03:23,569 --> 01:03:19,980

you can't it's part of life's journey

1400

01:03:26,150 --> 01:03:23,579

it's who I am now and you know I've

1401

01:03:29,030 --> 01:03:26,160

raised two beautiful girls and and and

1402

01:03:31,309 --> 01:03:29,040

and and my friends I think no you don't

1403

01:03:34,010 --> 01:03:31,319

but that's how you turn tragic into

1404

01:03:37,010 --> 01:03:34,020

magic right you you've learned from it

1405

01:03:39,170 --> 01:03:37,020

it's painful man but you do that you do

1406

01:03:41,030 --> 01:03:39,180

the Ogle right the the paint the part

1407

01:03:42,829 --> 01:03:41,040

that's painful you don't want to deny

1408

01:03:44,690 --> 01:03:42,839

because that would be that would be a

1409

01:03:46,789 --> 01:03:44,700

tragedy that would be a double tragedy

1410

01:03:49,789 --> 01:03:46,799

to have not just gone through that but

1411

01:03:51,770 --> 01:03:49,799

to deny it forever so it's good to

1412

01:03:55,190 --> 01:03:51,780

acknowledge that was painful that was

1413

01:03:56,809 --> 01:03:55,200

really hard but what's good is that you

1414

01:03:58,670 --> 01:03:56,819

did get to talk on the phone with her

1415

01:04:00,890 --> 01:03:58,680

and that you do have these two beautiful

1416

01:04:03,230 --> 01:04:00,900

girls and and that you came through that

1417

01:04:05,270 --> 01:04:03,240

like you said you were 15 years old when

1418

01:04:07,730 --> 01:04:05,280

you divorced your parents like that's

1419

01:04:11,089 --> 01:04:07,740

how did you like

1420

01:04:13,309 --> 01:04:11,099

how did you there wasn't an owner's

1421

01:04:14,930 --> 01:04:13,319

manual there was nobody telling you how

1422

01:04:18,470 --> 01:04:14,940

you were going to survive the how the

1423

01:04:20,990 --> 01:04:18,480

it's it's by 10 000 acts of Grace and

1424

01:04:24,109 --> 01:04:21,000

miracles that you're here today so

1425

01:04:26,390 --> 01:04:24,119

there's a lot of good in that and I

1426

01:04:28,190 --> 01:04:26,400

would say from a dream perspective I

1427

01:04:31,250 --> 01:04:28,200

think it's true we don't want to go back

1428

01:04:32,990 --> 01:04:31,260

and change anything truly but this is

1429

01:04:36,230 --> 01:04:33,000

where the dream part gets a little bit

1430

01:04:38,510 --> 01:04:36,240

trippy is when when it's a dream and you

1431

01:04:43,130 --> 01:04:38,520

had these dreams about chasing your mom

1432

01:04:45,410 --> 01:04:43,140

to me a a dream that leaves us feeling

1433

01:04:47,809 --> 01:04:45,420

unwell or unbalanced means that the

1434

01:04:50,809 --> 01:04:47,819

dream's unfinished and on the level of

1435

01:04:53,390 --> 01:04:50,819

the dream with our with our I like to

1436

01:04:55,309 --> 01:04:53,400

call it our iMagic Nation we can imagine

1437

01:04:58,010 --> 01:04:55,319

that we get to finish the dream the way

1438

01:05:01,069 --> 01:04:58,020

we wished it would have gone like going

1439

01:05:02,809 --> 01:05:01,079

back and saying hey Mom I'm I'm not

1440

01:05:06,049 --> 01:05:02,819

chasing after you anymore you come to me

1441

01:05:08,450 --> 01:05:06,059

and let's let's find each other let's

1442

01:05:10,430 --> 01:05:08,460

say the things that we wanted to say and

1443

01:05:13,970 --> 01:05:10,440

and there's something because on a

1444

01:05:17,390 --> 01:05:13,980

parallel plane this preferred reality

1445

01:05:19,069 --> 01:05:17,400

does exist because this reality yes we

1446

01:05:21,650 --> 01:05:19,079

wouldn't want to change anything on this

1447

01:05:24,109 --> 01:05:21,660

level of reality but there are parallel

1448

01:05:25,670 --> 01:05:24,119

planes there are multiple parallel

1449

01:05:27,650 --> 01:05:25,680

realities and there's one of those

1450

01:05:29,270 --> 01:05:27,660

parallel realities where you're the

1451

01:05:31,190 --> 01:05:29,280

director of the scene

1452

01:05:34,670 --> 01:05:31,200

and you get to say I'm tired of running

1453

01:05:36,410 --> 01:05:34,680

mom you run toward me now

1454

01:05:38,049 --> 01:05:36,420

and then you get to direct how that

1455

01:05:41,770 --> 01:05:38,059

scene would go

1456

01:05:46,849 --> 01:05:41,780

see I think that happened though yes

1457

01:05:49,190 --> 01:05:46,859

on the phone that is such a a great uh

1458

01:05:52,190 --> 01:05:49,200

the uh perception of the situation

1459

01:05:53,109 --> 01:05:52,200

because that in that's exactly what

1460

01:05:58,130 --> 01:05:53,119

happened

1461

01:06:01,970 --> 01:05:58,140

and uh I needed I think all of us I am

1462

01:06:05,329 --> 01:06:01,980

not unique right we all we all had

1463

01:06:08,870 --> 01:06:05,339

messed up childhoods it's just the way

1464

01:06:11,470 --> 01:06:08,880

that it is but uh I I think that uh

1465

01:06:15,710 --> 01:06:11,480

children and I look back at myself

1466

01:06:18,890 --> 01:06:15,720

we have a way of mentally dealing and

1467

01:06:22,670 --> 01:06:18,900

coping with stuff differently as a child

1468

01:06:25,490 --> 01:06:22,680

as we do uh than we do as adults we have

1469

01:06:28,130 --> 01:06:25,500

different ways of dealing with it and we

1470

01:06:31,490 --> 01:06:28,140

have a healing shielding way right

1471

01:06:33,890 --> 01:06:31,500

that's that's protective it's in our DNA

1472

01:06:36,170 --> 01:06:33,900

um looking back at it now at that age

1473

01:06:39,529 --> 01:06:36,180

there's no way I should have come out of

1474

01:06:43,370 --> 01:06:39,539

that saying no way okay but I'd you know

1475

01:06:46,549 --> 01:06:43,380

what you deal with it and uh yeah yeah

1476

01:06:49,130 --> 01:06:46,559

yeah wow well thank you so much for

1477

01:06:51,950 --> 01:06:49,140

revealing that Jimmy and this is this is

1478

01:06:54,170 --> 01:06:51,960

the thing it's like you to Me Maybe not

1479

01:06:56,930 --> 01:06:54,180

maybe not to everybody but I can't

1480

01:06:59,029 --> 01:06:56,940

imagine there's not anybody who loved

1481

01:07:01,789 --> 01:06:59,039

you before hearing that story who

1482

01:07:05,210 --> 01:07:01,799

doesn't love you more if anybody would

1483

01:07:06,710 --> 01:07:05,220

reject US based on these deeper truths

1484

01:07:09,589 --> 01:07:06,720

then they're not really our people it's

1485

01:07:12,829 --> 01:07:09,599

like that Dr Seuss saying those who mind

1486

01:07:13,730 --> 01:07:12,839

don't matter and those who matter don't

1487

01:07:16,370 --> 01:07:13,740

mind

1488

01:07:19,450 --> 01:07:16,380

and life is short so wouldn't we rather

1489

01:07:23,029 --> 01:07:19,460

just have the people who deeply know us

1490

01:07:25,309 --> 01:07:23,039

wouldn't we rather tend to them than the

1491

01:07:26,390 --> 01:07:25,319

people that would reject us if they knew

1492

01:07:28,370 --> 01:07:26,400

the truth

1493

01:07:31,069 --> 01:07:28,380

it's so it just feels like it's a

1494

01:07:32,089 --> 01:07:31,079

sorting process as well to just lay it

1495

01:07:34,490 --> 01:07:32,099

out there

1496

01:07:36,589 --> 01:07:34,500

and you know and anyway I appreciate

1497

01:07:40,430 --> 01:07:36,599

getting getting to know a little bit

1498

01:07:42,890 --> 01:07:40,440

about you well but see that's what

1499

01:07:45,589 --> 01:07:42,900

that's why I really enjoyed uh the way

1500

01:07:48,349 --> 01:07:45,599

that you started um off the book the way

1501

01:07:50,750 --> 01:07:48,359

that you did I told you today I had some

1502

01:07:56,390 --> 01:07:50,760

serious self-reflection you know reading

1503

01:07:57,950 --> 01:07:56,400

the first 30 40 50 60 pages one day well

1504

01:07:59,109 --> 01:07:57,960

you know what I'm getting there I'm like

1505

01:08:03,230 --> 01:07:59,119

man

1506

01:08:07,630 --> 01:08:03,240

she's writing about me dang how did you

1507

01:08:10,849 --> 01:08:07,640

know this stuff but um but but in that

1508

01:08:13,130 --> 01:08:10,859

when uh people look at the mask and they

1509

01:08:15,729 --> 01:08:13,140

look at the representative

1510

01:08:20,390 --> 01:08:15,739

um they don't understand

1511

01:08:23,030 --> 01:08:20,400

how you got to be who you are and it is

1512

01:08:25,789 --> 01:08:23,040

it empathy is it compassion is it well

1513

01:08:28,010 --> 01:08:25,799

you know it's also smart right it's also

1514

01:08:30,950 --> 01:08:28,020

intelligence and it's and it's the way

1515

01:08:34,010 --> 01:08:30,960

that you can turn around and and help

1516

01:08:35,930 --> 01:08:34,020

others too and understand them because

1517

01:08:39,530 --> 01:08:35,940

of the growth and how you got to where

1518

01:08:42,169 --> 01:08:39,540

you are I am the same way I'm the exact

1519

01:08:44,150 --> 01:08:42,179

same way so when I say and I want

1520

01:08:45,189 --> 01:08:44,160

everybody to listen to these words very

1521

01:08:50,809 --> 01:08:45,199

carefully

1522

01:08:52,570 --> 01:08:50,819

when I say things to people which is you

1523

01:08:56,450 --> 01:08:52,580

can overcome

1524

01:08:59,689 --> 01:08:56,460

the gas and get your [h__h] done whatever

1525

01:09:02,510 --> 01:08:59,699

it is in your mind that you want to go

1526

01:09:06,349 --> 01:09:02,520

and do go and do it

1527

01:09:08,030 --> 01:09:06,359

I had my dreams and I chose to go and

1528

01:09:11,090 --> 01:09:08,040

get that stuff done

1529

01:09:13,669 --> 01:09:11,100

I've been through stuff

1530

01:09:16,970 --> 01:09:13,679

I went and got it so when I say the it

1531

01:09:20,689 --> 01:09:16,980

it I'm not messing around man

1532

01:09:25,130 --> 01:09:20,699

right I went through my stuff so did you

1533

01:09:26,990 --> 01:09:25,140

and so was everybody else so yeah and

1534

01:09:28,669 --> 01:09:27,000

this is this is what I think is is

1535

01:09:31,849 --> 01:09:28,679

important and this is what I'm learning

1536

01:09:34,610 --> 01:09:31,859

as we speak that those words that you

1537

01:09:38,209 --> 01:09:34,620

just said those are so important but

1538

01:09:40,849 --> 01:09:38,219

they have extra potency knowing what

1539

01:09:43,849 --> 01:09:40,859

you've come through that led you to that

1540

01:09:45,650 --> 01:09:43,859

and from from my perspective I my ego

1541

01:09:48,590 --> 01:09:45,660

would have been just fine writing

1542

01:09:50,689 --> 01:09:48,600

another self-help book about dreams and

1543

01:09:54,289 --> 01:09:50,699

just simply using like talking about

1544

01:09:57,050 --> 01:09:54,299

kind of the platitudes and the slogans

1545

01:09:59,030 --> 01:09:57,060

and the you know if a door closes a

1546

01:10:01,850 --> 01:09:59,040

window opens and you know and like

1547

01:10:04,970 --> 01:10:01,860

that's great but unless you unless you

1548

01:10:08,090 --> 01:10:04,980

know like I was abandoned on a train

1549

01:10:11,750 --> 01:10:08,100

station gonna overnight with no like I

1550

01:10:15,169 --> 01:10:11,760

was gonna like and I know for sure that

1551
01:10:16,910 --> 01:10:15,179
when we get abandoned something else

1552
01:10:19,130 --> 01:10:16,920
will come along even if it seems like

1553
01:10:21,110 --> 01:10:19,140
the worst thing like there's there's

1554
01:10:23,870 --> 01:10:21,120
always something so this is why this is

1555
01:10:26,030 --> 01:10:23,880
partly like I know in my heart of hearts

1556
01:10:28,010 --> 01:10:26,040
I didn't want to just write another book

1557
01:10:30,229 --> 01:10:28,020
I've written 10 books for God's sakes I

1558
01:10:31,850 --> 01:10:30,239
can't just write another damn book even

1559
01:10:34,370 --> 01:10:31,860
though I love all the books I've written

1560
01:10:35,689 --> 01:10:34,380
I'm grateful for them all I want I

1561
01:10:38,870 --> 01:10:35,699
wanted to write a book that would

1562
01:10:41,390 --> 01:10:38,880
actually move people deeply and get them

1563
01:10:43,669 --> 01:10:41,400

to think about about themselves and have

1564

01:10:46,010 --> 01:10:43,679

it be truly transformational and I

1565

01:10:47,930 --> 01:10:46,020

realized in order to do that I kind of

1566

01:10:50,630 --> 01:10:47,940

have to tell the back story

1567

01:10:52,729 --> 01:10:50,640

but not just that little tip of the

1568

01:10:55,490 --> 01:10:52,739

iceberg about like here's the platitude

1569

01:10:57,890 --> 01:10:55,500

but like reveal the whole Iceberg under

1570

01:11:00,350 --> 01:10:57,900

the ocean like oh there's a whole world

1571

01:11:01,310 --> 01:11:00,360

under there that led to that that Peak

1572

01:11:05,990 --> 01:11:01,320

moment

1573

01:11:09,649 --> 01:11:06,000

wisdom that you have didn't just show up

1574

01:11:11,450 --> 01:11:09,659

in a vacuum one day it came from all the

1575

01:11:13,910 --> 01:11:11,460

things that you went through and I think

1576

01:11:16,070 --> 01:11:13,920

just kind of on a dream perspective

1577

01:11:19,010 --> 01:11:16,080

one of the most commonly remembered

1578

01:11:22,490 --> 01:11:19,020

dreams is is dreams about being naked in

1579

01:11:24,350 --> 01:11:22,500

public and or being like wearing the

1580

01:11:26,450 --> 01:11:24,360

wrong thing and ah it being so shameful

1581

01:11:29,510 --> 01:11:26,460

and I and I've always said I believe

1582

01:11:32,209 --> 01:11:29,520

those dreams are they're kind of moving

1583

01:11:35,450 --> 01:11:32,219

us toward a future with our like human

1584

01:11:37,790 --> 01:11:35,460

evolution where we don't have any shame

1585

01:11:40,610 --> 01:11:37,800

in our game where there is nothing to

1586

01:11:45,590 --> 01:11:40,620

hide so if we were to be revealed we'd

1587

01:11:48,610 --> 01:11:45,600

be like cool hey check me out oh yeah I

1588

01:11:53,330 --> 01:11:48,620

forgot my clothes today oops

1589

01:11:56,270 --> 01:11:53,340

you see and there is a reason

1590

01:11:58,850 --> 01:11:56,280

um there's a reason why you glow

1591

01:12:00,229 --> 01:11:58,860

and and I mentioned it every time you're

1592

01:12:02,090 --> 01:12:00,239

on the show and every time that I'm

1593

01:12:04,669 --> 01:12:02,100

around you I say the same thing you know

1594

01:12:09,229 --> 01:12:04,679

you glow but you do but there's a reason

1595

01:12:13,610 --> 01:12:09,239

why you glow and and by by putting it

1596

01:12:15,830 --> 01:12:13,620

out I'm so glad that the essay format uh

1597

01:12:18,649 --> 01:12:15,840

which I by the way everybody so when I

1598

01:12:20,090 --> 01:12:18,659

got the book Kelly and I talked last

1599

01:12:21,169 --> 01:12:20,100

week and the books coming out and

1600

01:12:25,689 --> 01:12:21,179

everything

1601

01:12:31,430 --> 01:12:28,310

no I didn't know and I was trying to

1602

01:12:33,590 --> 01:12:31,440

think how how this was going to be done

1603

01:12:35,990 --> 01:12:33,600

and you know what though

1604

01:12:38,810 --> 01:12:36,000

to be honest it could have been a book

1605

01:12:40,010 --> 01:12:38,820

of Dreams turning tragic into magic and

1606

01:12:42,290 --> 01:12:40,020

it could have been dream based

1607

01:12:45,169 --> 01:12:42,300

absolutely you've got you've got I can

1608

01:12:47,870 --> 01:12:45,179

imagine how much how much material you

1609

01:12:49,970 --> 01:12:47,880

have to to compile something oh for sure

1610

01:12:52,189 --> 01:12:49,980

but when I found out that this was a

1611

01:12:54,470 --> 01:12:52,199

book of essays and about life I couldn't

1612

01:12:57,169 --> 01:12:54,480

wait to get into it I I really couldn't

1613

01:12:59,630 --> 01:12:57,179

it was yeah yeah

1614

01:13:01,669 --> 01:12:59,640

um I have to give a nod to dreams for a

1615

01:13:04,430 --> 01:13:01,679

second because in some way I mean we're

1616

01:13:07,010 --> 01:13:04,440

it is all a dream everything in this

1617

01:13:08,630 --> 01:13:07,020

book is a dream in that everything in

1618

01:13:10,250 --> 01:13:08,640

our life is a dream We're Dreaming all

1619

01:13:12,530 --> 01:13:10,260

the time we're a dreaming species

1620

01:13:14,930 --> 01:13:12,540

there's a particular kind of dream that

1621

01:13:18,530 --> 01:13:14,940

happens when we go to sleep at night and

1622

01:13:20,810 --> 01:13:18,540

have those crazy wild images that happen

1623

01:13:22,430 --> 01:13:20,820

and I do write a couple stories in this

1624

01:13:25,010 --> 01:13:22,440

book that are strictly about those

1625

01:13:27,830 --> 01:13:25,020

dreams but everything that I've been

1626

01:13:29,990 --> 01:13:27,840

practicing and learning and teaching

1627

01:13:32,810 --> 01:13:30,000

over the last few decades that relates

1628

01:13:35,810 --> 01:13:32,820

to dream Alchemy and DreamWork

1629

01:13:38,330 --> 01:13:35,820

absolutely applies to the waking reality

1630

01:13:41,030 --> 01:13:38,340

as well so that this waking reality that

1631

01:13:43,550 --> 01:13:41,040

we're in right now at this exact moment

1632

01:13:45,290 --> 01:13:43,560

is also a dream

1633

01:13:48,169 --> 01:13:45,300

this just happens to be a really

1634

01:13:50,810 --> 01:13:48,179

Kick-Ass dream and kind of a lucidish

1635

01:13:53,149 --> 01:13:50,820

dream so on some level we it's all a

1636

01:13:54,590 --> 01:13:53,159

dream and I hear what you're saying too

1637

01:13:57,830 --> 01:13:54,600

that I could have written the book about

1638

01:14:00,229 --> 01:13:57,840

the nighttime kind of dreams but I would

1639

01:14:02,450 --> 01:14:00,239

say that because I did so much work on

1640

01:14:04,790 --> 01:14:02,460

dreams and doing dream Alchemy for so

1641

01:14:07,550 --> 01:14:04,800

many years it kind of equipped me to be

1642

01:14:10,130 --> 01:14:07,560

able to do the therapeutic work to be

1643

01:14:14,450 --> 01:14:10,140

able to write these stories so I'm I'm

1644

01:14:17,149 --> 01:14:14,460

not disavowing dreams at any rate at in

1645

01:14:18,649 --> 01:14:17,159

any way at all it's in fact in some way

1646

01:14:21,290 --> 01:14:18,659

I'm even more passionate about them

1647

01:14:23,990 --> 01:14:21,300

because it's a great tool to be able to

1648

01:14:25,850 --> 01:14:24,000

to know that every character in US is an

1649

01:14:28,370 --> 01:14:25,860

aspect of ourselves and everyone who's

1650

01:14:31,250 --> 01:14:28,380

chasing us in the dream is a part of our

1651

01:14:33,110 --> 01:14:31,260

own shadow selves and we can help that

1652

01:14:35,209 --> 01:14:33,120

process along so that we can get to the

1653

01:14:37,790 --> 01:14:35,219

point of having more astral travel

1654

01:14:39,649 --> 01:14:37,800

dreams where we get to explore other

1655

01:14:42,350 --> 01:14:39,659

dimensions that we're not having to just

1656

01:14:44,090 --> 01:14:42,360

deal with all this the the shadow

1657

01:14:46,189 --> 01:14:44,100

characters that we that we've been

1658

01:14:48,290 --> 01:14:46,199

suppressing wouldn't it be great if we

1659

01:14:50,689 --> 01:14:48,300

got all that work done and then we can

1660

01:14:53,930 --> 01:14:50,699

spend all of our nighttime dream time

1661

01:14:59,570 --> 01:14:53,940

just exploring different dimensions of

1662

01:15:04,070 --> 01:14:59,580

other Realms and be a Persephone

1663

01:15:08,630 --> 01:15:04,080

to be a Persephone yeah yeah exactly

1664

01:15:11,149 --> 01:15:08,640

yeah eat some pomegranate seeds yeah you

1665

01:15:16,130 --> 01:15:11,159

take the pomegranate for granted or

1666

01:15:18,649 --> 01:15:16,140

roofie or two but here but but isn't

1667

01:15:22,310 --> 01:15:18,659

that interesting where

1668

01:15:24,590 --> 01:15:22,320

um if you if you take yourself or all of

1669

01:15:27,050 --> 01:15:24,600

this right now it's you and it's your

1670

01:15:31,430 --> 01:15:27,060

book but I think all of us can relate in

1671

01:15:33,169 --> 01:15:31,440

in this way where you have we all like

1672

01:15:35,510 --> 01:15:33,179

to think about the good times

1673

01:15:38,390 --> 01:15:35,520

right well there's the bad times too

1674

01:15:40,910 --> 01:15:38,400

right and and how you overcome

1675

01:15:44,450 --> 01:15:40,920

um and so all of this in in a weird way

1676

01:15:49,010 --> 01:15:44,460

can can be a Persephone right where that

1677

01:15:52,550 --> 01:15:49,020

if if you stop and think about the bad

1678

01:15:55,430 --> 01:15:52,560

times as crazy as it was well you know

1679

01:15:59,870 --> 01:15:55,440

what the life's journey that Joseph

1680

01:16:02,870 --> 01:15:59,880

Campbell Heroes thing you are uh able to

1681

01:16:04,330 --> 01:16:02,880

with your Consciousness to sit and think

1682

01:16:07,250 --> 01:16:04,340

about that

1683

01:16:11,090 --> 01:16:07,260

that's that's the best part right that

1684

01:16:13,550 --> 01:16:11,100

we are able to to think about it and to

1685

01:16:15,649 --> 01:16:13,560

work forward that's that's the magic of

1686

01:16:19,250 --> 01:16:15,659

everything somebody just wrote this

1687

01:16:20,990 --> 01:16:19,260

comment so I'm going to kind of resolve

1688

01:16:22,669 --> 01:16:21,000

some of this for everybody because I

1689

01:16:26,209 --> 01:16:22,679

left some stuff hanging

1690

01:16:30,350 --> 01:16:26,219

okay uh my real dad so I go through this

1691

01:16:34,490 --> 01:16:30,360

divorce right like this wasn't today

1692

01:16:37,729 --> 01:16:34,500

it's kind of a thing back then in 1980

1693

01:16:41,689 --> 01:16:37,739

how did you do that uh it was It was

1694

01:16:44,149 --> 01:16:41,699

kind of out of my hands but that's a

1695

01:16:47,870 --> 01:16:44,159

that's a whole nother maybe we'll do a

1696

01:16:48,530 --> 01:16:47,880

show on it someday all right but anyway

1697

01:16:52,910 --> 01:16:48,540

um

1698

01:16:55,310 --> 01:16:52,920

the last day that I saw my dad and all

1699

01:16:57,290 --> 01:16:55,320

of this stuff is going down I'm I'm in

1700

01:17:00,770 --> 01:16:57,300

Central America

1701

01:17:03,350 --> 01:17:00,780

he drives me that we were not we we

1702

01:17:07,189 --> 01:17:03,360

hadn't talked lived in the same house we

1703

01:17:10,130 --> 01:17:07,199

hadn't talked in like six months at all

1704

01:17:13,010 --> 01:17:10,140

okay lunch money was left on the counter

1705

01:17:15,649 --> 01:17:13,020

once a week it was kind of like that but

1706

01:17:16,610 --> 01:17:15,659

I did see him didn't talk passing ships

1707

01:17:18,830 --> 01:17:16,620

in the night

1708

01:17:22,790 --> 01:17:18,840

and uh so the last day

1709

01:17:24,770 --> 01:17:22,800

I know I've got my passport uh the

1710

01:17:26,810 --> 01:17:24,780

military the government has given me all

1711

01:17:28,310 --> 01:17:26,820

of my stuff I'm in a foreign country I

1712

01:17:31,310 --> 01:17:28,320

now need to fly back to the United

1713

01:17:35,330 --> 01:17:33,709

the day has arrived

1714

01:17:37,550 --> 01:17:35,340

and

1715

01:17:39,950 --> 01:17:37,560

I packed you know my suitcases are

1716

01:17:42,229 --> 01:17:39,960

packed he's out waiting in in the car

1717

01:17:44,810 --> 01:17:42,239

I'm gonna knock on my door doesn't

1718

01:17:47,030 --> 01:17:44,820

bedroom none of that so I'll walk out I

1719

01:17:49,310 --> 01:17:47,040

put my suitcases in the car I get in we

1720

01:17:52,910 --> 01:17:49,320

don't say a word we drive to Howard Air

1721

01:17:54,590 --> 01:17:52,920

Force Base we pull up to the terminal at

1722

01:17:58,669 --> 01:17:54,600

Howard Air Force Base

1723

01:18:01,610 --> 01:18:00,050

it's like really

1724

01:18:04,430 --> 01:18:01,620

all right

1725

01:18:08,030 --> 01:18:04,440

I get out of the car I shut the door he

1726

01:18:09,830 --> 01:18:08,040
drove away didn't say goodbye

1727

01:18:12,050 --> 01:18:09,840
yeah

1728

01:18:14,570 --> 01:18:12,060
I don't know how I I don't know how I

1729

01:18:16,910 --> 01:18:14,580
dealt with it I really don't you know

1730

01:18:20,450 --> 01:18:16,920
and so is there anybody that he that he

1731

01:18:24,410 --> 01:18:20,460
you know that he connected you with or

1732

01:18:27,830 --> 01:18:24,420
you just oh this was the the legal side

1733

01:18:31,330 --> 01:18:27,840
of this was intense okay so that's

1734

01:18:35,270 --> 01:18:31,340
that's too much too much of a story but

1735

01:18:37,430 --> 01:18:35,280
yeah I fly to Indianapolis

1736

01:18:41,709 --> 01:18:37,440
fly to Indianapolis I get picked up at

1737

01:18:46,729 --> 01:18:41,719
the airport uh by my future

1738

01:18:49,729 --> 01:18:46,739

adopted mom uh Sharon and uh we drive

1739

01:18:51,070 --> 01:18:49,739

straight to downtown uh Indianapolis to

1740

01:18:55,070 --> 01:18:51,080

the Supreme Court

1741

01:18:57,169 --> 01:18:55,080

uh and we go into judges Chambers where

1742

01:19:00,890 --> 01:18:57,179

there are a couple of attorneys

1743

01:19:04,310 --> 01:19:00,900

and my future Mom and Dad John and

1744

01:19:06,110 --> 01:19:04,320

Sharon and uh we sit down I'm with a

1745

01:19:09,530 --> 01:19:06,120

superior court judge

1746

01:19:12,590 --> 01:19:09,540

I'm 15 years old you know and there's a

1747

01:19:14,090 --> 01:19:12,600

stack of documents this thick

1748

01:19:14,870 --> 01:19:14,100

and they're there and I've got to sign

1749

01:19:17,090 --> 01:19:14,880

them

1750

01:19:21,229 --> 01:19:17,100

and the judge asked me a bunch of

1751

01:19:23,750 --> 01:19:21,239

questions and uh and things like do you

1752

01:19:25,550 --> 01:19:23,760

want to change your name

1753

01:19:29,709 --> 01:19:25,560

I was like oh

1754

01:19:33,130 --> 01:19:29,719

[h__\h] didn't even think about that

1755

01:19:36,290 --> 01:19:33,140

and I look at Jonathan I was like yeah

1756

01:19:38,630 --> 01:19:36,300

so anyway obviously I didn't I stayed

1757

01:19:40,189 --> 01:19:38,640

with church their last name was crier so

1758

01:19:42,229 --> 01:19:40,199

anyway I flipped through and I've got to

1759

01:19:45,370 --> 01:19:42,239

sign all these pages and I get to the

1760

01:19:48,910 --> 01:19:45,380

pages and with my mom and dad's

1761

01:19:51,470 --> 01:19:48,920

signature on them

1762

01:19:53,570 --> 01:19:51,480

it all just kind of hit me all the stuff

1763

01:19:55,669 --> 01:19:53,580

was going on behind the scenes my mom

1764

01:19:59,870 --> 01:19:55,679

had to sign off on this stuff

1765

01:20:03,229 --> 01:19:59,880

who I had my dad this that the Cry of

1766

01:20:04,850 --> 01:20:03,239

the judges things it was I'm not when I

1767

01:20:06,310 --> 01:20:04,860

say it was that thick it was that thick

1768

01:20:09,950 --> 01:20:06,320

and then

1769

01:20:13,189 --> 01:20:09,960

I'd start signing right along my parents

1770

01:20:15,229 --> 01:20:13,199

signatures yeah it was heavy man so we

1771

01:20:20,510 --> 01:20:15,239

signed that was it I signed the last

1772

01:20:22,550 --> 01:20:20,520

page the judge the judge I'm 15 I'm 15.

1773

01:20:23,990 --> 01:20:22,560

think about this for a second the judge

1774

01:20:26,570 --> 01:20:24,000

goes okay

1775

01:20:32,750 --> 01:20:26,580

you sign this last page

1776

01:20:36,649 --> 01:20:34,130

yeah

1777

01:20:40,310 --> 01:20:36,659

yep

1778

01:20:42,890 --> 01:20:40,320

yeah crazy huh crazy crazy crazy wow now

1779

01:20:45,010 --> 01:20:42,900

I mean that's just out in the public for

1780

01:20:48,290 --> 01:20:45,020

the first time right now

1781

01:20:50,270 --> 01:20:48,300

Jimmy Jimmy yeah yeah you know and so

1782

01:20:51,050 --> 01:20:50,280

but see here's the thing when I change

1783

01:21:00,229 --> 01:20:51,060

it

1784

01:21:01,430 --> 01:21:00,239

here talking to you why would I change

1785

01:21:05,209 --> 01:21:01,440

that

1786

01:21:08,390 --> 01:21:05,219

meet

1787

01:21:11,630 --> 01:21:08,400

yeah right my daughters are porn

1788

01:21:14,570 --> 01:21:11,640

right no no no no no you don't change

1789

01:21:17,630 --> 01:21:14,580

anything you don't change and I when I

1790

01:21:20,510 --> 01:21:17,640

bet you became an awesome dad as a

1791

01:21:22,610 --> 01:21:20,520

result of not you know what having that

1792

01:21:26,090 --> 01:21:22,620

what yes

1793

01:21:29,870 --> 01:21:26,100

the one thing I uh eventually you know

1794

01:21:33,770 --> 01:21:29,880

years go by decades go by and its email

1795

01:21:36,669 --> 01:21:33,780

is invented right okay so I'll get this

1796

01:21:40,790 --> 01:21:36,679

email for my dad out of the blue

1797

01:21:45,169 --> 01:21:40,800

1999 or something 98 and I'm reading

1798

01:21:47,510 --> 01:21:45,179

this email I'm sorry you know I've been

1799

01:21:49,430 --> 01:21:47,520

I'm contemplating my life now I'm

1800

01:21:51,950 --> 01:21:49,440

thinking about things and you know I

1801
01:21:53,570 --> 01:21:51,960
wasn't that the best dad and I apologize

1802
01:21:56,270 --> 01:21:53,580
I wrote him back

1803
01:21:58,490 --> 01:21:56,280
like two sentences and I said you know

1804
01:22:02,149 --> 01:21:58,500
what I'm glad I'm happy for you that

1805
01:22:04,310 --> 01:22:02,159
you're going through these life things

1806
01:22:06,590 --> 01:22:04,320
right but

1807
01:22:08,090 --> 01:22:06,600
if there's one good thing that came out

1808
01:22:10,669 --> 01:22:08,100
of all

1809
01:22:12,410 --> 01:22:10,679
I've got a lump in my throat if there's

1810
01:22:16,130 --> 01:22:12,420
one thing that came out of all of this

1811
01:22:19,729 --> 01:22:16,140
it made me a kick-ass dad

1812
01:22:22,930 --> 01:22:19,739
I learned what not to do and that's what

1813
01:22:28,490 --> 01:22:22,940

I wrote them and that meant send

1814

01:22:32,750 --> 01:22:28,500

and that's what you got back yeah oh

1815

01:22:34,550 --> 01:22:32,760

yeah wow wow God there's it just makes

1816

01:22:36,890 --> 01:22:34,560

me I mean I feel like I'm I'm in the

1817

01:22:39,050 --> 01:22:36,900

middle of a really incredible movie and

1818

01:22:42,350 --> 01:22:39,060

I want to know it's like one of those

1819

01:22:44,350 --> 01:22:42,360

movies that starts at the airport at the

1820

01:22:47,209 --> 01:22:44,360

at the Air Force

1821

01:22:49,550 --> 01:22:47,219

and then we go back and forward to know

1822

01:22:51,110 --> 01:22:49,560

what was going on with him I mean I I

1823

01:22:52,790 --> 01:22:51,120

imagine I think some of the people at

1824

01:22:54,950 --> 01:22:52,800

least this is part of what I'm

1825

01:22:57,950 --> 01:22:54,960

uncovering these days with people that

1826
01:23:00,410 --> 01:22:57,960
act so horribly is a lot of these people

1827
01:23:01,790 --> 01:23:00,420
are there's something they've they've

1828
01:23:04,189 --> 01:23:01,800
had their trauma or they've had

1829
01:23:06,709 --> 01:23:04,199
something their their brain is broken

1830
01:23:08,169 --> 01:23:06,719
like there's something that has them

1831
01:23:11,750 --> 01:23:08,179
it's not like

1832
01:23:13,790 --> 01:23:11,760
they're they're normal people that are

1833
01:23:16,070 --> 01:23:13,800
well adjusted and balanced that are that

1834
01:23:18,410 --> 01:23:16,080
are doing these shitty things there

1835
01:23:21,110 --> 01:23:18,420
there's something there's something

1836
01:23:23,689 --> 01:23:21,120
fundamentally broken and wrong that

1837
01:23:26,630 --> 01:23:23,699
would cause somebody to do that so we

1838
01:23:29,330 --> 01:23:26,640

often we often make it mean that it was

1839

01:23:33,350 --> 01:23:29,340

something about us that that caused them

1840

01:23:37,310 --> 01:23:33,360

to abandon or to abuse but it often is

1841

01:23:39,350 --> 01:23:37,320

not about us at all in fact that might

1842

01:23:41,390 --> 01:23:39,360

have I mean it doesn't mean that there's

1843

01:23:44,930 --> 01:23:41,400

not room for you to be pissed off and

1844

01:23:47,810 --> 01:23:44,940

angry for a long long time but I wonder

1845

01:23:50,390 --> 01:23:47,820

if there wasn't some great amount of

1846

01:23:51,530 --> 01:23:50,400

love as much love as this man could

1847

01:23:56,149 --> 01:23:51,540

muster

1848

01:23:58,729 --> 01:23:56,159

give you to a family that could love you

1849

01:24:01,130 --> 01:23:58,739

better than they could yeah no I know

1850

01:24:04,189 --> 01:24:01,140

and that's uh talk about a Greek tragedy

1851
01:24:06,229 --> 01:24:04,199
right and so and I've I've thought about

1852
01:24:09,290 --> 01:24:06,239
all of that stuff

1853
01:24:12,890 --> 01:24:09,300
um and here's the thing I I am not a

1854
01:24:16,850 --> 01:24:12,900
saint far from it you know what your

1855
01:24:22,310 --> 01:24:20,689
um uh and and we're all imperfect you

1856
01:24:24,229 --> 01:24:22,320
know and every day you just kind of got

1857
01:24:26,930 --> 01:24:24,239
to look at yourself and and try to

1858
01:24:28,189 --> 01:24:26,940
tighten a screw down and try to improve

1859
01:24:29,510 --> 01:24:28,199
things

1860
01:24:32,030 --> 01:24:29,520
um because I've done some messed up

1861
01:24:36,410 --> 01:24:32,040
things you know we all have right and

1862
01:24:39,290 --> 01:24:36,420
and you know I uh all I can do is is

1863
01:24:42,590 --> 01:24:39,300

just try to to live the next day just a

1864

01:24:47,090 --> 01:24:42,600

little bit better and and and and that's

1865

01:24:49,790 --> 01:24:47,100

it you know so again which is why before

1866

01:24:50,930 --> 01:24:49,800

I get too sidetracked the show isn't

1867

01:24:56,990 --> 01:24:50,940

about me

1868

01:24:59,149 --> 01:24:57,000

and so when I'm reading through that

1869

01:25:01,669 --> 01:24:59,159

that's the best compliment I could ever

1870

01:25:04,510 --> 01:25:01,679

get well I told you that earlier and I'm

1871

01:25:09,410 --> 01:25:04,520

not I'm not playing about this that that

1872

01:25:11,810 --> 01:25:09,420

nitty-gritty uh shitty list uh chapter I

1873

01:25:13,970 --> 01:25:11,820

think all of us everybody just get the

1874

01:25:16,070 --> 01:25:13,980

book and and read through this and then

1875

01:25:18,530 --> 01:25:16,080

write out your own Nitty Gritty shitty

1876

01:25:21,050 --> 01:25:18,540

list because you're gonna have one don't

1877

01:25:23,090 --> 01:25:21,060

lie to yourself don't lie no there's

1878

01:25:25,370 --> 01:25:23,100

then there's the corresponding list that

1879

01:25:27,950 --> 01:25:25,380

comes afterwards that's list of all the

1880

01:25:30,229 --> 01:25:27,960

coolest stuff that you've done and that

1881

01:25:32,930 --> 01:25:30,239

you've experienced and you look at how

1882

01:25:35,689 --> 01:25:32,940

you can draw the line between those

1883

01:25:38,510 --> 01:25:35,699

nitty-gritty shitty things and the the

1884

01:25:40,550 --> 01:25:38,520

prettiest the pretty pretty things it's

1885

01:25:42,610 --> 01:25:40,560

like there's a there's a list there's a

1886

01:25:44,990 --> 01:25:42,620

there's a lot of money

1887

01:25:47,870 --> 01:25:45,000

can I embarrass you just a little bit

1888

01:25:51,290 --> 01:25:47,880

can I can I'm gonna watch you block you

1889

01:25:53,209 --> 01:25:51,300

because here's the thing right so I've

1890

01:25:56,629 --> 01:25:53,219

just laid some stuff out you know about

1891

01:25:58,910 --> 01:25:56,639

me and so did you but then you you

1892

01:26:00,350 --> 01:25:58,920

follow that up with I'm gonna do this I

1893

01:26:02,629 --> 01:26:00,360

don't want you to do this I'm going to

1894

01:26:04,970 --> 01:26:02,639

do this for you you go

1895

01:26:06,950 --> 01:26:04,980

um you know I've come to a point where I

1896

01:26:11,629 --> 01:26:06,960

see now my proudest accomplishments

1897

01:26:14,990 --> 01:26:11,639

right and they exist not despite but

1898

01:26:18,290 --> 01:26:15,000

because of my heart breaks

1899

01:26:21,110 --> 01:26:18,300

right and and so you know you wrote 11

1900

01:26:24,890 --> 01:26:21,120

Books five Oracle decks in two journals

1901

01:26:27,610 --> 01:26:24,900

you got a a doctorate a degree you've

1902

01:26:31,430 --> 01:26:27,620

got uh you spoke at the United Nations

1903

01:26:34,850 --> 01:26:31,440

right uh you you started a non-profit

1904

01:26:37,510 --> 01:26:34,860

organization and and for for kids also

1905

01:26:41,270 --> 01:26:37,520

with the support of the United Nations

1906

01:26:44,990 --> 01:26:41,280

of course it's it's TV shows and radio

1907

01:26:47,450 --> 01:26:45,000

and magazines and and all of that good

1908

01:26:50,570 --> 01:26:47,460

stuff that comes from that you've been

1909

01:26:52,370 --> 01:26:50,580

able to see the world right

1910

01:26:58,990 --> 01:26:52,380

um you get to hang out with people like

1911

01:27:04,669 --> 01:27:02,090

uh be married to a wonderful man for the

1912

01:27:07,490 --> 01:27:04,679

last 20 years right

1913

01:27:10,310 --> 01:27:07,500

um uh deep relationships and that's that

1914

01:27:11,030 --> 01:27:10,320

you know that's another part of this

1915

01:27:14,270 --> 01:27:11,040

um

1916

01:27:17,629 --> 01:27:14,280

uh that once you go through the stuff

1917

01:27:19,750 --> 01:27:17,639

and you recognize that you are able to

1918

01:27:23,629 --> 01:27:19,760

have deeper more meaningful

1919

01:27:25,430 --> 01:27:23,639

relationships with not only your family

1920

01:27:30,229 --> 01:27:25,440

but

1921

01:27:38,750 --> 01:27:35,090

yeah I mean a fundamentally I think we

1922

01:27:41,810 --> 01:27:38,760

we want to feel close to people I mean

1923

01:27:45,709 --> 01:27:41,820

there's something very simple about the

1924

01:27:47,390 --> 01:27:45,719

notion of what causes suffering is the

1925

01:27:50,030 --> 01:27:47,400

sense of separation

1926

01:27:53,149 --> 01:27:50,040

and what causes

1927

01:27:56,270 --> 01:27:53,159

Joy is feeling feeling close and

1928

01:27:59,090 --> 01:27:56,280

connected and it's impossible to feel

1929

01:28:01,490 --> 01:27:59,100

close and connected if we don't put some

1930

01:28:03,890 --> 01:28:01,500

skin in the game if we don't reveal

1931

01:28:06,229 --> 01:28:03,900

ourselves and expect everybody to mind

1932

01:28:09,590 --> 01:28:06,239

read I was just talking to somebody

1933

01:28:12,110 --> 01:28:09,600

today about a memory of I'm not proud of

1934

01:28:14,689 --> 01:28:12,120

this moment I was I was in my early 20s

1935

01:28:17,149 --> 01:28:14,699

and I was dating some guy who was

1936

01:28:20,149 --> 01:28:17,159

foolish enough to tell me that he loved

1937

01:28:23,470 --> 01:28:20,159

me and at the moment that he said he

1938

01:28:26,689 --> 01:28:23,480

loved me it was kind of like

1939

01:28:28,970 --> 01:28:26,699

everything just kind of fell apart the

1940

01:28:32,750 --> 01:28:28,980

House of Cards dropped because I thought

1941

01:28:35,810 --> 01:28:32,760

you stupid you stupid idiot you've

1942

01:28:38,629 --> 01:28:35,820

fallen in love with the facade right you

1943

01:28:40,970 --> 01:28:38,639

are a complete idiot and now I have no

1944

01:28:45,350 --> 01:28:40,980

respect for you and now I must go and

1945

01:28:47,950 --> 01:28:45,360

he's like what wait are you what are you

1946

01:28:52,310 --> 01:28:47,960

you know he did the William Shatner

1947

01:28:53,689 --> 01:28:52,320

thing but realized I mean I didn't know

1948

01:28:56,930 --> 01:28:53,699

back then

1949

01:29:00,890 --> 01:28:56,940

I because I was in the thick of my my

1950

01:29:03,709 --> 01:29:00,900

mask my my representative self but all I

1951

01:29:05,950 --> 01:29:03,719

wanted was to be known for who I was

1952

01:29:09,350 --> 01:29:05,960

underneath it but I didn't have the

1953

01:29:11,390 --> 01:29:09,360

wherewithal or the internal musculature

1954

01:29:14,090 --> 01:29:11,400

to be able to present what was there

1955

01:29:16,550 --> 01:29:14,100

because I was still too ashamed of who I

1956

01:29:18,830 --> 01:29:16,560

was I wanted you to love me but I didn't

1957

01:29:22,510 --> 01:29:18,840

want you to see I didn't I couldn't get

1958

01:29:26,689 --> 01:29:22,520

real so I I was in quite a catch-22

1959

01:29:29,090 --> 01:29:26,699

wanting to you know anyway so realizing

1960

01:29:31,550 --> 01:29:29,100

now I wouldn't go back to that time in

1961

01:29:33,910 --> 01:29:31,560

my life for anything because now the

1962

01:29:37,370 --> 01:29:33,920

relationships I have are based on

1963

01:29:39,770 --> 01:29:37,380

authenticity they're deep they're juicy

1964

01:29:40,550 --> 01:29:39,780

they go all the way to the core of the

1965

01:29:42,890 --> 01:29:40,560

Earth

1966

01:29:44,629 --> 01:29:42,900

I mean people trust me to tell me their

1967

01:29:47,689 --> 01:29:44,639

deepest secrets and the more they tell

1968

01:29:49,669 --> 01:29:47,699

me the more I feel like there's gold in

1969

01:29:52,550 --> 01:29:49,679

each secret because each secret kind of

1970

01:29:55,129 --> 01:29:52,560

opens a door to to the soul to the

1971

01:29:56,330 --> 01:29:55,139

spirit of a person into the gifts that

1972

01:29:58,250 --> 01:29:56,340

they have and

1973

01:30:00,950 --> 01:29:58,260

I mean this is all I really want like

1974

01:30:04,689 --> 01:30:00,960

all the other any other accolades are

1975

01:30:07,790 --> 01:30:04,699

kind of secondary or tertiary or

1976
01:30:08,770 --> 01:30:07,800
quadrupleary whatever it is compared to

1977
01:30:12,470 --> 01:30:08,780
feeling

1978
01:30:14,750 --> 01:30:12,480
loved and seen so at this point having

1979
01:30:16,610 --> 01:30:14,760
especially now with this book out I mean

1980
01:30:18,649 --> 01:30:16,620
the fact that

1981
01:30:21,350 --> 01:30:18,659
you know you're still having me on your

1982
01:30:23,450 --> 01:30:21,360
show like you knew me before as Dr Dream

1983
01:30:25,070 --> 01:30:23,460
and you're like hey Kelly you're cool

1984
01:30:27,830 --> 01:30:25,080
and I'm like oh my God am I gonna lose

1985
01:30:29,629 --> 01:30:27,840
Jimmy is he gonna hate me

1986
01:30:32,570 --> 01:30:29,639
and all the other people that are like

1987
01:30:34,310 --> 01:30:32,580
Jimmy oh my God but no I feel closer to

1988
01:30:36,590 --> 01:30:34,320

you and I hope that you feel closer to

1989

01:30:39,770 --> 01:30:36,600

me and you shared this amazing story

1990

01:30:42,229 --> 01:30:39,780

it's like this is what it is to be alive

1991

01:30:45,470 --> 01:30:42,239

to be sold to Soul with each other and

1992

01:30:50,870 --> 01:30:45,480

we have all the other stuff just poof

1993

01:30:54,590 --> 01:30:50,880

gone done just let hang out and and why

1994

01:30:59,090 --> 01:30:56,530

um that

1995

01:31:03,470 --> 01:30:59,100

there are

1996

01:31:09,590 --> 01:31:03,480

so many that are revealing themselves

1997

01:31:13,790 --> 01:31:09,600

to have a burnt lump of coal for a heart

1998

01:31:16,310 --> 01:31:13,800

where they attack people on social media

1999

01:31:20,930 --> 01:31:16,320

that they find the time to troll

2000

01:31:24,229 --> 01:31:20,940

somebody or to to say very negative

2001
01:31:26,689 --> 01:31:24,239
harsh things and to go out to when you

2002
01:31:29,390 --> 01:31:26,699
the person the the person that you are

2003
01:31:31,550 --> 01:31:29,400
doing this to you know nothing about

2004
01:31:35,030 --> 01:31:31,560
their personal life you don't know

2005
01:31:38,510 --> 01:31:35,040
what's going on with them and you want

2006
01:31:40,610 --> 01:31:38,520
to take the time uh you've got so many

2007
01:31:42,350 --> 01:31:40,620
precious seconds on this planet in your

2008
01:31:43,610 --> 01:31:42,360
life right and you're gonna waste that

2009
01:31:47,930 --> 01:31:43,620
time

2010
01:31:49,729 --> 01:31:47,940
to go and and go after somebody probably

2011
01:31:50,649 --> 01:31:49,739
something that you've never met by the

2012
01:31:54,830 --> 01:31:50,659
way

2013
01:31:56,870 --> 01:31:54,840

it just shows this this Darkness you

2014

01:32:01,370 --> 01:31:56,880

know this thing where this hatred of

2015

01:32:04,310 --> 01:32:01,380

themselves right where ah and I just

2016

01:32:06,830 --> 01:32:04,320

don't I I just don't get it I don't well

2017

01:32:09,350 --> 01:32:06,840

this is this is where this is how I

2018

01:32:10,850 --> 01:32:09,360

would Ogle that because I would say so I

2019

01:32:13,070 --> 01:32:10,860

mean I've had some people say some

2020

01:32:16,129 --> 01:32:13,080

pretty nasty things to me too so this is

2021

01:32:18,410 --> 01:32:16,139

so what I would say first in the O is

2022

01:32:20,750 --> 01:32:18,420

this sucks this is so mean this is so

2023

01:32:22,910 --> 01:32:20,760

cruel this is this is unfair you're

2024

01:32:25,070 --> 01:32:22,920

anonymous and I'm not so it's not an

2025

01:32:29,930 --> 01:32:25,080

even playing field so there's a million

2026

01:32:30,709 --> 01:32:29,940

things I can say yes yes nobody knows

2027

01:32:33,709 --> 01:32:30,719

you

2028

01:32:36,590 --> 01:32:33,719

right that's not fair yeah yeah that

2029

01:32:38,030 --> 01:32:36,600

that that tips it wait thank you for

2030

01:32:41,209 --> 01:32:38,040

pointing that out

2031

01:32:43,070 --> 01:32:41,219

yeah okay right exactly so what what's

2032

01:32:45,590 --> 01:32:43,080

good about it what's good about it I

2033

01:32:46,850 --> 01:32:45,600

remember the first time I somebody I

2034

01:32:48,950 --> 01:32:46,860

don't know if I can cuss on this show

2035

01:32:51,950 --> 01:32:48,960

but the first time I had like true

2036

01:32:55,310 --> 01:32:51,960

haters online I I've had haters since I

2037

01:33:00,229 --> 01:32:55,320

was young that like scathing scathing

2038

01:33:01,790 --> 01:33:00,239

die [\h__\h] blah blah blah but when when

2039

01:33:03,530 --> 01:33:01,800

my first book

2040

01:33:05,209 --> 01:33:03,540

um that I wrote came out and I all of a

2041

01:33:08,810 --> 01:33:05,219

sudden got an onslaught like the book

2042

01:33:11,570 --> 01:33:08,820

sold like hotcakes and simultaneously I

2043

01:33:13,610 --> 01:33:11,580

got a bunch of haters die [\h__\h] who the

2044

01:33:15,709 --> 01:33:13,620

[\h__\h] do you think you are you know blah

2045

01:33:18,530 --> 01:33:15,719

blah blah and somebody said somebody

2046

01:33:20,450 --> 01:33:18,540

said congratulations this means that

2047

01:33:22,129 --> 01:33:20,460

your work is actually hitting the masses

2048

01:33:25,490 --> 01:33:22,139

you're not just preaching to the choir

2049

01:33:28,010 --> 01:33:25,500

the moment you get hate mail that means

2050

01:33:29,390 --> 01:33:28,020

that it's have your your project your

2051

01:33:31,189 --> 01:33:29,400

book is having an impact so that's

2052

01:33:34,129 --> 01:33:31,199

what's good about it is that it's not

2053

01:33:35,810 --> 01:33:34,139

just to my parents and my family who

2054

01:33:37,790 --> 01:33:35,820

unconditionally love me because they

2055

01:33:40,729 --> 01:33:37,800

have to so that's one good thing and

2056

01:33:43,310 --> 01:33:40,739

then the L the Looking Glass have I ever

2057

01:33:46,070 --> 01:33:43,320

been hateful have I ever been spiteful

2058

01:33:49,729 --> 01:33:46,080

have I ever been jealous

2059

01:33:51,649 --> 01:33:49,739

yes I absolutely haven't have I been

2060

01:33:54,709 --> 01:33:51,659

gossip yeah when I there's been times

2061

01:33:57,169 --> 01:33:54,719

when I've gossiped and I've maybe I

2062

01:34:00,050 --> 01:33:57,179

haven't said something with absolute

2063

01:34:02,750 --> 01:34:00,060

vitriol but the the question that I ask

2064

01:34:05,510 --> 01:34:02,760

in the L and the Ogle formula is even

2065

01:34:07,129 --> 01:34:05,520

just to a drop to a tiny microscopic

2066

01:34:10,490 --> 01:34:07,139

degree have you ever done that same

2067

01:34:14,030 --> 01:34:10,500

thing or could you ever absolutely that

2068

01:34:16,310 --> 01:34:14,040

green-eyed monster is vicious it

2069

01:34:19,070 --> 01:34:16,320

somebody sees somebody else

2070

01:34:21,229 --> 01:34:19,080

doing something like living la vida loca

2071

01:34:23,570 --> 01:34:21,239

and their life is just like stuck and

2072

01:34:26,149 --> 01:34:23,580

funky they're like

2073

01:34:29,090 --> 01:34:26,159

have that all so I mean I can relate to

2074

01:34:31,810 --> 01:34:29,100

that there's not a single emotion

2075

01:34:34,610 --> 01:34:31,820

on this planet past present or future

2076

01:34:37,669 --> 01:34:34,620

that I haven't experienced myself to

2077

01:34:40,370 --> 01:34:37,679

some degree I remember like this is

2078

01:34:42,169 --> 01:34:40,380

awful but I mean this is probably way

2079

01:34:44,930 --> 01:34:42,179

too much TMI and I didn't even put it in

2080

01:34:47,209 --> 01:34:44,940

this book but during a breakup of a

2081

01:34:49,370 --> 01:34:47,219

particular relationship on Valentine's

2082

01:34:54,530 --> 01:34:49,380

Day it was like I was in such a pity

2083

01:34:56,810 --> 01:34:54,540

party in so much grief and sadness I had

2084

01:34:58,729 --> 01:34:56,820

this moment in the middle of my ten

2085

01:35:01,550 --> 01:34:58,739

thousand I was surrounded on a Bed full

2086

01:35:02,450 --> 01:35:01,560

of tissues I was in Chicago in a hotel

2087

01:35:05,510 --> 01:35:02,460

room

2088

01:35:07,430 --> 01:35:05,520

covered in tissues like

2089

01:35:09,229 --> 01:35:07,440

and I had this little

2090

01:35:10,550 --> 01:35:09,239

oh

2091

01:35:12,830 --> 01:35:10,560

it's like to

2092

01:35:15,649 --> 01:35:12,840

the serial killer because I thought

2093

01:35:17,930 --> 01:35:15,659

somebody that is feeling this level of

2094

01:35:20,510 --> 01:35:17,940

Despair this is what would cause that oh

2095

01:35:22,850 --> 01:35:20,520

my God I have compassion for serial

2096

01:35:24,890 --> 01:35:22,860

killers I don't know

2097

01:35:27,590 --> 01:35:24,900

but it all of a sudden made me feel like

2098

01:35:29,169 --> 01:35:27,600

in the midst of my despair there was

2099

01:35:32,689 --> 01:35:29,179

a purpose

2100

01:35:34,729 --> 01:35:32,699

I could relate to somebody that would do

2101

01:35:36,470 --> 01:35:34,739

something so horrific

2102

01:35:39,290 --> 01:35:36,480

because what would cause them to do

2103

01:35:41,570 --> 01:35:39,300

something so horrific is heartbreak is

2104

01:35:44,330 --> 01:35:41,580

some feeling of not belonging and yes of

2105

01:35:46,610 --> 01:35:44,340

course mental disorders being psychotic

2106

01:35:49,550 --> 01:35:46,620

there's other things too but that

2107

01:35:51,890 --> 01:35:49,560

heartbreak so yeah I can relate and then

2108

01:35:55,669 --> 01:35:51,900

what's the E and elevate

2109

01:35:58,370 --> 01:35:55,679

you know do the part that I can do to to

2110

01:36:00,470 --> 01:35:58,380

make myself better to do the best that I

2111

01:36:02,390 --> 01:36:00,480

can because we can either be bitter or

2112

01:36:04,250 --> 01:36:02,400

better so there's

2113

01:36:05,810 --> 01:36:04,260

you know I have to just make the best

2114

01:36:08,090 --> 01:36:05,820

out of what I have to work with just

2115

01:36:10,790 --> 01:36:08,100

going back to that Cheryl stay strayed

2116

01:36:12,350 --> 01:36:10,800

quote like we can't compare our cards to

2117

01:36:14,030 --> 01:36:12,360

somebody else's cards but we could play

2118

01:36:17,390 --> 01:36:14,040

the [h__\h] out of the cards that we're

2119

01:36:18,590 --> 01:36:17,400

dealt so let me get to the business of

2120

01:36:21,310 --> 01:36:18,600

doing that

2121

01:36:23,750 --> 01:36:21,320

that was a little windy windy road of

2122

01:36:25,970 --> 01:36:23,760

dealing with trolls on the internet I

2123

01:36:27,709 --> 01:36:25,980

don't approve of that but I do I've done

2124

01:36:29,689 --> 01:36:27,719

the same thing in my own little

2125

01:36:33,050 --> 01:36:29,699

microcosm and I can heal that part of

2126

01:36:37,010 --> 01:36:33,060

myself and that's where the L and and

2127

01:36:40,490 --> 01:36:37,020

Ogle could be lie right because if you

2128

01:36:44,510 --> 01:36:40,500

don't stop listen if you don't stop and

2129

01:36:46,729 --> 01:36:44,520

admit and look in the Looking Glass and

2130

01:36:50,090 --> 01:36:46,739

get to that point then you're living a

2131

01:36:51,410 --> 01:36:50,100

lie right it's you're living a life

2132

01:36:55,310 --> 01:36:51,420

because

2133

01:36:57,830 --> 01:36:55,320

everybody can look in in into that and

2134

01:37:03,350 --> 01:36:57,840

see uh there's no way that you haven't

2135

01:37:08,810 --> 01:37:05,450

have the hardest part of the Ogle or

2136

01:37:11,270 --> 01:37:08,820

Ogle as you say formula but that's where

2137

01:37:13,729 --> 01:37:11,280

the magic is like the tragic doesn't

2138

01:37:15,470 --> 01:37:13,739

turn into magic until we see that little

2139

01:37:18,970 --> 01:37:15,480

part and I always tell people even if

2140

01:37:22,850 --> 01:37:18,980

it's just a speck like just so if I've

2141

01:37:24,830 --> 01:37:22,860

gossiped maybe gossiping isn't the same

2142

01:37:27,890 --> 01:37:24,840

as saying something hateful to somebody

2143

01:37:32,149 --> 01:37:27,900

online that would cause them to whatever

2144

01:37:34,129 --> 01:37:32,159

but it's on the same Spectrum and the

2145

01:37:37,490 --> 01:37:34,139

moment I noticed that little speck in

2146

01:37:39,590 --> 01:37:37,500

myself I go from the the kind of the

2147

01:37:41,629 --> 01:37:39,600

horror of feeling separate feeling like

2148

01:37:44,209 --> 01:37:41,639

I'm over here and I'm good and you're

2149

01:37:46,490 --> 01:37:44,219

over there and you're bad well my ego

2150

01:37:49,189 --> 01:37:46,500

might feel a little bit a little bit

2151

01:37:52,129 --> 01:37:49,199

better but ultimately it's the the

2152

01:37:54,890 --> 01:37:52,139

notion of separation is is what puts us

2153

01:37:56,510 --> 01:37:54,900

into a state of like hell on Earth and

2154

01:38:00,110 --> 01:37:56,520

the moment we're connected to each other

2155

01:38:02,810 --> 01:38:00,120

when I see a speck of myself in even the

2156

01:38:04,910 --> 01:38:02,820

most atrocious Behavior even if I don't

2157

01:38:07,430 --> 01:38:04,920

like it even if it's like God I don't

2158

01:38:09,890 --> 01:38:07,440

want to admit that I have that the

2159

01:38:12,470 --> 01:38:09,900

moment I admit that I'm put into this

2160

01:38:15,709 --> 01:38:12,480

like unified field and all of a sudden

2161

01:38:18,590 --> 01:38:15,719

the magic starts to kick in so there's

2162

01:38:20,810 --> 01:38:18,600

it's it's a very very strange thing but

2163

01:38:23,209 --> 01:38:20,820

it is all about the Looking Glass and

2164

01:38:25,310 --> 01:38:23,219

and some people are unwilling to do it

2165

01:38:27,470 --> 01:38:25,320

I'll say hey have you ever been angry

2166

01:38:30,649 --> 01:38:27,480

have you ever been in a fight have you

2167

01:38:32,649 --> 01:38:30,659

ever wished someone ill will no never

2168

01:38:36,350 --> 01:38:32,659

not me like

2169

01:38:37,910 --> 01:38:36,360

well have a nice life get back to me

2170

01:38:39,590 --> 01:38:37,920

when you're ready to get all the way

2171

01:38:41,870 --> 01:38:39,600

through the rest yeah yeah when you're

2172

01:38:43,850 --> 01:38:41,880

done living that lie then you can look

2173

01:38:48,590 --> 01:38:43,860

then I'll give you the Looking Glass pal

2174

01:38:50,090 --> 01:38:48,600

but no no no stop the freedom the

2175

01:38:53,030 --> 01:38:50,100

freedom happens on the other I mean just

2176

01:38:55,550 --> 01:38:53,040

like in 12 steps the fourth step and I I

2177

01:38:57,770 --> 01:38:55,560

write about this in a whole other book

2178

01:38:59,870 --> 01:38:57,780

that hopefully will come out later but

2179

01:39:02,870 --> 01:38:59,880

the fourth step is where you take an

2180

01:39:06,590 --> 01:39:02,880

inventory of yourself and you eventually

2181

01:39:09,530 --> 01:39:06,600

look for what was your part in the thing

2182

01:39:11,870 --> 01:39:09,540

that was so upsetting and most people

2183

01:39:14,390 --> 01:39:11,880

don't ever get past that step and to me

2184

01:39:16,910 --> 01:39:14,400

that was that was where Liberation the L

2185

01:39:18,590 --> 01:39:16,920

is also Liberation it's the lie if you

2186

01:39:19,870 --> 01:39:18,600

don't think it applies to you but it's

2187

01:39:22,610 --> 01:39:19,880

also

2188

01:39:24,229 --> 01:39:22,620

absolute ticket to freedom the moment

2189

01:39:26,870 --> 01:39:24,239

you see that in yourself because then

2190

01:39:28,850 --> 01:39:26,880

you can do something about that you're

2191

01:39:31,070 --> 01:39:28,860

not a victim anymore all of a sudden

2192

01:39:34,310 --> 01:39:31,080

you've got one little speck of what you

2193

01:39:36,290 --> 01:39:34,320

can do to make a difference to change so

2194

01:39:39,649 --> 01:39:36,300

that's that's where the good stuff is

2195

01:39:43,430 --> 01:39:39,659

well how do we get to oh okay so we

2196

01:39:44,510 --> 01:39:43,440

we've been locally without the e tonight

2197

01:39:49,310 --> 01:39:44,520

though

2198

01:39:51,430 --> 01:39:49,320

so yes and uh a lot about uh O's and

2199

01:39:55,370 --> 01:39:51,440

NG's

2200

01:39:57,709 --> 01:39:55,380

but we haven't got to the E which is you

2201
01:40:00,470 --> 01:39:57,719
know how to do an example well just real

2202
01:40:02,510 --> 01:40:00,480
even just relating to somebody who's if

2203
01:40:04,669 --> 01:40:02,520
if we're saying wow I really hate these

2204
01:40:06,830 --> 01:40:04,679
people that are that are trolling online

2205
01:40:09,050 --> 01:40:06,840
and that are saying all this stuff so

2206
01:40:11,810 --> 01:40:09,060
the O is what's offensive this sucks the

2207
01:40:15,110 --> 01:40:11,820
G is it's good because it means that I'm

2208
01:40:16,910 --> 01:40:15,120
reaching beyond the choir the L is the

2209
01:40:20,270 --> 01:40:16,920
Looking Glass okay I see myself in that

2210
01:40:23,990 --> 01:40:20,280
the E is how can I elevate my behavior

2211
01:40:26,330 --> 01:40:24,000
my Consciousness my what what what is

2212
01:40:28,250 --> 01:40:26,340
mine to do with regards to this issue so

2213
01:40:30,890 --> 01:40:28,260

maybe I need to clean up the way I talk

2214

01:40:33,709 --> 01:40:30,900

maybe I need to make sure that the words

2215

01:40:35,450 --> 01:40:33,719

that I use like Don Miguel Ruiz is in

2216

01:40:38,149 --> 01:40:35,460

the 40s talks about being impeccable

2217

01:40:41,330 --> 01:40:38,159

with your word where am I not impeccable

2218

01:40:43,850 --> 01:40:41,340

where am I speaking about myself in a

2219

01:40:45,709 --> 01:40:43,860

disa disempowering way or how am I

2220

01:40:48,290 --> 01:40:45,719

talking trash about somebody else maybe

2221

01:40:51,649 --> 01:40:48,300

I need to catch myself and up my game

2222

01:40:54,709 --> 01:40:51,659

even if it's just a little micro step

2223

01:40:57,229 --> 01:40:54,719

so even if it's just in

2224

01:40:59,570 --> 01:40:57,239

that awareness like whoa I need to I

2225

01:41:01,250 --> 01:40:59,580

need to up my game here then that's

2226

01:41:04,250 --> 01:41:01,260

that's the e

2227

01:41:06,229 --> 01:41:04,260

so we don't leave it in wow I see myself

2228

01:41:09,410 --> 01:41:06,239

in the Looking Glass man I'm a piece of

2229

01:41:11,810 --> 01:41:09,420

[h__h] no I I have every bit of humanity

2230

01:41:13,850 --> 01:41:11,820

in here and the moment that I recognize

2231

01:41:17,530 --> 01:41:13,860

I do that thing that I don't want that

2232

01:41:20,510 --> 01:41:17,540

I'm not proud of then I need to stop

2233

01:41:23,030 --> 01:41:20,520

stealing or stop lying or stop or start

2234

01:41:25,970 --> 01:41:23,040

honoring myself whatever it is so we can

2235

01:41:28,070 --> 01:41:25,980

you know it's it's all depending on what

2236

01:41:31,550 --> 01:41:28,080

a person is ogling so we can do another

2237

01:41:33,350 --> 01:41:31,560

another example of of something to Ogle

2238

01:41:36,830 --> 01:41:33,360

if you want to see another elevator what

2239

01:41:41,390 --> 01:41:36,840

would you do well see

2240

01:41:44,209 --> 01:41:41,400

I um oh man there's like a thousand ways

2241

01:41:48,169 --> 01:41:44,219

to perceive all of this right especially

2242

01:41:50,810 --> 01:41:48,179

even throughout the day but there are so

2243

01:41:53,209 --> 01:41:50,820

many different ways to owe there's so

2244

01:41:55,310 --> 01:41:53,219

many different ways right there's what

2245

01:41:57,649 --> 01:41:55,320

what's really is it this that is

2246

01:41:59,570 --> 01:41:57,659

offensive that is bothering me or is it

2247

01:42:00,890 --> 01:41:59,580

this part of it or is it the thing

2248

01:42:03,410 --> 01:42:00,900

that's in front all of it you give

2249

01:42:05,629 --> 01:42:03,420

yourself permission to to be to look at

2250

01:42:08,149 --> 01:42:05,639

the whole 360 of what's offensive in

2251

01:42:10,129 --> 01:42:08,159

fact a full like I know there's this one

2252

01:42:13,010 --> 01:42:10,139

woman that just said I just did an 11

2253

01:42:15,169 --> 01:42:13,020

page Ogle I'm like right on she got she

2254

01:42:18,109 --> 01:42:15,179

wrote pages of what offended her right

2255

01:42:20,090 --> 01:42:18,119

it's like how it sits in your body it

2256

01:42:23,209 --> 01:42:20,100

like it hurts my heart it hurts my body

2257

01:42:24,770 --> 01:42:23,219

it makes my stomach clench I feel you

2258

01:42:26,990 --> 01:42:24,780

know all the things that all the things

2259

01:42:28,970 --> 01:42:27,000

I mean and even just looking at

2260

01:42:31,070 --> 01:42:28,980

look at what happened to you as a kid

2261

01:42:32,930 --> 01:42:31,080

and what you shared you could there's

2262

01:42:35,390 --> 01:42:32,940

like pages and pages of what you could

2263

01:42:37,490 --> 01:42:35,400

write about what's offensive about that

2264

01:42:39,050 --> 01:42:37,500

and we talked about what what's good

2265

01:42:41,990 --> 01:42:39,060

about it is you've become a great dad

2266

01:42:44,570 --> 01:42:42,000

and the L the Looking Glass is I mean if

2267

01:42:46,629 --> 01:42:44,580

it were if it were me I'd say is there

2268

01:42:49,310 --> 01:42:46,639

any place where I ever abandoned myself

2269

01:42:52,430 --> 01:42:49,320

is there any place where I don't take

2270

01:42:54,350 --> 01:42:52,440

myself where I don't own myself or I

2271

01:42:57,590 --> 01:42:54,360

don't I'm not loving myself enough or

2272

01:42:59,570 --> 01:42:57,600

I'm kind of ditching myself off to the

2273

01:43:02,270 --> 01:42:59,580

side of the road or whatever dreams I

2274

01:43:04,310 --> 01:43:02,280

have and then with that how can I

2275

01:43:07,070 --> 01:43:04,320

Elevate ooh I want to be an even better

2276

01:43:10,609 --> 01:43:07,080

Dad I want to be a better dad even to my

2277

01:43:14,030 --> 01:43:10,619

own inner little boy maybe I need to be

2278

01:43:17,510 --> 01:43:14,040

more kind to the vulnerability in me so

2279

01:43:19,490 --> 01:43:17,520

that so how how will you elevate so if

2280

01:43:22,250 --> 01:43:19,500

you're if we just did an Ogle it's up to

2281

01:43:25,430 --> 01:43:22,260

you what would be your elevation I I do

2282

01:43:27,890 --> 01:43:25,440

it a few different ways one um I would

2283

01:43:30,830 --> 01:43:27,900

say that uh

2284

01:43:34,430 --> 01:43:30,840

oh okay here's a direct this is a

2285

01:43:37,070 --> 01:43:34,440

pragmatic black and white thing but when

2286

01:43:38,050 --> 01:43:37,080

I'm going through you know

2287

01:43:39,770 --> 01:43:38,060

um

2288

01:43:43,729 --> 01:43:39,780

blocking

2289

01:43:46,209 --> 01:43:43,739

silencing and walking away from social

2290

01:43:48,910 --> 01:43:46,219

media in a direct sense unfriending

2291

01:43:53,510 --> 01:43:48,920

right it

2292

01:43:56,990 --> 01:43:53,520

clears that I I'm not empowering anybody

2293

01:44:00,229 --> 01:43:57,000

so I'm not empowering somebody and not

2294

01:44:04,729 --> 01:44:00,239

having it change my physicality my brain

2295

01:44:09,050 --> 01:44:04,739

my thought process throwing me off of my

2296

01:44:13,010 --> 01:44:09,060

life that empowers me okay great right

2297

01:44:16,609 --> 01:44:13,020

so that's one part of the where I can go

2298

01:44:19,310 --> 01:44:16,619

away you know elevated going well I'm

2299

01:44:22,790 --> 01:44:19,320

that's not that's never going to get to

2300

01:44:26,750 --> 01:44:22,800

me and I know that right I don't know

2301

01:44:30,950 --> 01:44:26,760

that another way that I Elevate is if

2302

01:44:32,229 --> 01:44:30,960

something crazy happens I'll give you an

2303

01:44:34,430 --> 01:44:32,239

example

2304

01:44:40,070 --> 01:44:34,440

something great

2305

01:44:41,990 --> 01:44:40,080

um I I had an issue last year

2306

01:44:44,209 --> 01:44:42,000

with a plane flight

2307

01:44:46,129 --> 01:44:44,219

I need to make a connecting flight this

2308

01:44:48,350 --> 01:44:46,139

is international international flight

2309

01:44:50,030 --> 01:44:48,360

I'm out of the country and my connecting

2310

01:44:52,430 --> 01:44:50,040

flight inside of the United States has

2311

01:44:54,530 --> 01:44:52,440

got its designated time I'm outside of

2312

01:44:56,510 --> 01:44:54,540

the country I've got a canceled flight

2313

01:44:58,030 --> 01:44:56,520

that I'm dealing with I can't make my

2314

01:45:03,770 --> 01:44:58,040

connecting flight

2315

01:45:06,470 --> 01:45:03,780

I've got a problem so I I get uh with my

2316

01:45:08,570 --> 01:45:06,480

phone at the airport book another flight

2317

01:45:10,870 --> 01:45:08,580

that's later inside of the United States

2318

01:45:13,970 --> 01:45:10,880

cost me a thousand bucks

2319

01:45:18,290 --> 01:45:13,980

whoa hold on

2320

01:45:21,290 --> 01:45:18,300

and then I'm uh my I get on another

2321

01:45:22,970 --> 01:45:21,300

flight internationally I land inside of

2322

01:45:25,430 --> 01:45:22,980

the United States

2323

01:45:27,229 --> 01:45:25,440

my original flight that I thought I was

2324

01:45:30,050 --> 01:45:27,239

gonna miss I'm running through the

2325

01:45:33,590 --> 01:45:30,060

airport I make that I walk there closing

2326

01:45:35,830 --> 01:45:33,600

the door I run out I put my foot in the

2327

01:45:38,209 --> 01:45:35,840

door

2328

01:45:41,450 --> 01:45:38,219

get on the plane

2329

01:45:44,590 --> 01:45:41,460

I fly back to LA now I've made my right

2330

01:45:47,330 --> 01:45:44,600

okay I get back to LA I call the airline

2331

01:45:49,689 --> 01:45:47,340

that I made that you know that I

2332

01:45:52,070 --> 01:45:49,699

purchased the ticket with and they said

2333

01:45:54,169 --> 01:45:52,080

ah nah

2334

01:45:55,850 --> 01:45:54,179

but you can only cancel that two weeks

2335

01:45:59,350 --> 01:45:55,860

in advance I said wait a minute I made

2336

01:46:02,470 --> 01:45:59,360

the flight I booked it today I didn't

2337

01:46:05,810 --> 01:46:02,480

like tough

2338

01:46:06,770 --> 01:46:05,820

now this is this is what I did this is

2339

01:46:09,229 --> 01:46:06,780

what I did

2340

01:46:12,770 --> 01:46:09,239

this is how you elevate the situation

2341

01:46:14,689 --> 01:46:12,780

this is how you turn tragic into magic I

2342

01:46:17,510 --> 01:46:14,699

swear totally

2343

01:46:20,870 --> 01:46:17,520

I hung up the phone and went

2344

01:46:22,850 --> 01:46:20,880

at least I got my flight that I thought

2345

01:46:26,030 --> 01:46:22,860

I was going to miss

2346

01:46:28,970 --> 01:46:26,040

it cost me a thousand dollars

2347

01:46:32,090 --> 01:46:28,980

but I got home

2348

01:46:39,890 --> 01:46:36,669

that's it now and suddenly I'm elevated

2349

01:46:42,350 --> 01:46:39,900

or I could just walk around a stupid

2350

01:46:45,470 --> 01:46:42,360

Airline yeah I'm gonna write them a

2351

01:46:49,850 --> 01:46:45,480

letter I'm gonna call my credit why

2352

01:46:53,270 --> 01:46:49,860

what do I get Kelly what do I honestly I

2353

01:46:55,370 --> 01:46:53,280

get Darkness I'm angry I'm throwing off

2354

01:46:57,109 --> 01:46:55,380

my game I'm gonna lose sleep I'm gonna

2355

01:46:58,970 --> 01:46:57,119

wake up the next day and I'm gonna be

2356

01:47:01,270 --> 01:46:58,980

sending or

2357

01:47:07,189 --> 01:47:01,280

just gone

2358

01:47:14,570 --> 01:47:09,890

and I and I hung up the phone

2359

01:47:17,810 --> 01:47:14,580

I agreed with myself that it was over

2360

01:47:20,330 --> 01:47:17,820

and I I remember I walked out of this

2361

01:47:21,590 --> 01:47:20,340

office my bunker I walked out of that

2362

01:47:24,350 --> 01:47:21,600

door and I went

2363

01:47:26,890 --> 01:47:24,360

[h__h] I feel pretty good cost me a

2364

01:47:30,229 --> 01:47:26,900

thousand bucks but I'm not out you know

2365

01:47:33,410 --> 01:47:30,239

there's no no price you can put on your

2366

01:47:35,870 --> 01:47:33,420

peace of mind just Let It Go

2367

01:47:38,510 --> 01:47:35,880

Let It Go and I know it sounds crazy I

2368

01:47:41,450 --> 01:47:38,520

could have been angry for a week or two

2369

01:47:44,450 --> 01:47:41,460

maybe even still mad

2370

01:47:47,770 --> 01:47:44,460

never use that wine let's let's tweet

2371

01:47:49,010 --> 01:47:47,780

this out never you know why why why

2372

01:47:51,590 --> 01:47:49,020

[Music]

2373

01:47:53,870 --> 01:47:51,600

Let It Go and that's how you elevate you

2374

01:47:55,790 --> 01:47:53,880

turn something tragic into magic and

2375

01:47:56,450 --> 01:47:55,800

just just

2376

01:47:59,030 --> 01:47:56,460

um

2377

01:48:01,990 --> 01:47:59,040

that was skipping right from the o to

2378

01:48:05,510 --> 01:48:02,000

the E yeah yeah

2379

01:48:07,550 --> 01:48:05,520

it was great though to eat yeah but yeah

2380

01:48:10,430 --> 01:48:07,560

that's well that's I think that's the

2381

01:48:12,590 --> 01:48:10,440

advanced 2.0 version is to be able to be

2382

01:48:14,689 --> 01:48:12,600

in what's offensive in the moment that

2383

01:48:16,490 --> 01:48:14,699

it's like what and to be able to click

2384

01:48:18,649 --> 01:48:16,500

right over there for those of us who

2385

01:48:20,689 --> 01:48:18,659

need a few steps you can get to the G

2386

01:48:24,470 --> 01:48:20,699

well at least I'm alive at least I got

2387

01:48:28,129 --> 01:48:24,480

my flight you know and then how is what

2388

01:48:31,209 --> 01:48:28,139

I just said right my little story any

2389

01:48:34,189 --> 01:48:31,219

different than chapter one in your book

2390

01:48:36,050 --> 01:48:34,199

when you guys were in Italy at the train

2391

01:48:39,950 --> 01:48:36,060

station right

2392

01:48:42,169 --> 01:48:39,960

um it's the same story right yeah the

2393

01:48:44,149 --> 01:48:42,179

exact same thing are you gonna get bent

2394

01:48:46,490 --> 01:48:44,159

out of shape and get upset

2395

01:48:48,590 --> 01:48:46,500

right or are you going to ride this

2396

01:48:49,910 --> 01:48:48,600

journey out and see what the end is

2397

01:48:53,209 --> 01:48:49,920

right

2398

01:48:55,910 --> 01:48:53,219

it's it's the same oh my God

2399

01:48:57,410 --> 01:48:55,920

yeah well it's a little it's a little

2400

01:49:01,189 --> 01:48:57,420

different but I think the principle

2401

01:49:03,109 --> 01:49:01,199

still applies but it's yeah should I

2402

01:49:05,570 --> 01:49:03,119

should I say a little bit about what

2403

01:49:07,609 --> 01:49:05,580

happened there yeah because everybody's

2404

01:49:14,410 --> 01:49:07,619

wondering now

2405

01:49:19,010 --> 01:49:17,810

it's chapter one the basic the basic

2406

01:49:21,109 --> 01:49:19,020

thing is

2407

01:49:23,270 --> 01:49:21,119

um Dana my husband and I are traveling

2408

01:49:26,330 --> 01:49:23,280

we're on our we're at the end of a

2409

01:49:28,370 --> 01:49:26,340

six-week Journey we're in Milan Italy

2410

01:49:31,189 --> 01:49:28,380

we've been in Spain in Italy he'd been

2411

01:49:33,350 --> 01:49:31,199

filming and I'd been leading workshops

2412

01:49:35,390 --> 01:49:33,360

we had a ton of equipment because he had

2413

01:49:38,570 --> 01:49:35,400

been doing a recording project it was

2414

01:49:41,450 --> 01:49:38,580

like a ton of stuff so it was that heavy

2415

01:49:43,790 --> 01:49:41,460

schlep with like tons of stuff and we're

2416

01:49:46,669 --> 01:49:43,800

like ah we get on our train

2417

01:49:49,609 --> 01:49:46,679

and there's everyone's lovely and

2418

01:49:51,890 --> 01:49:49,619

fabulous but there's this one guy that I

2419

01:49:53,689 --> 01:49:51,900

notice off in the corner that just he

2420

01:49:57,229 --> 01:49:53,699

reminded me I remember telling myself he

2421

01:50:00,109 --> 01:49:57,239

looks like Gru in Despicable Me just

2422

01:50:02,629 --> 01:50:00,119

like kind of the beady eyes and the dark

2423

01:50:04,790 --> 01:50:02,639

circles and the pointy nose and like the

2424

01:50:06,890 --> 01:50:04,800

hunch shoulder and like

2425

01:50:08,209 --> 01:50:06,900

and I'm like okay let's just not look at

2426
01:50:09,649 --> 01:50:08,219
him I'm gonna look the other way but I

2427
01:50:10,689 --> 01:50:09,659
noticed he just kept staring and I'm

2428
01:50:14,870 --> 01:50:10,699
like

2429
01:50:17,090 --> 01:50:14,880
and I hear this scratchy indecipherable

2430
01:50:19,310 --> 01:50:17,100
Italian not that I can really decipher

2431
01:50:20,930 --> 01:50:19,320
Italian anyway but I hear what might

2432
01:50:22,850 --> 01:50:20,940
have been the name of our stop but it

2433
01:50:24,530 --> 01:50:22,860
couldn't have been then so I'm like is

2434
01:50:26,750 --> 01:50:24,540
that really it and then all of a sudden

2435
01:50:29,930 --> 01:50:26,760
the door closes and moves on and I

2436
01:50:32,050 --> 01:50:29,940
realized that was our stop and I am I

2437
01:50:35,930 --> 01:50:32,060
I'm asking people in my broken Spanish

2438
01:50:39,050 --> 01:50:35,940

in Italian like did we miss the spot and

2439

01:50:41,209 --> 01:50:39,060

everyone's like you missed the spot you

2440

01:50:43,370 --> 01:50:41,219

know so I tell Dana okay we're just

2441

01:50:45,410 --> 01:50:43,380

gonna flip around we'll get out on the

2442

01:50:47,510 --> 01:50:45,420

next stop and we'll just take the the

2443

01:50:49,550 --> 01:50:47,520

next train coming the opposite direction

2444

01:50:52,550 --> 01:50:49,560

that's you know that's what you do so

2445

01:50:55,070 --> 01:50:52,560

all is well so the next stop doesn't

2446

01:50:57,350 --> 01:50:55,080

come for about half an hour we're like

2447

01:50:59,450 --> 01:50:57,360

way the heck I don't even know where we

2448

01:51:01,310 --> 01:50:59,460

are at this point so we as soon as the

2449

01:51:03,410 --> 01:51:01,320

door opens I'm like let's get our stuff

2450

01:51:05,450 --> 01:51:03,420

I'm holding the door getting bag after

2451
01:51:08,330 --> 01:51:05,460
bag after bag and we're out on the

2452
01:51:11,030 --> 01:51:08,340
little platform and the train takes off

2453
01:51:13,729 --> 01:51:11,040
the moment we're on the platform

2454
01:51:17,930 --> 01:51:13,739
click click click all the lights start

2455
01:51:20,750 --> 01:51:17,940
going out and then we see the the guy

2456
01:51:23,030 --> 01:51:20,760
whoever he works in the depot the

2457
01:51:25,790 --> 01:51:23,040
engineer or whatever I see him with his

2458
01:51:28,010 --> 01:51:25,800
little old-fashioned lunch pail closing

2459
01:51:32,090 --> 01:51:28,020
the lights in the depot getting into his

2460
01:51:35,870 --> 01:51:33,360
was like

2461
01:51:41,930 --> 01:51:35,880
[Music]

2462
01:51:48,709 --> 01:51:44,990
car his little teeny baby like tiny tiny

2463
01:51:51,229 --> 01:51:48,719

European car and just takes off so Dana

2464

01:51:56,030 --> 01:51:51,239

and I are sitting in the middle of

2465

01:51:59,570 --> 01:51:56,040

this abandoned train station with 10 000

2466

01:52:01,609 --> 01:51:59,580

pounds of luggage that looks I would say

2467

01:52:02,830 --> 01:52:01,619

to the naked eye like an expensive bunch

2468

01:52:05,689 --> 01:52:02,840

of luggage

2469

01:52:07,310 --> 01:52:05,699

camera equipment You've Got Gear you've

2470

01:52:11,390 --> 01:52:07,320

got your luggage you've got everything

2471

01:52:16,010 --> 01:52:11,400

oh my God like three or four roller bags

2472

01:52:18,830 --> 01:52:16,020

each it was just insane and there's no

2473

01:52:21,310 --> 01:52:18,840

cell reception to call an Uber or to

2474

01:52:25,129 --> 01:52:21,320

check out what's happening and it's dark

2475

01:52:27,649 --> 01:52:25,139

off to the right it's dark off to the

2476

01:52:29,209 --> 01:52:27,659

left it becomes dark and it's and I

2477

01:52:32,930 --> 01:52:29,219

realize

2478

01:52:35,330 --> 01:52:32,940

I believe there's no train coming to get

2479

01:52:38,030 --> 01:52:35,340

us there isn't one like it's closed down

2480

01:52:41,750 --> 01:52:38,040

so that's when I bust out

2481

01:52:45,790 --> 01:52:41,760

in my Janice Joplin impersonation busted

2482

01:52:54,189 --> 01:52:45,800

flat and Baton Rouge Waiting for a Train

2483

01:53:01,910 --> 01:52:58,790

shot you a look it's like

2484

01:53:05,169 --> 01:53:01,920

like would you knock it off like we're

2485

01:53:10,430 --> 01:53:05,179

gonna die let's go out singing yeah

2486

01:53:12,050 --> 01:53:10,440

this is how it ends right in dentist so

2487

01:53:14,530 --> 01:53:12,060

all of a sudden as we're sitting here

2488

01:53:18,050 --> 01:53:14,540

just sitting ducks

2489

01:53:21,950 --> 01:53:18,060

comes some footsteps toward us

2490

01:53:25,430 --> 01:53:21,960

who is it but the guy

2491

01:53:30,970 --> 01:53:25,440

it's from Despicable Me grew he shows up

2492

01:53:33,590 --> 01:53:30,980

and I'm like oh God I am not him oh

2493

01:53:36,050 --> 01:53:33,600

because I speak I speak a little Spanish

2494

01:53:37,510 --> 01:53:36,060

and so I like do you speak Spanish he's

2495

01:53:40,850 --> 01:53:37,520

like

2496

01:53:43,609 --> 01:53:40,860

and he basically I we figure out he asks

2497

01:53:46,810 --> 01:53:43,619

if we need a ride and Dana's like no no

2498

01:53:49,550 --> 01:53:46,820

we don't need a ride and I'm like Dana

2499

01:53:52,490 --> 01:53:49,560

seriously what other options do we have

2500

01:53:54,050 --> 01:53:52,500

we're either gonna die somebody's gonna

2501

01:53:56,890 --> 01:53:54,060

kill us while we're sitting here in the

2502

01:53:59,629 --> 01:53:56,900

dark or it's gonna be him that kills us

2503

01:54:02,149 --> 01:53:59,639

very familiar with him either when it

2504

01:54:05,750 --> 01:54:02,159

goes the same man might as well

2505

01:54:07,609 --> 01:54:05,760

die in his car we might as well die with

2506

01:54:08,649 --> 01:54:07,619

somebody at the hands of somebody we now

2507

01:54:12,109 --> 01:54:08,659

know

2508

01:54:15,890 --> 01:54:12,119

oh man so

2509

01:54:19,310 --> 01:54:15,900

yes David's like no I'm like yes

2510

01:54:21,350 --> 01:54:19,320

so the guy picks up our stuff gets

2511

01:54:26,209 --> 01:54:21,360

nothing like its feathers he's carrying

2512

01:54:32,450 --> 01:54:26,219

our stuff and out to his car and it's

2513

01:54:36,470 --> 01:54:32,460

first so his car is a hearse it's a

2514

01:54:37,850 --> 01:54:36,480

hearse he's not grew right the dark the

2515

01:54:41,109 --> 01:54:37,860

nose

2516

01:54:43,850 --> 01:54:41,119

and he's driving a hearse

2517

01:54:44,689 --> 01:54:43,860

okay all right so and he opens up the

2518

01:54:46,729 --> 01:54:44,699

back

2519

01:54:49,609 --> 01:54:46,739

it's our stuff where there was probably

2520

01:54:50,510 --> 01:54:49,619

a dead body or just earlier that day and

2521

01:54:53,450 --> 01:54:50,520

I'm like

2522

01:54:56,450 --> 01:54:53,460

this isn't creepy not at all not at all

2523

01:54:58,850 --> 01:54:56,460

we get around to this side of the card

2524

01:55:00,649 --> 01:54:58,860

wanting Dana to sit next to him because

2525

01:55:03,410 --> 01:55:00,659

we'd be sitting at the front seat with

2526

01:55:05,990 --> 01:55:03,420

him and Dana's like if you sit in the

2527

01:55:09,770 --> 01:55:06,000

middle you can talk Spanish above it God

2528

01:55:12,350 --> 01:55:09,780

oh okay so here we are we're driving and

2529

01:55:14,030 --> 01:55:12,360

as we start to get down the road I start

2530

01:55:16,910 --> 01:55:14,040

to get some cell reception that I start

2531

01:55:20,030 --> 01:55:16,920

to notice I so I plug in the driving

2532

01:55:21,950 --> 01:55:20,040

directions to the hotel and it and I

2533

01:55:24,649 --> 01:55:21,960

noticed that it's saying turn right and

2534

01:55:26,750 --> 01:55:24,659

so I I showed to him it says turn right

2535

01:55:29,570 --> 01:55:26,760

and he's like no

2536

01:55:34,430 --> 01:55:32,689

it keeps chirping like redirect redirect

2537

01:55:37,189 --> 01:55:34,440

and he's and he's starting to get really

2538

01:55:38,629 --> 01:55:37,199

pissed so I turned down the volume I'm

2539

01:55:42,830 --> 01:55:38,639

like

2540

01:55:45,649 --> 01:55:42,840

my God

2541

01:55:48,709 --> 01:55:45,659

like we're completely helpless

2542

01:55:50,390 --> 01:55:48,719

so I remember some episode of CSI or

2543

01:55:52,910 --> 01:55:50,400

something and they said if you're with

2544

01:55:56,810 --> 01:55:52,920

like a killer tell them your name

2545

01:55:59,629 --> 01:55:56,820

because it humanizes you to them

2546

01:56:02,390 --> 01:55:59,639

there'll be maybe less likely to kill

2547

01:56:05,510 --> 01:56:02,400

you so

2548

01:56:08,149 --> 01:56:05,520

introduce I say in my broken Spanish

2549

01:56:09,890 --> 01:56:08,159

Italian whatever my name is Kelly this

2550

01:56:13,870 --> 01:56:09,900

is Dana

2551

01:56:18,770 --> 01:56:13,880

um what's your name and he says

2552

01:56:25,070 --> 01:56:20,570

nice to meet you fatty

2553

01:56:27,229 --> 01:56:25,080

okay well and then anyway so we

2554

01:56:29,890 --> 01:56:27,239

under two I'm calling on I mean

2555

01:56:33,649 --> 01:56:29,900

literally I'm in silence but I'm praying

2556

01:56:37,669 --> 01:56:33,659

sweating praying praying every Angel

2557

01:56:41,990 --> 01:56:37,679

mine Dana's every Angel out there help

2558

01:56:43,910 --> 01:56:42,000

us help us help us next thing I know we

2559

01:56:45,530 --> 01:56:43,920

end up right in front of the hotel that

2560

01:56:49,189 --> 01:56:45,540

we're supposed to be at there's

2561

01:56:51,169 --> 01:56:49,199

literally like um the guy the the guy

2562

01:56:53,689 --> 01:56:51,179

that like is there to greet you with the

2563

01:56:57,250 --> 01:56:53,699

car or whatever it's like Dana and Kelly

2564

01:57:07,010 --> 01:56:57,260

the Bellman

2565

01:57:12,350 --> 01:57:09,050

we start to get out of the car I reached

2566

01:57:14,209 --> 01:57:12,360

into my purse and I pull out my money

2567

01:57:16,669 --> 01:57:14,219

and I'm just I want to like give him

2568

01:57:20,149 --> 01:57:16,679

money to thank him for not killing us

2569

01:57:23,510 --> 01:57:20,159

and for bringing us to our hotel and he

2570

01:57:26,470 --> 01:57:23,520

gets pissed he hits the the the the

2571

01:57:29,149 --> 01:57:26,480

steering wheel no

2572

01:57:31,609 --> 01:57:29,159

no and like he's really gonna freaking

2573

01:57:37,310 --> 01:57:31,619

kill me and I'm like oh

2574

01:57:42,649 --> 01:57:40,189

join us for dinner and he's like yes

2575

01:57:46,250 --> 01:57:42,659

like all of a sudden very happy very

2576

01:57:48,169 --> 01:57:46,260

sweet so I say okay great meet us we'll

2577

01:57:50,270 --> 01:57:48,179

put our stuff away we'll meet you

2578

01:57:54,649 --> 01:57:50,280

we ended up having the sweetest dinner

2579

01:57:58,370 --> 01:57:54,659

with this guy Fati and this beautiful

2580

01:58:00,530 --> 01:57:58,380

conversation I mean it goes It goes on

2581

01:58:03,850 --> 01:58:00,540

and on but he was a very beautiful sweet

2582

01:58:08,689 --> 01:58:03,860

soul from Tunisia that

2583

01:58:11,270 --> 01:58:08,699

just was such a love and what I learned

2584

01:58:13,850 --> 01:58:11,280

later just in wrapping up this store

2585

01:58:15,530 --> 01:58:13,860

maybe I should do the Ogle so the O is

2586

01:58:19,010 --> 01:58:15,540

the what's offensive was that we got

2587

01:58:21,410 --> 01:58:19,020

ditched that that the voice on the train

2588

01:58:24,589 --> 01:58:21,420

wasn't clearer things were were clearly

2589

01:58:26,030 --> 01:58:24,599

marked and and we lost we we could have

2590

01:58:28,129 --> 01:58:26,040

something bad could have really happened

2591

01:58:31,070 --> 01:58:28,139

and it was very scary

2592

01:58:34,609 --> 01:58:31,080

the G is that nothing really did happen

2593

01:58:37,250 --> 01:58:34,619

we were okay and it always seems in my

2594

01:58:39,890 --> 01:58:37,260

world that the best things happen when

2595

01:58:40,729 --> 01:58:39,900

Things Fall Apart when the plan that I

2596

01:58:43,970 --> 01:58:40,739

had

2597

01:58:45,770 --> 01:58:43,980

goes awry and there's Miracles and

2598

01:58:49,550 --> 01:58:45,780

angels that I meet along the way and the

2599

01:58:54,070 --> 01:58:49,560

most unexpected places so the L for the

2600

01:58:58,010 --> 01:58:54,080

Looking Glass is how how do I also

2601
01:59:00,770 --> 01:58:58,020
enhanced close the door on opportunities

2602
01:59:03,709 --> 01:59:00,780
or people by just simply being too

2603
01:59:06,890 --> 01:59:03,719
wrapped up in in whatever I whatever

2604
01:59:10,430 --> 01:59:06,900
train track of attention I'm on whatever

2605
01:59:12,589 --> 01:59:10,440
like I'm on my own track and then I miss

2606
01:59:17,089 --> 01:59:12,599
I totally missed the opportunity at hand

2607
01:59:20,270 --> 01:59:17,099
and how do I also totally judge people

2608
01:59:21,729 --> 01:59:20,280
it's like oh my God this guy was this

2609
01:59:24,890 --> 01:59:21,739
this guy was an angel

2610
01:59:28,129 --> 01:59:24,900
I completely profiled him

2611
01:59:31,669 --> 01:59:28,139
and as as humans do we're coded to do

2612
01:59:34,310 --> 01:59:31,679
that but I was wrong I was wrong he was

2613
01:59:37,729 --> 01:59:34,320

a good guy and he saved us

2614

01:59:39,229 --> 01:59:37,739

so the E how will I Elevate all of this

2615

01:59:42,229 --> 01:59:39,239

is

2616

01:59:44,629 --> 01:59:42,239

I well what happened was I got back home

2617

01:59:47,209 --> 01:59:44,639

soon thereafter I found

2618

01:59:49,930 --> 01:59:47,219

somebody somebody was talking about on

2619

01:59:54,709 --> 01:59:49,940

the stoics and Marcus Aurelius and this

2620

01:59:57,589 --> 01:59:54,719

phrase called Amor Fati and Fati means

2621

02:00:01,250 --> 01:59:57,599

fate Amore is love and it's this very

2622

02:00:05,149 --> 02:00:01,260

important distinction Called Love Your

2623

02:00:06,189 --> 02:00:05,159

Fate so whatever has ever happened to

2624

02:00:09,530 --> 02:00:06,199

you

2625

02:00:11,149 --> 02:00:09,540

that's what to Love don't love all the

2626

02:00:13,250 --> 02:00:11,159

stuff that hasn't happened to you yet

2627

02:00:15,830 --> 02:00:13,260

all the things you wish for that could

2628

02:00:18,050 --> 02:00:15,840

have would or shoulda's but every single

2629

02:00:20,830 --> 02:00:18,060

thing that happens to you love that

2630

02:00:24,609 --> 02:00:20,840

because that is yours that's your story

2631

02:00:27,649 --> 02:00:24,619

that's what to embrace and so I realized

2632

02:00:29,870 --> 02:00:27,659

loving my faith is really the whole

2633

02:00:31,910 --> 02:00:29,880

essence of this book is loving all of it

2634

02:00:34,550 --> 02:00:31,920

it's not just Amor Fati it doesn't mean

2635

02:00:37,330 --> 02:00:34,560

love your fat which probably should be a

2636

02:00:40,310 --> 02:00:37,340

good thing I could I could probably love

2637

02:00:42,709 --> 02:00:40,320

my fat a little bit more but love love

2638

02:00:44,570 --> 02:00:42,719

your fate because it's what's ours to

2639

02:00:46,910 --> 02:00:44,580

love like exactly what you talked about

2640

02:00:49,070 --> 02:00:46,920

Jimmy about like this is what happened

2641

02:00:51,890 --> 02:00:49,080

to me when I was 15 years old

2642

02:00:54,589 --> 02:00:51,900

this is this is this is mine this is my

2643

02:00:55,609 --> 02:00:54,599

story like you don't want to give that

2644

02:00:57,229 --> 02:00:55,619

away

2645

02:01:00,890 --> 02:00:57,239

because look at what you've done with

2646

02:01:02,870 --> 02:01:00,900

that so Amor Fati

2647

02:01:06,229 --> 02:01:02,880

love your faith

2648

02:01:08,390 --> 02:01:06,239

the book is called a crisis is a

2649

02:01:11,209 --> 02:01:08,400

terrible thing to waste the art of

2650

02:01:12,830 --> 02:01:11,219

transforming the tragic into magic links

2651
02:01:16,310 --> 02:01:12,840
forward or down below

2652
02:01:18,050 --> 02:01:16,320
I love you Kelly Sullivan Walden uh it's

2653
02:01:21,050 --> 02:01:18,060
just an amazing book thank you for

2654
02:01:22,669 --> 02:01:21,060
writing this for me uh it was uh it was

2655
02:01:25,609 --> 02:01:22,679
just a great day today thank you so much

2656
02:01:27,050 --> 02:01:25,619
what are you doing next I know we've got

2657
02:01:30,290 --> 02:01:27,060
the links out for the books and things

2658
02:01:32,990 --> 02:01:30,300
uh but but what's next for you

2659
02:01:35,030 --> 02:01:33,000
well I first wanted to say thank you so

2660
02:01:38,629 --> 02:01:35,040
much Jimmy for having me on your show

2661
02:01:41,689 --> 02:01:38,639
tonight this is a milestone for me this

2662
02:01:43,010 --> 02:01:41,699
has been so special and to think some of

2663
02:01:44,870 --> 02:01:43,020

the things that you've shared and that

2664

02:01:46,870 --> 02:01:44,880

you've said will stay with me for the

2665

02:01:50,510 --> 02:01:46,880

rest of my life and

2666

02:01:53,930 --> 02:01:50,520

I you are totally my soul brother and I

2667

02:01:56,030 --> 02:01:53,940

really really appreciate you and I can't

2668

02:01:57,530 --> 02:01:56,040

wait to see you one of these days very

2669

02:02:02,149 --> 02:01:57,540

soon

2670

02:02:04,010 --> 02:02:02,159

so what's coming up in my world is I um

2671

02:02:05,870 --> 02:02:04,020

besides this book being out which I'm

2672

02:02:09,410 --> 02:02:05,880

excited about

2673

02:02:13,790 --> 02:02:09,420

um I have a retreat to Costa Rica in

2674

02:02:16,070 --> 02:02:13,800

June and by if people want to go on it

2675

02:02:18,470 --> 02:02:16,080

and they sign up for it by the end of

2676

02:02:20,450 --> 02:02:18,480

February I have this luxury dream

2677

02:02:24,169 --> 02:02:20,460

package that comes along with it it's an

2678

02:02:27,530 --> 02:02:24,179

800 value and it's an amazing it'll be

2679

02:02:29,930 --> 02:02:27,540

like a a tragic to Magic Retreat there

2680

02:02:32,450 --> 02:02:29,940

will be DreamWork it'll also be very

2681

02:02:34,430 --> 02:02:32,460

deep and Excavating of whatever the the

2682

02:02:36,530 --> 02:02:34,440

Deep story is that we haven't wanted to

2683

02:02:38,629 --> 02:02:36,540

tell we get to do some work on that so

2684

02:02:40,729 --> 02:02:38,639

that you'll transform that into Magic by

2685

02:02:43,430 --> 02:02:40,739

the time you go home that's my intent

2686

02:02:46,310 --> 02:02:43,440

and I also have DreamWork practitioner

2687

02:02:48,950 --> 02:02:46,320

training for people who want to become

2688

02:02:51,589 --> 02:02:48,960

more skilled in understanding the

2689

02:02:53,810 --> 02:02:51,599

language of dreams and learning how they

2690

02:02:56,510 --> 02:02:53,820

can work with their dreams transforming

2691

02:02:58,850 --> 02:02:56,520

their tragic dreams into magic and also

2692

02:03:01,129 --> 02:02:58,860

how they can help other people so those

2693

02:03:03,229 --> 02:03:01,139

are some things also I have this getter

2694

02:03:04,729 --> 02:03:03,239

done writing Workshop because writing

2695

02:03:07,310 --> 02:03:04,739

has been such a powerful healing

2696

02:03:10,010 --> 02:03:07,320

modality to me I I let people

2697

02:03:12,950 --> 02:03:10,020

um it's it's kind of a month at a time

2698

02:03:15,050 --> 02:03:12,960

kind of a thing and it's pretty powerful

2699

02:03:17,990 --> 02:03:15,060

so all that's available on Kelly

2700

02:03:21,729 --> 02:03:18,000

Sullivan walden.com and if that's too

2701
02:03:24,290 --> 02:03:21,739
hard to spell they can go to I had the

2702
02:03:27,770 --> 02:03:24,300
strangestdream.com I've got all the

2703
02:03:30,050 --> 02:03:27,780
links up for you really have a great

2704
02:03:32,570 --> 02:03:30,060
wonderful amazing night and go get some

2705
02:03:34,310 --> 02:03:32,580
dreaming done and I'll talk to you soon

2706
02:03:36,169 --> 02:03:34,320
thank you so much Kelly

2707
02:03:38,089 --> 02:03:36,179
I love you Jimmy church thank you so

2708
02:03:40,970 --> 02:03:38,099
much for having me on your dream you're

2709
02:03:43,910 --> 02:03:40,980
my brother thank you so much Kelly I

2710
02:03:47,149 --> 02:03:43,920
don't want to stand but you know here's

2711
02:03:49,070 --> 02:03:47,159
the thing let's just I I say this after

2712
02:03:55,030 --> 02:03:49,080
every show with you let's just do this

2713
02:04:01,430 --> 02:03:57,530

thank you so much Kelly behave and be

2714

02:04:04,129 --> 02:04:01,440

well one love you the absolute very best

2715

02:04:06,790 --> 02:04:04,139

thank you Kelly and again the links for

2716

02:04:09,410 --> 02:04:06,800

Kelly right below Kelly Sullivan

2717

02:04:11,990 --> 02:04:09,420

walden.com the links are right there

2718

02:04:15,350 --> 02:04:12,000

everything else we have over social

2719

02:04:17,149 --> 02:04:15,360

media and over on our website what a

2720

02:04:20,629 --> 02:04:17,159

perfect night tonight it's always like

2721

02:04:23,330 --> 02:04:20,639

that when Kelly is with us and with that

2722

02:04:25,129 --> 02:04:23,340

uh we've got a pretty cool week uh

2723

02:04:27,050 --> 02:04:25,139

coming up here on Fade to Black uh

2724

02:04:31,910 --> 02:04:27,060

tomorrow night Chris Bledsoe was here

2725

02:04:33,709 --> 02:04:31,920

his new book is out UFO of God we'll

2726
02:04:37,129 --> 02:04:33,719
we'll be talking about that tomorrow

2727
02:04:40,189 --> 02:04:37,139
night and then to Chris's back to back

2728
02:04:42,169 --> 02:04:40,199
Thursday night it's Dr Christopher

2729
02:04:45,470 --> 02:04:42,179
Macklin is here we're going to be

2730
02:04:47,450 --> 02:04:45,480
talking about off Planet AI so tomorrow

2731
02:04:49,310 --> 02:04:47,460
night Chris Bledsoe fate the black is

2732
02:04:52,250 --> 02:04:49,320
produced by Hilton J Palm

2733
02:04:54,290 --> 02:04:52,260
Renee Dennis and Kevin webmasters Drew

2734
02:04:55,390 --> 02:04:54,300
the geek music Doug Aldrich intro space

2735
02:04:59,270 --> 02:04:55,400
boy

2736
02:05:00,050 --> 02:04:59,280
produced by kjcr for the game changer

2737
02:05:02,510 --> 02:05:00,060
Network

2738
02:05:04,430 --> 02:05:02,520

this broadcast is owned and copyrighted

2739

02:05:06,530 --> 02:05:04,440

2023 by Fade to Black and The Game

2740

02:05:08,390 --> 02:05:06,540

Changer Network Inc it cannot be

2741

02:05:10,129 --> 02:05:08,400

rebroadcast outlooked copied or used

2742

02:05:11,870 --> 02:05:10,139

anywhere in their own Universe without

2743

02:05:13,490 --> 02:05:11,880

written permission from Fade to block of

2744

02:05:15,709 --> 02:05:13,500

the game changer Network I'm your chibi

2745

02:05:20,450 --> 02:05:15,719

church until tomorrow night with Chris

2746

02:05:25,450 --> 02:05:20,460

Bledsoe I want everybody to be safe

2747

02:05:55,189 --> 02:05:36,910

[Music]