

FADE TO BLACK

with JIMMY CHURCH
PRESENTS

ELISABETH HOEKSTRA

the MOTHER EARTH EFFECT

THUR MAR 09 **LIVE**

7:00 PM PT/10:00PM ET



1
00:00:08,460 --> 00:00:15,940
foreign

2
00:00:15,950 --> 00:00:33,370
[Music]

3
00:00:38,209 --> 00:00:36,049
Air Forces has announced that a flying

4
00:00:43,750 --> 00:00:38,219
disc has been found and is now in the

5
00:00:51,110 --> 00:00:47,450
I occasionally think how quickly our

6
00:00:53,569 --> 00:00:51,120
difference is worldwide would vanish if

7
00:00:54,960 --> 00:00:53,579
we were facing an alien threat from

8
00:00:56,790 --> 00:00:54,970
outside this work

9
00:00:56,950 --> 00:00:56,800
[Music]

10
00:00:59,569 --> 00:00:56,960
[Applause]

11
00:01:02,209 --> 00:00:59,579
[Music]

12
00:01:05,030 --> 00:01:02,219
this is Fade to Black with your host

13
00:01:05,730 --> 00:01:05,040

Jimmy Church on the game changer Radio

14

00:01:09,170 --> 00:01:05,740

Network

15

00:01:11,810 --> 00:01:09,180

[Music]

16

00:01:14,210 --> 00:01:11,820

whoa whoa whoa whoa whoa good evening

17

00:01:17,330 --> 00:01:14,220

everybody Fade to Black

18

00:01:21,410 --> 00:01:17,340

drinking that River Moon coffee it is

19

00:01:24,830 --> 00:01:21,420

Thursday March 9 2023 got a great show

20

00:01:27,350 --> 00:01:24,840

tonight because Elizabeth Hoekstra is

21

00:01:29,990 --> 00:01:27,360

with us and her co-author the new book

22

00:01:31,670 --> 00:01:30,000

is out Olivia Smith is joining us the

23

00:01:33,890 --> 00:01:31,680

book is called the mother earth effect

24

00:01:36,230 --> 00:01:33,900

we've talked about it before in the show

25

00:01:39,469 --> 00:01:36,240

the book is officially out the links for

26

00:01:41,569 --> 00:01:39,479

it are below and we've got it throughout

27

00:01:44,330 --> 00:01:41,579

social media over on our website you

28

00:01:47,270 --> 00:01:44,340

know what to go and do we're going to be

29

00:01:53,830 --> 00:01:47,280

talking about grounding tonight and

30

00:01:56,929 --> 00:01:53,840

before I get into a a big long bio read

31

00:02:00,230 --> 00:01:56,939

everybody knows Elizabeth she's one of

32

00:02:01,789 --> 00:02:00,240

my closest in uh dearest friends and her

33

00:02:04,910 --> 00:02:01,799

co-author

34

00:02:08,330 --> 00:02:04,920

um uh Olivia who I've been chatting with

35

00:02:12,650 --> 00:02:08,340

this afternoon is also very very very

36

00:02:16,250 --> 00:02:12,660

cool and Elizabeth today is the director

37

00:02:19,970 --> 00:02:16,260

of operations for or Forbidden Knowledge

38

00:02:22,670 --> 00:02:19,980

Inc and Olivia is a producer of the

39

00:02:25,490 --> 00:02:22,680

award-winning earthing movie as well as

40

00:02:27,490 --> 00:02:25,500

the earthing Ambassador she is also a

41

00:02:30,650 --> 00:02:27,500

master LP practitioner Master

42

00:02:33,890 --> 00:02:30,660

hypnotherapy practitioner and co-author

43

00:02:36,589 --> 00:02:33,900

of sacred spaces all of their links are

44

00:02:38,690 --> 00:02:36,599

below let's get straight to it we got a

45

00:02:41,350 --> 00:02:38,700

lot to talk about tonight two of my

46

00:02:45,490 --> 00:02:41,360

favorite people are right here Elizabeth

47

00:02:48,770 --> 00:02:45,500

Olivia Smith how you guys doing hey hey

48

00:02:52,369 --> 00:02:48,780

I'm doing great so so wonderful to be

49

00:02:54,650 --> 00:02:52,379

here yes yes how does it feel okay so

50

00:02:57,890 --> 00:02:54,660

since I've got the both of you on I'll

51
00:03:00,110 --> 00:02:57,900
I'll say the name of the person that I'm

52
00:03:02,930 --> 00:03:00,120
asking the question so that way we can

53
00:03:06,050 --> 00:03:02,940
uh not uh everybody answer at the same

54
00:03:08,089 --> 00:03:06,060
time but let me let me go with you uh

55
00:03:11,030 --> 00:03:08,099
first uh Elizabeth

56
00:03:13,670 --> 00:03:11,040
how does it feel the book is now out uh

57
00:03:16,250 --> 00:03:13,680
hold it up let's see it

58
00:03:20,270 --> 00:03:16,260
there it is how does it feel

59
00:03:23,030 --> 00:03:20,280
you know what it's such a uh euphoric

60
00:03:25,550 --> 00:03:23,040
feeling to be able to take something

61
00:03:27,350 --> 00:03:25,560
that you bring thought to right I

62
00:03:29,809 --> 00:03:27,360
remember the day the day that I called

63
00:03:32,149 --> 00:03:29,819

Olivia I'm like Olivia what are we gonna

64

00:03:34,190 --> 00:03:32,159

do I want to do something with grounding

65

00:03:36,589 --> 00:03:34,200

let's write a book let me write a book

66

00:03:38,869 --> 00:03:36,599

let's do something and she's like huh

67

00:03:40,610 --> 00:03:38,879

maybe and I was like I was all hyped you

68

00:03:43,970 --> 00:03:40,620

remember I was just super super excited

69

00:03:47,509 --> 00:03:43,980

like let's do this and um so to go from

70

00:03:50,630 --> 00:03:47,519

that day to this day where now we made

71

00:03:52,850 --> 00:03:50,640

that thought into reality like we took

72

00:03:55,250 --> 00:03:52,860

initiative we took action

73

00:03:57,770 --> 00:03:55,260

and took the thoughts that were going on

74

00:04:00,410 --> 00:03:57,780

in our heads and literally we are

75

00:04:03,530 --> 00:04:00,420

holding our thoughts in our in our hands

76

00:04:05,270 --> 00:04:03,540

today and that feeling is is really it's

77

00:04:06,890 --> 00:04:05,280

unexplainable until you're able to do

78

00:04:09,170 --> 00:04:06,900

that for yourself really I mean I was

79

00:04:10,490 --> 00:04:09,180

tripped out after my first book and it

80

00:04:12,949 --> 00:04:10,500

just feels the same I mean the

81

00:04:15,410 --> 00:04:12,959

excitement has not gone down to to hold

82

00:04:19,250 --> 00:04:15,420

this one in my hands so yeah it's just

83

00:04:21,110 --> 00:04:19,260

it's it's great and Olivia uh how does

84

00:04:24,710 --> 00:04:21,120

it feel for you number one and number

85

00:04:27,230 --> 00:04:24,720

two uh being around somebody like

86

00:04:30,409 --> 00:04:27,240

Elizabeth who was a lot like yourself in

87

00:04:32,030 --> 00:04:30,419

that you mentioned something well now

88

00:04:34,430 --> 00:04:32,040

you got to do it because it's going to

89

00:04:37,370 --> 00:04:34,440

get done right and that's what happened

90

00:04:39,650 --> 00:04:37,380

with the book right yes

91

00:04:41,689 --> 00:04:39,660

um she called and

92

00:04:43,870 --> 00:04:41,699

um I had already been considering the

93

00:04:45,409 --> 00:04:43,880

book and she hauled and I was like

94

00:04:47,830 --> 00:04:45,419

Universe

95

00:04:53,629 --> 00:04:47,840

um was happening

96

00:04:56,810 --> 00:04:53,639

so so mother earth came to life and I'm

97

00:04:58,850 --> 00:04:56,820

I'm so honored that we have so many

98

00:05:01,490 --> 00:04:58,860

wonderful women in this book that were

99

00:05:05,210 --> 00:05:01,500

willing to come and tell their stories

100

00:05:07,909 --> 00:05:05,220

yes and um to be a part of this project

101
00:05:10,249 --> 00:05:07,919
with Elizabeth and myself and yes

102
00:05:11,930 --> 00:05:10,259
Elizabeth myself doing this book just

103
00:05:15,170 --> 00:05:11,940
meshed

104
00:05:19,090 --> 00:05:15,180
it was very easy yesterday was

105
00:05:24,350 --> 00:05:19,100
International women's day yes it was wow

106
00:05:28,249 --> 00:05:24,360
very powerful and uh that's every time I

107
00:05:30,170 --> 00:05:28,259
hang out uh with uh Elizabeth and Billy

108
00:05:33,230 --> 00:05:30,180
um and you know a little circle of

109
00:05:41,210 --> 00:05:33,240
friends and and family by the way pets

110
00:05:47,150 --> 00:05:44,990
um Elizabeth has got some very very

111
00:05:50,450 --> 00:05:47,160
powerful friends they just happen to be

112
00:05:53,029 --> 00:05:50,460
women that she surrounds herself with

113
00:05:56,330 --> 00:05:53,039

and it's for me I mean it's just

114

00:05:58,070 --> 00:05:56,340

inspired so powerful powerful it shows

115

00:05:59,510 --> 00:05:58,080

me where I'm weak I'll tell you that

116

00:06:02,029 --> 00:05:59,520

right

117

00:06:06,350 --> 00:06:02,039

and uh and that's the truth

118

00:06:07,969 --> 00:06:06,360

um so let's start here Elizabeth and I

119

00:06:09,650 --> 00:06:07,979

have talked about this a few times on

120

00:06:12,770 --> 00:06:09,660

the show I'm going to share some of my

121

00:06:14,749 --> 00:06:12,780

experiences with grounding and there are

122

00:06:17,990 --> 00:06:14,759

going to be a large number of people

123

00:06:20,749 --> 00:06:18,000

tonight uh that grounding

124

00:06:24,110 --> 00:06:20,759

they will be introduced to it tonight

125

00:06:26,090 --> 00:06:24,120

for the first time so in the interest of

126
00:06:28,790 --> 00:06:26,100
transparency and Clarity and all of that

127
00:06:30,590 --> 00:06:28,800
uh Olivia what's your definition of

128
00:06:34,909 --> 00:06:30,600
grounding what is it

129
00:06:37,370 --> 00:06:34,919
for me grounding is allowing

130
00:06:39,409 --> 00:06:37,380
your body to release inflammation

131
00:06:42,529 --> 00:06:39,419
straight out of the body just by putting

132
00:06:44,510 --> 00:06:42,539
your bare feet on the Earth

133
00:06:46,969 --> 00:06:44,520
and when you put your bare feet on the

134
00:06:50,210 --> 00:06:46,979
earth the calmness that comes over the

135
00:06:52,969 --> 00:06:50,220
body and draining the pain any aches and

136
00:06:55,010 --> 00:06:52,979
pain you may have it's so simple you can

137
00:06:55,790 --> 00:06:55,020
just go outside and put your feet on the

138
00:06:57,050 --> 00:06:55,800

Earth

139

00:07:00,290 --> 00:06:57,060

and

140

00:07:03,290 --> 00:07:00,300

also what I find is once people start

141

00:07:07,070 --> 00:07:03,300

doing that they start to Crave it but

142

00:07:09,770 --> 00:07:07,080

just going outside walking barefoot and

143

00:07:11,749 --> 00:07:09,780

allowing yourself to lose your mind and

144

00:07:14,330 --> 00:07:11,759

find yourself

145

00:07:16,550 --> 00:07:14,340

that's it it's really well put you know

146

00:07:18,830 --> 00:07:16,560

what that when when when I look at it

147

00:07:21,890 --> 00:07:18,840

that way everybody can laugh at the same

148

00:07:24,770 --> 00:07:21,900

time that may be why when we were kids

149

00:07:28,629 --> 00:07:24,780

running around in bare feet you know all

150

00:07:32,089 --> 00:07:28,639

day long why we were so grounded

151
00:07:33,830 --> 00:07:32,099
you know what I mean you just feel so

152
00:07:35,650 --> 00:07:33,840
released and so fresh and you're just

153
00:07:37,850 --> 00:07:35,660
you just want to go go go go go go go

154
00:07:39,060 --> 00:07:37,860
but that's that's exactly what's

155
00:07:40,210 --> 00:07:39,070
happening isn't it

156
00:07:41,809 --> 00:07:40,220
[Music]

157
00:07:46,249 --> 00:07:41,819
Olivia

158
00:07:47,749 --> 00:07:46,259
yes it's definitely happening and it's

159
00:07:49,670 --> 00:07:47,759
just like when we're at the beach and

160
00:07:52,070 --> 00:07:49,680
we're walking right at the edge where

161
00:07:55,969 --> 00:07:52,080
the water starts to moisten the sand

162
00:07:58,670 --> 00:07:55,979
there and you you feel so happy so

163
00:08:01,570 --> 00:07:58,680

joyful and peaceful when you're on the

164

00:08:04,370 --> 00:08:01,580

beach and that sand that little moisture

165

00:08:06,290 --> 00:08:04,380

and sand holds moisture anyway so

166

00:08:10,790 --> 00:08:06,300

wherever you are and if your feet are in

167

00:08:11,990 --> 00:08:10,800

the sand you just feel calm and relaxed

168

00:08:14,150 --> 00:08:12,000

and

169

00:08:17,749 --> 00:08:14,160

I will say the first time that I ground

170

00:08:19,369 --> 00:08:17,759

it I just couldn't believe because I

171

00:08:23,390 --> 00:08:19,379

hated walking around Barefoot in the

172

00:08:26,749 --> 00:08:23,400

grass if I had um I'll just say a

173

00:08:29,749 --> 00:08:26,759

trigger from long ago so I didn't do it

174

00:08:33,170 --> 00:08:29,759

and then when I started doing this I

175

00:08:34,490 --> 00:08:33,180

found my home with inside of me with

176
00:08:37,490 --> 00:08:34,500
Mother Earth

177
00:08:40,130 --> 00:08:37,500
right when I was

178
00:08:41,269 --> 00:08:40,140
um I'm gonna go back I'm gonna go way

179
00:08:44,089 --> 00:08:41,279
back

180
00:08:46,430 --> 00:08:44,099
um probably five years old

181
00:08:49,009 --> 00:08:46,440
I was running around in the Bear in my

182
00:08:52,790 --> 00:08:49,019
bare feet and I got stung by a bee on my

183
00:08:56,750 --> 00:08:52,800
big toe right and I was like that's the

184
00:09:02,269 --> 00:09:00,769
um so sidewalks isn't that weird

185
00:09:06,530 --> 00:09:02,279
um oh I I don't think it's weird but

186
00:09:10,910 --> 00:09:06,540
anyway sidewalks the street dirt all

187
00:09:13,550 --> 00:09:10,920
that was fine grass and meat no I didn't

188
00:09:16,430 --> 00:09:13,560

I wouldn't do it I'm okay with it now

189

00:09:18,050 --> 00:09:16,440

but yeah I had uh I had serious trauma

190

00:09:21,850 --> 00:09:18,060

when I was five years old stepped on

191

00:09:24,110 --> 00:09:21,860

that b and uh and got stung hey I heard

192

00:09:27,410 --> 00:09:24,120

are you are you guys ready for this I'm

193

00:09:30,410 --> 00:09:27,420

gonna uh shout this out to the chat room

194

00:09:34,329 --> 00:09:30,420

I heard I read this fact today

195

00:09:38,509 --> 00:09:35,990

sting

196

00:09:42,970 --> 00:09:38,519

other bees

197

00:09:46,190 --> 00:09:42,980

really wow did you know that no

198

00:09:49,009 --> 00:09:46,200

either I did not know that they do that

199

00:09:52,670 --> 00:09:49,019

to protect their territory from other

200

00:09:57,050 --> 00:09:52,680

bees wow they're they're grassy air the

201
00:10:01,190 --> 00:09:57,060
the the the the all very territorial

202
00:10:03,590 --> 00:10:01,200
and they know and they will sting other

203
00:10:05,690 --> 00:10:03,600
bees don't they die after they sing

204
00:10:08,750 --> 00:10:05,700
after they their stinger lose their body

205
00:10:10,550 --> 00:10:08,760
I'm just telling and so I read that and

206
00:10:13,970 --> 00:10:10,560
I jumped on you know I'm like no that

207
00:10:16,389 --> 00:10:13,980
can't be right it is wow he's stealing

208
00:10:19,730 --> 00:10:16,399
other bees yeah yeah I didn't know that

209
00:10:22,730 --> 00:10:19,740
that's crazy I I stopped the grounding

210
00:10:24,170 --> 00:10:22,740
conversation for that it's worth it I

211
00:10:25,790 --> 00:10:24,180
like those little facts we need we need

212
00:10:30,230 --> 00:10:25,800
that yeah

213
00:10:32,630 --> 00:10:30,240

I had no idea I had no idea so uh yeah

214

00:10:33,829 --> 00:10:32,640

it's not not my five-year-old me is the

215

00:10:37,190 --> 00:10:33,839

only one that's worried about getting

216

00:10:39,190 --> 00:10:37,200

stung by a bee bee are worried about

217

00:10:41,389 --> 00:10:39,200

getting stung by people

218

00:10:44,389 --> 00:10:41,399

no idea

219

00:10:46,130 --> 00:10:44,399

um okay so now

220

00:10:48,230 --> 00:10:46,140

um I'm I'm going to share some of my

221

00:10:50,150 --> 00:10:48,240

experiences and I want to hear from you

222

00:10:53,569 --> 00:10:50,160

guys not necessarily other people's

223

00:10:55,910 --> 00:10:53,579

experiences but I want to hear yours

224

00:10:57,829 --> 00:10:55,920

tonight your experiences with grounding

225

00:11:01,509 --> 00:10:57,839

and I'll share mine

226
00:11:04,449 --> 00:11:01,519
um but uh how do we make the transition

227
00:11:07,370 --> 00:11:04,459
in trying to explain

228
00:11:09,530 --> 00:11:07,380
the natural side of grounding earthing

229
00:11:11,389 --> 00:11:09,540
right walking outside in bare feet

230
00:11:13,310 --> 00:11:11,399
that's grounding you're grounding

231
00:11:16,190 --> 00:11:13,320
yourself to Mother Earth hence the name

232
00:11:20,750 --> 00:11:16,200
of the book The Mother Earth effect

233
00:11:23,569 --> 00:11:20,760
there is grounding for yourself or you

234
00:11:26,269 --> 00:11:23,579
know while you sleep or while you work

235
00:11:29,810 --> 00:11:26,279
so is it the same grounding that's going

236
00:11:31,730 --> 00:11:29,820
on no no no it's not so the people

237
00:11:33,590 --> 00:11:31,740
people tend to get it confused and which

238
00:11:35,329 --> 00:11:33,600

is why I really try to explain the

239

00:11:37,970 --> 00:11:35,339

science behind what grounding really is

240

00:11:41,210 --> 00:11:37,980

because there are two different types of

241

00:11:43,970 --> 00:11:41,220

grounding you can do yoga inside of your

242

00:11:46,370 --> 00:11:43,980

house on your yoga mat in front of your

243

00:11:48,470 --> 00:11:46,380

TV and ground yourself energetically

244

00:11:51,350 --> 00:11:48,480

right that's a different type of

245

00:11:53,150 --> 00:11:51,360

grounding whereas it's not that's not

246

00:11:55,069 --> 00:11:53,160

earthing though that's not what the

247

00:11:56,650 --> 00:11:55,079

mother earth you know provides you

248

00:11:59,150 --> 00:11:56,660

that's just grounding your energy

249

00:12:01,310 --> 00:11:59,160

grounding your nervous system which

250

00:12:04,069 --> 00:12:01,320

earthing also does ground your nervous

251
00:12:06,530 --> 00:12:04,079
system but scientifically the the

252
00:12:08,990 --> 00:12:06,540
explanation is is there's an abundance

253
00:12:12,410 --> 00:12:09,000
of negative ions all over the Earth's

254
00:12:14,750 --> 00:12:12,420
surface and our bodies need that they

255
00:12:17,690 --> 00:12:14,760
need electrons to be able to function

256
00:12:21,410 --> 00:12:17,700
properly so when we literally connect

257
00:12:24,230 --> 00:12:21,420
ourselves to the to the Earth bare skin

258
00:12:27,290 --> 00:12:24,240
to the grounds or um something that's

259
00:12:29,449 --> 00:12:27,300
conductive leather is conductive you

260
00:12:31,190 --> 00:12:29,459
know concrete is conductive asphalt is

261
00:12:33,650 --> 00:12:31,200
not conductive so you can stand on the

262
00:12:35,150 --> 00:12:33,660
sidewalk and Barefoot it and be grounded

263
00:12:36,470 --> 00:12:35,160

whereas you can't stand in the middle of

264

00:12:38,329 --> 00:12:36,480

the street and be grounded because

265

00:12:39,889 --> 00:12:38,339

certain things are not conductive but

266

00:12:43,069 --> 00:12:39,899

when you're doing that and when you have

267

00:12:45,410 --> 00:12:43,079

direct contact with the grounds you're

268

00:12:47,389 --> 00:12:45,420

sucking up the negative ions from the

269

00:12:49,550 --> 00:12:47,399

earth and that is flooding your body

270

00:12:52,190 --> 00:12:49,560

with beautiful electrons that your body

271

00:12:54,610 --> 00:12:52,200

needs to function properly every cell in

272

00:12:56,810 --> 00:12:54,620

your body needs electrons to function

273

00:12:59,509 --> 00:12:56,820

it's impossible to be chronically

274

00:13:03,110 --> 00:12:59,519

inflamed when you're grounded because

275

00:13:05,750 --> 00:13:03,120

now your circulation is great your blood

276

00:13:07,310 --> 00:13:05,760

flow is great there's you know any type

277

00:13:09,650 --> 00:13:07,320

of pooled liquid which is what

278

00:13:11,810 --> 00:13:09,660

inflammation is will get start

279

00:13:14,050 --> 00:13:11,820

circulating and going to the places that

280

00:13:17,389 --> 00:13:14,060

it needs to go because that's what

281

00:13:19,190 --> 00:13:17,399

electrons provide your body so the

282

00:13:21,290 --> 00:13:19,200

difference between

283

00:13:24,050 --> 00:13:21,300

um grounding yourself like your energy

284

00:13:26,210 --> 00:13:24,060

and literally connecting to the Earth

285

00:13:30,110 --> 00:13:26,220

and sucking up these electrons in your

286

00:13:33,050 --> 00:13:30,120

body is two completely different things

287

00:13:36,410 --> 00:13:33,060

so lying lying

288

00:13:37,550 --> 00:13:36,420

um on my carpet watching TV is not

289

00:13:43,670 --> 00:13:37,560

grounding

290

00:13:48,410 --> 00:13:45,470

what about

291

00:13:50,690 --> 00:13:48,420

um uh we'll talk about how to connect

292

00:13:52,670 --> 00:13:50,700

yourself in just a second and get the

293

00:13:54,769 --> 00:13:52,680

stuff done what about

294

00:13:56,090 --> 00:13:54,779

um walking around your house in bare

295

00:13:59,449 --> 00:13:56,100

feet

296

00:14:02,810 --> 00:13:59,459

no no it just doesn't work that way does

297

00:14:06,889 --> 00:14:02,820

it no and

298

00:14:10,550 --> 00:14:06,899

um because for those it's a very serious

299

00:14:13,610 --> 00:14:10,560

point that we need to convey here

300

00:14:17,629 --> 00:14:13,620

because walking around outside in the

301

00:14:20,990 --> 00:14:17,639

grass or on a beach or this you are

302

00:14:23,090 --> 00:14:21,000

grounding to Mother Earth but your house

303

00:14:25,850 --> 00:14:23,100

itself is ungrounded

304

00:14:28,670 --> 00:14:25,860

right your plugs are grounded to Earth

305

00:14:30,650 --> 00:14:28,680

outside that that that's what we're

306

00:14:32,690 --> 00:14:30,660

talking about here but your house itself

307

00:14:34,610 --> 00:14:32,700

no that's not grounded so once you walk

308

00:14:36,889 --> 00:14:34,620

in the front door and uh you're on the

309

00:14:37,970 --> 00:14:36,899

carpet you're on the wood that's it it's

310

00:14:40,970 --> 00:14:37,980

over

311

00:14:41,870 --> 00:14:40,980

right right exactly okay yeah right and

312

00:14:42,470 --> 00:14:41,880

now

313

00:14:48,009 --> 00:14:42,480

um

314

00:14:51,650 --> 00:14:48,019

let's talk next on uh about first first

315

00:14:52,850 --> 00:14:51,660

the products that are involved here

316

00:14:55,250 --> 00:14:52,860

um also

317

00:14:59,210 --> 00:14:55,260

I want to say this okay I got to make

318

00:15:00,710 --> 00:14:59,220

this point a ground getting grounded is

319

00:15:03,650 --> 00:15:00,720

not expensive

320

00:15:07,970 --> 00:15:03,660

I mean it's amazingly inexpensive

321

00:15:10,610 --> 00:15:07,980

right I mean the the the kit which is

322

00:15:13,850 --> 00:15:10,620

going to get you grounded you know your

323

00:15:17,150 --> 00:15:13,860

your mattress your your thing uh a

324

00:15:18,949 --> 00:15:17,160

portable mat uh all that stuff it's very

325

00:15:19,970 --> 00:15:18,959

very inexpensive it's not what people

326

00:15:22,189 --> 00:15:19,980

think

327

00:15:24,110 --> 00:15:22,199

well here's the thing about that so so

328

00:15:26,629 --> 00:15:24,120

it's it's inexpensive but I mean that's

329

00:15:28,970 --> 00:15:26,639

all really on every single person's

330

00:15:31,069 --> 00:15:28,980

different situation of life right yeah

331

00:15:32,449 --> 00:15:31,079

so I mean something can be expensive one

332

00:15:35,210 --> 00:15:32,459

person which isn't for another but

333

00:15:37,550 --> 00:15:35,220

here's the thing it's inexpensive in the

334

00:15:40,310 --> 00:15:37,560

fact that it's going to help your body

335

00:15:42,650 --> 00:15:40,320

be healthy it's going to heal you it's

336

00:15:44,329 --> 00:15:42,660

going to take away ailments I mean if

337

00:15:47,210 --> 00:15:44,339

you get the book and you read this book

338

00:15:49,430 --> 00:15:47,220

these beautiful ladies in this book I

339

00:15:51,470 --> 00:15:49,440

mean they tell their stories about how

340

00:15:54,290 --> 00:15:51,480

grounding literally has helped them get

341

00:15:57,189 --> 00:15:54,300

out of these physical ailments right so

342

00:15:59,569 --> 00:15:57,199

what you're doing is you're preventing

343

00:16:02,329 --> 00:15:59,579

dis-ease in the body or you're

344

00:16:04,550 --> 00:16:02,339

protecting your body and if you do have

345

00:16:08,090 --> 00:16:04,560

ailments you're helping those ailments

346

00:16:09,650 --> 00:16:08,100

to basically recover right because our

347

00:16:11,210 --> 00:16:09,660

bodies are so intelligent I mean we

348

00:16:13,610 --> 00:16:11,220

literally have everything that we need

349

00:16:15,110 --> 00:16:13,620

in these intelligent vessels to be able

350

00:16:17,689 --> 00:16:15,120

to function properly and and heal

351

00:16:20,629 --> 00:16:17,699

ourselves so at the end of the day I

352

00:16:22,910 --> 00:16:20,639

mean earthing just gives us back the the

353

00:16:25,550 --> 00:16:22,920

stuff that we already have within us to

354

00:16:27,530 --> 00:16:25,560

heal ourselves so it's not expensive and

355

00:16:29,569 --> 00:16:27,540

the fact that it's going to help save

356

00:16:31,970 --> 00:16:29,579

your life it's going to save your loved

357

00:16:34,189 --> 00:16:31,980

people's lives I mean it's just

358

00:16:37,670 --> 00:16:34,199

that's that's what I would compare the

359

00:16:39,889 --> 00:16:37,680

inexpensive too because I mean and I

360

00:16:42,050 --> 00:16:39,899

also would say some people may be

361

00:16:45,650 --> 00:16:42,060

spending a large amount of money on

362

00:16:49,009 --> 00:16:45,660

drugs that they need for whatever's

363

00:16:51,889 --> 00:16:49,019

going on in the body and they're paying

364

00:16:55,850 --> 00:16:51,899

out of pocket for these drugs and you

365

00:16:58,610 --> 00:16:55,860

could just be grounded and not have to

366

00:17:00,410 --> 00:16:58,620

take this medication yeah and you know

367

00:17:01,749 --> 00:17:00,420

just depending on what's going on with

368

00:17:06,890 --> 00:17:01,759

your body

369

00:17:09,350 --> 00:17:06,900

here's here's here's what I found out

370

00:17:12,890 --> 00:17:09,360

um in in a direct sense I'm going to say

371

00:17:14,929 --> 00:17:12,900

this we all hopefully we all go to sleep

372

00:17:17,689 --> 00:17:14,939

at night and then we wake up in the

373

00:17:19,429 --> 00:17:17,699

morning we're used to that you know how

374

00:17:22,970 --> 00:17:19,439

you feel when you wake up in the morning

375

00:17:25,549 --> 00:17:22,980

you you know you've done this thousands

376

00:17:31,250 --> 00:17:25,559

and thousands of times right we know

377

00:17:33,590 --> 00:17:31,260

that so my first night of grounding

378

00:17:36,909 --> 00:17:33,600

um and and I love Elizabeth I trust

379

00:17:42,289 --> 00:17:36,919

Elizabeth I love Billy I trust Billy

380

00:17:43,730 --> 00:17:42,299

what right it's not until right okay you

381

00:17:45,590 --> 00:17:43,740

need that you need that confirmation

382

00:17:49,430 --> 00:17:45,600

right so anyway

383

00:17:51,470 --> 00:17:49,440

um they they give me a setup and uh and

384

00:17:52,430 --> 00:17:51,480

uh we were we are out of the country I

385

00:17:55,430 --> 00:17:52,440

come back

386

00:17:57,350 --> 00:17:55,440

uh from traveling uh with them and and I

387

00:17:59,090 --> 00:17:57,360

hook up the kit I you know promise

388

00:18:00,289 --> 00:17:59,100

Elizabeth I'm gonna do this and I'm

389

00:18:02,990 --> 00:18:00,299

interested

390

00:18:05,690 --> 00:18:03,000

so I wire everything up and I jump in

391

00:18:10,789 --> 00:18:05,700

bed and I wake up in the morning

392

00:18:13,850 --> 00:18:10,799

and I sit up on and this is As on my

393

00:18:15,409 --> 00:18:13,860

children true I stood up on the bed and

394

00:18:18,250 --> 00:18:15,419

I go

395

00:18:21,110 --> 00:18:18,260

I remember my dreams

396

00:18:23,630 --> 00:18:21,120

and I'm sitting on the edge of the bed

397

00:18:25,970 --> 00:18:23,640

and I'm just remembering everything I

398

00:18:29,090 --> 00:18:25,980

look down I see the cables I forgot

399

00:18:30,430 --> 00:18:29,100

about it right and I was like damn I

400

00:18:33,770 --> 00:18:30,440

feel good

401

00:18:37,250 --> 00:18:33,780

no and I stand here I picked up the

402

00:18:43,930 --> 00:18:40,330

hey Jimmy what the hell's going on man

403

00:18:47,090 --> 00:18:43,940

talk through this because I feel great

404

00:18:49,010 --> 00:18:47,100

and and we talked I think every day or

405

00:18:50,870 --> 00:18:49,020

for the next few days right she was

406

00:18:56,210 --> 00:18:50,880

checking in on me

407

00:18:58,730 --> 00:18:56,220

um but I was astounded how I felt in the

408

00:19:01,130 --> 00:18:58,740

morning it wasn't like it took two weeks

409

00:19:03,830 --> 00:19:01,140

or it took three months it was that

410

00:19:05,510 --> 00:19:03,840

first day I woke up and and felt

411

00:19:08,390 --> 00:19:05,520

different it was incredible remember

412

00:19:10,250 --> 00:19:08,400

that phone call Elizabeth yeah I do I

413

00:19:11,690 --> 00:19:10,260

was so excited I was looking because I

414

00:19:14,029 --> 00:19:11,700

was driving in the car with Billy and

415

00:19:16,610 --> 00:19:14,039

I'm looking at him like see you see like

416

00:19:17,930 --> 00:19:16,620

here that's all I do I told you he would

417

00:19:20,450 --> 00:19:17,940

call me tripping out like this because I

418

00:19:23,029 --> 00:19:20,460

knew it I knew it and Olivia you know it

419

00:19:24,770 --> 00:19:23,039

you ground so many people it's like the

420

00:19:27,830 --> 00:19:24,780

minute that you ground somebody you can

421

00:19:29,750 --> 00:19:27,840

see how they feel you know you can see

422

00:19:31,370 --> 00:19:29,760

how they feel and it's just so

423

00:19:33,130 --> 00:19:31,380

extravagant I mean this stuff lights me

424

00:19:35,870 --> 00:19:33,140

up man

425

00:19:38,990 --> 00:19:35,880

Olivia let me ask you I just interrupted

426

00:19:42,890 --> 00:19:39,000

you I apologize for that but my story's

427

00:19:46,430 --> 00:19:42,900

not unique is it no it's not unique at

428

00:19:49,070 --> 00:19:46,440

all and it's it's wonderful to hear

429

00:19:51,110 --> 00:19:49,080

these stories and myself the first time

430

00:19:53,029 --> 00:19:51,120

I get grounded in

431

00:19:56,029 --> 00:19:53,039

um well actually I brought a pillow home

432

00:19:59,270 --> 00:19:56,039

and I went into this grounding coma I

433

00:20:01,669 --> 00:19:59,280

was like what the heck because I was so

434

00:20:04,190 --> 00:20:01,679

inflamed and

435

00:20:05,570 --> 00:20:04,200

um Clint had sent me home with this

436

00:20:08,270 --> 00:20:05,580

little

437

00:20:10,730 --> 00:20:08,280

um pillow it was it was not a pillowcase

438

00:20:12,830 --> 00:20:10,740

it wasn't even what we have now and I

439

00:20:14,510 --> 00:20:12,840

was so inflamed I would lay on that

440

00:20:16,549 --> 00:20:14,520

thing and I would go into this grounding

441

00:20:17,690 --> 00:20:16,559

coma and just go right to sleep for

442

00:20:21,770 --> 00:20:17,700

hours

443

00:20:24,049 --> 00:20:21,780

and it was just life-changing and yes I

444

00:20:25,490 --> 00:20:24,059

mean every time I hear a story from

445

00:20:28,730 --> 00:20:25,500

someone and

446

00:20:32,029 --> 00:20:28,740

it's that their pain or they can finally

447

00:20:34,250 --> 00:20:32,039

sleep it's just um it's just wonderful

448

00:20:36,409 --> 00:20:34,260

to hear these stories and like Elizabeth

449

00:20:39,289 --> 00:20:36,419

said you know we go around and we ground

450

00:20:43,930 --> 00:20:39,299

so many people and you will literally

451

00:20:50,029 --> 00:20:46,669

all right all right everybody sees me on

452

00:20:52,010 --> 00:20:50,039

the air every night okay I'm not wearing

453

00:20:56,169 --> 00:20:52,020

makeup

454

00:21:01,510 --> 00:20:56,179

I I my black circles have disappeared

455

00:21:05,210 --> 00:21:01,520

and I I watched that over the last

456

00:21:07,010 --> 00:21:05,220

uh four five six seven years I I was you

457

00:21:09,289 --> 00:21:07,020

know that's age or whatever it is but

458

00:21:10,669 --> 00:21:09,299

they were appearing and I wasn't digging

459

00:21:13,909 --> 00:21:10,679

it

460

00:21:15,830 --> 00:21:13,919

on look I've also noticed Jimmy you got

461

00:21:18,890 --> 00:21:15,840

more color to your face too you're not

462

00:21:20,930 --> 00:21:18,900

as as you know as pale as you were you

463

00:21:22,730 --> 00:21:20,940

got more color to your face you do I'm

464

00:21:25,210 --> 00:21:22,740

not saying pale like it's like you know

465

00:21:28,130 --> 00:21:25,220

I mean

466

00:21:30,909 --> 00:21:28,140

I'm eating a lot a lot of carrots these

467

00:21:34,789 --> 00:21:30,919

days but now no you're right

468

00:21:39,289 --> 00:21:34,799

no I you know my diet uh is has always

469

00:21:41,930 --> 00:21:39,299

been uh uh okay I've never done you know

470

00:21:43,909 --> 00:21:41,940

extremes on things

471

00:21:46,610 --> 00:21:43,919

um but Elizabeth and Billy here's the

472

00:21:49,190 --> 00:21:46,620

thing Olivia I take a lot of pictures

473

00:21:51,049 --> 00:21:49,200

with those guys and it's hard to stand

474

00:21:55,810 --> 00:21:51,059

next to Billy and Elizabeth and try to

475

00:22:01,490 --> 00:21:59,149

so I have uh you know I get a lot of

476
00:22:03,649 --> 00:22:01,500
advice uh from I just spent some advice

477
00:22:05,810 --> 00:22:03,659
too though it doesn't always come in

478
00:22:07,970 --> 00:22:05,820
this direction it goes both ways in a

479
00:22:10,130 --> 00:22:07,980
friendship but

480
00:22:12,049 --> 00:22:10,140
um I've made those adjustments and it's

481
00:22:15,830 --> 00:22:12,059
a little one because I still like to

482
00:22:18,169 --> 00:22:15,840
have fun and this is the other thing uh

483
00:22:19,789 --> 00:22:18,179
Elizabeth uh Olivia I'm sure you know

484
00:22:22,549 --> 00:22:19,799
this by now

485
00:22:25,850 --> 00:22:22,559
nobody enjoys food more than Elizabeth

486
00:22:25,860 --> 00:22:29,990
accessible I don't think

487
00:22:34,730 --> 00:22:31,190
[Music]

488
00:22:36,230 --> 00:22:34,740

seriously right right so it's okay it's

489

00:22:39,230 --> 00:22:36,240

okay it's not like I'm doing some

490

00:22:44,529 --> 00:22:39,240

extreme dieting no I just stupid things

491

00:22:51,529 --> 00:22:49,010

uh okay so what is the what is the

492

00:22:54,890 --> 00:22:51,539

process yeah I know I saw you hold up

493

00:22:56,930 --> 00:22:54,900

the kit um I I mine's mine's in my

494

00:23:00,710 --> 00:22:56,940

luggage right now

495

00:23:02,870 --> 00:23:00,720

um uh but you you held up a kit

496

00:23:04,730 --> 00:23:02,880

um you don't have to do that okay well

497

00:23:07,730 --> 00:23:04,740

there it is right there

498

00:23:12,110 --> 00:23:07,740

um what what's the process what's in

499

00:23:15,110 --> 00:23:12,120

that kit well this is this kit is for

500

00:23:18,169 --> 00:23:15,120

acute situations okay I know this is one

501
00:23:18,850 --> 00:23:18,179
of Elizabeth's favorite products yes yes

502
00:23:22,789 --> 00:23:18,860
um

503
00:23:25,669 --> 00:23:22,799
for people that are in chronic pain okay

504
00:23:27,350 --> 00:23:25,679
I'll just give you an example we have in

505
00:23:30,289 --> 00:23:27,360
our book we have a story about a young

506
00:23:34,370 --> 00:23:30,299
lady that has cirrhosis of the liver

507
00:23:36,970 --> 00:23:34,380
this kit saved her life okay literally

508
00:23:42,169 --> 00:23:36,980
saved her life too like literally

509
00:23:48,130 --> 00:23:44,750
this is bag of patches and here is your

510
00:23:52,010 --> 00:23:48,140
cord to plug into Mother Earth inside

511
00:23:54,710 --> 00:23:52,020
and so what she was doing was plugging

512
00:23:56,450 --> 00:23:54,720
in to

513
00:24:01,549 --> 00:23:56,460

her

514

00:24:03,710 --> 00:24:01,559

cirrhosis of the liver

515

00:24:06,950 --> 00:24:03,720

and um

516

00:24:09,350 --> 00:24:06,960

she is just her liver is functioning

517

00:24:12,110 --> 00:24:09,360

just beautifully now

518

00:24:13,850 --> 00:24:12,120

and um her doctors are surprised that

519

00:24:16,549 --> 00:24:13,860

she's even here with us

520

00:24:19,549 --> 00:24:16,559

and so that's why I'm saying this is for

521

00:24:21,409 --> 00:24:19,559

acute situations now some people

522

00:24:23,029 --> 00:24:21,419

um I use them at night I put them on the

523

00:24:26,090 --> 00:24:23,039

bottom of my feet

524

00:24:29,149 --> 00:24:26,100

I sleep with my bed mat and I sleep with

525

00:24:31,370 --> 00:24:29,159

my pillow cover now the pillow cover

526

00:24:33,649 --> 00:24:31,380

um helps the inflammation in the face

527

00:24:36,350 --> 00:24:33,659

okay so you may notice

528

00:24:38,029 --> 00:24:36,360

um that because we did a beauty study

529

00:24:40,250 --> 00:24:38,039

and there's a lot of people that have a

530

00:24:42,890 --> 00:24:40,260

lot of inflammation around their nose up

531

00:24:45,890 --> 00:24:42,900

in the eyes around the mouth and when we

532

00:24:49,070 --> 00:24:45,900

did the beauty study these women looked

533

00:24:52,250 --> 00:24:49,080

as if they had had work done because the

534

00:24:55,909 --> 00:24:52,260

inflammation was gone in their face okay

535

00:24:58,370 --> 00:24:55,919

and so these patches

536

00:25:01,370 --> 00:24:58,380

um if you're having a problem a chronic

537

00:25:03,350 --> 00:25:01,380

problem a major shoulder problem

538

00:25:05,510 --> 00:25:03,360

um something with your neck you put them

539

00:25:08,090 --> 00:25:05,520

on the palms of your hands

540

00:25:10,430 --> 00:25:08,100

and then if you're having lower body

541

00:25:12,770 --> 00:25:10,440

problems like your hip your knees

542

00:25:15,470 --> 00:25:12,780

whatever it could be you put them on the

543

00:25:17,930 --> 00:25:15,480

bottom of your feet now

544

00:25:19,549 --> 00:25:17,940

um I had had problems with my lungs when

545

00:25:22,370 --> 00:25:19,559

I first started grounding I had pus

546

00:25:24,769 --> 00:25:22,380

pockets in my lungs so it was important

547

00:25:28,850 --> 00:25:24,779

that I put this patch right on my lungs

548

00:25:31,130 --> 00:25:28,860

and I slept with them for a year like

549

00:25:33,470 --> 00:25:31,140

this and I don't have

550

00:25:36,310 --> 00:25:33,480

um any types of problems with my lungs

551
00:25:40,490 --> 00:25:36,320
anymore so this is for acute situations

552
00:25:43,730 --> 00:25:40,500
or if you just want to be patched all

553
00:25:46,070 --> 00:25:43,740
the time like Elizabeth and myself you

554
00:25:49,970 --> 00:25:46,080
know you you put them on

555
00:25:51,409 --> 00:25:49,980
um we have someone that had um breast

556
00:25:55,490 --> 00:25:51,419
cancer

557
00:25:59,029 --> 00:25:55,500
and cute situation put it on the breasts

558
00:26:00,830 --> 00:25:59,039
where you're having your lumps wherever

559
00:26:05,330 --> 00:26:00,840
there's a problem

560
00:26:08,210 --> 00:26:05,340
so these are powerful let me uh you

561
00:26:10,850 --> 00:26:08,220
bring up a really great point

562
00:26:12,769 --> 00:26:10,860
um and that is the placement of the pads

563
00:26:15,049 --> 00:26:12,779

because

564

00:26:16,850 --> 00:26:15,059

um although I've got Elizabeth on my

565

00:26:18,590 --> 00:26:16,860

side

566

00:26:22,430 --> 00:26:18,600

um you know helping me through this

567

00:26:26,330 --> 00:26:22,440

right and and can answer questions

568

00:26:28,310 --> 00:26:26,340

um I they I I I stopped using them on

569

00:26:30,409 --> 00:26:28,320

the bottom of my feet and I'll tell you

570

00:26:32,210 --> 00:26:30,419

I'm going to tell you why I use him now

571

00:26:34,610 --> 00:26:32,220

on the outside of my ankles

572

00:26:38,090 --> 00:26:34,620

right one on the outside of my left and

573

00:26:40,970 --> 00:26:38,100

one on the outside of my right because

574

00:26:44,690 --> 00:26:40,980

on the bottom of my right foot that

575

00:26:48,409 --> 00:26:44,700

would fall off not my left foot it was

576

00:26:49,610 --> 00:26:48,419

weird my right foot's not sticky

577

00:26:52,690 --> 00:26:49,620

yeah

578

00:26:56,750 --> 00:26:54,649

so anyway

579

00:26:59,930 --> 00:26:56,760

um does that make a difference uh

580

00:27:02,570 --> 00:26:59,940

because I started on the bottom of my

581

00:27:04,010 --> 00:27:02,580

feet but now I put them on my ankles I

582

00:27:06,169 --> 00:27:04,020

think if you want to put them on your

583

00:27:08,450 --> 00:27:06,179

ankles that's why the fact that you have

584

00:27:11,690 --> 00:27:08,460

them on there's a little trick that I

585

00:27:13,070 --> 00:27:11,700

can show you on but but your foot may be

586

00:27:15,350 --> 00:27:13,080

sweaty

587

00:27:16,930 --> 00:27:15,360

um the times like

588

00:27:19,610 --> 00:27:16,940

um we have somebody that has

589

00:27:22,549 --> 00:27:19,620

endometriosis and so she had to put it

590

00:27:25,010 --> 00:27:22,559

on her stomach so as long as the patches

591

00:27:27,890 --> 00:27:25,020

are on your body

592

00:27:31,010 --> 00:27:27,900

I feel that they're going to work for

593

00:27:32,630 --> 00:27:31,020

you we just have different areas that we

594

00:27:34,970 --> 00:27:32,640

ask people to put them on mostly it's

595

00:27:37,610 --> 00:27:34,980

the bottom of the feet or the palms of

596

00:27:39,110 --> 00:27:37,620

the hands and

597

00:27:41,630 --> 00:27:39,120

um you know just depending on what type

598

00:27:45,289 --> 00:27:41,640

of health challenges are going on but if

599

00:27:49,310 --> 00:27:45,299

it's extreme then we play some

600

00:27:52,130 --> 00:27:49,320

on if if it's you know endometriosis if

601
00:27:55,010 --> 00:27:52,140
it's um some kind of if it's um prostate

602
00:27:58,070 --> 00:27:55,020
cancer it has to be put in a special

603
00:28:00,649 --> 00:27:58,080
place you know to help that it just

604
00:28:03,730 --> 00:28:00,659
depends on your body and what's going on

605
00:28:06,529 --> 00:28:03,740
with you but if you're just

606
00:28:08,990 --> 00:28:06,539
using them to feel better or say you you

607
00:28:11,149 --> 00:28:09,000
worked out your knees are bothering you

608
00:28:12,409 --> 00:28:11,159
or your ankles whatever and you put it

609
00:28:14,330 --> 00:28:12,419
on the bottom of your foot that's

610
00:28:16,850 --> 00:28:14,340
perfect you can even put a sock over

611
00:28:22,010 --> 00:28:16,860
your patch to try to keep it on

612
00:28:24,350 --> 00:28:22,020
okay interesting and so there's no uh uh

613
00:28:26,930 --> 00:28:24,360

I'm just speaking in Basics right now

614

00:28:31,430 --> 00:28:26,940

there's no electricity involved people

615

00:28:33,409 --> 00:28:31,440

see the cable and you see them and they

616

00:28:37,549 --> 00:28:33,419

think that there's there's no

617

00:28:40,310 --> 00:28:37,559

electricity involved right no no no and

618

00:28:42,649 --> 00:28:40,320

and can you hold up the uh the circuit

619

00:28:44,690 --> 00:28:42,659

tester

620

00:28:46,909 --> 00:28:44,700

okay you gotta make sure that your

621

00:28:50,149 --> 00:28:46,919

Outlets are grounded properly before you

622

00:28:53,510 --> 00:28:50,159

use the outlet to grounds that's

623

00:28:56,810 --> 00:28:53,520

important and and each kit comes this

624

00:28:58,789 --> 00:28:56,820

and that's how you test your outlet to

625

00:29:05,269 --> 00:28:58,799

make sure that it's properly grounded

626

00:29:10,850 --> 00:29:07,669

so grateful that we're able to put it in

627

00:29:14,330 --> 00:29:10,860

every kit and most homes

628

00:29:17,149 --> 00:29:14,340

um over 1970 are grounded

629

00:29:18,830 --> 00:29:17,159

if they're you know before 1970 then

630

00:29:21,289 --> 00:29:18,840

there's a problem but most homes are

631

00:29:24,769 --> 00:29:21,299

grounded after 1970.

632

00:29:27,470 --> 00:29:24,779

so um it's very simple to use you just

633

00:29:29,510 --> 00:29:27,480

plug that in and if it's grounded the

634

00:29:32,330 --> 00:29:29,520

right orange light is going to light up

635

00:29:35,990 --> 00:29:32,340

and and you know it's it's that simple

636

00:29:38,870 --> 00:29:36,000

yep anybody can any anybody can test

637

00:29:40,190 --> 00:29:38,880

anybody can test it's very simple and

638

00:29:43,549 --> 00:29:40,200

then

639

00:29:49,370 --> 00:29:46,130

and you can put two cords in so that you

640

00:29:53,090 --> 00:29:49,380

can use two at a time and here are our

641

00:29:55,310 --> 00:29:53,100

beautiful patches that are so amazing

642

00:29:59,210 --> 00:29:55,320

they're so nice and that's and that's it

643

00:30:03,470 --> 00:29:59,220

that's it that's it it's all super super

644

00:30:06,710 --> 00:30:03,480

simple and I I thought it was

645

00:30:10,490 --> 00:30:06,720

um even me you know being being a guy

646

00:30:12,470 --> 00:30:10,500

that has a tool box and and like to

647

00:30:14,870 --> 00:30:12,480

think that everything's complicated well

648

00:30:17,029 --> 00:30:14,880

not everything is complicated there's a

649

00:30:19,850 --> 00:30:17,039

very simple process you test your outlet

650

00:30:21,830 --> 00:30:19,860

you put in the adapter you plug in the

651

00:30:23,690 --> 00:30:21,840

cards you do a couple of little sticky

652

00:30:27,230 --> 00:30:23,700

things you peel off a couple of labels

653

00:30:30,169 --> 00:30:27,240

and you're good to go yeah it's that

654

00:30:31,789 --> 00:30:30,179

simple it's that simple and you can with

655

00:30:34,430 --> 00:30:31,799

this you can play around like when I

656

00:30:36,889 --> 00:30:34,440

first got it I was um putting it on my

657

00:30:38,810 --> 00:30:36,899

stomach for digestion at the time when

658

00:30:41,210 --> 00:30:38,820

before I started working for Clint I

659

00:30:43,370 --> 00:30:41,220

owned a wellness center and I noticed

660

00:30:45,649 --> 00:30:43,380

that it was working on the metabolism

661

00:30:47,450 --> 00:30:45,659

right by ground

662

00:30:49,850 --> 00:30:47,460

um not just using the patches but by

663

00:30:52,850 --> 00:30:49,860

grounding it helped with the metabolism

664

00:30:54,649 --> 00:30:52,860

and it also a lot of people would start

665

00:30:56,389 --> 00:30:54,659

to cleanse they would just start

666

00:31:00,730 --> 00:30:56,399

everything would come out of them and

667

00:31:02,990 --> 00:31:00,740

they were cleaned yes by just grounding

668

00:31:03,649 --> 00:31:03,000

just one product

669

00:31:06,889 --> 00:31:03,659

um

670

00:31:09,289 --> 00:31:06,899

I sold all the products but they could

671

00:31:11,630 --> 00:31:09,299

just use one product and if they were

672

00:31:13,310 --> 00:31:11,640

cleansing their body yeah that's that

673

00:31:14,990 --> 00:31:13,320

kind of happened to me when I first

674

00:31:17,930 --> 00:31:15,000

started I got a little nervous right

675

00:31:19,669 --> 00:31:17,940

because I after I put it on my solar

676

00:31:22,010 --> 00:31:19,679

plexus and I took the deepest breath

677

00:31:23,630 --> 00:31:22,020

ever I've ever taken in life I got

678

00:31:25,490 --> 00:31:23,640

everything right so I just covered

679

00:31:27,230 --> 00:31:25,500

myself with a grounding blanket I put

680

00:31:28,789 --> 00:31:27,240

patches all over me I probably put about

681

00:31:30,830 --> 00:31:28,799

six patches on me I'm not even joking

682

00:31:33,350 --> 00:31:30,840

I'm not exaggerating I was laying on my

683

00:31:36,169 --> 00:31:33,360

pillowcase I was snuggled up like super

684

00:31:39,169 --> 00:31:36,179

grounded right and the next morning I

685

00:31:41,690 --> 00:31:39,179

felt like oh like I was like Ugh but I

686

00:31:43,909 --> 00:31:41,700

could feel my body detoxing I was

687

00:31:46,010 --> 00:31:43,919

detoxing heavily for the next three days

688

00:31:47,510 --> 00:31:46,020

after I got over those three days

689

00:31:48,830 --> 00:31:47,520

because I'm like I know this is good for

690

00:31:50,090 --> 00:31:48,840

me I know what my body's doing because

691

00:31:53,029 --> 00:31:50,100

sometimes you got to get worse to get

692

00:31:56,090 --> 00:31:53,039

better right and the third day oh my God

693

00:31:58,130 --> 00:31:56,100

I felt amazing like better than I've

694

00:32:00,710 --> 00:31:58,140

ever felt in my entire life it was it

695

00:32:02,450 --> 00:32:00,720

was crazy and now I just I have zero

696

00:32:05,269 --> 00:32:02,460

pain and I was in gymnastics for 16

697

00:32:07,610 --> 00:32:05,279

years I used wake up with terrible back

698

00:32:10,070 --> 00:32:07,620

pain every single day I have no pain

699

00:32:12,590 --> 00:32:10,080

anymore none whatsoever when I wake up

700

00:32:14,570 --> 00:32:12,600

it's this is

701

00:32:17,990 --> 00:32:14,580

um this is the truth

702

00:32:21,250 --> 00:32:18,000

I can't wait to get into bed now yeah

703

00:32:24,310 --> 00:32:21,260

yeah for real me too all right

704

00:32:26,750 --> 00:32:24,320

it's waiting for me

705

00:32:29,389 --> 00:32:26,760

I'm getting my panties out I'm getting

706

00:32:31,789 --> 00:32:29,399

all plugged in a couple of times I I

707

00:32:33,889 --> 00:32:31,799

caught myself I know I know I know I've

708

00:32:36,289 --> 00:32:33,899

caught myself I'm like man

709

00:32:38,330 --> 00:32:36,299

if somebody wanted to punk me and put a

710

00:32:40,610 --> 00:32:38,340

hidden camera in my bedroom and then

711

00:32:44,210 --> 00:32:40,620

you're watching this right now they

712

00:32:46,490 --> 00:32:44,220

would be like what the hell listen so we

713

00:32:49,010 --> 00:32:46,500

were in Greece right Billy and I got to

714

00:32:50,570 --> 00:32:49,020

Greece and the first thing I do when I

715

00:32:52,669 --> 00:32:50,580

get to another country or get somewhere

716

00:32:54,409 --> 00:32:52,679

and we're traveling I ground myself

717

00:32:56,990 --> 00:32:54,419

because your circadian rhythm will sink

718

00:32:59,210 --> 00:32:57,000

up to that place on Earth so if you ever

719

00:33:01,669 --> 00:32:59,220

have jet lag you can ex name the jet lag

720

00:33:03,649 --> 00:33:01,679

with grounding right so we're in Greece

721

00:33:05,630 --> 00:33:03,659

and I'm grounded I have about literally

722

00:33:07,130 --> 00:33:05,640

six patches on me I got two on my hands

723

00:33:08,810 --> 00:33:07,140

two on my feet I got a couple on my

724

00:33:11,389 --> 00:33:08,820

stomach and one on my chest and I'm

725

00:33:13,549 --> 00:33:11,399

laying in the bed right and our Wi-Fi

726

00:33:16,310 --> 00:33:13,559

was out in the hotel so we had to call

727

00:33:17,930 --> 00:33:16,320

maintenance to come and fix our Wi-Fi so

728

00:33:19,430 --> 00:33:17,940

he called maintenance and there's a

729

00:33:20,810 --> 00:33:19,440

knock at the door and I'm all plugged in

730

00:33:22,430 --> 00:33:20,820

I'm just chilling I don't care I don't

731

00:33:23,450 --> 00:33:22,440

think nothing of it right these cords

732

00:33:26,509 --> 00:33:23,460

are coming from all these different

733

00:33:29,330 --> 00:33:26,519

outlets and I'm in the bed like this

734

00:33:31,450 --> 00:33:29,340

guys walking they walk and they were

735

00:33:35,450 --> 00:33:31,460

like

736

00:33:38,029 --> 00:33:35,460

no don't mind us I took one look at

737

00:33:41,509 --> 00:33:38,039

Billy what's going on man

738

00:33:44,570 --> 00:33:41,519

are you okay the show is sick it was a

739

00:33:51,230 --> 00:33:47,990

oh man yeah I I think about that all the

740

00:33:54,649 --> 00:33:51,240

time you know because I'm so

741

00:33:55,850 --> 00:33:54,659

um I know what's about to happen I'm

742

00:33:57,590 --> 00:33:55,860

gonna have a great night's sleep I'm

743

00:34:00,769 --> 00:33:57,600

gonna wake up great I'm gonna have some

744

00:34:03,590 --> 00:34:00,779

crazy ass dreams and and it's it's a

745

00:34:06,230 --> 00:34:03,600

it's awesome it's pretty awesome now

746

00:34:08,030 --> 00:34:06,240

listen uh really quick I wanted to get

747

00:34:09,649 --> 00:34:08,040

to this because I think this is an

748

00:34:12,349 --> 00:34:09,659

important question this is from Monica

749

00:34:15,889 --> 00:34:12,359

she says Jimmy do your guests have

750

00:34:19,790 --> 00:34:15,899

something for chronic pain

751
00:34:25,730 --> 00:34:23,990
yes yes and and again okay

752
00:34:27,470 --> 00:34:25,740
um and Monica great question and thank

753
00:34:30,889 --> 00:34:27,480
you for that

754
00:34:33,530 --> 00:34:30,899
um to be clear here I know you see a

755
00:34:35,750 --> 00:34:33,540
plug that goes into the wall we do that

756
00:34:38,990 --> 00:34:35,760
for electricity but that's not what's

757
00:34:42,290 --> 00:34:39,000
happening here that third plug is the

758
00:34:46,250 --> 00:34:42,300
ground and that ground goes outside to

759
00:34:49,669 --> 00:34:46,260
Mother Earth that it's job that's the

760
00:34:52,089 --> 00:34:49,679
grounding wire so that adapter that

761
00:34:54,849 --> 00:34:52,099
Monica Earth Monica

762
00:34:58,310 --> 00:34:54,859
Olivia just showed you

763
00:35:00,230 --> 00:34:58,320

plugs in to access the ground that goes

764

00:35:02,329 --> 00:35:00,240

outside to Mother Earth that's it

765

00:35:04,070 --> 00:35:02,339

there's no electricity here that's why

766

00:35:06,410 --> 00:35:04,080

you test and make sure that the

767

00:35:09,069 --> 00:35:06,420

grounding is hooked up correctly in

768

00:35:13,190 --> 00:35:09,079

your home that's it so you're only

769

00:35:15,530 --> 00:35:13,200

you're discharging and equalizing your

770

00:35:17,030 --> 00:35:15,540

body and grounding your body just like

771

00:35:18,650 --> 00:35:17,040

you're grounding the electronic

772

00:35:19,790 --> 00:35:18,660

equipment in your house it's the same

773

00:35:23,030 --> 00:35:19,800

process

774

00:35:24,950 --> 00:35:23,040

that is going on here that's it it's it

775

00:35:28,069 --> 00:35:24,960

there's nothing coming out of the wall

776

00:35:30,770 --> 00:35:28,079

into you it may look like that but

777

00:35:32,810 --> 00:35:30,780

that's not what's going on and one

778

00:35:36,290 --> 00:35:32,820

important thing about grounding all it

779

00:35:40,670 --> 00:35:36,300

does is it Returns the body back to its

780

00:35:43,190 --> 00:35:40,680

normal State yeah and we've just have

781

00:35:46,490 --> 00:35:43,200

been indoors locked up indoors and we

782

00:35:50,210 --> 00:35:46,500

haven't been going outside and so we

783

00:35:53,569 --> 00:35:50,220

brought out the um the grass the beach

784

00:35:56,870 --> 00:35:53,579

all of it indoors in a different Avenue

785

00:35:59,510 --> 00:35:56,880

by using this but we're just getting our

786

00:36:01,849 --> 00:35:59,520

body back to our Natural State and just

787

00:36:05,750 --> 00:36:01,859

like when Elizabeth said everything she

788

00:36:09,290 --> 00:36:05,760

was being cleaned out her body needed

789

00:36:11,030 --> 00:36:09,300

like a little adjustment to get back to

790

00:36:14,150 --> 00:36:11,040

its natural state and that's all it is

791

00:36:15,829 --> 00:36:14,160

it's just nature

792

00:36:18,890 --> 00:36:15,839

now

793

00:36:21,470 --> 00:36:18,900

um the uh

794

00:36:24,829 --> 00:36:21,480

the clarity of the Mind

795

00:36:29,630 --> 00:36:24,839

that was something that I experienced

796

00:36:31,910 --> 00:36:29,640

right away and and I didn't it took me a

797

00:36:34,790 --> 00:36:31,920

a minute to

798

00:36:36,589 --> 00:36:34,800

um uh when I was calling Elizabeth to

799

00:36:40,310 --> 00:36:36,599

make sure that this is something that I

800

00:36:42,530 --> 00:36:40,320

was understanding because again I was

801
00:36:45,230 --> 00:36:42,540
just experiencing it for the first time

802
00:36:48,710 --> 00:36:45,240
but but but what is happening with that

803
00:36:51,170 --> 00:36:48,720
were suddenly I just feel so clear is

804
00:36:52,849 --> 00:36:51,180
that from the the great sleep or is

805
00:36:54,770 --> 00:36:52,859
there something so many so many

806
00:36:56,690 --> 00:36:54,780
different reasons I was just gonna tell

807
00:36:58,550 --> 00:36:56,700
you the reason why you probably look so

808
00:37:02,150 --> 00:36:58,560
forward into getting into your bed at

809
00:37:03,890 --> 00:37:02,160
night is because unfortunately with our

810
00:37:05,750 --> 00:37:03,900
Western Society we live in these days

811
00:37:07,849 --> 00:37:05,760
everything is all sped up everything is

812
00:37:10,069 --> 00:37:07,859
so stressful right we're so busy

813
00:37:11,750 --> 00:37:10,079

everything is always stimulus stimulus

814

00:37:14,150 --> 00:37:11,760

stimulus stimulus we never get a chance

815

00:37:16,430 --> 00:37:14,160

to shut down to shut off to relax to go

816

00:37:19,790 --> 00:37:16,440

in peace we literally are a sped up

817

00:37:22,490 --> 00:37:19,800

Society right so our bodies Our nervous

818

00:37:24,410 --> 00:37:22,500

systems go into this this nervous system

819

00:37:26,930 --> 00:37:24,420

response a stress response called fight

820

00:37:28,790 --> 00:37:26,940

or flight so a lot of us because we're

821

00:37:30,650 --> 00:37:28,800

so busy we're so stressed and we're so

822

00:37:32,810 --> 00:37:30,660

just it's just always you know

823

00:37:35,690 --> 00:37:32,820

everything is just so like this in in

824

00:37:38,270 --> 00:37:35,700

America right and and other places too

825

00:37:40,190 --> 00:37:38,280

but I mean we're just stuck we're stuck

826

00:37:43,010 --> 00:37:40,200

in fight or flights and when you're in

827

00:37:45,109 --> 00:37:43,020

fight or flight 70 I'm sorry 30 of your

828

00:37:48,050 --> 00:37:45,119

blood from your frontal lobe which is

829

00:37:50,810 --> 00:37:48,060

your logical thinking emotional rational

830

00:37:52,790 --> 00:37:50,820

Minds goes into their hindbrain and you

831

00:37:55,810 --> 00:37:52,800

become more reactive so you lose that

832

00:37:58,849 --> 00:37:55,820

logical thought you lose any type of of

833

00:38:01,609 --> 00:37:58,859

sense of of any situations and you come

834

00:38:03,770 --> 00:38:01,619

become very reactive so a lot of us are

835

00:38:05,630 --> 00:38:03,780

stuck in the state with cortisol

836

00:38:08,930 --> 00:38:05,640

adrenaline running through our bodies

837

00:38:11,270 --> 00:38:08,940

all day right so when you ground your

838

00:38:13,490 --> 00:38:11,280

nervous system will shift back into

839

00:38:15,770 --> 00:38:13,500

parasympathetic that's when you can rest

840

00:38:18,410 --> 00:38:15,780

that's called rest and digest right you

841

00:38:20,569 --> 00:38:18,420

can you're able to come into calm your

842

00:38:24,109 --> 00:38:20,579

heart rate slows down your you can

843

00:38:25,910 --> 00:38:24,119

breathe deeper right and so that brings

844

00:38:28,130 --> 00:38:25,920

the blood from the hindbrain back into

845

00:38:29,810 --> 00:38:28,140

the forebrain and now your brain is

846

00:38:32,089 --> 00:38:29,820

working and functioning properly because

847

00:38:34,370 --> 00:38:32,099

there's proper circulation going on

848

00:38:37,370 --> 00:38:34,380

within your body so that right there

849

00:38:39,589 --> 00:38:37,380

alone will make you feel good it will

850

00:38:42,410 --> 00:38:39,599

make your brain clearer it'll make your

851

00:38:45,349 --> 00:38:42,420

thoughts clearer I mean that alone and

852

00:38:48,710 --> 00:38:45,359

that happens within I would say 10 to 20

853

00:38:50,290 --> 00:38:48,720

minutes of grounding yeah yeah yeah yeah

854

00:38:52,970 --> 00:38:50,300

yeah

855

00:38:55,370 --> 00:38:52,980

can I ask you a question is is the

856

00:38:59,750 --> 00:38:55,380

correct what's the correct website uh

857

00:39:01,609 --> 00:38:59,760

for uh the these grounding products

858

00:39:04,849 --> 00:39:01,619

so you can go to the Mother Earth

859

00:39:07,730 --> 00:39:04,859

effect.com and you can get the book and

860

00:39:10,010 --> 00:39:07,740

you can also look at the products that

861

00:39:11,750 --> 00:39:10,020

um that are there and I would just tell

862

00:39:14,030 --> 00:39:11,760

everybody to be very careful if you do

863

00:39:16,430 --> 00:39:14,040

decide to get products which I always

864

00:39:19,010 --> 00:39:16,440

say grounding is free right you can go

865

00:39:21,349 --> 00:39:19,020

outside go stand on the bear bear grass

866

00:39:23,690 --> 00:39:21,359

you know bare feet and it's actually

867

00:39:26,630 --> 00:39:23,700

nature is beautiful get out in nature go

868

00:39:28,430 --> 00:39:26,640

do that it is free grounding is free so

869

00:39:30,410 --> 00:39:28,440

I'm not trying to persuade people to buy

870

00:39:32,569 --> 00:39:30,420

these products I'm just saying it makes

871

00:39:34,490 --> 00:39:32,579

it easier to stay grounded for longer

872

00:39:35,870 --> 00:39:34,500

periods of time and especially if you

873

00:39:38,390 --> 00:39:35,880

live in a cold state which I used to

874

00:39:40,730 --> 00:39:38,400

live in Michigan I needed the grounding

875

00:39:42,710 --> 00:39:40,740

stuff because I want to be grounded all

876

00:39:45,290 --> 00:39:42,720

the time and you it's impossible when

877

00:39:47,870 --> 00:39:45,300

it's winter outside so I chose to to get

878

00:39:49,609 --> 00:39:47,880

the products but I would tell people be

879

00:39:51,470 --> 00:39:49,619

careful where you Source your products

880

00:39:53,810 --> 00:39:51,480

from because when I first started

881

00:39:55,910 --> 00:39:53,820

grounding which was before I had found

882

00:39:58,849 --> 00:39:55,920

you guys Olivia

883

00:39:59,690 --> 00:39:58,859

um I ordered a silver threaded sheet on

884

00:40:02,390 --> 00:39:59,700

Amazon

885

00:40:04,490 --> 00:40:02,400

and I felt good for maybe a day or two

886

00:40:06,170 --> 00:40:04,500

but literally it was just I don't know

887

00:40:07,550 --> 00:40:06,180

it wasn't it didn't make that big of a

888

00:40:09,170 --> 00:40:07,560

difference and then I just kind of

889

00:40:11,450 --> 00:40:09,180

forgot about it because I'm just like it

890

00:40:13,069 --> 00:40:11,460

didn't really work that great so I

891

00:40:15,290 --> 00:40:13,079

didn't really you know it wasn't the

892

00:40:17,750 --> 00:40:15,300

same experience that I had and then

893

00:40:19,910 --> 00:40:17,760

after I talked to you guys we find out

894

00:40:22,310 --> 00:40:19,920

that there's some products are toxic on

895

00:40:24,230 --> 00:40:22,320

the market some don't work some won't

896

00:40:26,569 --> 00:40:24,240

stop working after a couple weeks or

897

00:40:28,370 --> 00:40:26,579

after you wash it so it's just be very

898

00:40:29,930 --> 00:40:28,380

careful when you Source your products

899

00:40:32,329 --> 00:40:29,940

and know that

900

00:40:34,250 --> 00:40:32,339

um you know the products that that you

901
00:40:36,650 --> 00:40:34,260
carry Olivia that are on the mother

902
00:40:39,530 --> 00:40:36,660
earth effects site they're great

903
00:40:42,470 --> 00:40:39,540
products and they'll last forever right

904
00:40:45,109 --> 00:40:42,480
I mean yeah and and and there are a lot

905
00:40:49,010 --> 00:40:45,119
of um carbon products out there that are

906
00:40:51,470 --> 00:40:49,020
toxic and that is is so important that

907
00:40:52,849 --> 00:40:51,480
we check out the mother earth effect

908
00:40:55,010 --> 00:40:52,859
because you want to get the right

909
00:40:57,770 --> 00:40:55,020
products and you want to stay well you

910
00:41:01,310 --> 00:40:57,780
don't want to get sicker and

911
00:41:03,170 --> 00:41:01,320
um just depending on what knockoffs are

912
00:41:06,230 --> 00:41:03,180
being made from

913
00:41:08,930 --> 00:41:06,240

yeah I think that's a a really good

914

00:41:12,710 --> 00:41:08,940

point uh Elizabeth that

915

00:41:15,710 --> 00:41:12,720

yeah the products are there and again

916

00:41:18,589 --> 00:41:15,720

Everything's Relative but it's it's it's

917

00:41:21,710 --> 00:41:18,599

not what you think as far as Costco it's

918

00:41:23,329 --> 00:41:21,720

very inexpensive but yeah everything is

919

00:41:25,430 --> 00:41:23,339

relative Elizabeth and that's a really

920

00:41:27,410 --> 00:41:25,440

good point but you're not going to go

921

00:41:30,770 --> 00:41:27,420

into sticker shock and go what no you're

922

00:41:33,589 --> 00:41:30,780

not gonna do that but here's the thing

923

00:41:34,970 --> 00:41:33,599

um this will if you want to ground

924

00:41:37,010 --> 00:41:34,980

yourself

925

00:41:39,910 --> 00:41:37,020

take off your shoes and walk outside

926
00:41:42,710 --> 00:41:39,920
yeah

927
00:41:45,109 --> 00:41:42,720
other Earth effect is about is

928
00:41:48,530 --> 00:41:45,119
introducing you to what is going on

929
00:41:51,950 --> 00:41:48,540
getting yourself back balanced again

930
00:41:54,290 --> 00:41:51,960
um and if you want to uh continue this

931
00:41:56,630 --> 00:41:54,300
or maybe maybe you're running around in

932
00:41:59,450 --> 00:41:56,640
your shoes all day you're at work all

933
00:42:01,970 --> 00:41:59,460
right if you want to go home and and and

934
00:42:04,130 --> 00:42:01,980
and and and and get yourself balanced do

935
00:42:05,810 --> 00:42:04,140
it while you sleep and then okay so this

936
00:42:08,569 --> 00:42:05,820
is something that can assist you in that

937
00:42:11,210 --> 00:42:08,579
but you don't need that if you if you

938
00:42:12,829 --> 00:42:11,220

want to experience grounding do what you

939

00:42:14,750 --> 00:42:12,839

did when you were a kid take off your

940

00:42:18,650 --> 00:42:14,760

shoes and go outside and play

941

00:42:20,990 --> 00:42:18,660

mm-hmm exactly it's very very easy very

942

00:42:24,230 --> 00:42:21,000

simple or start gardening if you want a

943

00:42:26,690 --> 00:42:24,240

garden and just play in the in the dirt

944

00:42:28,970 --> 00:42:26,700

with your shoes off and and start

945

00:42:30,650 --> 00:42:28,980

gardening and if you think about it a

946

00:42:32,690 --> 00:42:30,660

lot of women at a certain age want to

947

00:42:33,950 --> 00:42:32,700

start gardening because we nurture we

948

00:42:36,050 --> 00:42:33,960

like to nurture

949

00:42:39,050 --> 00:42:36,060

and then they start gardening and

950

00:42:40,910 --> 00:42:39,060

because it feels so good to them and

951
00:42:42,950 --> 00:42:40,920
basically the reason it's feeling great

952
00:42:45,950 --> 00:42:42,960
is because they're grounded

953
00:42:47,150 --> 00:42:45,960
okay check this question out I love this

954
00:42:49,490 --> 00:42:47,160
question

955
00:42:51,790 --> 00:42:49,500
how can these wires help someone who's

956
00:42:56,810 --> 00:42:51,800
always flipping around while sleeping

957
00:42:58,970 --> 00:42:56,820
nobody flirts more than me oh man isn't

958
00:43:01,309 --> 00:42:58,980
that a great question that's a great

959
00:43:03,790 --> 00:43:01,319
question okay so I'm going to answer it

960
00:43:07,010 --> 00:43:03,800
then I want you two to answer it okay

961
00:43:09,109 --> 00:43:07,020
I had to figure that out and I figured

962
00:43:11,210 --> 00:43:09,119
it out on my own I didn't call up Billy

963
00:43:13,809 --> 00:43:11,220

going okay dude what are you doing

964

00:43:18,109 --> 00:43:13,819

[Laughter]

965

00:43:21,170 --> 00:43:18,119

so this is what I did my wires uh plug

966

00:43:23,990 --> 00:43:21,180

into first off I don't have any in here

967

00:43:26,930 --> 00:43:24,000

but they're coiled and straight on the

968

00:43:28,750 --> 00:43:26,940

ends right okay so they expand thank you

969

00:43:31,490 --> 00:43:28,760

for that Olivia

970

00:43:35,829 --> 00:43:31,500

Olivia's like that uh turning the

971

00:43:38,870 --> 00:43:35,839

letters on uh yeah yeah

972

00:43:40,430 --> 00:43:38,880

did a really good job The Price is Right

973

00:43:44,690 --> 00:43:40,440

The Price is Right

974

00:43:45,530 --> 00:43:44,700

so um uh so I ran the cables under my

975

00:43:52,370 --> 00:43:45,540

bed

976
00:43:55,730 --> 00:43:52,380
and so I've got it set up and then the

977
00:44:00,230 --> 00:43:55,740
coil part they come up over my mattress

978
00:44:02,870 --> 00:44:00,240
and underneath the the comforter and the

979
00:44:05,870 --> 00:44:02,880
sheets and that's where they rest so I

980
00:44:08,809 --> 00:44:05,880
put them on my feet now I'm not done yet

981
00:44:12,349 --> 00:44:08,819
though so my feet so those are hanging

982
00:44:15,349 --> 00:44:12,359
down so you can flip flop twist dude

983
00:44:20,930 --> 00:44:15,359
that I've I've never had I don't even

984
00:44:22,730 --> 00:44:20,940
feel them right so and I I I I I sleep

985
00:44:25,250 --> 00:44:22,740
in any position that I want to sleep in

986
00:44:29,150 --> 00:44:25,260
that's I'm That Kind of sleeper right

987
00:44:32,870 --> 00:44:29,160
okay so there's that but the kit that

988
00:44:34,790 --> 00:44:32,880

Olivia held up you can also get uh in

989

00:44:37,030 --> 00:44:34,800

that kit

990

00:44:40,010 --> 00:44:37,040

um uh mattress cover

991

00:44:43,250 --> 00:44:40,020

and I have a king size bed I have a king

992

00:44:47,150 --> 00:44:43,260

size grounding mattress cover that is

993

00:44:49,849 --> 00:44:47,160

underneath my sheets okay and that's so

994

00:44:53,030 --> 00:44:49,859

I've got that so I'm grounded on my feet

995

00:44:56,030 --> 00:44:53,040

and then I'm grounded with the mattress

996

00:44:59,569 --> 00:44:56,040

pad so I'm double grounded and I've made

997

00:45:04,309 --> 00:44:59,579

sure and my pillowcases right I'm I'm

998

00:45:06,050 --> 00:45:04,319

grounded everything my my bed it looked

999

00:45:07,490 --> 00:45:06,060

okay that's where I'm gonna get back and

1000

00:45:08,589 --> 00:45:07,500

then I want to hear from you too how you

1001
00:45:12,650 --> 00:45:08,599
sleep

1002
00:45:15,650 --> 00:45:12,660
bad because I know how cool it is now

1003
00:45:19,190 --> 00:45:15,660
it looks different I know I know it's

1004
00:45:20,630 --> 00:45:19,200
waiting for me man it's it's very

1005
00:45:23,270 --> 00:45:20,640
special

1006
00:45:24,050 --> 00:45:23,280
um Olivia how do you sleep with uh when

1007
00:45:25,309 --> 00:45:24,060
you're

1008
00:45:28,730 --> 00:45:25,319
well

1009
00:45:31,609 --> 00:45:28,740
I I am I do have a mattress pad and then

1010
00:45:34,550 --> 00:45:31,619
I also have my pillow um case and also

1011
00:45:36,349 --> 00:45:34,560
I'm I never fear this because because

1012
00:45:37,970 --> 00:45:36,359
it's a coil cord it can never wrap

1013
00:45:40,550 --> 00:45:37,980

around your neck and choki while you're

1014

00:45:43,609 --> 00:45:40,560

sleeping so and that's why we make the

1015

00:45:45,829 --> 00:45:43,619

coil cord and so um

1016

00:45:49,069 --> 00:45:45,839

I lately I've been putting the patches

1017

00:45:53,329 --> 00:45:49,079

on my hands just to play around with

1018

00:45:55,910 --> 00:45:53,339

that and I do tend to go to the side and

1019

00:45:58,790 --> 00:45:55,920

um I have no problems they stay on

1020

00:46:00,589 --> 00:45:58,800

and if I do put them on my feet I kind

1021

00:46:02,990 --> 00:46:00,599

of wrap them around my foot a little bit

1022

00:46:07,309 --> 00:46:03,000

and then put this underneath

1023

00:46:08,329 --> 00:46:07,319

so I do a little wrap on on my foot and

1024

00:46:12,829 --> 00:46:08,339

um

1025

00:46:17,030 --> 00:46:12,839

that's interesting okay I think I think

1026
00:46:20,089 --> 00:46:17,040
um when you well I know for myself when

1027
00:46:23,030 --> 00:46:20,099
I started grounding I started to sleep

1028
00:46:26,450 --> 00:46:23,040
through the night where I wasn't moving

1029
00:46:31,430 --> 00:46:26,460
and tossing around like and I normally

1030
00:46:34,430 --> 00:46:31,440
would do okay so I was able to keep all

1031
00:46:36,829 --> 00:46:34,440
of my wires on now it's not important

1032
00:46:41,270 --> 00:46:36,839
for everybody to have wires everywhere

1033
00:46:43,849 --> 00:46:41,280
it's just if you know if you um I I do

1034
00:46:46,010 --> 00:46:43,859
work out and sometimes I may push it a

1035
00:46:49,730 --> 00:46:46,020
little bit and I may need them but also

1036
00:46:54,109 --> 00:46:49,740
I want to be the best me I can be so I

1037
00:46:57,349 --> 00:46:54,119
use you know the patches but you do tend

1038
00:47:00,410 --> 00:46:57,359

to lay still once you get grounded

1039

00:47:03,589 --> 00:47:00,420

because your your body is relaxed and

1040

00:47:05,690 --> 00:47:03,599

it's calm and your your brain's not all

1041

00:47:07,490 --> 00:47:05,700

over the place I don't wake up in the

1042

00:47:11,089 --> 00:47:07,500

middle of the night anymore

1043

00:47:12,349 --> 00:47:11,099

um you know I don't I don't not and I

1044

00:47:19,010 --> 00:47:12,359

before

1045

00:47:21,770 --> 00:47:19,020

the Bahamas right Elizabeth yeah that's

1046

00:47:23,510 --> 00:47:21,780

my timeline now Elizabeth how do you how

1047

00:47:26,270 --> 00:47:23,520

do you wire up at night

1048

00:47:29,809 --> 00:47:26,280

oh man I I look so crazy but I don't

1049

00:47:31,490 --> 00:47:29,819

even care um so I always always every

1050

00:47:33,650 --> 00:47:31,500

single night I don't miss um I always

1051
00:47:36,109 --> 00:47:33,660
put them on my K1 spot on the bottom of

1052
00:47:38,930 --> 00:47:36,119
my feet that's a third two thirds of the

1053
00:47:40,970 --> 00:47:38,940
way up your from your heel to the um

1054
00:47:42,410 --> 00:47:40,980
yeah two thirds of the way up your foot

1055
00:47:44,450 --> 00:47:42,420
basically

1056
00:47:47,089 --> 00:47:44,460
um I always stick them right there and I

1057
00:47:49,010 --> 00:47:47,099
kind of just wrap the cord like at the

1058
00:47:51,050 --> 00:47:49,020
end of the bed and then it kind of wraps

1059
00:47:53,569 --> 00:47:51,060
back up to the outlet

1060
00:47:55,190 --> 00:47:53,579
um and I don't move when I sleep I'm

1061
00:47:57,170 --> 00:47:55,200
I've never really tossed and turned like

1062
00:47:59,270 --> 00:47:57,180
that but I've noticed since I've started

1063
00:48:01,490 --> 00:47:59,280

grounding I really don't move it's like

1064

00:48:04,309 --> 00:48:01,500

I'm I'm dead almost like I think post we

1065

00:48:07,370 --> 00:48:04,319

said hello you live

1066

00:48:09,710 --> 00:48:07,380

um so I always always put them on my

1067

00:48:12,109 --> 00:48:09,720

feet and then I have an extra patch just

1068

00:48:13,430 --> 00:48:12,119

in case I have any pain in my body

1069

00:48:14,990 --> 00:48:13,440

um I've been having this little stomach

1070

00:48:17,510 --> 00:48:15,000

issue lately so I've been putting right

1071

00:48:19,190 --> 00:48:17,520

on my solar plexus at night so I'll have

1072

00:48:21,230 --> 00:48:19,200

two patches on my foot one on my solar

1073

00:48:23,510 --> 00:48:21,240

plexus and then I have my my pillowcase

1074

00:48:25,910 --> 00:48:23,520

and we sleep on a grounded sheet cover

1075

00:48:27,349 --> 00:48:25,920

so I'm I'm all the way all the way

1076

00:48:28,970 --> 00:48:27,359

grounded but the wires have never

1077

00:48:31,370 --> 00:48:28,980

bothered me they just haven't everybody

1078

00:48:32,690 --> 00:48:31,380

I I thought that they were going to be

1079

00:48:35,930 --> 00:48:32,700

an issue

1080

00:48:37,490 --> 00:48:35,940

um when when uh when I have guests over

1081

00:48:40,550 --> 00:48:37,500

at the house and they want to see my

1082

00:48:42,950 --> 00:48:40,560

ghost uh closet right that I have I have

1083

00:48:45,130 --> 00:48:42,960

a ghost Olivia by the way because so

1084

00:48:47,630 --> 00:48:45,140

everybody wants to see my falling shoes

1085

00:48:48,589 --> 00:48:47,640

they'll come in and you know what they

1086

00:48:54,410 --> 00:48:48,599

notice

1087

00:48:58,849 --> 00:48:56,750

yeah

1088

00:49:01,490 --> 00:48:58,859

they notice it man they notice it and

1089

00:49:04,990 --> 00:49:01,500

that milk can come by visit my ghost

1090

00:49:08,210 --> 00:49:05,000

check out my grounding kit right

1091

00:49:09,849 --> 00:49:08,220

check out the ghost stay for the

1092

00:49:12,950 --> 00:49:09,859

grounding kit

1093

00:49:16,790 --> 00:49:12,960

I'm so into it now

1094

00:49:18,650 --> 00:49:16,800

um I want to ask you I've only done my

1095

00:49:20,990 --> 00:49:18,660

feet

1096

00:49:24,109 --> 00:49:21,000

should I consider I have plenty of

1097

00:49:26,510 --> 00:49:24,119

patches I have plenty of cables right

1098

00:49:29,510 --> 00:49:26,520

um I have plenty of outlets should I

1099

00:49:31,430 --> 00:49:29,520

should I think about something else yes

1100

00:49:33,410 --> 00:49:31,440

you should put them on your lung points

1101

00:49:34,609 --> 00:49:33,420

right here you should put a patch here

1102

00:49:36,890 --> 00:49:34,619

in a patch here put them on your lung

1103

00:49:39,109 --> 00:49:36,900

points and then and then just you know

1104

00:49:40,790 --> 00:49:39,119

try try because your lungs you know your

1105

00:49:44,329 --> 00:49:40,800

lungs are very very important very

1106

00:49:46,990 --> 00:49:44,339

important organs right yeah does that

1107

00:49:55,870 --> 00:49:47,000

help does that help with the marijuana

1108

00:49:59,450 --> 00:49:57,589

you know

1109

00:50:00,950 --> 00:49:59,460

um

1110

00:50:03,470 --> 00:50:00,960

I

1111

00:50:06,470 --> 00:50:03,480

um do you are you having problems with

1112

00:50:09,170 --> 00:50:06,480

your lungs no yeah okay it just will

1113

00:50:16,390 --> 00:50:09,180

open up your for your breathing do you

1114

00:50:23,930 --> 00:50:20,690

I've never heard myself snore but

1115

00:50:27,050 --> 00:50:23,940

um here's here's the thing uh with that

1116

00:50:29,650 --> 00:50:27,060

and I'm I'm joking because as soon as I

1117

00:50:31,970 --> 00:50:29,660

crack a pot joke I don't smoke pot but

1118

00:50:34,089 --> 00:50:31,980

write a chat room and we'll find out

1119

00:50:36,349 --> 00:50:34,099

who's smoking weed

1120

00:50:39,170 --> 00:50:36,359

and uh

1121

00:50:42,190 --> 00:50:39,180

I mean seriously just yeah look at the

1122

00:50:44,270 --> 00:50:42,200

chat room right now

1123

00:50:46,910 --> 00:50:44,280

what are they talking about we're

1124

00:50:49,250 --> 00:50:46,920

talking about electrical cords hooked up

1125

00:50:50,809 --> 00:50:49,260

to your chest and pulling long rips

1126
00:50:56,510 --> 00:50:50,819
that's what we're talking about right

1127
00:51:02,030 --> 00:50:58,250
if you're in a city

1128
00:51:04,130 --> 00:51:02,040
pollution right bad air I would say that

1129
00:51:12,410 --> 00:51:04,140
popping those on the chest would would

1130
00:51:19,309 --> 00:51:15,770
I had asthma so bad because it just kind

1131
00:51:21,770 --> 00:51:19,319
of all happened all together and it it

1132
00:51:23,930 --> 00:51:21,780
they basically saved my life

1133
00:51:26,150 --> 00:51:23,940
and so anybody that has breathing

1134
00:51:27,829 --> 00:51:26,160
problems at night and we've had a lot of

1135
00:51:29,809 --> 00:51:27,839
people that have to sleep with the

1136
00:51:30,470 --> 00:51:29,819
machine on

1137
00:51:36,349 --> 00:51:30,480
um

1138
00:51:39,470 --> 00:51:36,359

have been able to stop using their

1139

00:51:41,450 --> 00:51:39,480

Machine by using the patches well here's

1140

00:51:43,130 --> 00:51:41,460

the thing I was a smoker for 20 years I

1141

00:51:45,170 --> 00:51:43,140

smoke cigarettes for literally 20 years

1142

00:51:47,210 --> 00:51:45,180

so that's why I was so surprised when I

1143

00:51:49,190 --> 00:51:47,220

first grounded how deeply I ever

1144

00:51:52,370 --> 00:51:49,200

breathed because I had never breathed

1145

00:51:54,829 --> 00:51:52,380

that deep in my life and I just noticed

1146

00:51:57,049 --> 00:51:54,839

that grounding because I had quit before

1147

00:51:58,790 --> 00:51:57,059

I started grounding but when I started

1148

00:52:01,069 --> 00:51:58,800

grounding I noticed that I could take

1149

00:52:02,870 --> 00:52:01,079

deeper breaths in my in my lungs it was

1150

00:52:05,089 --> 00:52:02,880

it was I mean night and day difference

1151

00:52:06,829 --> 00:52:05,099

so that's what I'm saying like it's

1152

00:52:08,990 --> 00:52:06,839

important to make sure you keep your

1153

00:52:12,290 --> 00:52:09,000

your lungs healthy because breath is

1154

00:52:14,690 --> 00:52:12,300

life I mean that's life right if you're

1155

00:52:17,270 --> 00:52:14,700

not breathing correctly then your body

1156

00:52:18,710 --> 00:52:17,280

is not functioning correctly so it's

1157

00:52:21,470 --> 00:52:18,720

it's just one of the most important

1158

00:52:25,790 --> 00:52:21,480

other places I think to put the patches

1159

00:52:28,030 --> 00:52:25,800

there is um I think that any doctor

1160

00:52:30,650 --> 00:52:28,040

um it will tell you

1161

00:52:32,809 --> 00:52:30,660

inflammation is an indication of

1162

00:52:35,990 --> 00:52:32,819

something else right and that is the

1163

00:52:38,870 --> 00:52:36,000

cause now I'm not a doctor I I play one

1164

00:52:40,609 --> 00:52:38,880

on TV but I'm not a doctor and I'm not

1165

00:52:43,130 --> 00:52:40,619

going to dispense with medical advice

1166

00:52:45,290 --> 00:52:43,140

but I can tell you what I've Been Told

1167

00:52:47,089 --> 00:52:45,300

over and over again right it's always

1168

00:52:49,190 --> 00:52:47,099

inflammation inflammation inflammation

1169

00:52:50,450 --> 00:52:49,200

what is causing that and that and then

1170

00:52:51,829 --> 00:52:50,460

you can get to the root here let's get

1171

00:52:56,870 --> 00:52:51,839

to the car you know let's get to the car

1172

00:52:58,849 --> 00:52:56,880

and um I think that so many people treat

1173

00:53:00,349 --> 00:52:58,859

um inflammation for whatever with

1174

00:53:01,910 --> 00:53:00,359

they're treating the inflammation and

1175

00:53:03,650 --> 00:53:01,920

not what's caught you know you know what

1176

00:53:06,410 --> 00:53:03,660

I mean and what the roots getting the

1177

00:53:08,089 --> 00:53:06,420

symptoms not the systems yes that's what

1178

00:53:10,390 --> 00:53:08,099

western medicine does they treat the

1179

00:53:13,130 --> 00:53:10,400

symptom not the system

1180

00:53:16,730 --> 00:53:13,140

and and that's exactly what's going on

1181

00:53:19,490 --> 00:53:16,740

here right Olivia that that is is

1182

00:53:21,890 --> 00:53:19,500

straightening out your system to to

1183

00:53:23,930 --> 00:53:21,900

start there first

1184

00:53:25,970 --> 00:53:23,940

and we're just returning the body back

1185

00:53:27,470 --> 00:53:25,980

to normal and and then a lot of times

1186

00:53:29,210 --> 00:53:27,480

when people start putting these patches

1187

00:53:30,950 --> 00:53:29,220

on the bottom of their feet they start

1188

00:53:32,329 --> 00:53:30,960

to go to the bathroom or they may have

1189

00:53:36,710 --> 00:53:32,339

to get up in the middle of the night to

1190

00:53:39,109 --> 00:53:36,720

pee because it's taking out all of these

1191

00:53:41,690 --> 00:53:39,119

Pockets within water Pockets within your

1192

00:53:44,150 --> 00:53:41,700

body that have been sitting there that

1193

00:53:46,549 --> 00:53:44,160

needed to move and so some people may

1194

00:53:48,890 --> 00:53:46,559

find that in the beginning that they are

1195

00:53:51,470 --> 00:53:48,900

going to the bathroom and getting up a

1196

00:53:54,049 --> 00:53:51,480

couple times a night but it's like

1197

00:53:55,970 --> 00:53:54,059

um a lymphatic system it's working on

1198

00:53:59,049 --> 00:53:55,980

your lymphatic system so how wonderful

1199

00:54:02,809 --> 00:53:59,059

is that yeah yeah yeah

1200

00:54:04,069 --> 00:54:02,819

and so let's can we you know what I've

1201

00:54:06,530 --> 00:54:04,079

got to take a break

1202

00:54:08,510 --> 00:54:06,540

so let's get that in but when we come

1203

00:54:11,450 --> 00:54:08,520

back I want to stay right there I want

1204

00:54:15,770 --> 00:54:11,460

to understand more uh you know with our

1205

00:54:17,990 --> 00:54:15,780

audience exactly what is going on we can

1206

00:54:20,030 --> 00:54:18,000

talk about the magic that seems to be

1207

00:54:23,030 --> 00:54:20,040

happening once you get hooked up but

1208

00:54:24,829 --> 00:54:23,040

what is actually going on so let's do

1209

00:54:26,809 --> 00:54:24,839

all of that when we come back this is

1210

00:54:28,010 --> 00:54:26,819

Fade to Black I am your host Jimmy

1211

00:54:29,630 --> 00:54:28,020

Church

1212

00:54:31,549 --> 00:54:29,640

stay with us

1213

00:54:33,890 --> 00:54:31,559

this is Jimmy Church of Fade to Black

1214

00:54:36,109 --> 00:54:33,900

please visit all of our sponsors we're

1215

00:54:37,910 --> 00:54:36,119

taking a quick break here all of the

1216

00:54:40,010 --> 00:54:37,920

links are below

1217

00:54:42,589 --> 00:54:40,020

and we'll be right back

1218

00:54:44,930 --> 00:54:42,599

hey everybody it's Billy Carson also

1219

00:54:46,430 --> 00:54:44,940

known as Forbidden Knowledge I want to

1220

00:54:50,089 --> 00:54:46,440

talk to you about a very special event

1221

00:54:52,190 --> 00:54:50,099

coming up July 30th 2023 The Forbidden

1222

00:54:53,809 --> 00:54:52,200

conscious Awards we're going to honor

1223

00:54:56,210 --> 00:54:53,819

people who have been contributing to the

1224

00:54:57,710 --> 00:54:56,220

conscious Community for decades people

1225

00:54:59,450 --> 00:54:57,720

that you know and love that have helped

1226
00:55:01,490 --> 00:54:59,460
you get to higher levels of thought and

1227
00:55:03,770 --> 00:55:01,500
Consciousness and awareness it's going

1228
00:55:05,089 --> 00:55:03,780
to be alive in-person event but seats

1229
00:55:06,890 --> 00:55:05,099
are going to sell out very fast you want

1230
00:55:08,510 --> 00:55:06,900
to make sure you're there in person and

1231
00:55:10,270 --> 00:55:08,520
guess what you can help vote for the

1232
00:55:12,349 --> 00:55:10,280
winners voting is available on

1233
00:55:13,970 --> 00:55:12,359
forbiddenknowledge.com and the

1234
00:55:17,089 --> 00:55:13,980
categories are going to be social media

1235
00:55:18,970 --> 00:55:17,099
influencer podcast slash radio host TV

1236
00:55:20,690 --> 00:55:18,980
host actor director producer

1237
00:55:22,190 --> 00:55:20,700
entrepreneurs health and wellness

1238
00:55:24,650 --> 00:55:22,200

philanthropists authors field

1239

00:55:26,390 --> 00:55:24,660

researchers archaeologists space anomaly

1240

00:55:29,210 --> 00:55:26,400

hunters and of course a Lifetime

1241

00:55:31,130 --> 00:55:29,220

Achievement Award I'll be your keynote

1242

00:55:33,049 --> 00:55:31,140

speaker that night at The Forbidden

1243

00:55:35,390 --> 00:55:33,059

conscious Awards we have celebrity

1244

00:55:36,950 --> 00:55:35,400

guests performing we'll have a halftime

1245

00:55:38,630 --> 00:55:36,960

show where we're actually going to

1246

00:55:41,270 --> 00:55:38,640

perform music for you and don't forget

1247

00:55:43,190 --> 00:55:41,280

about the pre-event mixer where if you

1248

00:55:45,109 --> 00:55:43,200

buy a box seat we'll be in the VIP

1249

00:55:47,329 --> 00:55:45,119

section and you also have private access

1250

00:55:50,089 --> 00:55:47,339

to a Big Apple mixer with celebrity

1251
00:55:52,490 --> 00:55:50,099
guests shake hands break bread Network

1252
00:55:54,410 --> 00:55:52,500
and then walk the red carpet with us and

1253
00:55:55,730 --> 00:55:54,420
take amazing photos it's going to be a

1254
00:55:57,710 --> 00:55:55,740
night to remember you don't want to

1255
00:55:59,150 --> 00:55:57,720
forget this make sure you hurry up and

1256
00:56:01,150 --> 00:55:59,160
get your tickets because you're selling

1257
00:56:03,960 --> 00:56:01,160
out very fast I want to see you there

1258
00:56:07,790 --> 00:56:03,970
forbidden conscious Awards 2023

1259
00:56:10,970 --> 00:56:07,800
[Music]

1260
00:56:14,089 --> 00:56:10,980
on Saturday April 1st that's right April

1261
00:56:16,309 --> 00:56:14,099
Fool's Day 2023 I will be hosting the

1262
00:56:19,790 --> 00:56:16,319
peripod festival at the Hyatt Regency

1263
00:56:22,309 --> 00:56:19,800

right here in Valencia California it's a

1264

00:56:25,309 --> 00:56:22,319

live one-day podcast Awards it's a film

1265

00:56:27,349 --> 00:56:25,319

festival it's a full-on media event

1266

00:56:29,210 --> 00:56:27,359

we're going to have Sky watching it's

1267

00:56:32,030 --> 00:56:29,220

going to be a Lifetime Achievement Award

1268

00:56:34,010 --> 00:56:32,040

presented to Linda Moulton Howe right

1269

00:56:36,049 --> 00:56:34,020

now you can submit your podcast to your

1270

00:56:38,809 --> 00:56:36,059

film your TV series any of your

1271

00:56:40,730 --> 00:56:38,819

paranormal media for consideration you

1272

00:56:43,930 --> 00:56:40,740

can do all of that on the links below

1273

00:56:45,890 --> 00:56:43,940

for info and tickets go to

1274

00:56:48,910 --> 00:56:45,900

parapodfilmfest.com that's

1275

00:56:54,589 --> 00:56:52,970

April 7th through the 14th 2023 I'll be

1276

00:56:57,530 --> 00:56:54,599

hosting and presenting on the hidden

1277

00:57:00,109 --> 00:56:57,540

secrets seminar at Sea cruise from Los

1278

00:57:02,510 --> 00:57:00,119

Angeles to the Mexican Riviera on the

1279

00:57:05,089 --> 00:57:02,520

Navigator of the Seas that's right up

1280

00:57:06,470 --> 00:57:05,099

top a giant water slide you've got to

1281

00:57:08,690 --> 00:57:06,480

check out the Navigator of the season

1282

00:57:11,030 --> 00:57:08,700

it's amazing we've got Scott Walter Adam

1283

00:57:13,910 --> 00:57:11,040

Apollo Nick Pope Brad Olson Vivian

1284

00:57:16,250 --> 00:57:13,920

Chauvet Jason sherka Robert Grant Reuben

1285

00:57:18,589 --> 00:57:16,260

Langdon and another 12 amazing speakers

1286

00:57:19,990 --> 00:57:18,599

and presenters it's all simple to do

1287

00:57:23,049 --> 00:57:20,000

just visit

1288

00:57:26,329 --> 00:57:23,059

divinetravels.com forward slash hidden

1289

00:57:28,370 --> 00:57:26,339

secrets2023 you know you want to go on a

1290

00:57:31,790 --> 00:57:28,380

cruise with me

1291

00:57:34,609 --> 00:57:31,800

River Moon coffee makers of the Fade to

1292

00:57:36,490 --> 00:57:34,619

Black blend truly the best coffee on

1293

00:57:38,750 --> 00:57:36,500

planet Earth just visit

1294

00:57:40,609 --> 00:57:38,760

rivermoonwellness.com or or their Amazon

1295

00:57:41,990 --> 00:57:40,619

store if it's all simple to do you can

1296

00:57:44,089 --> 00:57:42,000

check out the Fade to Black blend the

1297

00:57:46,730 --> 00:57:44,099

game changer Blend or any of their black

1298

00:57:50,510 --> 00:57:46,740

moon wellness products it's the only

1299

00:57:55,970 --> 00:57:50,520

coffee I drink it is the best and it's

1300

00:57:59,990 --> 00:57:58,549

all right Welcome Back Fade to Black I

1301
00:58:02,450 --> 00:58:00,000
am your host Jimmy church tonight

1302
00:58:03,950 --> 00:58:02,460
Elizabeth Hoekstra and Olivia Smith or

1303
00:58:08,030 --> 00:58:03,960
what's it with us we're talking about

1304
00:58:11,210 --> 00:58:08,040
grounding tonight and uh before as we

1305
00:58:14,750 --> 00:58:11,220
get back into the conversation uh before

1306
00:58:16,849 --> 00:58:14,760
we uh get back to grounding Elizabeth

1307
00:58:19,849 --> 00:58:16,859
we got a lot of stuff we're doing this

1308
00:58:20,809 --> 00:58:19,859
year yes we do we got a lot of stuff

1309
00:58:23,089 --> 00:58:20,819
we're doing

1310
00:58:25,430 --> 00:58:23,099
um we just saw the commercial uh right

1311
00:58:29,630 --> 00:58:25,440
there with Billy uh for the Forbidden

1312
00:58:33,530 --> 00:58:29,640
conscious Awards coming up on July 30th

1313
00:58:35,450 --> 00:58:33,540

um I I thank you for uh asking me to

1314

00:58:39,289 --> 00:58:35,460

come and be a part of it it is going to

1315

00:58:42,770 --> 00:58:39,299

be a great event uh tell us about that

1316

00:58:45,890 --> 00:58:42,780

that's July 30th yes so that's July 30th

1317

00:58:48,289 --> 00:58:45,900

at the Adrian Arts Center in Miami it is

1318

00:58:50,210 --> 00:58:48,299

such a beautiful venue I mean this venue

1319

00:58:51,650 --> 00:58:50,220

is I mean it looks like an opera house

1320

00:58:53,450 --> 00:58:51,660

you know those beautiful Opera Houses

1321

00:58:56,210 --> 00:58:53,460

that you see in the old movies with the

1322

00:58:59,809 --> 00:58:56,220

boxes and I mean it's literally that

1323

00:59:01,370 --> 00:58:59,819

fabulous so I mean the venue is amazing

1324

00:59:04,789 --> 00:59:01,380

um what we're going to be doing is we'll

1325

00:59:06,470 --> 00:59:04,799

be having a VIP pre-party and if you

1326

00:59:09,410 --> 00:59:06,480

purchase box seats you'll be able to

1327

00:59:11,809 --> 00:59:09,420

have access to that VIP pre-party and

1328

00:59:14,210 --> 00:59:11,819

that's all the nominees all the winners

1329

00:59:16,010 --> 00:59:14,220

uh Billy myself everyone at Forbidden

1330

00:59:18,049 --> 00:59:16,020

Knowledge will be there

1331

00:59:20,990 --> 00:59:18,059

um you of course Jimmy will be there and

1332

00:59:23,270 --> 00:59:21,000

Chris Spencer our other hosts for the

1333

00:59:25,130 --> 00:59:23,280

the day he's a comedian um all the

1334

00:59:28,490 --> 00:59:25,140

artists that'll be performing Dame Dash

1335

00:59:31,010 --> 00:59:28,500

Havoc Cruz Donnie arcade I mean they'll

1336

00:59:33,049 --> 00:59:31,020

all be at that pre-party so we're gonna

1337

00:59:35,089 --> 00:59:33,059

be having fun walking the red carpet

1338

00:59:38,150 --> 00:59:35,099

beforehand and the awards show actually

1339

00:59:39,950 --> 00:59:38,160

starts at 5 30 and you know it's just

1340

00:59:42,950 --> 00:59:39,960

it's very important this is a passion

1341

00:59:45,230 --> 00:59:42,960

project especially for Billy just to be

1342

00:59:47,270 --> 00:59:45,240

able to give people their honor and

1343

00:59:49,609 --> 00:59:47,280

respect that have been working their

1344

00:59:51,109 --> 00:59:49,619

butts off to try to change the world to

1345

00:59:53,630 --> 00:59:51,119

make the world a better place to

1346

00:59:56,210 --> 00:59:53,640

acknowledge those people and that's

1347

00:59:58,730 --> 00:59:56,220

really why he came up with this specific

1348

01:00:00,650 --> 00:59:58,740

idea to do the conscious Awards because

1349

01:00:03,349 --> 01:00:00,660

people in this industry they don't

1350

01:00:06,530 --> 01:00:03,359

really get the recognition like the

1351
01:00:09,049 --> 01:00:06,540
actors do the music artists do so I mean

1352
01:00:10,730 --> 01:00:09,059
it's it's it's really dope that uh he

1353
01:00:13,849 --> 01:00:10,740
came up with the idea and we were able

1354
01:00:15,770 --> 01:00:13,859
to make it happen because somebody some

1355
01:00:17,390 --> 01:00:15,780
people are going to be honored in a

1356
01:00:20,270 --> 01:00:17,400
really really great way and it's about

1357
01:00:23,510 --> 01:00:20,280
freaking time plus somebody will be

1358
01:00:24,710 --> 01:00:23,520
winning a Audi A4 that comes and attends

1359
01:00:26,809 --> 01:00:24,720
the event

1360
01:00:28,789 --> 01:00:26,819
um your ticket stub with the will have a

1361
01:00:31,789 --> 01:00:28,799
number and we'll be pulling you know the

1362
01:00:33,410 --> 01:00:31,799
ticket stub so that's how someone will

1363
01:00:35,329 --> 01:00:33,420

be able to win that car and it will be

1364

01:00:37,069 --> 01:00:35,339

in the parking lot with a red bow are we

1365

01:00:40,670 --> 01:00:37,079

going to do that are we going to do that

1366

01:00:42,490 --> 01:00:40,680

on stage yeah oh yeah

1367

01:00:45,170 --> 01:00:42,500

yeah

1368

01:00:48,890 --> 01:00:45,180

I'm gonna stuff I'm gonna stuff that hat

1369

01:00:52,490 --> 01:00:50,270

now

1370

01:00:54,109 --> 01:00:52,500

um this this is what's amazing about

1371

01:00:59,030 --> 01:00:54,119

that

1372

01:01:01,730 --> 01:00:59,040

um when you see people's choice Grammys

1373

01:01:04,609 --> 01:01:01,740

right the Nickelodeon awards I don't

1374

01:01:05,930 --> 01:01:04,619

care right you see this great venue and

1375

01:01:09,770 --> 01:01:05,940

you see the celebration but it's like

1376

01:01:12,770 --> 01:01:09,780

what about us and so uh you know the the

1377

01:01:16,549 --> 01:01:12,780

people of uh our community that are

1378

01:01:18,890 --> 01:01:16,559

going to uh receive that award get to

1379

01:01:19,730 --> 01:01:18,900

walk up on that stage in that venue and

1380

01:01:23,770 --> 01:01:19,740

go

1381

01:01:27,770 --> 01:01:23,780

see Mom right

1382

01:01:31,370 --> 01:01:27,780

you know that is special to be able to

1383

01:01:32,750 --> 01:01:31,380

do that and I I cannot wait

1384

01:01:37,250 --> 01:01:32,760

um it's worth the price of admission

1385

01:01:40,130 --> 01:01:37,260

though to see my my pasty ass in a in a

1386

01:01:42,470 --> 01:01:40,140

tuxedo I think I think anybody anybody

1387

01:01:46,450 --> 01:01:42,480

would want to go and and see that and

1388

01:01:53,390 --> 01:01:50,990

it is just an incredible uh day and I I

1389

01:01:55,430 --> 01:01:53,400

can't wait for that to happen and then

1390

01:01:59,510 --> 01:01:55,440

right after that

1391

01:02:01,849 --> 01:01:59,520

we're going to England yeah uh so we're

1392

01:02:05,329 --> 01:02:01,859

okay so we've got two events uh we're

1393

01:02:07,010 --> 01:02:05,339

gonna be doing in England uh one is in

1394

01:02:09,770 --> 01:02:07,020

London

1395

01:02:11,510 --> 01:02:09,780

um and that is August 22nd where we're

1396

01:02:12,470 --> 01:02:11,520

gonna and and what's the venue for that

1397

01:02:14,930 --> 01:02:12,480

Elizabeth

1398

01:02:16,190 --> 01:02:14,940

it so we picked the venue the um the

1399

01:02:17,990 --> 01:02:16,200

people that are helping us book The

1400

01:02:20,510 --> 01:02:18,000

Place actually just sent them a couple

1401

01:02:22,430 --> 01:02:20,520

yesterday actually so uh Billy and I

1402

01:02:24,530 --> 01:02:22,440

looked it over and we picked one and

1403

01:02:25,970 --> 01:02:24,540

it's so beautiful but I'm waiting to

1404

01:02:27,950 --> 01:02:25,980

hear back all the details we're gonna

1405

01:02:29,630 --> 01:02:27,960

Lock and Load that one so that

1406

01:02:32,390 --> 01:02:29,640

information will be coming out very very

1407

01:02:34,910 --> 01:02:32,400

soon and that is a stop of one of the

1408

01:02:37,010 --> 01:02:34,920

stops of the World Tour the World

1409

01:02:40,309 --> 01:02:37,020

Forbidden tour that we're doing this

1410

01:02:42,710 --> 01:02:40,319

year so exciting and then right after

1411

01:02:46,730 --> 01:02:42,720

that uh we're doing three days in

1412

01:02:50,690 --> 01:02:46,740

Manchester yes yeah through the 27th at

1413

01:02:53,030 --> 01:02:50,700

the bowlers Exposition Center yes yes I

1414

01:02:55,309 --> 01:02:53,040

can't wait for that I cannot wait yeah

1415

01:02:56,990 --> 01:02:55,319

the Awakening The Awakening conference

1416

01:02:57,950 --> 01:02:57,000

so they do it every year but uh

1417

01:03:00,770 --> 01:02:57,960

forbidden knowledge is actually

1418

01:03:03,109 --> 01:03:00,780

sponsoring this one and making it one

1419

01:03:06,289 --> 01:03:03,119

stop at the Forbidden tour so yeah we'll

1420

01:03:08,930 --> 01:03:06,299

be there all three days can't wait

1421

01:03:10,670 --> 01:03:08,940

um it's gonna be a dynamic dynamic

1422

01:03:12,770 --> 01:03:10,680

weekend you know what's really cool

1423

01:03:16,069 --> 01:03:12,780

about this because the Forbidden

1424

01:03:17,390 --> 01:03:16,079

Knowledge family right where we're going

1425

01:03:20,030 --> 01:03:17,400

to be doing our stuff here in the States

1426

01:03:24,770 --> 01:03:20,040

but then to roll into Manchester yeah

1427

01:03:26,930 --> 01:03:24,780

and see all of us there together yeah

1428

01:03:29,390 --> 01:03:26,940

and I can't I I just it's going to be so

1429

01:03:31,130 --> 01:03:29,400

much fun cool right I mean we did it in

1430

01:03:32,809 --> 01:03:31,140

Egypt last year right it wasn't that

1431

01:03:35,710 --> 01:03:32,819

cool to be across the world somewhere

1432

01:03:39,650 --> 01:03:35,720

else and like Hey we're here

1433

01:03:43,549 --> 01:03:39,660

well okay and we're doing that again uh

1434

01:03:45,670 --> 01:03:43,559

Egypt is October 5th through the 15th

1435

01:03:50,750 --> 01:03:45,680

we're doing 10 days

1436

01:03:52,430 --> 01:03:50,760

on my birthday again again last year we

1437

01:03:55,849 --> 01:03:52,440

were in Luxor for your birthday we

1438

01:03:57,950 --> 01:03:55,859

celebrated in Luxor on the Nile had a

1439

01:04:00,770 --> 01:03:57,960

Nile Cruise Olivia we had the boat to

1440

01:04:03,650 --> 01:04:00,780

ourselves had a whole dance party I mean

1441

01:04:06,289 --> 01:04:03,660

there was a dance line I mean it was it

1442

01:04:09,710 --> 01:04:06,299

was just crazy it was so funny

1443

01:04:12,950 --> 01:04:09,720

um so on my birthday uh we get back and

1444

01:04:15,770 --> 01:04:12,960

and and the boat the captain and and and

1445

01:04:18,650 --> 01:04:15,780

Elizabeth and Billy you know set up this

1446

01:04:19,750 --> 01:04:18,660

thing we had a band and a belly dancer

1447

01:04:23,270 --> 01:04:19,760

and

1448

01:04:25,789 --> 01:04:23,280

dancers actually plural but here's the

1449

01:04:27,770 --> 01:04:25,799

deal we just we went to all of the

1450

01:04:31,250 --> 01:04:27,780

dundera and we did all the stuff that

1451

01:04:33,950 --> 01:04:31,260

day we got back to the ship I went out I

1452

01:04:36,770 --> 01:04:33,960

came down to the party and I was the

1453

01:04:38,589 --> 01:04:36,780

first one there and I fell asleep on the

1454

01:04:42,710 --> 01:04:38,599

couch

1455

01:04:45,710 --> 01:04:42,720

this is my party

1456

01:04:47,030 --> 01:04:45,720

wake me up when this thing starts guys I

1457

01:04:49,849 --> 01:04:47,040

have Billy boot camp that's what they

1458

01:04:51,470 --> 01:04:49,859

caught it it was very strenuous Billy

1459

01:04:54,470 --> 01:04:51,480

boot camp that was so much fun that

1460

01:04:57,230 --> 01:04:54,480

night it was it was incredible and and

1461

01:04:58,750 --> 01:04:57,240

so for everybody uh you can go to

1462

01:05:02,569 --> 01:04:58,760

Forbidden Knowledge

1463

01:05:04,970 --> 01:05:02,579

uh.com and the Egypt tour is there

1464

01:05:06,549 --> 01:05:04,980

everything else that we're doing in 2023

1465

01:05:10,250 --> 01:05:06,559

we've got a long list of events

1466

01:05:13,849 --> 01:05:10,260

everything is there but you've heard

1467

01:05:17,750 --> 01:05:13,859

about Egypt and and what goes down

1468

01:05:19,309 --> 01:05:17,760

you're not going to want to miss this uh

1469

01:05:20,630 --> 01:05:19,319

come and hang out with us I don't know

1470

01:05:23,210 --> 01:05:20,640

what's going to happen on my birthday

1471

01:05:25,069 --> 01:05:23,220

this year but uh you're going to want to

1472

01:05:28,970 --> 01:05:25,079

be a part of it and I'm very very

1473

01:05:31,789 --> 01:05:28,980

excited uh and that's coming up uh the

1474

01:05:33,410 --> 01:05:31,799

fifth through the 15th of October now

1475

01:05:34,490 --> 01:05:33,420

we've got other events too what am I

1476

01:05:37,130 --> 01:05:34,500

leaving out

1477

01:05:39,309 --> 01:05:37,140

okay yeah it's good enough for now

1478

01:05:43,910 --> 01:05:39,319

that's good enough

1479

01:05:46,549 --> 01:05:43,920

so Billy and I did a podcast Olivia uh

1480

01:05:48,710 --> 01:05:46,559

was it last when was I in Miami two

1481

01:05:52,510 --> 01:05:48,720

weeks ago yeah I think it was about two

1482

01:05:58,910 --> 01:05:55,490

Billy Billy and Elizabeth just got back

1483

01:06:02,630 --> 01:05:58,920

from Bora Bora Billy slept

1484

01:06:05,329 --> 01:06:02,640

and Billy who wants to be Superman and

1485

01:06:07,549 --> 01:06:05,339

most of the time he is he

1486

01:06:09,730 --> 01:06:07,559

so we're gonna go in and do this podcast

1487

01:06:13,069 --> 01:06:09,740

for two or three hours

1488

01:06:15,950 --> 01:06:13,079

and for a minute there so we had the

1489

01:06:18,109 --> 01:06:15,960

whole schedule out uh uh uh Elizabeth

1490

01:06:21,470 --> 01:06:18,119

and it's in front of us and we know what

1491

01:06:24,470 --> 01:06:21,480

we're doing Billy blanked for a minute

1492

01:06:31,010 --> 01:06:24,480

really I was like dude

1493

01:06:38,630 --> 01:06:35,750

so uh doctor be serious right so he was

1494

01:06:41,930 --> 01:06:38,640

with uh Billy and I we were alone at the

1495

01:06:43,849 --> 01:06:41,940

house uh for Elizabeth's party and he

1496

01:06:48,490 --> 01:06:43,859

goes Billy you blanked out for a minute

1497

01:06:55,490 --> 01:06:52,609

Billy's Superman he's Superman and uh

1498

01:06:57,770 --> 01:06:55,500

he's a victim of Billy's boot camp right

1499

01:07:00,770 --> 01:06:57,780

where you're just out there doing it

1500

01:07:02,690 --> 01:07:00,780

going going and that's my favorite part

1501

01:07:04,490 --> 01:07:02,700

uh Olivia with hanging out with these

1502

01:07:07,130 --> 01:07:04,500

two is trying to trying to keep up

1503

01:07:10,190 --> 01:07:07,140

because they don't play around there you

1504

01:07:11,950 --> 01:07:10,200

go no man do not play around everybody

1505

01:07:14,750 --> 01:07:11,960

on that boat

1506

01:07:17,990 --> 01:07:14,760

downstairs they're already there at The

1507

01:07:24,309 --> 01:07:18,000

Breakfast Table I gotta go up and just

1508

01:07:29,089 --> 01:07:27,289

what are we doing oh everybody everybody

1509

01:07:30,829 --> 01:07:29,099

was like that it was so funny everybody

1510

01:07:32,809 --> 01:07:30,839

was so tired but you know it was so

1511

01:07:35,329 --> 01:07:32,819

exciting and and just to be able to

1512

01:07:37,430 --> 01:07:35,339

complete that whole tour I mean it was

1513

01:07:39,710 --> 01:07:37,440

very strenuous you know we were going up

1514

01:07:41,569 --> 01:07:39,720

at three four o'clock in the morning we

1515

01:07:44,870 --> 01:07:41,579

were going to sleep at 11 12 at night

1516

01:07:47,809 --> 01:07:44,880

you know yep now there are people in the

1517

01:07:49,970 --> 01:07:47,819

chat room uh tonight our friends uh from

1518

01:07:53,329 --> 01:07:49,980

Billy's boot camp that were there on

1519

01:07:54,890 --> 01:07:53,339

that tour and I I guarantee you

1520

01:07:57,049 --> 01:07:54,900

they wouldn't have changed they wouldn't

1521

01:08:01,490 --> 01:07:57,059

change a thing no no no no no no no no

1522

01:08:03,410 --> 01:08:01,500

no no I I yeah yeah we got a lot done

1523

01:08:06,109 --> 01:08:03,420

but I would I wouldn't change it for the

1524

01:08:07,910 --> 01:08:06,119

world it was awesome it was awesome it

1525

01:08:10,309 --> 01:08:07,920

was awesome this time around I'm gonna

1526

01:08:12,349 --> 01:08:10,319

be the old man though I'm going to be

1527

01:08:15,349 --> 01:08:12,359

I'm gonna get a folding chair and I'm

1528

01:08:18,789 --> 01:08:15,359

gonna sit at the bus you guys go

1529

01:08:18,799 --> 01:08:23,470

down and watch you guys

1530

01:08:30,530 --> 01:08:27,349

be uh so much fun okay let's get uh so

1531

01:08:33,769 --> 01:08:30,540

medically again I'm not a doctor but

1532

01:08:36,950 --> 01:08:33,779

help me understand Olivia the process of

1533

01:08:40,490 --> 01:08:36,960

actually what is going on for these

1534

01:08:42,289 --> 01:08:40,500

changes to occur well basically what

1535

01:08:44,510 --> 01:08:42,299

grounding does it drains the

1536

01:08:47,749 --> 01:08:44,520

inflammation out of the body

1537

01:08:49,010 --> 01:08:47,759

and we're all well maybe there's

1538

01:08:51,890 --> 01:08:49,020

somebody out there that doesn't have

1539

01:08:54,050 --> 01:08:51,900

inflammation I don't know but it drains

1540

01:08:56,030 --> 01:08:54,060

the inflammation out of the body and

1541

01:08:59,510 --> 01:08:56,040

once the inflammation starts to drain

1542

01:09:03,669 --> 01:08:59,520

out of the body changes start to happen

1543

01:09:05,209 --> 01:09:03,679

and it's it's really that simple

1544

01:09:15,050 --> 01:09:05,219

now

1545

01:09:18,110 --> 01:09:15,060

grounding that makes me look like this

1546

01:09:19,450 --> 01:09:18,120

but but

1547

01:09:23,450 --> 01:09:19,460

um

1548

01:09:26,209 --> 01:09:23,460

inflammation right people that's like a

1549

01:09:28,309 --> 01:09:26,219

big deal isn't it yeah

1550

01:09:30,530 --> 01:09:28,319

and and like you said the beauty study

1551

01:09:33,289 --> 01:09:30,540

we did I didn't realize how much

1552

01:09:34,729 --> 01:09:33,299

inflammation women had around their nose

1553

01:09:40,970 --> 01:09:34,739

and

1554

01:09:43,430 --> 01:09:40,980

you could see the inflammation that went

1555

01:09:46,729 --> 01:09:43,440

down and we did thermal imaging along

1556

01:09:48,490 --> 01:09:46,739

with it and the inflammation here in the

1557

01:09:52,490 --> 01:09:48,500

eye Pockets right here

1558

01:09:55,669 --> 01:09:52,500

was Major and um around the face right

1559

01:09:58,070 --> 01:09:55,679

here but the nose I I just feel like I

1560

01:10:01,550 --> 01:09:58,080

was so astonished with how much women's

1561

01:10:04,250 --> 01:10:01,560

noses actually shrunk down back to a

1562

01:10:07,970 --> 01:10:04,260

different size and that's a

1563

01:10:10,729 --> 01:10:07,980

um uh I think most would appreciate the

1564

01:10:14,090 --> 01:10:10,739

Cosmetic you know the visual aspect of

1565

01:10:16,610 --> 01:10:14,100

that but it's also a healthier thing to

1566

01:10:19,490 --> 01:10:16,620

have happen isn't it yes it is very

1567

01:10:23,090 --> 01:10:19,500

healthy I had a a woman that um had

1568

01:10:26,149 --> 01:10:23,100

ordered a pillow cover from me and I met

1569

01:10:29,750 --> 01:10:26,159

her along the way and so she ordered one

1570

01:10:33,709 --> 01:10:29,760

and she emailed me and said

1571

01:10:38,950 --> 01:10:33,719

um does this help you to look younger

1572

01:10:42,110 --> 01:10:38,960

and she's like God bless you she's like

1573

01:10:44,090 --> 01:10:42,120

I look and she goes well I look younger

1574

01:10:48,310 --> 01:10:44,100

and I feel younger and I'm calmer but

1575

01:10:53,930 --> 01:10:48,320

she goes the best part is I look younger

1576

01:10:57,590 --> 01:10:53,940

it really does make a big difference

1577

01:10:58,790 --> 01:10:57,600

and if you if you if you feel good about

1578

01:11:01,430 --> 01:10:58,800

yourself

1579

01:11:06,050 --> 01:11:01,440

right it's a whole cyclical thing right

1580

01:11:08,810 --> 01:11:06,060

so you feel better your your mind you

1581

01:11:11,750 --> 01:11:08,820

know you every if you if you're happy

1582

01:11:13,550 --> 01:11:11,760

right everything changes and that all

1583

01:11:16,430 --> 01:11:13,560

affects where you're coming from and

1584

01:11:18,830 --> 01:11:16,440

that has to be the case right yes and it

1585

01:11:20,689 --> 01:11:18,840

increases your energy so like women that

1586

01:11:23,510 --> 01:11:20,699

are stuck in their homes and they're

1587

01:11:26,209 --> 01:11:23,520

depressed and they've got aches and

1588

01:11:28,250 --> 01:11:26,219

pains as soon as they start grounding

1589

01:11:31,010 --> 01:11:28,260

and the inflammation starts to drain out

1590

01:11:33,110 --> 01:11:31,020

of their body you see them maybe they

1591

01:11:36,169 --> 01:11:33,120

weren't out walking they weren't doing

1592

01:11:39,350 --> 01:11:36,179

they weren't having purpose and so they

1593

01:11:41,990 --> 01:11:39,360

start to come back alive and it's just

1594

01:11:43,729 --> 01:11:42,000

kind of like a rose that is kind of

1595

01:11:47,990 --> 01:11:43,739

shriveled up and then they start to open

1596

01:11:50,030 --> 01:11:48,000

back up because they feel so much better

1597

01:11:54,470 --> 01:11:50,040

they're sleeping

1598

01:11:56,270 --> 01:11:54,480

they're able to rest in in a different

1599

01:11:59,510 --> 01:11:56,280

type of rest not just where you're

1600

01:12:02,030 --> 01:11:59,520

asleep but where your body is at rest

1601
01:12:05,870 --> 01:12:02,040
and your mind is at rest

1602
01:12:08,750 --> 01:12:05,880
and you become a whole different human

1603
01:12:11,209 --> 01:12:08,760
being because you are calmer and you

1604
01:12:13,630 --> 01:12:11,219
have and you do have more energy and you

1605
01:12:15,830 --> 01:12:13,640
just feel better about yourself

1606
01:12:18,530 --> 01:12:15,840
well let's talk about sleep real quick

1607
01:12:20,209 --> 01:12:18,540
because that's that's so so very

1608
01:12:22,189 --> 01:12:20,219
important when it comes to grounding and

1609
01:12:24,830 --> 01:12:22,199
I believe it's one of the main reasons

1610
01:12:27,530 --> 01:12:24,840
why people make such drastic differences

1611
01:12:29,149 --> 01:12:27,540
after they start grounding because a lot

1612
01:12:31,490 --> 01:12:29,159
of us we just don't get in great states

1613
01:12:34,430 --> 01:12:31,500

of sleep anymore these days it's almost

1614

01:12:36,229 --> 01:12:34,440

impossible I mean like I said earlier so

1615

01:12:38,149 --> 01:12:36,239

much stimulus our brains are always go

1616

01:12:40,550 --> 01:12:38,159

go going right so it's hard to shut them

1617

01:12:42,410 --> 01:12:40,560

off so really people are just passing

1618

01:12:44,330 --> 01:12:42,420

out at night and not just getting so

1619

01:12:47,450 --> 01:12:44,340

there's three different stages of sleep

1620

01:12:50,090 --> 01:12:47,460

that you need to get for your body to

1621

01:12:52,790 --> 01:12:50,100

really really recover and that's light

1622

01:12:55,610 --> 01:12:52,800

sleep deep sleep and then REM sleep

1623

01:12:57,530 --> 01:12:55,620

right rapid eye movements so these three

1624

01:13:00,830 --> 01:12:57,540

stages of sleep provide different things

1625

01:13:03,530 --> 01:13:00,840

for the body during each stage so deep

1626
01:13:05,630 --> 01:13:03,540
sleep it helps your body detox right to

1627
01:13:08,090 --> 01:13:05,640
help short your body you literally like

1628
01:13:10,910 --> 01:13:08,100
detoxing your physical body when you're

1629
01:13:13,130 --> 01:13:10,920
in that deep state of sleep REM sleep

1630
01:13:15,530 --> 01:13:13,140
REM sleep is it turns on your glimp

1631
01:13:17,330 --> 01:13:15,540
lymphatic system which is your brain's

1632
01:13:18,709 --> 01:13:17,340
lymphatic system right these little

1633
01:13:20,390 --> 01:13:18,719
these little glial cells that are

1634
01:13:23,330 --> 01:13:20,400
sweeping up all the toxins in your brain

1635
01:13:25,970 --> 01:13:23,340
and detoxing your brain right during REM

1636
01:13:28,310 --> 01:13:25,980
sleep so what grounding is providing you

1637
01:13:31,370 --> 01:13:28,320
is it's providing you all three stages

1638
01:13:34,250 --> 01:13:31,380

of sleep whereas some people may get I

1639

01:13:36,050 --> 01:13:34,260

don't know less of one certain stage of

1640

01:13:37,610 --> 01:13:36,060

sleep at night which will cause all

1641

01:13:39,350 --> 01:13:37,620

types of different physical ailments

1642

01:13:41,870 --> 01:13:39,360

it'll cause brain fog it'll cause

1643

01:13:44,570 --> 01:13:41,880

inflammation now you're not detoxing

1644

01:13:47,090 --> 01:13:44,580

correctly so what grounding does is it

1645

01:13:50,090 --> 01:13:47,100

brings your body back into normality

1646

01:13:51,890 --> 01:13:50,100

right your body can actually go into all

1647

01:13:54,530 --> 01:13:51,900

of these stages of sleep and you're

1648

01:13:56,689 --> 01:13:54,540

fully recovered the next day I mean it's

1649

01:13:58,490 --> 01:13:56,699

magic you know like really it's not

1650

01:14:01,189 --> 01:13:58,500

magic it's really just what our bodies

1651
01:14:04,750 --> 01:14:01,199
are supposed to do naturally so but and

1652
01:14:08,890 --> 01:14:04,760
you don't wake up craving carbs right

1653
01:14:13,970 --> 01:14:12,169
very interesting comment

1654
01:14:18,590 --> 01:14:13,980
um Olivia yeah

1655
01:14:21,169 --> 01:14:18,600
we have uh can we talk about okay I I

1656
01:14:23,810 --> 01:14:21,179
kind of want to stay on sleep because of

1657
01:14:26,149 --> 01:14:23,820
the dreaming aspect of it

1658
01:14:28,130 --> 01:14:26,159
um it has

1659
01:14:31,189 --> 01:14:28,140
um it's something that I look forward to

1660
01:14:32,810 --> 01:14:31,199
I've always loved dreaming right and

1661
01:14:34,669 --> 01:14:32,820
I've always felt that I have been able

1662
01:14:37,490 --> 01:14:34,679
to control my dreams I've talked to a

1663
01:14:39,530 --> 01:14:37,500

lot of dream experts about this and I

1664

01:14:41,810 --> 01:14:39,540

haven't read books on how to do it or

1665

01:14:44,030 --> 01:14:41,820

any of that something that I've I did

1666

01:14:47,930 --> 01:14:44,040

this since I was a kid

1667

01:14:50,890 --> 01:14:47,940

um and I enjoy the art of the dream

1668

01:14:54,890 --> 01:14:50,900

I think it's extraordinary and I believe

1669

01:14:57,229 --> 01:14:54,900

that uh when you sleep

1670

01:14:59,390 --> 01:14:57,239

you are actually accessing another

1671

01:15:02,390 --> 01:14:59,400

dimension I think you're experiencing

1672

01:15:05,810 --> 01:15:02,400

that I think you are truly experiencing

1673

01:15:08,630 --> 01:15:05,820

another world another reality and dang

1674

01:15:13,010 --> 01:15:08,640

it I like to go there okay I like to

1675

01:15:14,450 --> 01:15:13,020

enjoy it but if you have if you have

1676

01:15:17,090 --> 01:15:14,460

issues

1677

01:15:18,770 --> 01:15:17,100

with your stomach with your muscles with

1678

01:15:22,689 --> 01:15:18,780

your skeletal you know something

1679

01:15:27,290 --> 01:15:22,699

irritating and and coupled with

1680

01:15:31,090 --> 01:15:27,300

uh a crazy day a crazy family life your

1681

01:15:35,630 --> 01:15:31,100

boss sucks whatever it is and your your

1682

01:15:39,110 --> 01:15:35,640

thinking it's hard to go to sleep right

1683

01:15:40,450 --> 01:15:39,120

it's hard to get there and now I get

1684

01:15:43,910 --> 01:15:40,460

there

1685

01:15:47,450 --> 01:15:43,920

like instant I have to fight not falling

1686

01:15:50,270 --> 01:15:47,460

asleep right I have to try to stay awake

1687

01:15:53,390 --> 01:15:50,280

to watch this movie because I'm grounded

1688

01:15:56,030 --> 01:15:53,400

I'm in bed I'm good to go

1689

01:15:59,270 --> 01:15:56,040

um and I fall asleep instantly if I

1690

01:16:01,570 --> 01:15:59,280

close my eyes I'm gone and I wake up in

1691

01:16:04,149 --> 01:16:01,580

the morning with the most

1692

01:16:08,090 --> 01:16:04,159

relaxing vivid

1693

01:16:10,070 --> 01:16:08,100

dreams experience and that all is part

1694

01:16:12,229 --> 01:16:10,080

of grounding and I haven't enjoyed it

1695

01:16:14,810 --> 01:16:12,239

like this since I was a kid it's amazing

1696

01:16:20,030 --> 01:16:18,169

yeah it is it is I'm sorry I love

1697

01:16:22,669 --> 01:16:20,040

dreaming so I mean I really do think

1698

01:16:24,709 --> 01:16:22,679

that it is it will okay so your brain

1699

01:16:26,930 --> 01:16:24,719

your brain whatever your brain feels and

1700

01:16:29,450 --> 01:16:26,940

sees is what's real in this Dimension

1701
01:16:31,729 --> 01:16:29,460
right so when you're sleeping and your

1702
01:16:33,229 --> 01:16:31,739
brain is seen going through things I

1703
01:16:34,729 --> 01:16:33,239
mean REM sleep the only reason why

1704
01:16:36,470 --> 01:16:34,739
you're not actually moving your physical

1705
01:16:39,110 --> 01:16:36,480
body is not moving along with the dream

1706
01:16:40,850 --> 01:16:39,120
is because your REM sleep it paralyzes

1707
01:16:42,770 --> 01:16:40,860
your body so it's impossible for you to

1708
01:16:45,649 --> 01:16:42,780
move when you do dream which is actually

1709
01:16:47,390 --> 01:16:45,659
a safety precaution right so but I mean

1710
01:16:49,669 --> 01:16:47,400
you're you are you're accessing these

1711
01:16:52,610 --> 01:16:49,679
different places and even in in dream

1712
01:16:54,649 --> 01:16:52,620
state I mean you process a lot of things

1713
01:16:56,510 --> 01:16:54,659

that you don't normally consciously

1714

01:16:58,610 --> 01:16:56,520

process so your subconscious is

1715

01:17:01,070 --> 01:16:58,620

processing things all the time during

1716

01:17:03,830 --> 01:17:01,080

dreams so you know there was a period of

1717

01:17:06,350 --> 01:17:03,840

time where I smoked some ganja right and

1718

01:17:08,810 --> 01:17:06,360

I lost my REM sleep and I started

1719

01:17:10,910 --> 01:17:08,820

grounding got my REM sleep back and I've

1720

01:17:13,430 --> 01:17:10,920

noticed that it's just everything in my

1721

01:17:15,229 --> 01:17:13,440

life is is way more plateaued it's like

1722

01:17:17,330 --> 01:17:15,239

my moods aren't all like this anymore

1723

01:17:19,910 --> 01:17:17,340

and it's just I feel way more stable

1724

01:17:22,310 --> 01:17:19,920

because you gotta think about how much

1725

01:17:24,290 --> 01:17:22,320

your brain takes in on a day basis you

1726
01:17:25,610 --> 01:17:24,300
have to process everything all the time

1727
01:17:27,470 --> 01:17:25,620
your brain does that you don't

1728
01:17:30,050 --> 01:17:27,480
consciously do it but your brain

1729
01:17:32,270 --> 01:17:30,060
processes all the stimulus right so

1730
01:17:33,830 --> 01:17:32,280
subconsciously you still have more

1731
01:17:36,709 --> 01:17:33,840
processing to do so if you're not

1732
01:17:38,870 --> 01:17:36,719
getting the REM sleep I mean it's not

1733
01:17:40,910 --> 01:17:38,880
good it's not good for your body Lily

1734
01:17:44,030 --> 01:17:40,920
and I were talking about this exact

1735
01:17:46,610 --> 01:17:44,040
subject before the show really about

1736
01:17:49,610 --> 01:17:46,620
being level and balanced and you know

1737
01:17:53,209 --> 01:17:49,620
and where you're just not you're not

1738
01:17:56,330 --> 01:17:53,219

going to those extremes of emotion check

1739

01:17:57,350 --> 01:17:56,340

this out this uh just I I mean you guys

1740

01:18:00,410 --> 01:17:57,360

are gonna laugh I want to share this

1741

01:18:03,590 --> 01:18:00,420

comment with you Johnny's Freeman gotta

1742

01:18:06,310 --> 01:18:03,600

just charge that static build up or weed

1743

01:18:10,250 --> 01:18:06,320

child

1744

01:18:12,169 --> 01:18:10,260

that is really well said yeah exactly

1745

01:18:15,709 --> 01:18:12,179

what it is that's exactly what it is

1746

01:18:19,669 --> 01:18:15,719

it's totally it's totally perfect and

1747

01:18:22,390 --> 01:18:19,679

um one thing as the balance what I catch

1748

01:18:25,070 --> 01:18:22,400

myself into since I've been grounding

1749

01:18:29,510 --> 01:18:25,080

when I have a thought

1750

01:18:32,570 --> 01:18:29,520

and I think about why I had that thought

1751

01:18:35,209 --> 01:18:32,580

and it could be a thought that I've had

1752

01:18:37,550 --> 01:18:35,219

for years and finally I'll be all okay

1753

01:18:39,530 --> 01:18:37,560

I'm over with that thought if that makes

1754

01:18:42,530 --> 01:18:39,540

sense because

1755

01:18:44,390 --> 01:18:42,540

we have all of this these thoughts that

1756

01:18:46,910 --> 01:18:44,400

come through our head throughout the day

1757

01:18:49,970 --> 01:18:46,920

and sometimes it's the same thought

1758

01:18:50,870 --> 01:18:49,980

that's been going on forever but when

1759

01:18:54,050 --> 01:18:50,880

you

1760

01:18:55,810 --> 01:18:54,060

stop and think why am I having this

1761

01:19:00,410 --> 01:18:55,820

thought and kind of clarify with it

1762

01:19:03,649 --> 01:19:00,420

grounding for me mentally has been huge

1763

01:19:07,550 --> 01:19:03,659

for my mind and to

1764

01:19:10,850 --> 01:19:07,560

take control of what's going on up here

1765

01:19:13,250 --> 01:19:10,860

and um I

1766

01:19:15,110 --> 01:19:13,260

I notice that a lot because I could be

1767

01:19:16,669 --> 01:19:15,120

driving in them for some reason some

1768

01:19:19,189 --> 01:19:16,679

crazy thought comes through my mind I'm

1769

01:19:20,810 --> 01:19:19,199

like okay why did that happen so if we

1770

01:19:22,370 --> 01:19:20,820

can become more conscious of what we're

1771

01:19:24,290 --> 01:19:22,380

thinking in these thoughts that are

1772

01:19:27,470 --> 01:19:24,300

coming through I really do feel that

1773

01:19:30,470 --> 01:19:27,480

grounding helps to calm it all down to

1774

01:19:33,709 --> 01:19:30,480

relax the mind and to make you think

1775

01:19:36,070 --> 01:19:33,719

about what's going on up here and I

1776

01:19:39,410 --> 01:19:36,080

really give kudos to that pillow cover

1777

01:19:42,050 --> 01:19:39,420

yeah you're right about that I I if

1778

01:19:43,669 --> 01:19:42,060

Olivia said earlier she goes you know

1779

01:19:49,270 --> 01:19:43,679

I'm here I'm patched here I'm patched

1780

01:19:55,790 --> 01:19:51,470

pillowcase and this and that and I'm I'm

1781

01:19:59,990 --> 01:19:55,800

all I'm all she is 100 right I'm all

1782

01:20:02,750 --> 01:20:00,000

about that I am fully grounded you know

1783

01:20:05,149 --> 01:20:02,760

and uh I I

1784

01:20:07,550 --> 01:20:05,159

um I'm gonna admit this now in the show

1785

01:20:12,310 --> 01:20:07,560

I

1786

01:20:15,310 --> 01:20:12,320

Adidas shoes

1787

01:20:19,270 --> 01:20:15,320

okay

1788

01:20:22,149 --> 01:20:19,280

that's like wearing them in Egypt

1789

01:20:25,910 --> 01:20:22,159

away you remember that I had to remember

1790

01:20:27,590 --> 01:20:25,920

uh uh I forget his name he lost his

1791

01:20:29,689 --> 01:20:27,600

luggage he didn't have any shoes or

1792

01:20:31,750 --> 01:20:29,699

something yeah yeah yeah so I gave him

1793

01:20:35,750 --> 01:20:31,760

the shoes off my feet

1794

01:20:39,350 --> 01:20:35,760

yeah I sure did my favorite pair too but

1795

01:20:41,510 --> 01:20:39,360

but I like a deep look look look

1796

01:20:46,310 --> 01:20:41,520

okay

1797

01:20:49,130 --> 01:20:46,320

so uh but I need to combat that I can't

1798

01:20:51,229 --> 01:20:49,140

go barefoot to the store I went to the

1799

01:20:53,270 --> 01:20:51,239

store today right I can't you can't do

1800

01:20:54,770 --> 01:20:53,280

that you can't I don't like driving in

1801

01:20:58,970 --> 01:20:54,780

bare feet

1802

01:21:01,310 --> 01:20:58,980

um so you need to counteract that

1803

01:21:03,669 --> 01:21:01,320

um uh I like I like tennis shoes but

1804

01:21:08,209 --> 01:21:03,679

tennis shoes unground you

1805

01:21:10,250 --> 01:21:08,219

they do they have ground you as much as

1806

01:21:12,290 --> 01:21:10,260

I enjoy wearing them they are

1807

01:21:16,729 --> 01:21:12,300

disconnecting me from from Mother Earth

1808

01:21:17,570 --> 01:21:16,739

so I have to ground right I have to I

1809

01:21:19,370 --> 01:21:17,580

have

1810

01:21:21,950 --> 01:21:19,380

um that's such an important point it's

1811

01:21:24,590 --> 01:21:21,960

the same thing with women's shoes too or

1812

01:21:27,169 --> 01:21:24,600

running shoes right right Elizabeth yeah

1813

01:21:28,930 --> 01:21:27,179

yeah anything anything rubber I mean the

1814

01:21:31,310 --> 01:21:28,940

shoes that they make anything synthetic

1815

01:21:34,669 --> 01:21:31,320

disconnects us from the earth and is not

1816

01:21:36,850 --> 01:21:34,679

non-conductive so I actually he I got my

1817

01:21:39,410 --> 01:21:36,860

son and I a while back some moccasins

1818

01:21:41,870 --> 01:21:39,420

but listen to this story

1819

01:21:44,030 --> 01:21:41,880

um so I'm not a runner I will die if I

1820

01:21:46,189 --> 01:21:44,040

try to run 10 feet okay because I like I

1821

01:21:48,290 --> 01:21:46,199

said I was a 20-year smoker and I could

1822

01:21:51,050 --> 01:21:48,300

not not ever cardio is not my thing I'm

1823

01:21:53,450 --> 01:21:51,060

a heavy lifter I'm just not cardio is

1824

01:21:55,070 --> 01:21:53,460

just not my thing so my son and I we

1825

01:21:56,689 --> 01:21:55,080

love to hike through the woods and climb

1826
01:21:59,270 --> 01:21:56,699
mountains and go to the dunes and all

1827
01:22:02,570 --> 01:21:59,280
that stuff and I'm like I wonder if I

1828
01:22:05,209 --> 01:22:02,580
wear these moccasins today if I'll feel

1829
01:22:07,669 --> 01:22:05,219
different right we're hiking through the

1830
01:22:10,189 --> 01:22:07,679
woods and I'm like hmm what if I start

1831
01:22:12,530 --> 01:22:10,199
jogging and so I start jogging I'm like

1832
01:22:14,390 --> 01:22:12,540
I'm not getting out of breath at all let

1833
01:22:18,729 --> 01:22:14,400
me start running right as I start

1834
01:22:18,739 --> 01:22:23,770
you got video I want to see the video

1835
01:22:27,410 --> 01:22:26,149
we're running on our moccasins through

1836
01:22:30,110 --> 01:22:27,420
the woods

1837
01:22:31,910 --> 01:22:30,120
like this is amazing I think I went like

1838
01:22:33,530 --> 01:22:31,920

a mile I'm not even lying I'm like this

1839

01:22:37,310 --> 01:22:33,540

is the farthest I've ever ran in my life

1840

01:22:40,550 --> 01:22:37,320

crazy it's a good story Elizabeth stick

1841

01:22:41,870 --> 01:22:40,560

to it okay don't change it hey can I ask

1842

01:22:44,149 --> 01:22:41,880

you this though

1843

01:22:45,850 --> 01:22:44,159

um did I see

1844

01:22:49,310 --> 01:22:45,860

slipper uh

1845

01:22:51,169 --> 01:22:49,320

flip-flops yes we have um grounding

1846

01:22:53,209 --> 01:22:51,179

flip-flops and

1847

01:22:58,310 --> 01:22:53,219

um we are just coming out with these

1848

01:23:00,470 --> 01:22:58,320

slides oh man there they are yeah um and

1849

01:23:04,550 --> 01:23:00,480

they're fully grounded this is

1850

01:23:17,169 --> 01:23:04,560

um the last prototype oh man and

1851

01:23:23,030 --> 01:23:20,149

Earth effect

1852

01:23:25,850 --> 01:23:23,040

um website and get some now I have it

1853

01:23:28,010 --> 01:23:25,860

right here hold on for a second I know

1854

01:23:30,229 --> 01:23:28,020

I'm not crazy there they are right there

1855

01:23:32,450 --> 01:23:30,239

they're called grounders grounders yeah

1856

01:23:35,030 --> 01:23:32,460

I you got the grounders Jimmy

1857

01:23:36,950 --> 01:23:35,040

um I want those slides I need to order

1858

01:23:39,470 --> 01:23:36,960

those when are those Gonna Be Ready

1859

01:23:41,570 --> 01:23:39,480

um right they'll um

1860

01:23:44,750 --> 01:23:41,580

this is the last prototype so they

1861

01:23:47,330 --> 01:23:44,760

should be ready in um I just got the

1862

01:23:49,130 --> 01:23:47,340

last prototype today and

1863

01:23:50,630 --> 01:23:49,140

um they I believe they should be here oh

1864

01:23:52,610 --> 01:23:50,640

I was going to say April but April's

1865

01:23:55,130 --> 01:23:52,620

almost here I'll find out Elizabeth I'll

1866

01:23:58,130 --> 01:23:55,140

send you a pair no worries okay what

1867

01:24:01,090 --> 01:23:58,140

about you wait wait Elizabeth did you

1868

01:24:04,149 --> 01:24:01,100

gift me some grounders yeah

1869

01:24:07,610 --> 01:24:04,159

Olivia yes yes

1870

01:24:09,830 --> 01:24:07,620

I'll have to look I'll have to look

1871

01:24:12,890 --> 01:24:09,840

um I didn't dig deep enough into the

1872

01:24:15,169 --> 01:24:12,900

gift bag I guess if you don't have a

1873

01:24:18,050 --> 01:24:15,179

pair let me know and I'll um send you

1874

01:24:19,729 --> 01:24:18,060

out a pair not a problem I I want these

1875

01:24:21,950 --> 01:24:19,739

and

1876

01:24:24,350 --> 01:24:21,960

um here hold on let me pull this up

1877

01:24:26,689 --> 01:24:24,360

there they are grounders flip-flops okay

1878

01:24:27,590 --> 01:24:26,699

so everybody I'm gonna put this link in

1879

01:24:30,709 --> 01:24:27,600

here

1880

01:24:31,450 --> 01:24:30,719

this is like one of those late night

1881

01:24:35,960 --> 01:24:31,460

um

1882

01:24:41,330 --> 01:24:38,149

[Music]

1883

01:24:42,950 --> 01:24:41,340

um but uh yeah this is fantastic I see I

1884

01:24:46,490 --> 01:24:42,960

didn't even know I'm gonna pop this up

1885

01:24:48,830 --> 01:24:46,500

in the chat so everybody can see I saw

1886

01:24:51,229 --> 01:24:48,840

these and now it turns out I may have a

1887

01:24:54,850 --> 01:24:51,239

pair I'll let you know

1888

01:25:00,649 --> 01:24:57,590

you need to have those that's just

1889

01:25:05,750 --> 01:25:00,659

amazing so cool so cool

1890

01:25:09,770 --> 01:25:05,760

um what is what is next uh for so you've

1891

01:25:13,310 --> 01:25:09,780

got uh the flip-flops uh the sliders

1892

01:25:16,130 --> 01:25:13,320

um what else uh is is coming down the uh

1893

01:25:20,030 --> 01:25:16,140

pipeline well we're making the running

1894

01:25:21,649 --> 01:25:20,040

shoe and um we are working on another

1895

01:25:26,149 --> 01:25:21,659

um product

1896

01:25:28,130 --> 01:25:26,159

for for sleep and um I don't I'm still

1897

01:25:30,169 --> 01:25:28,140

just testing it out so I don't have all

1898

01:25:32,630 --> 01:25:30,179

the details on it quite yet but I'm

1899

01:25:35,870 --> 01:25:32,640

testing it and we'll see how it works

1900

01:25:36,950 --> 01:25:35,880

but anything that we do

1901

01:25:39,229 --> 01:25:36,960

um

1902

01:25:41,990 --> 01:25:39,239

produce will be on the mother earth

1903

01:25:43,270 --> 01:25:42,000

effect website and

1904

01:25:46,370 --> 01:25:43,280

um

1905

01:25:49,130 --> 01:25:46,380

these slides that I showed you I feel

1906

01:25:52,430 --> 01:25:49,140

are just going to be phenomenal I ran in

1907

01:25:54,229 --> 01:25:52,440

them I've I've walked my dog in them in

1908

01:25:56,689 --> 01:25:54,239

the and I mean I've been testing them

1909

01:26:00,649 --> 01:25:56,699

for I guess about

1910

01:26:02,390 --> 01:26:00,659

a year this particular shoe and for some

1911

01:26:05,330 --> 01:26:02,400

women that need a little more stability

1912

01:26:07,850 --> 01:26:05,340

than just the flip-flop it's a perfect

1913

01:26:09,169 --> 01:26:07,860

shoe however and these shoes were made

1914

01:26:12,290 --> 01:26:09,179

because some women don't want to walk

1915

01:26:15,590 --> 01:26:12,300

Barefoot because of um fertilizer or

1916

01:26:17,629 --> 01:26:15,600

poop on the from dogs whatever it is so

1917

01:26:20,030 --> 01:26:17,639

this is very user friendly for them to

1918

01:26:23,350 --> 01:26:20,040

put these on and get outside and start

1919

01:26:27,110 --> 01:26:23,360

walking and you basically your barefoot

1920

01:26:30,590 --> 01:26:27,120

you know I want both of your reactions

1921

01:26:34,370 --> 01:26:30,600

uh to this next question because we all

1922

01:26:36,050 --> 01:26:34,380

know that there are uh people that are

1923

01:26:37,370 --> 01:26:36,060

going to see this show we're listening

1924

01:26:39,290 --> 01:26:37,380

now going

1925

01:26:40,750 --> 01:26:39,300

too good to be true

1926

01:26:43,790 --> 01:26:40,760

too

1927

01:26:46,550 --> 01:26:43,800

good to be true I think it's the same

1928

01:26:50,629 --> 01:26:46,560

thing but they are going to think that

1929

01:26:52,669 --> 01:26:50,639

and and so when you hear somebody say

1930

01:26:54,229 --> 01:26:52,679

that you know oh come on no no no it's

1931

01:27:01,370 --> 01:26:54,239

too good to be true what's your reaction

1932

01:27:07,129 --> 01:27:04,250

when because when I was first grounded

1933

01:27:08,990 --> 01:27:07,139

when Clint asked me to sit down and put

1934

01:27:10,669 --> 01:27:09,000

these patches on the bottom of my feet I

1935

01:27:11,870 --> 01:27:10,679

was at a conference I was busy trying to

1936

01:27:14,090 --> 01:27:11,880

set up

1937

01:27:16,370 --> 01:27:14,100

um I owned a Wellness Center I was like

1938

01:27:19,129 --> 01:27:16,380

I said are you the janitor what what's

1939

01:27:22,070 --> 01:27:19,139

going on with you

1940

01:27:24,290 --> 01:27:22,080

no so he slapped those patches on the

1941

01:27:26,510 --> 01:27:24,300

bottom of my feet and I was like holy

1942

01:27:28,010 --> 01:27:26,520

something's going on here and I felt all

1943

01:27:30,169 --> 01:27:28,020

this tingling

1944

01:27:32,090 --> 01:27:30,179

um but to start off I had purple toes

1945

01:27:33,770 --> 01:27:32,100

and purple fingers because I had um

1946

01:27:35,030 --> 01:27:33,780

issues going on because I was so busy

1947

01:27:38,330 --> 01:27:35,040

being busy

1948

01:27:42,350 --> 01:27:38,340

and um it was just life-changing for me

1949

01:27:44,390 --> 01:27:42,360

and so I he gave me a book to look at

1950

01:27:46,189 --> 01:27:44,400

and some other information so I didn't

1951

01:27:49,310 --> 01:27:46,199

even go to dinner that night with my

1952

01:27:51,050 --> 01:27:49,320

team I sat there and dug through

1953

01:27:54,410 --> 01:27:51,060

everything to figure out what was going

1954

01:27:56,990 --> 01:27:54,420

on so yes it may seem to get to be true

1955

01:27:58,970 --> 01:27:57,000

but just go outside and put your bare

1956

01:28:01,850 --> 01:27:58,980

feet on the earth and you will feel it

1957

01:28:05,450 --> 01:28:01,860

maybe even wet the grass wet the dirt

1958

01:28:10,430 --> 01:28:06,890

Elizabeth

1959

01:28:13,070 --> 01:28:10,440

yeah I mean for me I just I tell people

1960

01:28:14,870 --> 01:28:13,080

I mean nobody around me really believes

1961

01:28:17,930 --> 01:28:14,880

me when I tell them these things so it's

1962

01:28:20,629 --> 01:28:17,940

like I have to just go ground people

1963

01:28:22,550 --> 01:28:20,639

like with Billy he didn't believe me he

1964

01:28:24,410 --> 01:28:22,560

thought I was crazy I didn't care so I

1965

01:28:26,270 --> 01:28:24,420

slap patches on his injured shoulder

1966

01:28:28,310 --> 01:28:26,280

every single night and every single time

1967

01:28:30,410 --> 01:28:28,320

he was working at his desk I just go up

1968

01:28:33,410 --> 01:28:30,420

to him slap a patch on his shoulder and

1969

01:28:36,649 --> 01:28:33,420

literally by the next day the next two

1970

01:28:38,629 --> 01:28:36,659

days he was like wow he's like my

1971

01:28:41,330 --> 01:28:38,639

shoulder I feel I can move my shoulder

1972

01:28:43,729 --> 01:28:41,340

so it's almost immediate you see the

1973

01:28:46,129 --> 01:28:43,739

difference you feel the change I mean my

1974

01:28:49,129 --> 01:28:46,139

mother doesn't believe anything nothing

1975

01:28:51,709 --> 01:28:49,139

that I I speak about this is okay this

1976

01:28:54,410 --> 01:28:51,719

is okay but I took my butt over to her

1977

01:28:56,689 --> 01:28:54,420

house I grounded her entire bed I put a

1978

01:28:59,290 --> 01:28:56,699

pillowcase on her pillow and guess what

1979

01:29:02,510 --> 01:28:59,300

she's had less pain she doesn't you know

1980

01:29:04,370 --> 01:29:02,520

related to to grounding but she doesn't

1981

01:29:06,410 --> 01:29:04,380

wake up with as much pain anymore and I

1982

01:29:08,450 --> 01:29:06,420

can see the difference in her I see it

1983

01:29:09,770 --> 01:29:08,460

I'll also my friends I mean just take a

1984

01:29:12,470 --> 01:29:09,780

patch put it on the palm of your hand

1985

01:29:14,629 --> 01:29:12,480

and see how you feel go outside walk

1986

01:29:16,850 --> 01:29:14,639

Barefoot I mean it's that simple people

1987

01:29:18,410 --> 01:29:16,860

think that when they go on vacation and

1988

01:29:20,570 --> 01:29:18,420

they go on the ocean and they walk on

1989

01:29:23,570 --> 01:29:20,580

the beach oh my vacation was so relaxing

1990

01:29:25,610 --> 01:29:23,580

I feel so grounded I feel so wholesome

1991

01:29:29,330 --> 01:29:25,620

and peaceful I mean why do you think

1992

01:29:31,370 --> 01:29:29,340

that is I mean I I say a lot of it has

1993

01:29:33,050 --> 01:29:31,380

to do with with grounding I mean a lot

1994

01:29:36,010 --> 01:29:33,060

of people spend their days on the beach

1995

01:29:39,649 --> 01:29:36,020

in the wet sand so

1996

01:29:42,470 --> 01:29:39,659

why do you think Surfers are so cool so

1997

01:29:46,129 --> 01:29:42,480

yeah here I met your mom by the way

1998

01:29:47,689 --> 01:29:46,139

Olivia you meet Elizabeth's Mom you can

1999

01:29:51,010 --> 01:29:47,699

see what's happening she doesn't play

2000

01:29:53,510 --> 01:29:51,020

around she's real cool I had dinner

2001

01:29:55,070 --> 01:29:53,520

remember that

2002

01:29:57,470 --> 01:29:55,080

yeah trying to think where that was oh

2003

01:29:59,030 --> 01:29:57,480

it doesn't matter right it was in

2004

01:30:03,530 --> 01:29:59,040

Detroit

2005

01:30:07,189 --> 01:30:03,540

um uh the the other part uh to this

2006

01:30:10,729 --> 01:30:07,199

though is when we talk about the the

2007

01:30:13,570 --> 01:30:10,739

success of of grounding and if you are

2008

01:30:17,629 --> 01:30:13,580

going to tell you know share somebody

2009

01:30:20,870 --> 01:30:17,639

your own personal experience for me I

2010

01:30:24,649 --> 01:30:20,880

think it's it's the amazing sleep and

2011

01:30:26,149 --> 01:30:24,659

it's the uh the dreams that's what I

2012

01:30:28,910 --> 01:30:26,159

really because that's my personal

2013

01:30:31,790 --> 01:30:28,920

experience Elizabeth what's the one

2014

01:30:35,330 --> 01:30:31,800

thing that you want to to have people

2015

01:30:38,330 --> 01:30:35,340

know about your own personal experience

2016

01:30:40,070 --> 01:30:38,340

um well it's two things it's the the

2017

01:30:42,050 --> 01:30:40,080

pain I don't have any pain in my body

2018

01:30:43,550 --> 01:30:42,060

anymore when I wake up I mean I

2019

01:30:45,470 --> 01:30:43,560

literally used to wake up in a lot of

2020

01:30:48,590 --> 01:30:45,480

pain my lower back would kill me all the

2021

01:30:51,050 --> 01:30:48,600

time so no pain zero pain when I get up

2022

01:30:53,450 --> 01:30:51,060

and um the other thing is breath my

2023

01:30:55,310 --> 01:30:53,460

breath has changed I breathe way deeper

2024

01:30:57,649 --> 01:30:55,320

and that alone has changed my whole life

2025

01:30:59,390 --> 01:30:57,659

so Olivia

2026

01:31:04,189 --> 01:30:59,400

it woke me up

2027

01:31:09,410 --> 01:31:04,199

it literally woke me up to see that

2028

01:31:10,010 --> 01:31:09,420

there was a bigger life for myself it

2029

01:31:12,530 --> 01:31:10,020

um

2030

01:31:13,850 --> 01:31:12,540

for me it was more I was became more

2031

01:31:15,350 --> 01:31:13,860

conscious

2032

01:31:19,189 --> 01:31:15,360

and

2033

01:31:22,490 --> 01:31:19,199

um it literally changed my life

2034

01:31:24,890 --> 01:31:22,500

and I feel like I was sleepwalking for

2035

01:31:28,490 --> 01:31:24,900

quite some time yeah I felt the same

2036

01:31:30,110 --> 01:31:28,500

thing Olivia I did I found myself nearly

2037

01:31:34,189 --> 01:31:30,120

immediately

2038

01:31:37,430 --> 01:31:34,199

like think making plans for the day like

2039

01:31:40,790 --> 01:31:37,440

organizing my head before I was kind of

2040

01:31:43,310 --> 01:31:40,800

lazy in that fog right and just kind of

2041

01:31:47,090 --> 01:31:43,320

got through it

2042

01:31:49,250 --> 01:31:47,100

you know but but no I found myself

2043

01:31:50,410 --> 01:31:49,260

completely organized I think that's part

2044

01:31:53,169 --> 01:31:50,420

of a

2045

01:31:55,689 --> 01:31:53,179

Elizabeth's secret too as well because

2046

01:31:59,390 --> 01:31:55,699

he's got so many things going on

2047

01:32:01,450 --> 01:31:59,400

complicating my life when when I don't

2048

01:32:03,890 --> 01:32:01,460

need it again

2049

01:32:05,990 --> 01:32:03,900

there's only one way you can get through

2050

01:32:12,530 --> 01:32:06,000

all of that and that is a clear thought

2051

01:32:20,689 --> 01:32:16,790

is on lockdown and the day I I was

2052

01:32:23,330 --> 01:32:20,699

grounded that day at that conference

2053

01:32:25,010 --> 01:32:23,340

my heart opened up yeah yeah it's so

2054

01:32:28,189 --> 01:32:25,020

much fun to do

2055

01:32:30,530 --> 01:32:28,199

um okay can I ask you guys okay again

2056

01:32:33,410 --> 01:32:30,540

I'm not dispensing with medical advice

2057

01:32:37,250 --> 01:32:33,420

but I'm going to ask

2058

01:32:40,090 --> 01:32:37,260

um a lot of uh people complain about

2059

01:32:42,530 --> 01:32:40,100

like sciatic nerves

2060

01:32:43,629 --> 01:32:42,540

and you know they got a pain in their

2061

01:32:47,689 --> 01:32:43,639

ass

2062

01:32:50,570 --> 01:32:47,699

they got this is this something can can

2063

01:32:52,850 --> 01:32:50,580

you put a patch on your on on your ass

2064

01:32:55,070 --> 01:32:52,860

before you go to bed and will will it

2065

01:32:58,070 --> 01:32:55,080

helps something like that

2066

01:33:00,110 --> 01:32:58,080

it will you can put it on your foot and

2067

01:33:03,709 --> 01:33:00,120

you if you want to put it on on your ass

2068

01:33:08,180 --> 01:33:03,719

you can but if I put it on K1 it will

2069

01:33:08,570 --> 01:33:08,190

help yeah and um plantar fasciitis

2070

01:33:13,310 --> 01:33:08,580

[Music]

2071

01:33:20,030 --> 01:33:16,490

but um yeah I I know about

2072

01:33:22,390 --> 01:33:20,040

um because I drive a lot so I know about

2073

01:33:25,970 --> 01:33:22,400

that sciatic nerve over there

2074

01:33:29,450 --> 01:33:25,980

because like I I just drive hours and

2075

01:33:32,209 --> 01:33:29,460

hours and um just get to my place and

2076

01:33:36,169 --> 01:33:32,219

put a patch on and I'm good to go yeah

2077

01:33:37,729 --> 01:33:36,179

no chiropractor nothing just right

2078

01:33:39,590 --> 01:33:37,739

uh what do you think about that Olivia

2079

01:33:42,470 --> 01:33:39,600

patch on the butt

2080

01:33:46,189 --> 01:33:42,480

I think if you can sleep that way then

2081

01:33:47,470 --> 01:33:46,199

get it on you know I I keep calling I'm

2082

01:33:55,129 --> 01:33:47,480

talking

2083

01:33:56,709 --> 01:33:55,139

so Elizabeth what do you think patch on

2084

01:33:59,570 --> 01:33:56,719

the butt

2085

01:34:02,030 --> 01:33:59,580

yeah apple patches if I could cover my

2086

01:34:04,970 --> 01:34:02,040

entire body into a patch I roll my whole

2087

01:34:06,709 --> 01:34:04,980

body into a patch if I could but no I

2088

01:34:08,570 --> 01:34:06,719

used to have problems with my lower back

2089

01:34:10,910 --> 01:34:08,580

with my sciatic nerve I used to because

2090

01:34:13,490 --> 01:34:10,920

I was a chef after the whole gymnastics

2091

01:34:15,709 --> 01:34:13,500

thing and so I would have to stay up on

2092

01:34:17,689 --> 01:34:15,719

my feet for literally eight to 12 hours

2093

01:34:20,209 --> 01:34:17,699

a day like non-stop we weren't allowed

2094

01:34:22,129 --> 01:34:20,219

to sit so I had pain shooting down my

2095

01:34:24,350 --> 01:34:22,139

legs I mean my legs would go numb

2096

01:34:25,729 --> 01:34:24,360

because it would be so painful right so

2097

01:34:27,470 --> 01:34:25,739

I mean like I said I don't have back

2098

01:34:30,010 --> 01:34:27,480

pain anymore I don't have it it's not

2099

01:34:33,290 --> 01:34:30,020

there it's non-existent so all right

2100

01:34:36,530 --> 01:34:33,300

that's all grounding all grounding and

2101

01:34:40,610 --> 01:34:36,540

what about uh and I'm asking

2102

01:34:42,550 --> 01:34:40,620

um location matter I under this makes

2103

01:34:43,729 --> 01:34:42,560

sense right the lungs

2104

01:34:47,570 --> 01:34:43,739

[Music]

2105

01:34:49,850 --> 01:34:47,580

um what always made sense to me is like

2106

01:34:51,709 --> 01:34:49,860

the the bottom of the feet or the feet

2107

01:34:53,990 --> 01:34:51,719

because that's just connected to your

2108

01:34:56,870 --> 01:34:54,000

whole body right left and right and that

2109

01:35:00,770 --> 01:34:56,880

made a lot of sense but what about the

2110

01:35:03,350 --> 01:35:00,780

backs of the shoulders or the neck or uh

2111

01:35:04,669 --> 01:35:03,360

location for something specific does

2112

01:35:07,430 --> 01:35:04,679

that matter

2113

01:35:09,590 --> 01:35:07,440

you can put it on the location you can

2114

01:35:11,390 --> 01:35:09,600

definitely put it on the location or you

2115

01:35:13,310 --> 01:35:11,400

can put it the way we talked about it

2116

01:35:14,990 --> 01:35:13,320

but you can put it on the location and

2117

01:35:18,530 --> 01:35:15,000

sometimes people feel better that way

2118

01:35:20,510 --> 01:35:18,540

they feel because it is going to work

2119

01:35:22,490 --> 01:35:20,520

there and

2120

01:35:25,910 --> 01:35:22,500

um I have somebody that is going through

2121

01:35:28,010 --> 01:35:25,920

some um neck pain and

2122

01:35:31,490 --> 01:35:28,020

um so he was putting it on his neck and

2123

01:35:32,750 --> 01:35:31,500

it made him feel better and so you can

2124

01:35:34,669 --> 01:35:32,760

put them wherever you need like

2125

01:35:36,669 --> 01:35:34,679

Elizabeth says she sleeps with quite a

2126

01:35:39,950 --> 01:35:36,679

few on so

2127

01:35:41,390 --> 01:35:39,960

if you can pat yourself up that way and

2128

01:35:43,310 --> 01:35:41,400

just get all the spots and get it

2129

01:35:46,310 --> 01:35:43,320

handled

2130

01:35:48,590 --> 01:35:46,320

do it Here's my thought process on that

2131

01:35:50,629 --> 01:35:48,600

because I mean if you put it on the

2132

01:35:52,129 --> 01:35:50,639

bottoms of your feet your your meridians

2133

01:35:55,610 --> 01:35:52,139

run all through your body right from

2134

01:35:57,649 --> 01:35:55,620

your K1 spot so it's great so that patch

2135

01:35:59,510 --> 01:35:57,659

it floods that area with a bunch of

2136

01:36:02,090 --> 01:35:59,520

electrons so picture just a flood of

2137

01:36:04,430 --> 01:36:02,100

electrons whoosh going in right so I'm

2138

01:36:07,250 --> 01:36:04,440

picturing now mind me don't I'm not a

2139

01:36:08,689 --> 01:36:07,260

doctor I'm not so this is my thought

2140

01:36:11,030 --> 01:36:08,699

process on this and it makes logical

2141

01:36:12,530 --> 01:36:11,040

sense so when the electrons are

2142

01:36:14,030 --> 01:36:12,540

traveling up through your meridians

2143

01:36:15,830 --> 01:36:14,040

right and you have an issue let's say in

2144

01:36:17,510 --> 01:36:15,840

your ankle let's say you have an issue

2145

01:36:18,950 --> 01:36:17,520

in your knee let's say you have an issue

2146

01:36:21,410 --> 01:36:18,960

in your thigh and your muscle there

2147

01:36:23,510 --> 01:36:21,420

you're losing electrons on the way up

2148

01:36:25,490 --> 01:36:23,520

right on the travel upwards from the

2149

01:36:27,169 --> 01:36:25,500

bottom of your foot which is why I love

2150

01:36:29,510 --> 01:36:27,179

to put the patches sometimes on places

2151
01:36:31,310 --> 01:36:29,520
where I'm injured or I may have some

2152
01:36:34,370 --> 01:36:31,320
pain because it floods that specific

2153
01:36:37,010 --> 01:36:34,380
area with electrons so instead of

2154
01:36:38,810 --> 01:36:37,020
getting not as many electrons from the

2155
01:36:40,370 --> 01:36:38,820
bottoms of your feet you're literally

2156
01:36:42,709 --> 01:36:40,380
flooding the area that needs the

2157
01:36:45,410 --> 01:36:42,719
electrons the most right there like

2158
01:36:46,970 --> 01:36:45,420
right right there boom that's my thought

2159
01:36:49,189 --> 01:36:46,980
process

2160
01:36:51,770 --> 01:36:49,199
I haven't I'll go ahead Olivia I haven't

2161
01:36:56,290 --> 01:36:51,780
I haven't experimented oh wait I'll look

2162
01:37:01,970 --> 01:36:59,450
I think it's what's best for the

2163
01:37:03,770 --> 01:37:01,980

individual what we teach everybody is

2164

01:37:07,430 --> 01:37:03,780

the bottom of the feet and the hands and

2165

01:37:11,149 --> 01:37:07,440

there are acute situations where you you

2166

01:37:14,570 --> 01:37:11,159

need to move them around and exactly

2167

01:37:17,030 --> 01:37:14,580

what Elizabeth just said so

2168

01:37:19,490 --> 01:37:17,040

I just say experiment with them and see

2169

01:37:22,129 --> 01:37:19,500

what works for you yeah

2170

01:37:25,610 --> 01:37:22,139

I haven't I haven't done that the only

2171

01:37:29,450 --> 01:37:25,620

change I have done is from the bottom of

2172

01:37:32,950 --> 01:37:29,460

my feet to uh on the outside of each

2173

01:37:36,950 --> 01:37:32,960

foot it's just right below the ankle

2174

01:37:38,810 --> 01:37:36,960

that's where uh that's the only change

2175

01:37:40,129 --> 01:37:38,820

but you've got me thinking about that

2176
01:37:42,649 --> 01:37:40,139
maybe I should do something more

2177
01:37:44,810 --> 01:37:42,659
localized but here's the other but I

2178
01:37:46,550 --> 01:37:44,820
don't have anything whack going on

2179
01:37:47,930 --> 01:37:46,560
you know what I mean you're right you're

2180
01:37:51,169 --> 01:37:47,940
good and just keep doing what you're

2181
01:37:51,179 --> 01:37:57,370
um can I put them on my face

2182
01:38:01,669 --> 01:38:00,169
my kid puts them right here on his third

2183
01:38:04,669 --> 01:38:01,679
eye he literally right here right here

2184
01:38:07,550 --> 01:38:04,679
will this make me smarter boom right

2185
01:38:09,410 --> 01:38:07,560
there I'm like yeah yeah or you know it

2186
01:38:10,810 --> 01:38:09,420
could open something up right there no

2187
01:38:13,370 --> 01:38:10,820
I'm not playing around

2188
01:38:15,890 --> 01:38:13,380

playing around either seriously I've

2189

01:38:18,050 --> 01:38:15,900

worn them there before I've worn them

2190

01:38:21,050 --> 01:38:18,060

okay you might try it during meditation

2191

01:38:24,169 --> 01:38:21,060

I could see Gabe doing that four on his

2192

01:38:27,669 --> 01:38:24,179

forehead yeah seriously he's with it I'm

2193

01:38:33,709 --> 01:38:30,590

what are you doing I'm getting smarter

2194

01:38:39,470 --> 01:38:36,530

um but yeah I I I think I'm gonna do

2195

01:38:41,570 --> 01:38:39,480

that but but back to uh both of your

2196

01:38:45,250 --> 01:38:41,580

points uh both of you

2197

01:38:48,590 --> 01:38:45,260

is that I I'm not experiencing anything

2198

01:38:50,629 --> 01:38:48,600

you know like crazy anymore I'm not all

2199

01:38:52,250 --> 01:38:50,639

the things that were bothering me they

2200

01:38:55,370 --> 01:38:52,260

had a little bit of sciatica yeah it's

2201

01:38:58,669 --> 01:38:55,380

gone a little bit of back that we all do

2202

01:39:03,530 --> 01:38:58,679

from sleeping strangers it's gone

2203

01:39:05,510 --> 01:39:03,540

um uh the the the color in in my face I

2204

01:39:08,330 --> 01:39:05,520

mean look look look

2205

01:39:10,970 --> 01:39:08,340

I mean that's crazy yeah

2206

01:39:12,890 --> 01:39:10,980

that you know five years ago if this was

2207

01:39:16,850 --> 01:39:12,900

happening you would you know you knew I

2208

01:39:19,729 --> 01:39:16,860

had makeup on no but no it's it's nuts

2209

01:39:22,970 --> 01:39:19,739

it's really really crazy

2210

01:39:25,669 --> 01:39:22,980

um how it's changed uh my appearance and

2211

01:39:27,470 --> 01:39:25,679

and I think the other part of that is so

2212

01:39:29,149 --> 01:39:27,480

I don't I don't feel the need to do

2213

01:39:31,370 --> 01:39:29,159

anything local but I'm gonna mess with

2214

01:39:35,629 --> 01:39:31,380

it but the other thing

2215

01:39:36,950 --> 01:39:35,639

is um I like to sleep comfortably but I

2216

01:39:39,649 --> 01:39:36,960

find myself

2217

01:39:41,530 --> 01:39:39,659

in the same position in the morning that

2218

01:39:44,870 --> 01:39:41,540

I was in when I went to sleep

2219

01:39:47,270 --> 01:39:44,880

how nuts is that who sleeps like that

2220

01:39:51,129 --> 01:39:47,280

you know I've got I've got the remote

2221

01:39:57,950 --> 01:39:54,709

you wake up like that

2222

01:39:58,690 --> 01:39:57,960

that is a gnarly wonderful night of

2223

01:40:01,310 --> 01:39:58,700

sleep

2224

01:40:04,129 --> 01:40:01,320

[Music]

2225

01:40:05,930 --> 01:40:04,139

you can make your beauty pillow for how

2226

01:40:07,790 --> 01:40:05,940

beautiful your face looks

2227

01:40:10,870 --> 01:40:07,800

um our pillow cover I call it the beauty

2228

01:40:17,290 --> 01:40:10,880

pillow it's a beauty pillow

2229

01:40:20,450 --> 01:40:17,300

and how I I isn't that a healthy thing

2230

01:40:22,550 --> 01:40:20,460

uh uh knowing that you're getting

2231

01:40:25,790 --> 01:40:22,560

healthier if you can tell people that

2232

01:40:27,410 --> 01:40:25,800

you're dreaming great right if you're

2233

01:40:29,030 --> 01:40:27,420

not getting a good night's sleep you're

2234

01:40:30,470 --> 01:40:29,040

waking up falling asleep waking up

2235

01:40:32,990 --> 01:40:30,480

falling asleep you're never getting into

2236

01:40:34,790 --> 01:40:33,000

that dream state yeah right you're

2237

01:40:36,890 --> 01:40:34,800

you're just not you're uncomfortable

2238

01:40:39,770 --> 01:40:36,900

you're this you're that and you don't

2239

01:40:42,709 --> 01:40:39,780

get to go there then you don't get to

2240

01:40:43,750 --> 01:40:42,719

brag the next day about the dreams that

2241

01:40:46,850 --> 01:40:43,760

you had

2242

01:40:48,830 --> 01:40:46,860

that's an indication of a of a solid

2243

01:40:51,649 --> 01:40:48,840

night's sleep isn't it

2244

01:40:53,930 --> 01:40:51,659

yes it is

2245

01:40:58,250 --> 01:40:53,940

definitely is

2246

01:41:05,890 --> 01:41:02,110

no we're here yeah all right

2247

01:41:09,169 --> 01:41:05,900

and uh I'm just messing with you see um

2248

01:41:12,530 --> 01:41:09,179

with uh with two guests I always love

2249

01:41:13,850 --> 01:41:12,540

that I like that that remember in Pulp

2250

01:41:16,070 --> 01:41:13,860

Fiction

2251
01:41:16,990 --> 01:41:16,080
um when she says to John Travolta she

2252
01:41:19,990 --> 01:41:17,000
goes

2253
01:41:22,189 --> 01:41:20,000
uncomfortable silence

2254
01:41:24,189 --> 01:41:22,199
remember that scene where they're

2255
01:41:27,050 --> 01:41:24,199
they're at the diner

2256
01:41:30,229 --> 01:41:27,060
rabbits Diner drinking shakes remember

2257
01:41:33,709 --> 01:41:30,239
that comfortable silence

2258
01:41:37,129 --> 01:41:33,719
um so as as we close out here

2259
01:41:39,229 --> 01:41:37,139
um I want each of you uh to tell us

2260
01:41:41,570 --> 01:41:39,239
about your favorite story in the book

2261
01:41:44,229 --> 01:41:41,580
and I'm sure that you guys both have

2262
01:41:47,510 --> 01:41:44,239
different parts Olivia you first

2263
01:41:51,590 --> 01:41:47,520

well gosh

2264

01:41:53,450 --> 01:41:51,600

um I'm gonna say Stacy's story Stacy

2265

01:41:55,250 --> 01:41:53,460

plays the act because she's a very dear

2266

01:42:00,770 --> 01:41:55,260

friend of mine and she had breast cancer

2267

01:42:04,910 --> 01:42:00,780

and it was stage three and she recovered

2268

01:42:06,649 --> 01:42:04,920

and her whole story regarding what her

2269

01:42:11,149 --> 01:42:06,659

doctor could see

2270

01:42:13,550 --> 01:42:11,159

and how he was in awe of how everything

2271

01:42:16,850 --> 01:42:13,560

was happening to her body and how she

2272

01:42:20,270 --> 01:42:16,860

was healing she has three daughters and

2273

01:42:22,910 --> 01:42:20,280

I wanted her to live so desperately and

2274

01:42:27,189 --> 01:42:22,920

she's living cancer-free

2275

01:42:32,870 --> 01:42:31,370

she's in somewhere I don't know I want

2276

01:42:34,550 --> 01:42:32,880

you to bring her in before the end of

2277

01:42:35,950 --> 01:42:34,560

the show everybody you have to see

2278

01:42:37,750 --> 01:42:35,960

Olivia's dog

2279

01:42:39,550 --> 01:42:37,760

I mean

2280

01:42:42,300 --> 01:42:39,560

Olivia

2281

01:42:45,550 --> 01:42:42,310

can you bring her in okay

2282

01:42:49,310 --> 01:42:47,990

Elizabeth what's your favorite story in

2283

01:42:51,290 --> 01:42:49,320

the book

2284

01:42:54,350 --> 01:42:51,300

um my favorite story is probably brisa's

2285

01:42:57,530 --> 01:42:54,360

story uh she had a very unique situation

2286

01:42:59,149 --> 01:42:57,540

she had a what's called a ponds stroke

2287

01:43:01,010 --> 01:42:59,159

and that's where you have a stroke and

2288

01:43:03,470 --> 01:43:01,020

you get locked inside your body you're

2289

01:43:05,990 --> 01:43:03,480

fully conscious but you are in coma

2290

01:43:07,609 --> 01:43:06,000

State you can't move you can't talk but

2291

01:43:08,870 --> 01:43:07,619

you can you know everything that's going

2292

01:43:11,930 --> 01:43:08,880

on around you

2293

01:43:14,810 --> 01:43:11,940

um and during that state she had to get

2294

01:43:17,390 --> 01:43:14,820

put on a breathing machine a trach and

2295

01:43:19,550 --> 01:43:17,400

so that caused a lot of scar tissue So

2296

01:43:21,649 --> 01:43:19,560

what had happened was she would have to

2297

01:43:23,450 --> 01:43:21,659

go back to the doctor every couple

2298

01:43:25,910 --> 01:43:23,460

months after she came out of this this

2299

01:43:27,770 --> 01:43:25,920

stroke out of this coma and they would

2300

01:43:29,270 --> 01:43:27,780

have to basically get scrape the scar

2301

01:43:30,709 --> 01:43:29,280

tissue out of her throat so she could

2302

01:43:32,810 --> 01:43:30,719

breathe so she could eat so she could

2303

01:43:34,070 --> 01:43:32,820

talk right and the first time she

2304

01:43:37,790 --> 01:43:34,080

grounded

2305

01:43:39,890 --> 01:43:37,800

um her voice came back full-fledged

2306

01:43:42,649 --> 01:43:39,900

um you could see a round red circle

2307

01:43:44,330 --> 01:43:42,659

around the surgery area it was a perfect

2308

01:43:46,250 --> 01:43:44,340

circle which was amazing we were

2309

01:43:51,129 --> 01:43:46,260

actually there to see oh my God

2310

01:43:54,350 --> 01:43:51,139

I love dogs me too I'm so distracted oh

2311

01:43:55,570 --> 01:43:54,360

look at that it's not talking about

2312

01:43:59,410 --> 01:43:55,580

right there

2313

01:44:02,570 --> 01:43:59,420

she's so happy right now

2314

01:44:04,510 --> 01:44:02,580

and she she's also grounded she has her

2315

01:44:07,490 --> 01:44:04,520

own grounding

2316

01:44:10,609 --> 01:44:07,500

I didn't even think you can ground pets

2317

01:44:15,229 --> 01:44:10,619

oh yeah yeah yes you need to actually

2318

01:44:18,050 --> 01:44:15,239

yes yeah and uh you know what's funny is

2319

01:44:19,970 --> 01:44:18,060

um in the background uh behind Olivia's

2320

01:44:21,550 --> 01:44:19,980

chair you see her grounding kit all

2321

01:44:24,830 --> 01:44:21,560

plugged in

2322

01:44:27,890 --> 01:44:24,840

so how do you ground your pets

2323

01:44:31,970 --> 01:44:27,900

well she sleeps on a throw we have a

2324

01:44:37,970 --> 01:44:35,090

for dogs but she sleeps on a soft plush

2325

01:44:39,470 --> 01:44:37,980

throw which is a groundy throw and um

2326

01:44:43,189 --> 01:44:39,480

they're very nice

2327

01:44:46,750 --> 01:44:43,199

and um that's what Bodhi sleeps on I

2328

01:44:50,750 --> 01:44:46,760

haven't hey Bodie how you doing

2329

01:44:55,990 --> 01:44:50,760

Brody look at that face body I'm over

2330

01:45:02,090 --> 01:45:00,590

so are those uh the the the throws that

2331

01:45:03,890 --> 01:45:02,100

you're talking about are they on the

2332

01:45:05,390 --> 01:45:03,900

site I didn't see those

2333

01:45:08,270 --> 01:45:05,400

um they should be on the mother earth

2334

01:45:11,390 --> 01:45:08,280

site yes and and they're very um they're

2335

01:45:13,129 --> 01:45:11,400

very nice plush and um you can put them

2336

01:45:15,470 --> 01:45:13,139

on your couch while you're watching TV

2337

01:45:18,410 --> 01:45:15,480

and cover yourself with them it's a very

2338

01:45:20,030 --> 01:45:18,420

very nice product they um have silver in

2339

01:45:22,370 --> 01:45:20,040

them they're not as grounded as some of

2340

01:45:24,890 --> 01:45:22,380

our other products they're it's but

2341

01:45:27,470 --> 01:45:24,900

they're they work really well

2342

01:45:28,970 --> 01:45:27,480

um I tend to send them when I'm first

2343

01:45:32,350 --> 01:45:28,980

grounding

2344

01:45:35,149 --> 01:45:32,360

um oh man I gotta get one of these

2345

01:45:38,270 --> 01:45:35,159

yeah they're they're really nice they

2346

01:45:41,450 --> 01:45:38,280

are it's actually my

2347

01:45:43,490 --> 01:45:41,460

and the pillow in that throw are my

2348

01:45:48,229 --> 01:45:43,500

favorite products

2349

01:45:51,830 --> 01:45:48,239

yeah the uh uh I like the uh the car one

2350

01:45:54,050 --> 01:45:51,840

too for the driver's seat yeah yes those

2351

01:45:57,470 --> 01:45:54,060

are those are very nice um pretty

2352

01:45:58,970 --> 01:45:57,480

happening if you have send me your

2353

01:46:00,950 --> 01:45:58,980

address and I'll send you a throw in

2354

01:46:04,330 --> 01:46:00,960

some flip -flops Elizabeth's got all

2355

01:46:08,270 --> 01:46:04,340

that Elizabeth you know what to do

2356

01:46:12,890 --> 01:46:08,280

do you do you do presentations uh Olivia

2357

01:46:15,169 --> 01:46:12,900

are you out there speaking yes and uh do

2358

01:46:16,609 --> 01:46:15,179

you have anything going on

2359

01:46:19,550 --> 01:46:16,619

um well I just

2360

01:46:21,470 --> 01:46:19,560

um we have a um yoga mat so that's why I

2361

01:46:25,129 --> 01:46:21,480

was in Santa Barbara we grounded a Whole

2362

01:46:27,530 --> 01:46:25,139

Yoga Studio out there and then we went

2363

01:46:29,050 --> 01:46:27,540

to Ojai and grounded a studio there and

2364

01:46:31,970 --> 01:46:29,060

then last night here in Henderson

2365

01:46:34,970 --> 01:46:31,980

grounded the studio so where people can

2366

01:46:36,890 --> 01:46:34,980

go in and do grounded yoga there's no

2367

01:46:39,770 --> 01:46:36,900

chords involved or anything it's a

2368

01:46:41,750 --> 01:46:39,780

grounded yoga mat and we have a system

2369

01:46:44,689 --> 01:46:41,760

that goes on the floor to ground them

2370

01:46:46,850 --> 01:46:44,699

out yeah I see it right here

2371

01:46:48,770 --> 01:46:46,860

I see it right here I mean you know I

2372

01:46:50,570 --> 01:46:48,780

have my studio done now and I have the

2373

01:46:51,890 --> 01:46:50,580

bedroom done

2374

01:46:54,470 --> 01:46:51,900

um I think it's a good idea with a lot

2375

01:46:56,030 --> 01:46:54,480

of driving too like yourself and I like

2376

01:46:58,370 --> 01:46:56,040

that idea

2377

01:47:00,830 --> 01:46:58,380

of of having that done in my driver's

2378

01:47:02,689 --> 01:47:00,840

seat uh you know because I'm wearing

2379

01:47:05,030 --> 01:47:02,699

shoes at that point and and I'm

2380

01:47:06,530 --> 01:47:05,040

disconnecting from Mother Earth I

2381

01:47:08,870 --> 01:47:06,540

absolutely love this

2382

01:47:11,689 --> 01:47:08,880

um Elizabeth what do we have coming up

2383

01:47:12,950 --> 01:47:11,699

next what are we doing together

2384

01:47:15,830 --> 01:47:12,960

um I think the next thing that we're

2385

01:47:21,129 --> 01:47:15,840

doing Jimmy is the conscious Awards

2386

01:47:24,770 --> 01:47:21,139

right yeah and so that's right April May

2387

01:47:26,770 --> 01:47:24,780

June July July 30th no no no we're

2388

01:47:31,450 --> 01:47:26,780

coming out to Cali for the award show

2389

01:47:34,729 --> 01:47:31,460

I'm gonna see you in two weeks yeah

2390

01:47:36,169 --> 01:47:34,739

withdrawals I know you should be here

2391

01:47:38,510 --> 01:47:36,179

now we're filming so many shows here

2392

01:47:40,189 --> 01:47:38,520

it's roderick's birthday tomorrow we're

2393

01:47:43,010 --> 01:47:40,199

uh we got people it's a full house here

2394

01:47:45,290 --> 01:47:43,020

we're filming is Roderick out there

2395

01:47:47,330 --> 01:47:45,300

right now yeah yeah he is yup yup

2396

01:47:49,370 --> 01:47:47,340

roderick's here and Nikki's here Nina's

2397

01:47:52,430 --> 01:47:49,380

here everybody's here Courtney's here

2398

01:47:55,090 --> 01:47:52,440

you know what I I feel really bad so

2399

01:48:00,830 --> 01:47:58,209

when you go out and see Nikki

2400

01:48:03,410 --> 01:48:00,840

we were supposed to do guitar lessons

2401

01:48:07,070 --> 01:48:03,420

together last weekend

2402

01:48:10,850 --> 01:48:07,080

and I didn't do it so let's go out there

2403

01:48:14,990 --> 01:48:10,860

and go Jimmy feels like crap okay it

2404

01:48:17,510 --> 01:48:15,000

feels awful okay for me please please

2405

01:48:19,609 --> 01:48:17,520

please please please I spaced it we had

2406

01:48:21,830 --> 01:48:19,619

it all planned and then I got wrapped up

2407

01:48:24,590 --> 01:48:21,840

working for you guys and I got all

2408

01:48:26,450 --> 01:48:24,600

wrapped up and I'm blaming you know you

2409

01:48:29,390 --> 01:48:26,460

and Billy for this but

2410

01:48:30,770 --> 01:48:29,400

uh we we had a date or a guitar lesson

2411

01:48:33,770 --> 01:48:30,780

and and

2412

01:48:38,870 --> 01:48:33,780

um yeah so please Nikki's too special

2413

01:48:43,750 --> 01:48:41,270

um just thank you so much uh the book is

2414

01:48:46,430 --> 01:48:43,760

available everybody the links are below

2415

01:48:48,770 --> 01:48:46,440

uh we've got them there we've got them

2416

01:48:52,010 --> 01:48:48,780

over on our website and we have them

2417

01:48:54,470 --> 01:48:52,020

throughout social media I've also popped

2418

01:48:57,530 --> 01:48:54,480

it up in the chat room tonight both

2419

01:49:01,030 --> 01:48:57,540

um on on YouTube and also over on

2420

01:49:05,750 --> 01:49:01,040

Facebook get the book it's great get

2421

01:49:08,450 --> 01:49:05,760

grounded understand grounding and enjoy

2422

01:49:11,149 --> 01:49:08,460

life that's what it's all about

2423

01:49:13,310 --> 01:49:11,159

absolutely thank you guys thank you guys

2424

01:49:15,430 --> 01:49:13,320

so much Elizabeth go tell everybody I

2425

01:49:18,530 --> 01:49:15,440

said hello

2426

01:49:21,050 --> 01:49:18,540

Bodie I'll see look at bodies sleeping I

2427

01:49:26,450 --> 01:49:21,060

know this is so cute I love her I know

2428

01:49:31,070 --> 01:49:28,850

you gotta come by and and hang out with

2429

01:49:34,310 --> 01:49:31,080

me Olivia next time you drive through my

2430

01:49:38,090 --> 01:49:34,320

town okay I will I'll give you a holler

2431

01:49:42,530 --> 01:49:40,189

love it you guys have a great night

2432

01:49:45,169 --> 01:49:42,540

thank you so much thank you so much so

2433

01:49:47,810 --> 01:49:45,179

grateful thank you yes the absolute very

2434

01:49:51,229 --> 01:49:47,820

best thank you so much and again Olivia

2435

01:49:55,250 --> 01:49:51,239

Smith and uh Elizabeth Hoagster the book

2436

01:49:57,950 --> 01:49:55,260

is the mother earth effect I am grounded

2437

01:50:00,410 --> 01:49:57,960

I have been talking about this for

2438

01:50:03,490 --> 01:50:00,420

months it's a game changer it's a true

2439

01:50:07,310 --> 01:50:03,500

Paradigm Shift go and do it walk outside

2440

01:50:09,229 --> 01:50:07,320

take your shoes off get grounded the

2441

01:50:10,910 --> 01:50:09,239

book is the mother earth effect the

2442

01:50:13,609 --> 01:50:10,920

links are below it's all throughout

2443

01:50:15,590 --> 01:50:13,619

social media get yourself grounded and

2444

01:50:20,090 --> 01:50:15,600

with that I want everybody to have a

2445

01:50:22,550 --> 01:50:20,100

great safe fun and amazing weekend I'll

2446

01:50:25,550 --> 01:50:22,560

see everybody on Monday thank you so

2447

01:50:28,910 --> 01:50:25,560

much what a great week on Fade to Black

2448

01:50:32,990 --> 01:50:28,920

it's been absolutely tremendous and uh

2449

01:50:35,870 --> 01:50:33,000

next week very special on Wednesday

2450

01:50:38,810 --> 01:50:35,880

we got Chuck Tagg here from China he's

2451
01:50:40,669 --> 01:50:38,820
going to be live with me here in the

2452
01:50:42,770 --> 01:50:40,679
studio it's gonna be amazing that's next

2453
01:50:44,750 --> 01:50:42,780
Wednesday night Fade to Black is

2454
01:50:46,669 --> 01:50:44,760
produced by Hilton J Palm Renee Denison

2455
01:50:49,750 --> 01:50:46,679
Kevin what Master is Drew the geek music

2456
01:50:51,770 --> 01:50:49,760
Doug Aldridge intro space boys

2457
01:50:53,270 --> 01:50:51,780
spaceboymusic.com fade to black is

2458
01:50:55,850 --> 01:50:53,280
produced by KJ's hair for the game

2459
01:50:59,570 --> 01:50:55,860
changer Network and this broadcast is

2460
01:51:01,189 --> 01:50:59,580
owned and copyrighted 2023 by Fade to

2461
01:51:03,350 --> 01:51:01,199
Black and The Game Changer Network Inc

2462
01:51:04,790 --> 01:51:03,360
it cannot be rebroadcast downloaded

2463
01:51:06,350 --> 01:51:04,800

copied or used anywhere in the known

2464

01:51:07,850 --> 01:51:06,360

universe without the written permission

2465

01:51:10,310 --> 01:51:07,860

from Fade to block of the game changer

2466

01:51:12,350 --> 01:51:10,320

Network I'm Yours Jimmy church until

2467

01:51:14,270 --> 01:51:12,360

Monday here on Fade to Black I want

2468

01:51:17,230 --> 01:51:14,280

everybody to be safe

2469

01:51:25,250 --> 01:51:17,240

go back Lee tappy

2470

01:51:56,990 --> 01:51:38,360

[Music]