

# Center of Light



HOST  
KEITA ANTHONY BLANCHARD

Radio

# David Matthew Brown

1  
00:01:03,190 --> 00:00:03,290  
you're listening to Ira the inception

2  
00:01:09,670 --> 00:01:06,910  
she inside see the light

3  
00:01:12,310 --> 00:01:09,680  
welcome to centre of light radio with

4  
00:01:14,859 --> 00:01:12,320  
spiritual teacher intuitive musician

5  
00:01:17,080 --> 00:01:14,869  
composer and best-selling author of the

6  
00:01:19,210 --> 00:01:17,090  
Divine Principle anchoring heaven on

7  
00:01:21,969 --> 00:01:19,220  
earth your host Keith Anthony

8  
00:01:24,279 --> 00:01:21,979  
Blanchard's yes I am Keith Anthony

9  
00:01:27,219 --> 00:01:24,289  
Blanchard your host of center of light

10  
00:01:28,630 --> 00:01:27,229  
ray hill welcome to the show son of

11  
00:01:30,399 --> 00:01:28,640  
light ready i am your host keith anthony

12  
00:01:33,820 --> 00:01:30,409  
blanchard the center of divine

13  
00:01:37,510 --> 00:01:33,830

unfoldment and reinforcement strapping

14

00:01:40,719 --> 00:01:37,520

all ye spiritual astronauts as we launch

15

00:01:43,389 --> 00:01:40,729

for inner space oh just getting over

16

00:01:45,070 --> 00:01:43,399

feeling a little badly this week give me

17

00:01:47,100 --> 00:01:45,080

a moment sinus infection will do a

18

00:01:48,999 --> 00:01:47,110

number and you hadn't had one in years

19

00:01:51,279 --> 00:01:49,009

make sure you got a centre of light

20

00:01:55,660 --> 00:01:51,289

radio website you can do that by going

21

00:01:57,699 --> 00:01:55,670

to centre of light radio com there

22

00:01:59,050 --> 00:01:57,709

you'll find information to all my books

23

00:02:01,359 --> 00:01:59,060

my bestseller the Divine Principle

24

00:02:04,419 --> 00:02:01,369

anchoring heaven on earth my children's

25

00:02:06,699 --> 00:02:04,429

book series Eden sky wonders why modeled

26

00:02:10,240 --> 00:02:06,709

after my beautiful Chan year old little

27

00:02:12,910 --> 00:02:10,250

boy named Eden sky of course my newest

28

00:02:17,949 --> 00:02:12,920

release for the love of God a spiritual

29

00:02:19,900 --> 00:02:17,959

journey and the forward introduction to

30

00:02:22,270 --> 00:02:19,910

the introduction was written by my guest

31

00:02:24,210 --> 00:02:22,280

today mr. david matthew brown this book

32

00:02:27,670 --> 00:02:24,220

is about my journey to india to

33

00:02:30,539 --> 00:02:27,680

experience the magic power in divinity

34

00:02:35,979 --> 00:02:30,549

the holy man that came to me in a dream

35

00:02:38,050 --> 00:02:35,989

what an amazing story it was for me it

36

00:02:39,729 --> 00:02:38,060

changed my life it is my life it is Who

37

00:02:41,110 --> 00:02:39,739

I am today and why I'm sitting in front

38

00:02:44,380 --> 00:02:41,120

of this microphone here at center of

39

00:02:46,300 --> 00:02:44,390

light radio you will also find links to

40

00:02:48,400 --> 00:02:46,310

my movie do what you love a path to

41

00:02:50,710 --> 00:02:48,410

passionate living this documentary is

42

00:02:53,380 --> 00:02:50,720

about my life what's really about you

43

00:02:54,819 --> 00:02:53,390

telling you that yes you can go out into

44

00:02:57,910 --> 00:02:54,829

the world and live your passion don't

45

00:03:00,250 --> 00:02:57,920

believe what you were told it's just not

46

00:03:03,160 --> 00:03:00,260

balanced it's just not correct and you

47

00:03:08,259 --> 00:03:03,170

have the gift you have you have what

48

00:03:09,550 --> 00:03:08,269

makes you unique you nique the part of

49

00:03:11,170 --> 00:03:09,560

you that wants to come to this point

50

00:03:13,690 --> 00:03:11,180

I've came to this planet wants to be

51  
00:03:15,910 --> 00:03:13,700  
successful whatever that term means to

52  
00:03:19,059 --> 00:03:15,920  
you successful make sure you check out

53  
00:03:20,650 --> 00:03:19,069  
do what you love the movie and finally

54  
00:03:24,640 --> 00:03:20,660  
if you go to Keith anything to blanchard

55  
00:03:26,580 --> 00:03:24,650  
come you will also learn of my free

56  
00:03:30,430 --> 00:03:26,590  
anchoring heaven on earth audio

57  
00:03:32,440 --> 00:03:30,440  
meditation meditation is done by myself

58  
00:03:34,360 --> 00:03:32,450  
lots of really cool music lots of stereo

59  
00:03:36,550 --> 00:03:34,370  
imaging subliminals in there but it's

60  
00:03:38,950 --> 00:03:36,560  
all good it's all peaceful you can hear

61  
00:03:40,510 --> 00:03:38,960  
the actual subliminals but in the stereo

62  
00:03:44,580 --> 00:03:40,520  
imaging I suggest you put some

63  
00:03:47,530 --> 00:03:44,590

headphones on for a really far out cool

64

00:03:50,230 --> 00:03:47,540

experience to call it to the show live

65

00:03:52,750 --> 00:03:50,240

arm to talk to myself on my guests ask a

66

00:03:57,220 --> 00:03:52,760

question or even to say hi now triple 8

67

00:03:59,950 --> 00:03:57,230

9 19 2 3 5 5 remember if you're not at

68

00:04:02,980 --> 00:03:59,960

home by your computer and you want to

69

00:04:04,420 --> 00:04:02,990

hear your fav show you can always go to

70

00:04:07,510 --> 00:04:04,430

the App Store on your phone and download

71

00:04:09,880 --> 00:04:07,520

the inception radio network at for free

72

00:04:13,920 --> 00:04:09,890

that's the magic word we all like that

73

00:04:16,870 --> 00:04:13,930

word free I don't know of anything

74

00:04:19,930 --> 00:04:16,880

associated with the word free is not

75

00:04:22,120 --> 00:04:19,940

good everything is easy easy at your

76

00:04:25,630 --> 00:04:22,130

fingertips chatroom listen live links

77

00:04:27,070 --> 00:04:25,640

news podcast much more and they're

78

00:04:29,470 --> 00:04:27,080

always remember there are many ways to

79

00:04:32,470 --> 00:04:29,480

connect to not only sort of light radio

80

00:04:34,090 --> 00:04:32,480

but inception radio network and all the

81

00:04:39,480 --> 00:04:34,100

fine programs they have offered there

82

00:04:43,450 --> 00:04:39,490

for sure now it's time to get down to

83

00:04:46,930 --> 00:04:43,460

center of light radio business let me

84

00:04:50,050 --> 00:04:46,940

tell you about my guest today mr. david

85

00:04:52,870 --> 00:04:50,060

matthew brown if you're hearing some

86

00:04:55,720 --> 00:04:52,880

powers as I apologize in between my

87

00:04:57,580 --> 00:04:55,730

dialogue with you I'm doing what I can

88

00:04:59,680 --> 00:04:57,590

to feel better by coughing so please

89

00:05:01,480 --> 00:04:59,690

excuse me and I appreciate your patience

90

00:05:03,430 --> 00:05:01,490

let me tell you about my guest mr. david

91

00:05:05,620 --> 00:05:03,440

matthew brown I've been knowing his cat

92

00:05:08,440 --> 00:05:05,630

and I want to say cat because that's

93

00:05:10,600 --> 00:05:08,450

kind of how he and I were on social

94

00:05:13,659 --> 00:05:10,610

media we just kind of bros like that let

95

00:05:18,130 --> 00:05:13,669

me tell you about this man this man is

96

00:05:20,940 --> 00:05:18,140

dedicated this man is devoted ah that's

97

00:05:24,010 --> 00:05:20,950

even better I'd rather say this man is a

98

00:05:27,190 --> 00:05:24,020

disciple to God he's a disciple to

99

00:05:30,520 --> 00:05:27,200

himself and a disciple to healing this

100

00:05:32,980 --> 00:05:30,530

man really helps me find a place inside

101  
00:05:37,810 --> 00:05:32,990  
of myself he's kind of a door for me

102  
00:05:40,480 --> 00:05:37,820  
um he provides me a really really as my

103  
00:05:43,930 --> 00:05:40,490  
friend and my guest last week mr. Robert

104  
00:05:46,990 --> 00:05:43,940  
tennis and Stephen said secure see cure

105  
00:05:50,410 --> 00:05:47,000  
he helps me achieve that space listening

106  
00:05:52,330 --> 00:05:50,420  
to him do what he does pretty awesome

107  
00:05:54,160 --> 00:05:52,340  
and powerfully david matthew brown

108  
00:05:56,770 --> 00:05:54,170  
devotes his time he sharing a fresh and

109  
00:05:59,350 --> 00:05:56,780  
unique message of transcendence immunity

110  
00:06:01,720 --> 00:05:59,360  
and spiritual healing alongside his

111  
00:06:03,970 --> 00:06:01,730  
message david skill and experience as a

112  
00:06:08,380 --> 00:06:03,980  
speaker facilitator and practitioner of

113  
00:06:11,050 --> 00:06:08,390

the presence or eagerly increasingly

114

00:06:14,140 --> 00:06:11,060

sought after by audiences across the

115

00:06:17,080 --> 00:06:14,150

world David's unique positive spiritual

116

00:06:19,330 --> 00:06:17,090

perspectives are especially vibrant in

117

00:06:21,760 --> 00:06:19,340

his work as an author but teaching the

118

00:06:23,740 --> 00:06:21,770

counselor trained at the agape

119

00:06:26,170 --> 00:06:23,750

International spiritual center via you

120

00:06:28,450 --> 00:06:26,180

out there for me with Michael Beckwith

121

00:06:31,240 --> 00:06:28,460

and agape and that is an accomplishment

122

00:06:34,390 --> 00:06:31,250

that is an achievement that is a center

123

00:06:36,760 --> 00:06:34,400

of light force or formerly the host of

124

00:06:38,500 --> 00:06:36,770

inside out David was blessed with the

125

00:06:40,240 --> 00:06:38,510

opportunity to speak with litany a

126

00:06:43,840 --> 00:06:40,250

litany of guests including Swami

127

00:06:47,290 --> 00:06:43,850

Kriyananda Archbishop Desmond Tutu Don

128

00:06:50,910 --> 00:06:47,300

Miguel Ruiz marianne williamson byron

129

00:06:54,790 --> 00:06:50,920

katie dr. Bernie Segal Cynthia a jarn's

130

00:06:57,370 --> 00:06:54,800

and Matthew Fox to name a few David also

131

00:07:01,020 --> 00:06:57,380

had the honor of hosting and reporting

132

00:07:03,850 --> 00:07:01,030

at Diane excuse me dr. jane goodall's

133

00:07:05,710 --> 00:07:03,860

day of peace where he interviewed top

134

00:07:08,710 --> 00:07:05,720

celebrities on peace including pierce

135

00:07:13,540 --> 00:07:08,720

brosnan Selia moon frye marilu henner

136

00:07:15,850 --> 00:07:13,550

and rose byrne as a speaker david is in

137

00:07:18,700 --> 00:07:15,860

on rotation as a speaker at unity

138

00:07:21,310 --> 00:07:18,710

burbank unity church in burbank he has

139

00:07:23,770 --> 00:07:21,320

been a guest speaker at many unity

140

00:07:26,070 --> 00:07:23,780

churches across California he has also

141

00:07:28,870 --> 00:07:26,080

spoken at Los Angeles Church of

142

00:07:31,600 --> 00:07:28,880

religious science the wellness center

143

00:07:34,360 --> 00:07:31,610

for cancer freedom path Warner Brothers

144

00:07:38,250 --> 00:07:34,370

Sony paramount nike the United Nations

145

00:07:40,840 --> 00:07:38,260

Los Angeles in over 75 other engagements

146

00:07:43,750 --> 00:07:40,850

David is an expert let me tell you about

147

00:07:46,810 --> 00:07:43,760

his field david has been consultant

148

00:07:48,790 --> 00:07:46,820

consulted as an expert an interview on

149

00:07:53,620 --> 00:07:48,800

you television and print he has been

150

00:07:57,700 --> 00:07:53,630

seen heard and read on hey house radio

151

00:08:00,520 --> 00:07:57,710

cool lovely taste of spirit TV the

152

00:08:04,000 --> 00:08:00,530

Atlanta pratt show CBS radio the list

153

00:08:08,290 --> 00:08:04,010

releases Zimmer show miracle cafe

154

00:08:12,730 --> 00:08:08,300

awakenings blogtalkradio Casey SB 91.9

155

00:08:15,040 --> 00:08:12,740

FM Wow list goes on free freeman michael

156

00:08:17,380 --> 00:08:15,050

show the lawn and so forth and so on so

157

00:08:19,690 --> 00:08:17,390

we get the idea that David know is

158

00:08:22,890 --> 00:08:19,700

exactly what he is doing David welcome

159

00:08:25,420 --> 00:08:22,900

to center of light radio my brother

160

00:08:28,390 --> 00:08:25,430

thank you thank you for having me can

161

00:08:30,520 --> 00:08:28,400

you hear me I can hear you just fine if

162

00:08:34,000 --> 00:08:30,530

I can catch my breath from that listen

163

00:08:37,270 --> 00:08:34,010

the compliment it's it's a little bit

164

00:08:40,330 --> 00:08:37,280

overwhelming yeah and in an awesome way

165

00:08:42,760 --> 00:08:40,340

do I really look forward to our chats

166

00:08:44,920 --> 00:08:42,770

special Republicans and gives you an I

167

00:08:47,170 --> 00:08:44,930

the opportunity the platform to get real

168

00:08:50,980 --> 00:08:47,180

and get honest and have the pulp the

169

00:08:53,110 --> 00:08:50,990

public see us in our vulnerability and

170

00:08:54,820 --> 00:08:53,120

that's where the magic is for me and i

171

00:08:56,940 --> 00:08:54,830

would i would think you would have no

172

00:08:59,710 --> 00:08:56,950

problem agreeing with that right

173

00:09:02,320 --> 00:08:59,720

definitely I yeah it's it's wonderful

174

00:09:07,930 --> 00:09:02,330

when we have the opportunity to let down

175

00:09:10,660 --> 00:09:07,940

our defenses and just be open open with

176

00:09:14,980 --> 00:09:10,670

each other right and there are no

177

00:09:16,870 --> 00:09:14,990

secrets we can grab it out on tour for a

178

00:09:18,730 --> 00:09:16,880

while but when you cross the other side

179

00:09:21,310 --> 00:09:18,740

or whatever illumination happens in your

180

00:09:23,470 --> 00:09:21,320

life it all gets revealed so I think the

181

00:09:27,310 --> 00:09:23,480

path opens up quicker the dug the

182

00:09:30,160 --> 00:09:27,320

mileage home gets shorter when we get

183

00:09:32,290 --> 00:09:30,170

real you know I'm in fact I'm looking at

184

00:09:34,660 --> 00:09:32,300

my notes here just I don't usually have

185

00:09:36,070 --> 00:09:34,670

notes but I really want to get get down

186

00:09:38,080 --> 00:09:36,080

to some serious business with David

187

00:09:41,110 --> 00:09:38,090

Sedaris interviewed him in the past in

188

00:09:43,270 --> 00:09:41,120

these interviewed myself David and you

189

00:09:47,550 --> 00:09:43,280

know I love your honesty I love the fact

190

00:09:50,920 --> 00:09:47,560

that you are real reading your new book

191

00:09:54,460 --> 00:09:50,930

90 days of heat now I'm terribly going

192

00:09:56,080 --> 00:09:54,470

to talk a lot about that your sincerity

193

00:09:58,360 --> 00:09:56,090

your passion you discipline needs all

194

00:10:00,230 --> 00:09:58,370

words true that I am purposely wrote

195

00:10:02,840 --> 00:10:00,240

down so I can read aloud

196

00:10:04,910 --> 00:10:02,850

honesty being real sincerity passion

197

00:10:06,800 --> 00:10:04,920

discipline intent intention dedication

198

00:10:09,949 --> 00:10:06,810

devotion being vulnerable humility and

199

00:10:14,630 --> 00:10:09,959

this is a very well-rounded soup a very

200

00:10:19,730 --> 00:10:14,640

well-rounded formula for creating bliss

201  
00:10:24,470 --> 00:10:19,740  
in one's life yes yeah it also takes

202  
00:10:26,870 --> 00:10:24,480  
mindfulness you know it takes it Oh day

203  
00:10:29,960 --> 00:10:26,880  
offers us an opportunity to be mindful

204  
00:10:32,900 --> 00:10:29,970  
about where we are and what is unfolding

205  
00:10:35,810 --> 00:10:32,910  
and to be mindful of our breath so I

206  
00:10:37,730 --> 00:10:35,820  
know that when some people especially on

207  
00:10:39,470 --> 00:10:37,740  
social media they write about love or

208  
00:10:41,120 --> 00:10:39,480  
they write about compassion or they

209  
00:10:44,030 --> 00:10:41,130  
write about it kind of in an airy-fairy

210  
00:10:47,150 --> 00:10:44,040  
way and what I know about you and your

211  
00:10:49,960 --> 00:10:47,160  
book that you wrote in interviewing you

212  
00:10:52,699 --> 00:10:49,970  
and what I know about myself is that

213  
00:10:54,560 --> 00:10:52,709

we're not here just to talk about it

214

00:10:56,600 --> 00:10:54,570

we're here to walk it and the most

215

00:10:59,150 --> 00:10:56,610

important thing is that we can walk this

216

00:11:01,160 --> 00:10:59,160

path and walk it every day and as we're

217

00:11:05,690 --> 00:11:01,170

walking it we're learning and we have

218

00:11:09,319 --> 00:11:05,700

tools that when we may be forget to be

219

00:11:11,210 --> 00:11:09,329

mindful we could forgive and be open and

220

00:11:14,690 --> 00:11:11,220

honest about an authentic about who we

221

00:11:17,840 --> 00:11:14,700

are and continue to move move about on

222

00:11:19,490 --> 00:11:17,850

this planet from like you had just

223

00:11:24,019 --> 00:11:19,500

brought up earlier from a place of

224

00:11:26,210 --> 00:11:24,029

openness sincerity and honesty and I

225

00:11:28,400 --> 00:11:26,220

hope that you know obviously when we

226

00:11:31,460 --> 00:11:28,410

bring that into a room that's what we

227

00:11:34,090 --> 00:11:31,470

will attract talking about people in

228

00:11:37,280 --> 00:11:34,100

social media Facebook for example um

229

00:11:41,240 --> 00:11:37,290

talking about they express their ideas

230

00:11:43,730 --> 00:11:41,250

of love and often it's in an airy-fairy

231

00:11:47,780 --> 00:11:43,740

way as you described I'm just not sure

232

00:11:52,370 --> 00:11:47,790

that everyone really knows to a level of

233

00:11:53,840 --> 00:11:52,380

depth what love really is they they seem

234

00:11:57,829 --> 00:11:53,850

to believe that it's about being

235

00:12:00,590 --> 00:11:57,839

attached to a potential partner a life

236

00:12:02,900 --> 00:12:00,600

partner it's it's a very very

237

00:12:06,139 --> 00:12:02,910

superficial cuddle up I'm not ungrateful

238

00:12:08,720 --> 00:12:06,149

that they're loving period but I don't

239

00:12:11,660 --> 00:12:08,730

think people have a true definition of

240

00:12:14,190 --> 00:12:11,670

the word love to be able to know how to

241

00:12:18,870 --> 00:12:14,200

move that in the arenas that

242

00:12:21,150 --> 00:12:18,880

you play it right you know I think it's

243

00:12:23,130 --> 00:12:21,160

an emotional transference from one

244

00:12:25,020 --> 00:12:23,140

person to the other right you know and

245

00:12:29,040 --> 00:12:25,030

for me real love is not a transference

246

00:12:33,840 --> 00:12:29,050

at all yes you might be able to receive

247

00:12:37,650 --> 00:12:33,850

but it's only about giving yeah well you

248

00:12:41,400 --> 00:12:37,660

you give what you have and what you know

249

00:12:45,390 --> 00:12:41,410

we seem you in the third dimension plane

250

00:12:48,660 --> 00:12:45,400

on this planet Earth we seem to dwell in

251

00:12:52,290 --> 00:12:48,670

this kind of give to take or give to get

252

00:12:55,440 --> 00:12:52,300

or you know it mentions in the Bible

253

00:12:58,200 --> 00:12:55,450

there's a great passage where Jesus is

254

00:13:01,020 --> 00:12:58,210

confronted by the men and they bring

255

00:13:04,320 --> 00:13:01,030

this woman they said committed adultery

256

00:13:06,900 --> 00:13:04,330

and so they try to frame him because

257

00:13:10,620 --> 00:13:06,910

he's been preaching love and so not only

258

00:13:14,280 --> 00:13:10,630

do they humiliate this woman which is

259

00:13:16,350 --> 00:13:14,290

actually in our first solar plexus that

260

00:13:18,240 --> 00:13:16,360

story's been with us for two thousand

261

00:13:21,180 --> 00:13:18,250

years and it's how we treat the feminine

262

00:13:23,370 --> 00:13:21,190

which is awful but anyways they

263

00:13:25,650 --> 00:13:23,380

humiliate this woman in from the group

264

00:13:27,960 --> 00:13:25,660

and they try to humiliate her in front

265

00:13:31,770 --> 00:13:27,970

of Jesus and by saying is she committed

266

00:13:34,950 --> 00:13:31,780

adultery and so they kind of tried to

267

00:13:38,010 --> 00:13:34,960

hoodwink love which from a metaphysical

268

00:13:40,020 --> 00:13:38,020

point of view is kind of what your ego

269

00:13:41,550 --> 00:13:40,030

is doing to you on a daily basis it's

270

00:13:44,370 --> 00:13:41,560

trying to hoodwink you into believing

271

00:13:47,280 --> 00:13:44,380

that there's something else happening

272

00:13:49,770 --> 00:13:47,290

here when there really isn't so what we

273

00:13:53,580 --> 00:13:49,780

learn through this story about ourselves

274

00:13:57,540 --> 00:13:53,590

is he goes up to the lady that had

275

00:13:59,960 --> 00:13:57,550

committed adultery first after turning

276

00:14:03,000 --> 00:13:59,970

to the men and he said whoever hasn't

277

00:14:06,450 --> 00:14:03,010

committed a sin you can cast the first

278

00:14:09,600 --> 00:14:06,460

stone and sin is just simple a mistake

279

00:14:12,600 --> 00:14:09,610

not coming from a place of love so

280

00:14:16,580 --> 00:14:12,610

instantly the men turn away and leave

281

00:14:21,120 --> 00:14:16,590

and he goes to the woman and he goes

282

00:14:24,990 --> 00:14:21,130

don't do this again and she says ok and

283

00:14:27,780 --> 00:14:25,000

she she moves away and and that without

284

00:14:32,090 --> 00:14:27,790

trying to describe love or may

285

00:14:34,670 --> 00:14:32,100

love something that's unconditional love

286

00:14:38,940 --> 00:14:34,680

unconditional love is the recognition

287

00:14:41,310 --> 00:14:38,950

that most people are hypnotized by their

288

00:14:44,400 --> 00:14:41,320

ego the suggestions that they're getting

289

00:14:46,650 --> 00:14:44,410

from their ego and yet as you know Keith

290

00:14:49,860 --> 00:14:46,660

when we go into meditation or we go into

291

00:14:52,830 --> 00:14:49,870

prayer or we we go however we connect to

292

00:14:56,550 --> 00:14:52,840

the vastness of who we are that deep all

293

00:15:02,310 --> 00:14:56,560

around really really cool that really

294

00:15:05,340 --> 00:15:02,320

just did a number may the vastness right

295

00:15:07,740 --> 00:15:05,350

please continue yes so you know we rest

296

00:15:09,750 --> 00:15:07,750

and we walk and we have our way in the

297

00:15:13,230 --> 00:15:09,760

omnipresence of truth and that

298

00:15:15,330 --> 00:15:13,240

omnipresence of truth is everywhere and

299

00:15:17,520 --> 00:15:15,340

since that omnipresence is everywhere

300

00:15:20,280 --> 00:15:17,530

then everybody on this planet is already

301

00:15:21,660 --> 00:15:20,290

walking in it you know I I heard the

302

00:15:25,470 --> 00:15:21,670

other day someone brought this up and I

303

00:15:28,140 --> 00:15:25,480

found it very curious they said they

304

00:15:30,690 --> 00:15:28,150

brought up to my attention you know love

305

00:15:33,120 --> 00:15:30,700

your love your enemy like you would love

306

00:15:36,540 --> 00:15:33,130

yourself and so let's just preface that

307

00:15:39,150 --> 00:15:36,550

for a second everybody has a personality

308

00:15:42,300 --> 00:15:39,160

and there are some personalities on this

309

00:15:44,910 --> 00:15:42,310

planet that are not nice and tend to be

310

00:15:47,790 --> 00:15:44,920

negative but I'm not called to love

311

00:15:51,000 --> 00:15:47,800

somebody's personality I'm called to

312

00:15:55,410 --> 00:15:51,010

love them and who they really are mmm

313

00:15:57,180 --> 00:15:55,420

and so that may be a good reminder not

314

00:15:58,560 --> 00:15:57,190

just for myself but for all of us to

315

00:16:01,560 --> 00:15:58,570

remember that yes there are

316

00:16:03,720 --> 00:16:01,570

personalities that I I can't stand that

317

00:16:07,770 --> 00:16:03,730

I do not like they're not they're not

318

00:16:09,060 --> 00:16:07,780

kind but I'm called to understand that

319

00:16:11,700 --> 00:16:09,070

they are going through a place of

320

00:16:14,220 --> 00:16:11,710

hypnosis of suggestion from their ego

321

00:16:16,320 --> 00:16:14,230

from their small mindedness and that

322

00:16:18,360 --> 00:16:16,330

that's not who they are and who they are

323

00:16:22,050 --> 00:16:18,370

is the same thing I'm discovering about

324

00:16:24,710 --> 00:16:22,060

myself and who I am is that like you

325

00:16:27,360 --> 00:16:24,720

have brought up is that there is one

326

00:16:29,010 --> 00:16:27,370

universe it's called a universe yes

327

00:16:30,480 --> 00:16:29,020

there are multi layers to it there are

328

00:16:33,030 --> 00:16:30,490

multi-dimensions there are different

329

00:16:34,950 --> 00:16:33,040

things there are alien forms there are

330

00:16:37,860 --> 00:16:34,960

all sorts of different dimensions to

331

00:16:39,990 --> 00:16:37,870

this universe but it all is stemming

332

00:16:41,110 --> 00:16:40,000

from one life and that one life is

333

00:16:45,850 --> 00:16:41,120

emanating

334

00:16:50,260 --> 00:16:45,860

as your life but your life is a

335

00:16:53,950 --> 00:16:50,270

reflection of that one life so how do we

336

00:16:58,180 --> 00:16:53,960

achieve or connect with that vast love

337

00:17:00,670 --> 00:16:58,190

we reflect on it as a reflection of love

338

00:17:03,579 --> 00:17:00,680

itself the only thing I can do is go

339

00:17:06,189 --> 00:17:03,589

back to the source that I am and reflect

340

00:17:09,400 --> 00:17:06,199

on it and when I do that once I'm

341

00:17:12,460 --> 00:17:09,410

reflecting on the source of love the

342

00:17:14,949 --> 00:17:12,470

lies manipulations of the ego all that

343

00:17:17,620 --> 00:17:14,959

will vanish they disappear and the truth

344

00:17:20,439 --> 00:17:17,630

sets me free you don't like a light

345

00:17:22,090 --> 00:17:20,449

dispels darkness it all just evaporates

346

00:17:24,910 --> 00:17:22,100

away and you left with essence and

347

00:17:27,340 --> 00:17:24,920

purity innocence and all the good step

348

00:17:31,090 --> 00:17:27,350

yes so we're yeah so that's why we are

349

00:17:33,460 --> 00:17:31,100

taught and guided and moved in the

350

00:17:39,940 --> 00:17:33,470

direction to keep our attention solely

351  
00:17:43,630 --> 00:17:39,950  
our soul solely right on God and when we

352  
00:17:48,549 --> 00:17:43,640  
do that we really discover or at least I

353  
00:17:54,549 --> 00:17:48,559  
have discovered a wonderful sense of

354  
00:17:57,460 --> 00:17:54,559  
peace and trust and faith in observation

355  
00:18:01,750 --> 00:17:57,470  
and witnessing and beholding the light

356  
00:18:05,790 --> 00:18:01,760  
that is already here a moment ago you

357  
00:18:09,940 --> 00:18:05,800  
were giving the example of Jesus Christ

358  
00:18:12,730 --> 00:18:09,950  
with the situation with Mary and I I

359  
00:18:15,730 --> 00:18:12,740  
think there's a little more in the the

360  
00:18:18,549 --> 00:18:15,740  
lesson that he exemplified when he made

361  
00:18:22,450 --> 00:18:18,559  
a statement those who are without sin

362  
00:18:25,060 --> 00:18:22,460  
cast the first stone well if Jesus was

363  
00:18:28,780 --> 00:18:25,070

the perfect man at that period of his

364

00:18:31,210 --> 00:18:28,790

life why he never committed sin when it

365

00:18:32,950 --> 00:18:31,220

makes sense excuse me if ya if he never

366

00:18:34,600 --> 00:18:32,960

committed sin would it make sense that

367

00:18:38,220 --> 00:18:34,610

he would have picked up the rock and

368

00:18:41,260 --> 00:18:38,230

cast the first stone sure but he did not

369

00:18:42,940 --> 00:18:41,270

so it takes whether you believe that

370

00:18:45,820 --> 00:18:42,950

Jesus was born and lived his life

371

00:18:49,570 --> 00:18:45,830

without sin that make that presses the

372

00:18:51,700 --> 00:18:49,580

lesson even harder but it also shows the

373

00:18:54,290 --> 00:18:51,710

other side of that was maybe he didn't

374

00:18:57,320 --> 00:18:54,300

because at that stage of his life

375

00:18:59,390 --> 00:18:57,330

he was not truly consciously unified

376

00:19:00,320 --> 00:18:59,400

with creator he still felt someone you

377

00:19:03,560 --> 00:19:00,330

think about the Garden of Gethsemane

378

00:19:05,810 --> 00:19:03,570

where he says you know take this from me

379

00:19:07,520 --> 00:19:05,820

well who's he talking to take this from

380

00:19:09,200 --> 00:19:07,530

me implies that so there's someone else

381

00:19:11,990 --> 00:19:09,210

that he's having this conversation with

382

00:19:17,480 --> 00:19:12,000

versus it him being the full integration

383

00:19:21,230 --> 00:19:17,490

of his vast self I like that yeah yeah

384

00:19:23,900 --> 00:19:21,240

it's you know it's it's interesting we

385

00:19:26,300 --> 00:19:23,910

are in an incredible time right now of

386

00:19:28,310 --> 00:19:26,310

different energies and things shifting

387

00:19:31,040 --> 00:19:28,320

people being brought back into alignment

388

00:19:33,590 --> 00:19:31,050

and freaking out about it and all sorts

389

00:19:35,630 --> 00:19:33,600

of revelations and a lot of people are

390

00:19:38,960 --> 00:19:35,640

being called to move and move locations

391

00:19:41,900 --> 00:19:38,970

and serve in other areas and so there's

392

00:19:44,570 --> 00:19:41,910

we're at a time of great shift and you

393

00:19:48,290 --> 00:19:44,580

know what when you're when you're

394

00:19:51,230 --> 00:19:48,300

navigating a boat you know how to move

395

00:19:55,790 --> 00:19:51,240

the sails with the wind so the way that

396

00:20:00,340 --> 00:19:55,800

we kind of navigate our boat is we focus

397

00:20:02,810 --> 00:20:00,350

on the presence of the prime creator or

398

00:20:06,470 --> 00:20:02,820

consciousness itself or however you want

399

00:20:09,920 --> 00:20:06,480

however you call it in your language so

400

00:20:13,010 --> 00:20:09,930

if it brings comfort to you so we focus

401  
00:20:16,040 --> 00:20:13,020  
on the great comforter and we trust in

402  
00:20:19,820 --> 00:20:16,050  
our breath moment by moment that we are

403  
00:20:23,240 --> 00:20:19,830  
being guided because there is nothing

404  
00:20:27,980 --> 00:20:23,250  
being held back from us there is no

405  
00:20:31,460 --> 00:20:27,990  
mystery per se we are we're on purpose

406  
00:20:35,330 --> 00:20:31,470  
our purpose is to simply be be holders

407  
00:20:38,090 --> 00:20:35,340  
of love to be observers of love and give

408  
00:20:40,010 --> 00:20:38,100  
that love to humanity and humanity could

409  
00:20:42,140 --> 00:20:40,020  
simply just be to bring it to our

410  
00:20:45,260 --> 00:20:42,150  
partners to bring it to our kids to

411  
00:20:47,930 --> 00:20:45,270  
bring it to the places that we are at

412  
00:20:49,760 --> 00:20:47,940  
right now but wherever we are we are

413  
00:20:52,990 --> 00:20:49,770

being called to bring that love and you

414

00:20:55,490 --> 00:20:53,000

know what that love is natural it's easy

415

00:20:57,980 --> 00:20:55,500

it's not hard you know someone told me

416

00:21:03,110 --> 00:20:57,990

the day I'm trying really hard I said

417

00:21:05,720 --> 00:21:03,120

we'll stop trying yeah yes yeah a moment

418

00:21:07,909 --> 00:21:05,730

ago you were talking about let me

419

00:21:11,419 --> 00:21:07,919

rephrase this

420

00:21:14,039 --> 00:21:11,429

often people think that having a quote

421

00:21:15,539 --> 00:21:14,049

relationship with God means that your

422

00:21:17,580 --> 00:21:15,549

eyes are closed a lot you're on your

423

00:21:21,269 --> 00:21:17,590

knees a lot and you praying a lot and

424

00:21:24,269 --> 00:21:21,279

you praying to a source and those

425

00:21:27,180 --> 00:21:24,279

formalities are an amazing step in the

426

00:21:29,220 --> 00:21:27,190

process of expansion and moving in as

427

00:21:30,810 --> 00:21:29,230

you would say into your vastness and I

428

00:21:33,539 --> 00:21:30,820

support those and then do those in my

429

00:21:36,239 --> 00:21:33,549

own life but it's there's more to the

430

00:21:38,669 --> 00:21:36,249

pie than that more to the formula it's

431

00:21:41,659 --> 00:21:38,679

not about going to church on Sunday or

432

00:21:43,830 --> 00:21:41,669

praising something it's about being it

433

00:21:47,190 --> 00:21:43,840

integrating that thing that you're

434

00:21:52,440 --> 00:21:47,200

praying to into yourself it's about

435

00:21:57,749 --> 00:21:52,450

becoming that unfolding into that yeah

436

00:22:01,739 --> 00:21:57,759

yeah it would be as though I'm always

437

00:22:05,820 --> 00:22:01,749

reminded of nature so I'm always

438

00:22:09,509 --> 00:22:05,830

reminded of a rose you know a rose gives

439

00:22:11,960 --> 00:22:09,519

it sent to everyone and the rose like

440

00:22:15,779 --> 00:22:11,970

you brought up is integrated in the

441

00:22:19,710 --> 00:22:15,789

place that it's at right it integrates

442

00:22:21,840 --> 00:22:19,720

itself naturally and so I know that when

443

00:22:24,419 --> 00:22:21,850

I started my path and I did a lot of

444

00:22:27,450 --> 00:22:24,429

meditation and prayer and all the things

445

00:22:29,789 --> 00:22:27,460

that you were just reflecting on what I

446

00:22:31,830 --> 00:22:29,799

recognized was at some point that

447

00:22:34,859 --> 00:22:31,840

meditation where I was sitting down and

448

00:22:37,139 --> 00:22:34,869

meditating I entered another place where

449

00:22:39,779 --> 00:22:37,149

it was like oh I recognized I just got

450

00:22:42,570 --> 00:22:39,789

done meditation and now it's my life and

451

00:22:43,769 --> 00:22:42,580

I go to work and then and then I went

452

00:22:48,119 --> 00:22:43,779

wait a second that doesn't make sense

453

00:22:50,249 --> 00:22:48,129

how could meditation right so with so we

454

00:22:53,460 --> 00:22:50,259

learn and we grow we go wait a second

455

00:22:56,129 --> 00:22:53,470

perhaps meditation is continuous it is

456

00:22:58,230 --> 00:22:56,139

your life yes yeah so then what where am

457

00:23:00,119 --> 00:22:58,240

I meditating throughout my day and now

458

00:23:02,580 --> 00:23:00,129

your meditation is part of your day you

459

00:23:04,200 --> 00:23:02,590

start to meditate on your breath because

460

00:23:08,129 --> 00:23:04,210

it's the one thing that is teaching you

461

00:23:11,190 --> 00:23:08,139

how to give and let go give and let go

462

00:23:12,629 --> 00:23:11,200

give to you and let go so you go okay

463

00:23:15,060 --> 00:23:12,639

with this is I'm going to do this I'm

464

00:23:16,259 --> 00:23:15,070

going to bring my attention to my breath

465

00:23:18,269 --> 00:23:16,269

I'm going to focus on my breath

466

00:23:20,390 --> 00:23:18,279

throughout my day and then you notice

467

00:23:21,770 --> 00:23:20,400

that you're more conscious and present

468

00:23:23,180 --> 00:23:21,780

mindful and then a lot of things have

469

00:23:25,250 --> 00:23:23,190

and then you start to uplevel in

470

00:23:28,250 --> 00:23:25,260

whatever way you're guided to uplevel

471

00:23:30,800 --> 00:23:28,260

but you're so right that our life is

472

00:23:32,920 --> 00:23:30,810

both living meditation a living prayer

473

00:23:37,280 --> 00:23:32,930

however you want to look at it and

474

00:23:40,340 --> 00:23:37,290

within that we are all learning it's not

475

00:23:44,060 --> 00:23:40,350

as though any mistakes are bad or good

476

00:23:45,530 --> 00:23:44,070

or wrong we're continually learning it's

477

00:23:47,470 --> 00:23:45,540

kind of the point I was bringing up a

478

00:23:50,480 --> 00:23:47,480

minute ago using some of your examples

479

00:23:52,610 --> 00:23:50,490

we talked about are describing people

480

00:23:55,460 --> 00:23:52,620

who have the perception that love is

481

00:24:00,140 --> 00:23:55,470

this sentiment it's deeper than that and

482

00:24:02,210 --> 00:24:00,150

it also goes back to becoming it it's

483

00:24:04,130 --> 00:24:02,220

not something you're praying to all the

484

00:24:06,140 --> 00:24:04,140

time it's act and that's a wonderful way

485

00:24:08,060 --> 00:24:06,150

to create humility which creates a

486

00:24:10,760 --> 00:24:08,070

disposition for our door to open inside

487

00:24:12,650 --> 00:24:10,770

or just for giving someone blessings and

488

00:24:15,110 --> 00:24:12,660

healing that you're praying about but

489

00:24:18,260 --> 00:24:15,120

it's about integrating that kind of vast

490

00:24:20,720 --> 00:24:18,270

cosmic consciousness and when you do

491

00:24:23,380 --> 00:24:20,730

that then you understand that love is

492

00:24:26,060 --> 00:24:23,390

not just a mere sentiment it's not a

493

00:24:29,030 --> 00:24:26,070

dynamic that happens between people it

494

00:24:31,160 --> 00:24:29,040

becomes something you emit something

495

00:24:32,780 --> 00:24:31,170

that you are something that you it's

496

00:24:36,970 --> 00:24:32,790

everything you say everything you do

497

00:24:42,290 --> 00:24:40,310

yes you this just popped in my head that

498

00:24:45,700 --> 00:24:42,300

may help out the listeners that are

499

00:24:48,500 --> 00:24:45,710

trying to kind of wrap their little mind

500

00:24:53,780 --> 00:24:48,510

that they relate to you on a daily basis

501  
00:24:56,630 --> 00:24:53,790  
around this so if in fact the truth that

502  
00:24:59,930 --> 00:24:56,640  
sets us free is that the very presence

503  
00:25:02,240 --> 00:24:59,940  
of love is everywhere present it's

504  
00:25:06,050 --> 00:25:02,250  
omnipresent just let's just sit with

505  
00:25:08,450 --> 00:25:06,060  
that just for a second that means that

506  
00:25:11,270 --> 00:25:08,460  
right where the tree is it is wrapped in

507  
00:25:12,950 --> 00:25:11,280  
unconditional love that very presence is

508  
00:25:17,480 --> 00:25:12,960  
right where it is so every plant animal

509  
00:25:19,940 --> 00:25:17,490  
human being emits goodness their very

510  
00:25:21,890 --> 00:25:19,950  
nature is good India in the bent right

511  
00:25:25,610 --> 00:25:21,900  
and in Genesis it says not just good but

512  
00:25:27,410 --> 00:25:25,620  
very good so we are all very good so

513  
00:25:31,010 --> 00:25:27,420

right where we are we're all very good

514

00:25:33,620 --> 00:25:31,020

so let us now suggest in this

515

00:25:33,940 --> 00:25:33,630

omnipresence of love or truth however we

516

00:25:35,980 --> 00:25:33,950

see

517

00:25:39,940 --> 00:25:35,990

but just the omnipresence of the

518

00:25:44,250 --> 00:25:39,950

presents itself a problem has arisen in

519

00:25:47,200 --> 00:25:44,260

your life any problem lost your keys

520

00:25:51,190 --> 00:25:47,210

bills need to be paid doesn't really

521

00:25:53,110 --> 00:25:51,200

matter well you are the presence the

522

00:25:55,240 --> 00:25:53,120

presence is right where you are we know

523

00:25:58,240 --> 00:25:55,250

that because in some passages we are

524

00:26:04,360 --> 00:25:58,250

reminded of it such as this one be not

525

00:26:09,759 --> 00:26:04,370

afraid it is I or there is no good or

526

00:26:13,779 --> 00:26:09,769

evil just the presence of God so when we

527

00:26:17,320 --> 00:26:13,789

do sit with the answer for something we

528

00:26:19,600 --> 00:26:17,330

have to put away the judgment and stop

529

00:26:21,970 --> 00:26:19,610

judging things as good or bad and live

530

00:26:24,940 --> 00:26:21,980

in the polarity or lack or abundance or

531

00:26:28,149 --> 00:26:24,950

wherever it is that we do our dance we

532

00:26:30,580 --> 00:26:28,159

dropped it we dropped those judgments we

533

00:26:33,549 --> 00:26:30,590

don't ask for an answer or try to change

534

00:26:38,590 --> 00:26:33,559

or fix anything we simply still our mind

535

00:26:41,080 --> 00:26:38,600

and we observe and the very goodness of

536

00:26:43,539 --> 00:26:41,090

God the very presence of God which is

537

00:26:45,580 --> 00:26:43,549

right where each of us is will bring

538

00:26:47,830 --> 00:26:45,590

forth an idea a creative solution

539

00:26:50,200 --> 00:26:47,840

something that will be easy and

540

00:26:53,409 --> 00:26:50,210

effortless for us to take care of what

541

00:26:56,799 --> 00:26:53,419

we had first considered a problem that

542

00:26:58,960 --> 00:26:56,809

is the power of love this creative love

543

00:27:01,299 --> 00:26:58,970

that is undefinable that none of us can

544

00:27:03,610 --> 00:27:01,309

really talk about because we are being

545

00:27:05,799 --> 00:27:03,620

incited and guided through it moment by

546

00:27:07,899 --> 00:27:05,809

moment breath by breath and it is

547

00:27:11,639 --> 00:27:07,909

expanding and creating us like a like a

548

00:27:14,289 --> 00:27:11,649

like a a river that is endless it's

549

00:27:17,230 --> 00:27:14,299

unbelievable that we are all wrapped in

550

00:27:19,389 --> 00:27:17,240

this love and there will be a time when

551  
00:27:21,399 --> 00:27:19,399  
seven billion people on this planet will

552  
00:27:23,019 --> 00:27:21,409  
look cross and see another person and

553  
00:27:25,720 --> 00:27:23,029  
realize who they're actually looking at

554  
00:27:27,940 --> 00:27:25,730  
I love that idea David let me say

555  
00:27:30,669 --> 00:27:27,950  
something real quick when you brought

556  
00:27:32,560 --> 00:27:30,679  
forth the idea that when we see what we

557  
00:27:34,840 --> 00:27:32,570  
call a problem in our life instead of

558  
00:27:36,730 --> 00:27:34,850  
trying to fix it or find a solution we

559  
00:27:38,889 --> 00:27:36,740  
take that breath God breathed life into

560  
00:27:41,289 --> 00:27:38,899  
man when we take that conscious breath

561  
00:27:43,899 --> 00:27:41,299  
we are stating intention we also make

562  
00:27:47,289 --> 00:27:43,909  
ourselves available for that presence

563  
00:27:50,830 --> 00:27:47,299

and when we recognize that presents

564

00:27:53,739 --> 00:27:50,840

Lema everything you want is a presence

565

00:27:57,759 --> 00:27:53,749

there's no point of fixing anything and

566

00:28:00,700 --> 00:27:57,769

as you said as we sit here it's all good

567

00:28:03,940 --> 00:28:00,710

so everything else is just everything

568

00:28:05,830 --> 00:28:03,950

everything else is just a story that we

569

00:28:08,649 --> 00:28:05,840

keep telling ourselves repeatedly

570

00:28:10,450 --> 00:28:08,659

because if in creation it was good it

571

00:28:13,749 --> 00:28:10,460

was very good God created the world and

572

00:28:15,999 --> 00:28:13,759

it was good everything else is just a

573

00:28:17,859 --> 00:28:16,009

story that we keep droning out in our

574

00:28:20,590 --> 00:28:17,869

minds but is it because we're bored

575

00:28:24,070 --> 00:28:20,600

maybe well I think it's because our

576

00:28:26,229 --> 00:28:24,080

attention is is misplaced right our

577

00:28:28,210 --> 00:28:26,239

attention we actually believe that we

578

00:28:31,509 --> 00:28:28,220

are the personality we believe that we

579

00:28:34,060 --> 00:28:31,519

are the thinking that is happening so we

580

00:28:36,549 --> 00:28:34,070

relate to the loudness to the noise more

581

00:28:38,499 --> 00:28:36,559

than we relate to the truth here's a

582

00:28:42,340 --> 00:28:38,509

good example you and I are both parents

583

00:28:45,190 --> 00:28:42,350

and we could we both relate to this when

584

00:28:47,649 --> 00:28:45,200

your child comes to you and tells you

585

00:28:49,359 --> 00:28:47,659

something you know it's the truth when

586

00:28:51,999 --> 00:28:49,369

they say you know it's the truth when

587

00:28:54,759 --> 00:28:52,009

they begin to add on or lie or whatever

588

00:28:59,859 --> 00:28:54,769

you know it's a lie and you just you're

589

00:29:05,739 --> 00:28:59,869

with them on that so what's interesting

590

00:29:10,960 --> 00:29:05,749

is the same kind of beingness is same

591

00:29:15,159 --> 00:29:10,970

with same with us truth is still

592

00:29:17,470 --> 00:29:15,169

mindedness and then everyone's while the

593

00:29:20,229 --> 00:29:17,480

liar comes in to try to hypnotize this

594

00:29:23,590 --> 00:29:20,239

or offer suggestions about something

595

00:29:25,840 --> 00:29:23,600

else that may be going on right now and

596

00:29:27,999 --> 00:29:25,850

that's something else may be good or bad

597

00:29:29,859 --> 00:29:28,009

or or maybe this is that you know what

598

00:29:32,440 --> 00:29:29,869

but it comes in sometimes it's loud and

599

00:29:37,259 --> 00:29:32,450

sometimes it's really soft it's like you

600

00:29:45,269 --> 00:29:37,269

know but we as we grow in our capacity

601  
00:29:53,349 --> 00:29:45,279  
to understand consciousness and awaken

602  
00:29:56,379 --> 00:29:53,359  
we begin to sit closer to peace and that

603  
00:30:00,850 --> 00:29:56,389  
our piece is never disturbed as much as

604  
00:30:03,250 --> 00:30:00,860  
it used to be and so in that state of

605  
00:30:05,980 --> 00:30:03,260  
peace we begin to see the game that is

606  
00:30:09,730 --> 00:30:05,990  
being played within us which is this

607  
00:30:11,919 --> 00:30:09,740  
game of war it's a fight and you know

608  
00:30:13,780 --> 00:30:11,929  
look Jesus went through 40 days and 40

609  
00:30:16,210 --> 00:30:13,790  
nights and he had to wrestle with it too

610  
00:30:18,610 --> 00:30:16,220  
and after he finished wrestling with it

611  
00:30:22,150 --> 00:30:18,620  
what happened on the next day he started

612  
00:30:25,330 --> 00:30:22,160  
gathering his disciples he overcame the

613  
00:30:28,539 --> 00:30:25,340

body he overcame the mind and he

614

00:30:30,910 --> 00:30:28,549

understood who he was and that's a great

615

00:30:33,070 --> 00:30:30,920

idea for all of us that's a lot of

616

00:30:35,470 --> 00:30:33,080

people are wrestling Daniel wrestles

617

00:30:37,950 --> 00:30:35,480

with the Lions right Noah went for 40

618

00:30:40,060 --> 00:30:37,960

years for goodness sake sir moses so

619

00:30:43,330 --> 00:30:40,070

everybody wrestles in the time frame

620

00:30:45,400 --> 00:30:43,340

that they need to wrestle in I really

621

00:30:46,690 --> 00:30:45,410

like that imagery because is so very

622

00:30:48,340 --> 00:30:46,700

well portrayed in the movie Last

623

00:30:49,780 --> 00:30:48,350

Temptation of Christ when Jesus was in

624

00:30:51,970 --> 00:30:49,790

the desert was confronted by the lion

625

00:30:54,640 --> 00:30:51,980

confronted by the little girl and so

626  
00:30:59,080 --> 00:30:54,650  
forth very very cool David I want to get

627  
00:31:02,740 --> 00:30:59,090  
into your book this so parallels with my

628  
00:31:05,169 --> 00:31:02,750  
life although I am NOT a yoga dude I do

629  
00:31:07,210 --> 00:31:05,179  
yoga in a different way I process

630  
00:31:10,270 --> 00:31:07,220  
differently a lot of the same actually

631  
00:31:13,480 --> 00:31:10,280  
but I went through your book is titled

632  
00:31:15,820 --> 00:31:13,490  
on 90 days of heat gorgeous title did

633  
00:31:17,110 --> 00:31:15,830  
some reading in it today and I want to

634  
00:31:21,220 --> 00:31:17,120  
pick your brain a little bit about some

635  
00:31:22,930 --> 00:31:21,230  
things about how it was for you so that

636  
00:31:24,460 --> 00:31:22,940  
i can see whether it relates to my life

637  
00:31:27,100 --> 00:31:24,470  
and not and if it does not that way i

638  
00:31:30,330 --> 00:31:27,110

have the opportunity to open more to

639

00:31:35,860 --> 00:31:30,340

take any more first of all what is hot

640

00:31:38,440 --> 00:31:35,870

yoga what I like anything with the word

641

00:31:40,900 --> 00:31:38,450

hot before anyway what I like is that

642

00:31:43,560 --> 00:31:40,910

some people read that title 90 days of

643

00:31:47,740 --> 00:31:43,570

heat and thinks it think it's a sex book

644

00:31:51,250 --> 00:31:47,750

yeah or to drought I know right so not

645

00:31:53,260 --> 00:31:51,260

so hot yoga just to simplify you you

646

00:31:56,890 --> 00:31:53,270

just practice yoga in a room that's a

647

00:32:00,070 --> 00:31:56,900

hundred and three degrees hmm so in the

648

00:32:01,990 --> 00:32:00,080

book the goal start off at 30 days we

649

00:32:04,330 --> 00:32:02,000

can elaborate that on that a little bit

650

00:32:05,740 --> 00:32:04,340

then it went to 90 days but my own

651  
00:32:07,720 --> 00:32:05,750  
personal journey actually did a hundred

652  
00:32:12,230 --> 00:32:07,730  
straight days is there a reason that

653  
00:32:14,450 --> 00:32:12,240  
it's 103 versus 102 104

654  
00:32:16,640 --> 00:32:14,460  
you know what I heard someone just

655  
00:32:18,919 --> 00:32:16,650  
brought this up to me I think it was

656  
00:32:22,460 --> 00:32:18,929  
yesterday because I guess they do Bikram

657  
00:32:25,280 --> 00:32:22,470  
and bikram is like a hundred and eight I

658  
00:32:27,500 --> 00:32:25,290  
don't really know the reason that this

659  
00:32:30,049 --> 00:32:27,510  
studio Moke show which is all over

660  
00:32:32,540 --> 00:32:30,059  
Canada there's 10 studios called moto

661  
00:32:35,600 --> 00:32:32,550  
out here in the United States why it's

662  
00:32:39,770 --> 00:32:35,610  
103 I I do know that they tried to

663  
00:32:42,740 --> 00:32:39,780

explain to me that the air in the studio

664

00:32:48,190 --> 00:32:42,750

is kind of this eco-friendly air so it

665

00:32:50,690 --> 00:32:48,200

doesn't harm you in any way I guess so

666

00:32:54,110 --> 00:32:50,700

Ill don't know I just know it's 103

667

00:32:58,970 --> 00:32:54,120

degrees in there so with it so then like

668

00:33:01,490 --> 00:32:58,980

five minutes you're sweating I I'm gonna

669

00:33:03,500 --> 00:33:01,500

ask you a question and I am asking it

670

00:33:06,230 --> 00:33:03,510

because I think it parallels with my

671

00:33:09,740 --> 00:33:06,240

life um I was in a relationship for ten

672

00:33:14,830 --> 00:33:09,750

years it went bad this was post Catholic

673

00:33:18,190 --> 00:33:14,840

days free spiritual path conscious days

674

00:33:22,340 --> 00:33:18,200

musician seeking out a record deal

675

00:33:24,500 --> 00:33:22,350

sounds like a movie or not and you know

676

00:33:26,480 --> 00:33:24,510

she was my food she was my shelter she's

677

00:33:28,760 --> 00:33:26,490

my transportation she was my intimus all

678

00:33:31,940 --> 00:33:28,770

that stuff and she left and of course

679

00:33:34,340 --> 00:33:31,950

I'm split in half and knowing what I'm

680

00:33:35,810 --> 00:33:34,350

about to face the question i want at

681

00:33:39,140 --> 00:33:35,820

least at that point in my life the

682

00:33:41,510 --> 00:33:39,150

question i want to put to you before you

683

00:33:45,169 --> 00:33:41,520

started your 90 days of heat your 90

684

00:33:48,230 --> 00:33:45,179

days in passion how did it feel and I

685

00:33:51,020 --> 00:33:48,240

and I'm asking this question to hear

686

00:33:52,970 --> 00:33:51,030

myself for myself I'm knowing what was

687

00:33:54,650 --> 00:33:52,980

about to happen how did it feel knowing

688

00:33:59,290 --> 00:33:54,660

that you are about to take on this

689

00:34:02,030 --> 00:33:59,300

mountain in a 90-day climb or ascension

690

00:34:09,830 --> 00:34:02,040

shall i say what was it like to be you

691

00:34:12,889 --> 00:34:09,840

to go here we go that's an awesome

692

00:34:14,690 --> 00:34:12,899

question you know when when I was

693

00:34:16,550 --> 00:34:14,700

separated and then eventually went

694

00:34:19,250 --> 00:34:16,560

through my divorce I went through the

695

00:34:21,710 --> 00:34:19,260

darkest period of my life a period that

696

00:34:23,899 --> 00:34:21,720

was just never-ending it just like

697

00:34:25,430 --> 00:34:23,909

nothing was working nothing happened

698

00:34:28,849 --> 00:34:25,440

nothing was working nothing was going

699

00:34:30,980 --> 00:34:28,859

my way anything I tried all the things I

700

00:34:34,389 --> 00:34:30,990

had learned in school as far as like

701

00:34:36,740 --> 00:34:34,399

spiritual tools nothing worked and

702

00:34:39,800 --> 00:34:36,750

that's where the book of light camera

703

00:34:41,629 --> 00:34:39,810

came out of that period amazing book by

704

00:34:44,809 --> 00:34:41,639

the way the book of light check it out

705

00:34:48,230 --> 00:34:44,819

thank you and so this period by the time

706

00:34:50,839 --> 00:34:48,240

I got here I had finally been through

707

00:34:54,169 --> 00:34:50,849

some forgiveness work and let go of a

708

00:34:57,290 --> 00:34:54,179

lot of stuff so this was not so much

709

00:34:59,030 --> 00:34:57,300

about letting go of a lot of stuff we're

710

00:35:01,609 --> 00:34:59,040

taking a deep breath and going oh my god

711

00:35:04,040 --> 00:35:01,619

this was more like a new beginning for

712

00:35:06,020 --> 00:35:04,050

me a new life a new way of seeing things

713

00:35:08,510 --> 00:35:06,030

being with things because when I

714

00:35:10,460 --> 00:35:08,520

originally started this journey when I

715

00:35:13,700 --> 00:35:10,470

had the idea to do this or when the idea

716

00:35:17,329 --> 00:35:13,710

came to me it was just 30 straight days

717

00:35:19,849 --> 00:35:17,339

of hot yoga and what I did is set out to

718

00:35:22,400 --> 00:35:19,859

set my own accountability and be

719

00:35:26,240 --> 00:35:22,410

authentic with myself so I went break

720

00:35:30,200 --> 00:35:26,250

the 30 days I blogged on my experience

721

00:35:33,710 --> 00:35:30,210

every single day and that really helped

722

00:35:36,430 --> 00:35:33,720

me stay accountable responsible honest

723

00:35:39,890 --> 00:35:36,440

open and and what I said to myself

724

00:35:42,740 --> 00:35:39,900

before I started this was I'm going to

725

00:35:45,020 --> 00:35:42,750

be open honest and vulnerable with

726

00:35:47,030 --> 00:35:45,030

everybody about what comes up on my mat

727

00:35:49,339 --> 00:35:47,040

and I'm not going to hold it back and

728

00:35:51,770 --> 00:35:49,349

I'm going to allow people to see what I

729

00:35:55,300 --> 00:35:51,780

actually move through and grow with in

730

00:36:00,770 --> 00:35:55,310

my life as not only a newly single dad

731

00:36:03,589 --> 00:36:00,780

but as a man as being on this planet in

732

00:36:05,540 --> 00:36:03,599

the hopes that maybe my journey might

733

00:36:07,940 --> 00:36:05,550

help somebody else that's going out

734

00:36:11,420 --> 00:36:07,950

through a bad time and then I think it

735

00:36:13,760 --> 00:36:11,430

was in the book day 26 and Emily the

736

00:36:15,920 --> 00:36:13,770

owner of the studio is she said she

737

00:36:18,319 --> 00:36:15,930

shared with me an inspiring story and

738

00:36:21,829 --> 00:36:18,329

it's I think it really serves all of us

739

00:36:24,470 --> 00:36:21,839

as far as how we set limits for our self

740

00:36:28,069 --> 00:36:24,480

first studio the yoga studio i did this

741

00:36:30,410 --> 00:36:28,079

app was going to raise twenty thousand

742

00:36:33,710 --> 00:36:30,420

dollars in a month for a group that

743

00:36:36,050 --> 00:36:33,720

helps our kids with music and her friend

744

00:36:38,720 --> 00:36:36,060

said why are you doing twenty thousand

745

00:36:39,140 --> 00:36:38,730

what does she do fifty thousand and it

746

00:36:40,790 --> 00:36:39,150

just

747

00:36:43,220 --> 00:36:40,800

scared the daylights out of her and she

748

00:36:45,710 --> 00:36:43,230

said well I'm comfortable with 20 i know

749

00:36:48,160 --> 00:36:45,720

i can raise 20 and she said well why

750

00:36:50,930 --> 00:36:48,170

didn't you raise 50 so she said okay

751

00:36:52,580 --> 00:36:50,940

anyways long story short at the end of

752

00:36:55,910 --> 00:36:52,590

the 30 day she raised fifty nine

753

00:36:57,680 --> 00:36:55,920

thousand dollars and she went way past

754

00:36:59,330 --> 00:36:57,690

her comfort zone and that's when she

755

00:37:01,610 --> 00:36:59,340

looked at me and she said I was on day

756

00:37:05,810 --> 00:37:01,620

26 and she goes I think you can do 90

757

00:37:07,820 --> 00:37:05,820

straight days of hot yoga and I had four

758

00:37:10,370 --> 00:37:07,830

you've ollied the tennis ball back to

759

00:37:13,070 --> 00:37:10,380

you I know right side four days four

760

00:37:15,620 --> 00:37:13,080

days to my 30 days and i said but i only

761

00:37:18,260 --> 00:37:15,630

have but i have four days left right

762

00:37:20,930 --> 00:37:18,270

like I I was I and I believe that's when

763

00:37:24,080 --> 00:37:20,940

it really became like uh-oh because I

764

00:37:26,210 --> 00:37:24,090

said yes to it and I didn't realize that

765

00:37:28,850 --> 00:37:26,220

what she was saying was David these

766

00:37:32,270 --> 00:37:28,860

first 30 days is your comfort zone like

767

00:37:35,330 --> 00:37:32,280

that 20 grand was my comfort zone now

768

00:37:37,700 --> 00:37:35,340

let's see what you got so that I mean in

769

00:37:39,110 --> 00:37:37,710

rub that you say that and the first

770

00:37:40,400 --> 00:37:39,120

thing I was going to ask you as we got

771

00:37:43,280 --> 00:37:40,410

into your book and you can probably

772

00:37:45,410 --> 00:37:43,290

continue on from there where I stepped

773

00:37:48,590 --> 00:37:45,420

on your toes in the first of your book

774

00:37:52,490 --> 00:37:48,600

you say you're safe nothing is going to

775

00:37:55,310 --> 00:37:52,500

hurt you here you're on your mat and I

776

00:37:59,630 --> 00:37:55,320

allowed myself to go inside go inside to

777

00:38:07,370 --> 00:37:59,640

the sticky parts of me would that be the

778

00:38:09,580 --> 00:38:07,380

first 30 days yeah in and then it gets a

779

00:38:14,060 --> 00:38:09,590

lot stickier as we get outside a third

780

00:38:16,070 --> 00:38:14,070

right access because you know what I had

781

00:38:20,690 --> 00:38:16,080

to work through on those first 30 days

782

00:38:22,700 --> 00:38:20,700

is day seven I had been in the class for

783

00:38:24,970 --> 00:38:22,710

seven days seven straight days and each

784

00:38:28,310 --> 00:38:24,980

day i wore my shorts and my shirt and

785

00:38:30,230 --> 00:38:28,320

I'm I'm in Hollywood so my class has

786

00:38:32,540 --> 00:38:30,240

like Colin Farrell in it you know the

787

00:38:35,360 --> 00:38:32,550

actor has all these you know beautiful

788

00:38:37,160 --> 00:38:35,370

hollywood stars in my class tan bodies

789

00:38:40,520 --> 00:38:37,170

beautiful you know just bought you know

790

00:38:43,790 --> 00:38:40,530

body stuff and I couldn't wear my shirt

791

00:38:46,460 --> 00:38:43,800

anymore I just couldn't do it and I was

792

00:38:49,670 --> 00:38:46,470

getting backlit from this you know this

793

00:38:51,680 --> 00:38:49,680

sunlight window that they had and I

794

00:38:52,100 --> 00:38:51,690

turned to the yoga teacher Caroline and

795

00:38:55,900 --> 00:38:52,110

I said

796

00:38:59,150 --> 00:38:55,910

I'm gonna take my shirt off and she goes

797

00:39:01,100 --> 00:38:59,160

okay and I went I know but when I take

798

00:39:04,790 --> 00:39:01,110

it off I'm so white I'm gonna light up

799

00:39:07,550 --> 00:39:04,800

this room right she said David don't

800

00:39:10,310 --> 00:39:07,560

worry about it and once I took off my

801

00:39:12,380 --> 00:39:10,320

shirt and got in a groove of it I got

802

00:39:15,980 --> 00:39:12,390

over my body image which I did know was

803

00:39:17,900 --> 00:39:15,990

there which is that I'm okay so I know

804

00:39:19,820 --> 00:39:17,910

in the first 30 days a lot a kind of a

805

00:39:21,890 --> 00:39:19,830

lot of those like kind of not

806

00:39:25,310 --> 00:39:21,900

superficial stuff but things that we

807

00:39:28,370 --> 00:39:25,320

don't really consciously think about

808

00:39:33,620 --> 00:39:28,380

kind of came up after your right after

809

00:39:37,550 --> 00:39:33,630

those like day 31 through day 60 was a

810

00:39:39,530 --> 00:39:37,560

lot of working through the ego stuff and

811

00:39:42,320 --> 00:39:39,540

then day 60 I remember having the

812

00:39:45,200 --> 00:39:42,330

realization that this isn't a mind-body

813

00:39:47,900 --> 00:39:45,210

experience this is spirit mind body and

814

00:39:49,790 --> 00:39:47,910

my whole yoga practice change the poses

815

00:39:53,150 --> 00:39:49,800

became different life became different

816

00:39:56,090 --> 00:39:53,160

it's just that from dick once i hit day

817

00:39:57,950 --> 00:39:56,100

60 it was on the depths of me were just

818

00:40:01,640 --> 00:39:57,960

coming out like i was like oh my gosh

819

00:40:03,260 --> 00:40:01,650

here we go you know when you said when

820

00:40:04,430 --> 00:40:03,270

you ask the yoga instructor about you

821

00:40:05,870 --> 00:40:04,440

know i'm about to take my shirt off of

822

00:40:07,910 --> 00:40:05,880

course you'd say that's fine but said

823

00:40:10,550 --> 00:40:07,920

wait you don't understand about the

824

00:40:13,270 --> 00:40:10,560

Bliss to everybody in the room moving

825

00:40:16,510 --> 00:40:13,280

through that using that as an example

826

00:40:20,330 --> 00:40:16,520

such places that we find ourselves

827

00:40:22,430 --> 00:40:20,340

uncomfortable they're meant to not use

828

00:40:24,950 --> 00:40:22,440

as a way to stay in reserve and

829

00:40:27,080 --> 00:40:24,960

constrict and clam up they're actually

830

00:40:29,390 --> 00:40:27,090

there as potential windows to move

831

00:40:31,400 --> 00:40:29,400

through to find to get out of the

832

00:40:34,760 --> 00:40:31,410

buttocks because you know first that

833

00:40:37,460 --> 00:40:34,770

first step may be sticky icky and I

834

00:40:39,980 --> 00:40:37,470

really don't want to do this but when

835

00:40:42,620 --> 00:40:39,990

you do it and you find yourself not only

836

00:40:46,820 --> 00:40:42,630

through the threshold but well into the

837

00:40:50,780 --> 00:40:46,830

door of that place you realizes it's not

838

00:40:53,600 --> 00:40:50,790

so bad it's just not so bad and actually

839

00:40:55,550 --> 00:40:53,610

it leaves your your mental process

840

00:40:57,440 --> 00:40:55,560

because you no longer consumed with that

841

00:41:00,580 --> 00:40:57,450

and therefore giving it your intention

842

00:41:03,160 --> 00:41:00,590

something else you wrote in your book

843

00:41:04,960 --> 00:41:03,170

amazing writing dated by the way

844

00:41:07,210 --> 00:41:04,970

they say that I'm beginning to

845

00:41:09,250 --> 00:41:07,220

understand in my practice that by

846

00:41:12,460 --> 00:41:09,260

letting the breath into the parts of my

847

00:41:15,520 --> 00:41:12,470

body that may be tight and resisting I

848

00:41:19,660 --> 00:41:15,530

am letting in love my breath accepts all

849

00:41:21,400 --> 00:41:19,670

life as it is now there's something I

850

00:41:23,710 --> 00:41:21,410

often say when I do public talks about

851  
00:41:25,780 --> 00:41:23,720  
my first book the Divine Principle there

852  
00:41:29,020 --> 00:41:25,790  
are the divine principles which is a

853  
00:41:31,510 --> 00:41:29,030  
list of nine divine principles qualities

854  
00:41:33,609 --> 00:41:31,520  
of the Creator for example one choose

855  
00:41:35,500 --> 00:41:33,619  
not to accept defeat this is obviously a

856  
00:41:38,020 --> 00:41:35,510  
quality creator the law of all

857  
00:41:40,270 --> 00:41:38,030  
possibilities the second would be shield

858  
00:41:42,430 --> 00:41:40,280  
no and content no intent to control

859  
00:41:43,930 --> 00:41:42,440  
choose not to place your happiness in

860  
00:41:45,549 --> 00:41:43,940  
the hands of another person nor in the

861  
00:41:47,920 --> 00:41:45,559  
chippewa so here's a few different laws

862  
00:41:50,559 --> 00:41:47,930  
but the idea that i brought bring forth

863  
00:41:54,700 --> 00:41:50,569

when i do public talks is for example as

864

00:41:56,890 --> 00:41:54,710

you when you bring your breath your

865

00:42:00,010 --> 00:41:56,900

awareness your presence your intention

866

00:42:03,700 --> 00:42:00,020

to that part that is resisting the same

867

00:42:06,339 --> 00:42:03,710

thing I tell my audience is that as you

868

00:42:09,089 --> 00:42:06,349

read the divine principles or as they

869

00:42:11,650 --> 00:42:09,099

read them to you in a public talk

870

00:42:14,079 --> 00:42:11,660

whatever one I read to you that you

871

00:42:16,900 --> 00:42:14,089

finding your self resistance you just

872

00:42:19,120 --> 00:42:16,910

notice where the resistance in your body

873

00:42:22,809 --> 00:42:19,130

is to that particular principle that I

874

00:42:27,210 --> 00:42:22,819

am reading as you are reading it or as

875

00:42:32,440 --> 00:42:27,220

you are hearing me read it to you listen

876

00:42:35,260 --> 00:42:32,450

from the place of the resistance it's

877

00:42:37,539 --> 00:42:35,270

like bringing that breath into those

878

00:42:40,539 --> 00:42:37,549

places that are tight it's all vibratory

879

00:42:43,480 --> 00:42:40,549

energy all energy of love so the same

880

00:42:45,520 --> 00:42:43,490

idea applies here when people read these

881

00:42:47,079 --> 00:42:45,530

such principles that they bring them

882

00:42:49,180 --> 00:42:47,089

into these blocks which of course the

883

00:42:52,720 --> 00:42:49,190

light will dissipate any of the dense

884

00:42:54,880 --> 00:42:52,730

stuff you also say that yoga offers us

885

00:42:58,210 --> 00:42:54,890

an invitation to discover the pose and

886

00:43:00,370 --> 00:42:58,220

Life offers us the same invitation to

887

00:43:03,099 --> 00:43:00,380

discover life without war defense

888

00:43:07,450 --> 00:43:03,109

without the past life invites us to

889

00:43:09,910 --> 00:43:07,460

discover it as it is staying open a lot

890

00:43:12,059 --> 00:43:09,920

of my life still I find a lot often in

891

00:43:14,620 --> 00:43:12,069

my dreams day David I find myself

892

00:43:16,270 --> 00:43:14,630

resisting that I would swear to you here

893

00:43:18,070 --> 00:43:16,280

in this microphone publicly

894

00:43:20,770 --> 00:43:18,080

that is not a part of my conscious

895

00:43:22,590 --> 00:43:20,780

process I'm very very aware of the

896

00:43:25,540 --> 00:43:22,600

dynamic of energy that's moving inside

897

00:43:28,060 --> 00:43:25,550

I'm getting very proficient at balancing

898

00:43:31,720 --> 00:43:28,070

it sometimes it goes out of kilter and I

899

00:43:33,820 --> 00:43:31,730

catch myself and I pull myself back but

900

00:43:35,800 --> 00:43:33,830

often i would say often but sometimes in

901  
00:43:39,040 --> 00:43:35,810  
my dream state my dreamscapes i find

902  
00:43:41,640 --> 00:43:39,050  
myself having some of these defense

903  
00:43:48,640 --> 00:43:41,650  
postures some warring going on with self

904  
00:43:52,330 --> 00:43:48,650  
anything you can offer well I you know I

905  
00:43:55,270 --> 00:43:52,340  
wrote an article called be with it on

906  
00:43:58,180 --> 00:43:55,280  
simple reminders and I think it had

907  
00:44:01,420 --> 00:43:58,190  
something like 60,000 people that read

908  
00:44:03,970 --> 00:44:01,430  
it in like two days and is essentially

909  
00:44:06,940 --> 00:44:03,980  
about letting go because letting go is

910  
00:44:09,130 --> 00:44:06,950  
our natural state so for example if you

911  
00:44:13,230 --> 00:44:09,140  
are feeling a type of defense what I

912  
00:44:16,930 --> 00:44:13,240  
learned on my yoga mat was be aware of

913  
00:44:19,330 --> 00:44:16,940

the defense and as you're aware of the

914

00:44:23,020 --> 00:44:19,340

defense that is going on wherever it is

915

00:44:26,650 --> 00:44:23,030

if in fact it's a defense you'll what

916

00:44:30,670 --> 00:44:26,660

you'll feel is energy and as you feel

917

00:44:33,220 --> 00:44:30,680

the feeling of it of what the defense

918

00:44:35,980 --> 00:44:33,230

feels like be with the feeling of

919

00:44:39,190 --> 00:44:35,990

defense just be with the feeling don't

920

00:44:41,830 --> 00:44:39,200

worry about the thoughts and when you're

921

00:44:44,260 --> 00:44:41,840

aware of the feeling of defense what

922

00:44:46,540 --> 00:44:44,270

you'll discover is if it's the first

923

00:44:48,940 --> 00:44:46,550

time you're aware of it it may the

924

00:44:52,960 --> 00:44:48,950

energy of it the energy of that feeling

925

00:44:55,600 --> 00:44:52,970

might last for a little bit but once it

926

00:44:57,820 --> 00:44:55,610

dissipates what's fascinating that I

927

00:44:59,890 --> 00:44:57,830

discovered was that all the thoughts

928

00:45:05,290 --> 00:44:59,900

that are connected to that feeling of

929

00:45:07,780 --> 00:45:05,300

defense from years of your life fall

930

00:45:10,270 --> 00:45:07,790

away and you never have to repeat that

931

00:45:12,580 --> 00:45:10,280

pattern again yes that feeling of

932

00:45:14,290 --> 00:45:12,590

Defense may come up again but because

933

00:45:17,290 --> 00:45:14,300

you're just aware of it without trying

934

00:45:21,360 --> 00:45:17,300

to change or fix it or run from it or

935

00:45:24,310 --> 00:45:21,370

anything just be with it be aware of it

936

00:45:26,050 --> 00:45:24,320

the charge may come up in a world lesson

937

00:45:28,390 --> 00:45:26,060

and then it may come up one more time

938

00:45:29,830 --> 00:45:28,400

and you're with it and you allow it and

939

00:45:31,840 --> 00:45:29,840

it goes away

940

00:45:36,670 --> 00:45:31,850

and you never have to experience defense

941

00:45:41,050 --> 00:45:36,680

again my sense is that in our society in

942

00:45:43,390 --> 00:45:41,060

the 3d platform we have a lot of leaders

943

00:45:45,460 --> 00:45:43,400

that teaches to change our thoughts to

944

00:45:50,260 --> 00:45:45,470

change our life and what I discovered

945

00:45:53,500 --> 00:45:50,270

was the easiest thing is to be aware of

946

00:45:55,270 --> 00:45:53,510

the feeling and the feelings that's

947

00:45:58,780 --> 00:45:55,280

where all the thoughts are connected to

948

00:46:01,840 --> 00:45:58,790

because my biggest thing that I was kind

949

00:46:03,580 --> 00:46:01,850

of going through was I felt like I was

950

00:46:05,380 --> 00:46:03,590

going through a bigger war when I was

951  
00:46:07,770 --> 00:46:05,390  
trying to change the thoughts to change

952  
00:46:10,180 --> 00:46:07,780  
my life to have the life that I wanted

953  
00:46:12,220 --> 00:46:10,190  
because I was it was a lot of force

954  
00:46:13,840 --> 00:46:12,230  
there was a lot of effort and I could do

955  
00:46:16,750 --> 00:46:13,850  
it for a couple days and they'd all come

956  
00:46:20,470 --> 00:46:16,760  
back so by being with the feelings that

957  
00:46:23,740 --> 00:46:20,480  
come up the sensations that come up you

958  
00:46:27,610 --> 00:46:23,750  
do it anyways Keith just by reading your

959  
00:46:30,070 --> 00:46:27,620  
last book and you know talking about

960  
00:46:33,370 --> 00:46:30,080  
that journey that you went on and so as

961  
00:46:36,220 --> 00:46:33,380  
men in particular we are teachers to

962  
00:46:38,590 --> 00:46:36,230  
other men that we are here to be with

963  
00:46:44,350 --> 00:46:38,600

our feelings that's that's one of the

964

00:46:48,340 --> 00:46:44,360

great thrills of being with a woman they

965

00:46:52,540 --> 00:46:48,350

help facilitate the nature of being with

966

00:46:54,820 --> 00:46:52,550

our feelings and being with things and

967

00:46:59,920 --> 00:46:54,830

expressing them sometimes when we have

968

00:47:04,870 --> 00:46:59,930

difficulty so the beauty of what we are

969

00:47:07,690 --> 00:47:04,880

as love is that we as love do not need

970

00:47:10,960 --> 00:47:07,700

to be afraid of anything because it's

971

00:47:13,000 --> 00:47:10,970

all god it's all one and it's coming up

972

00:47:18,100 --> 00:47:13,010

because we can handle it and when you

973

00:47:24,390 --> 00:47:18,110

could finally discern your feelings what

974

00:47:28,660 --> 00:47:26,770

what you just left off just a minute ago

975

00:47:31,600 --> 00:47:28,670

brought me to you actually where I want

976  
00:47:33,220 --> 00:47:31,610  
to go with you next we talked about the

977  
00:47:37,150 --> 00:47:33,230  
benefits of being in a loving

978  
00:47:40,380 --> 00:47:37,160  
relationship how women or men but in

979  
00:47:43,240 --> 00:47:40,390  
this scenario because you and I guys

980  
00:47:46,540 --> 00:47:43,250  
reflect a certain things in your book a

981  
00:47:48,850 --> 00:47:46,550  
day 14 for example men love to hear from

982  
00:47:51,790 --> 00:47:48,860  
their partners I'm proud of you I know

983  
00:47:56,260 --> 00:47:51,800  
how hard you are working or I do not get

984  
00:47:59,680 --> 00:47:56,270  
I didn't own or I know you don't get so

985  
00:48:04,360 --> 00:47:59,690  
and so it so you don't get so and so and

986  
00:48:06,850 --> 00:48:04,370  
therefore and so on is that only in a

987  
00:48:09,040 --> 00:48:06,860  
partner relationship or in life I'll

988  
00:48:11,920 --> 00:48:09,050

tell you why because years ago unless

989

00:48:14,350 --> 00:48:11,930

playing music at a club my mother the

990

00:48:17,290 --> 00:48:14,360

lady who told me I Keith I know you want

991

00:48:20,620 --> 00:48:17,300

to be a musician go get you a job the

992

00:48:22,840 --> 00:48:20,630

one that ignored one of the few times

993

00:48:24,880 --> 00:48:22,850

over the period of years now that she's

994

00:48:25,900 --> 00:48:24,890

ever seen me play happens to be when I

995

00:48:28,330 --> 00:48:25,910

moved to Memphis from south Louisiana

996

00:48:30,790 --> 00:48:28,340

she came up with my father and my sister

997

00:48:34,990 --> 00:48:30,800

who had their they brought their

998

00:48:36,430 --> 00:48:35,000

three-year-old grandchild as playing

999

00:48:37,990 --> 00:48:36,440

music and I played my mom's favorite

1000

00:48:40,660 --> 00:48:38,000

song right before break which is a

1001  
00:48:43,660 --> 00:48:40,670  
little river band song called lady and

1002  
00:48:45,640 --> 00:48:43,670  
my mother was watching my three-year-old

1003  
00:48:47,110 --> 00:48:45,650  
niece dance and capturing the hearts of

1004  
00:48:49,780 --> 00:48:47,120  
everybody in the room and my mother

1005  
00:48:51,760 --> 00:48:49,790  
begins to cry and I get off the stage

1006  
00:48:53,200 --> 00:48:51,770  
soon as when I'm break and my mom

1007  
00:48:55,300 --> 00:48:53,210  
fingers make she says hey Keith come

1008  
00:48:58,660 --> 00:48:55,310  
over here so I said what is it she says

1009  
00:49:01,420 --> 00:48:58,670  
all of your life he never received any

1010  
00:49:03,520 --> 00:49:01,430  
approved for me playing music I never

1011  
00:49:06,400 --> 00:49:03,530  
really supported you I like the idea for

1012  
00:49:11,310 --> 00:49:06,410  
you and I wanted to tell you that I'm

1013  
00:49:16,030 --> 00:49:11,320

proud again that moment was so

1014

00:49:17,740 --> 00:49:16,040

monumental for me it changed things for

1015

00:49:19,540 --> 00:49:17,750

me it was like it's something I've been

1016

00:49:23,230 --> 00:49:19,550

wanting to hear from her since I was a

1017

00:49:26,710 --> 00:49:23,240

little boy somehow I was craving it and

1018

00:49:29,410 --> 00:49:26,720

didn't know it until that moment when my

1019

00:49:32,620 --> 00:49:29,420

mother said come here is that something

1020

00:49:36,700 --> 00:49:32,630

we look for in our daily life is to be

1021

00:49:43,570 --> 00:49:36,710

recognized not only by our feminine

1022

00:49:46,329 --> 00:49:43,580

but society sure I mean it's probably

1023

00:49:51,010 --> 00:49:46,339

the thriving force for a lot of people

1024

00:49:55,210 --> 00:49:51,020

this kind of a need for approval or

1025

00:50:00,970 --> 00:49:55,220

proving and that's it that's a strong

1026  
00:50:03,460 --> 00:50:00,980  
it's a strong pool right because I I can

1027  
00:50:05,380 --> 00:50:03,470  
only speak for myself I never took a

1028  
00:50:09,040 --> 00:50:05,390  
class when I was a kid that taught me

1029  
00:50:12,880 --> 00:50:09,050  
how to be with my feelings when I was a

1030  
00:50:15,370 --> 00:50:12,890  
kid and so I never knew how to deal with

1031  
00:50:17,440 --> 00:50:15,380  
this energy that was within me in fact

1032  
00:50:19,240 --> 00:50:17,450  
it should probably be a class in schools

1033  
00:50:20,859 --> 00:50:19,250  
all over the globe and we probably have

1034  
00:50:23,230 --> 00:50:20,869  
a different society because a lot of

1035  
00:50:24,700 --> 00:50:23,240  
things that I feel like people move

1036  
00:50:26,290 --> 00:50:24,710  
through right now is they don't know how

1037  
00:50:29,740 --> 00:50:26,300  
to be with their own emotions and

1038  
00:50:33,250 --> 00:50:29,750

feelings and sensations so they go dart

1039

00:50:35,680 --> 00:50:33,260

and run and hide and camouflage and mask

1040

00:50:38,380 --> 00:50:35,690

and play different parts and act like

1041

00:50:40,390 --> 00:50:38,390

they're this way or that way all because

1042

00:50:42,630 --> 00:50:40,400

a simple energy came up in them that

1043

00:50:46,420 --> 00:50:42,640

they don't really know how to deal with

1044

00:50:49,089 --> 00:50:46,430

so yeah I mean look at your mom but

1045

00:50:52,390 --> 00:50:49,099

you're talking about your mom and she's

1046

00:50:54,310 --> 00:50:52,400

the nurturer she is someone that is we

1047

00:50:56,920 --> 00:50:54,320

hope would be at our side and for some

1048

00:50:59,079 --> 00:50:56,930

of us we we had that in some of us weed

1049

00:51:02,349 --> 00:50:59,089

in it and who knows what was going on at

1050

00:51:05,050 --> 00:51:02,359

that time and I you know it is what it

1051  
00:51:07,450 --> 00:51:05,060  
is but what's wonderful the way that

1052  
00:51:13,390 --> 00:51:07,460  
love works is that she recognized you

1053  
00:51:16,990 --> 00:51:13,400  
and and kind of asked for forgiveness in

1054  
00:51:19,120 --> 00:51:17,000  
her own way and that's a leader folks

1055  
00:51:20,890 --> 00:51:19,130  
yeah it's it be as deadly that that's a

1056  
00:51:23,800 --> 00:51:20,900  
beautiful graceful experience for both

1057  
00:51:26,320 --> 00:51:23,810  
of you because it allows you to see how

1058  
00:51:28,180 --> 00:51:26,330  
empowering an amazing that you are that

1059  
00:51:30,190 --> 00:51:28,190  
you were able to trust yourself even

1060  
00:51:33,130 --> 00:51:30,200  
amongst people that were close to you

1061  
00:51:34,630 --> 00:51:33,140  
that weren't really supporting you in

1062  
00:51:37,450 --> 00:51:34,640  
the way that you had wished to be

1063  
00:51:39,930 --> 00:51:37,460

supported so that's a beautiful

1064

00:51:42,760 --> 00:51:39,940

experience and thank you for sharing

1065

00:51:48,430 --> 00:51:42,770

absolutely you you hadn't mentioned your

1066

00:51:49,820 --> 00:51:48,440

first 30 days the trial by fire quite

1067

00:51:54,230 --> 00:51:49,830

literally

1068

00:51:56,880 --> 00:51:54,240

Yeah right and then the 60-day mark I'm

1069

00:51:59,640 --> 00:51:56,890

getting a hang of it man you starting to

1070

00:52:01,200 --> 00:51:59,650

you know news moving down the stream and

1071

00:52:03,540 --> 00:52:01,210

not paddling in more extreme started

1072

00:52:07,200 --> 00:52:03,550

pushing how was it for you at the 90-day

1073

00:52:09,840 --> 00:52:07,210

mark what did it feel like to be david

1074

00:52:12,720 --> 00:52:09,850

matthew brown as you reflect on the

1075

00:52:15,990 --> 00:52:12,730

david matthew brown that died i just

1076  
00:52:19,530 --> 00:52:16,000  
remember on day 9 t believe that it was

1077  
00:52:22,230 --> 00:52:19,540  
over I couldn't believe that I had set a

1078  
00:52:26,820 --> 00:52:22,240  
goal of 90 days and all the stuff that I

1079  
00:52:29,310 --> 00:52:26,830  
had moved through so it was it was so

1080  
00:52:33,300 --> 00:52:29,320  
many different emotions like the first

1081  
00:52:35,370 --> 00:52:33,310  
one was I did it which is exciting the

1082  
00:52:37,890 --> 00:52:35,380  
second one was to ask myself do I want

1083  
00:52:45,390 --> 00:52:37,900  
to continue and try to achieve a hundred

1084  
00:52:46,890 --> 00:52:45,400  
which I did uh so you know it's there is

1085  
00:52:49,050 --> 00:52:46,900  
just some there's just so many different

1086  
00:52:51,570 --> 00:52:49,060  
feelings and emotions that people to

1087  
00:52:53,070 --> 00:52:51,580  
think at that moment like all my

1088  
00:52:54,930 --> 00:52:53,080

teachers there's so many people involved

1089

00:52:57,150 --> 00:52:54,940

in that journey I mean all the teachers

1090

00:52:58,950 --> 00:52:57,160

that came and went that would come visit

1091

00:53:02,670 --> 00:52:58,960

that were part of it that I wrote about

1092

00:53:05,820 --> 00:53:02,680

I did a cleanse for like three or four

1093

00:53:07,980 --> 00:53:05,830

days that so the juice place next door

1094

00:53:10,830 --> 00:53:07,990

you know thank them for that you know

1095

00:53:13,650 --> 00:53:10,840

just I mean there's people that were

1096

00:53:15,330 --> 00:53:13,660

supporting me that came out of the

1097

00:53:18,270 --> 00:53:15,340

woodwork and there were some people that

1098

00:53:21,180 --> 00:53:18,280

could care less but what mattered was

1099

00:53:22,890 --> 00:53:21,190

that I did it and the most important

1100

00:53:26,220 --> 00:53:22,900

mantra I think the universe teaches all

1101

00:53:30,830 --> 00:53:26,230

of us and if you lose it hopefully you

1102

00:53:34,400 --> 00:53:32,780

I asked you the question about how did

1103

00:53:36,470 --> 00:53:34,410

it feel it at three different stages and

1104

00:53:40,790 --> 00:53:36,480

it reminds me of a documentary I saw

1105

00:53:43,520 --> 00:53:40,800

some time recent I don't support the use

1106

00:53:46,160 --> 00:53:43,530

of any substances but this is ingesting

1107

00:53:48,200 --> 00:53:46,170

conscious plants ayahuasca there are

1108

00:53:50,960 --> 00:53:48,210

three particular stages and I and you

1109

00:53:53,990 --> 00:53:50,970

describe them so perfectly first stage

1110

00:53:56,330 --> 00:53:54,000

is you know the denser stuff when you

1111

00:53:59,180 --> 00:53:56,340

have these spiritual excursions with

1112

00:54:00,980 --> 00:53:59,190

these holy people the first experience

1113

00:54:03,800 --> 00:54:00,990

it's like you do it's a nine day journey

1114

00:54:05,630 --> 00:54:03,810

you do you induce or you have any

1115

00:54:07,580 --> 00:54:05,640

experience every three to every other

1116

00:54:09,410 --> 00:54:07,590

day so it makes for three days the first

1117

00:54:11,900 --> 00:54:09,420

part is always about the denser darker

1118

00:54:13,580 --> 00:54:11,910

energy and the second experience is

1119

00:54:15,650 --> 00:54:13,590

about moving it to some of the gray

1120

00:54:18,080 --> 00:54:15,660

stuff some dark stuff here and some

1121

00:54:21,610 --> 00:54:18,090

light stuff here and the third stage is

1122

00:54:25,490 --> 00:54:21,620

all about being imbued being conscious

1123

00:54:28,700 --> 00:54:25,500

seeing things in a hole no pun intended

1124

00:54:31,700 --> 00:54:28,710

pun intended neway being imbued with

1125

00:54:35,240 --> 00:54:31,710

such amazing light from the journey that

1126  
00:54:38,810 --> 00:54:35,250  
one underwent is that how you felt did

1127  
00:54:41,630 --> 00:54:38,820  
you feel complete with a lot obviously a

1128  
00:54:44,480 --> 00:54:41,640  
lot of areas of your life and or you

1129  
00:54:49,700 --> 00:54:44,490  
second question is are you going to do a

1130  
00:54:51,860 --> 00:54:49,710  
part 2 I now try t days of heat holy cow

1131  
00:54:53,720 --> 00:54:51,870  
i don't i don't know i don't know about

1132  
00:54:56,420 --> 00:54:53,730  
the latter part but yeah i agree with i

1133  
00:54:59,270 --> 00:54:56,430  
agree with that ayahuasca the way that

1134  
00:55:03,620 --> 00:54:59,280  
that's sent up and it's yeah that's how

1135  
00:55:05,300 --> 00:55:03,630  
it felt you know it just it's just an

1136  
00:55:07,760 --> 00:55:05,310  
amazing experience and plus that what I

1137  
00:55:09,080 --> 00:55:07,770  
really love is I brought this up at a

1138  
00:55:11,360 --> 00:55:09,090

book signing the other day here in

1139

00:55:13,790 --> 00:55:11,370

Hollywood I said you know I've written

1140

00:55:15,530 --> 00:55:13,800

two books I have a daughter I'm the

1141

00:55:19,070 --> 00:55:15,540

first man to fall in love with my

1142

00:55:21,410 --> 00:55:19,080

daughter and when my daughter gets older

1143

00:55:23,390 --> 00:55:21,420

hopefully she'll open these two books up

1144

00:55:25,900 --> 00:55:23,400

and she'll open up the 90 days of heat

1145

00:55:28,850 --> 00:55:25,910

she'll she'll turn to one of her friends

1146

00:55:30,530 --> 00:55:28,860

whoever and and have a smile on her face

1147

00:55:34,370 --> 00:55:30,540

and go you know what I love about my dad

1148

00:55:35,900 --> 00:55:34,380

is he never stopped learning that even

1149

00:55:38,540 --> 00:55:35,910

when he was in the worst times of his

1150

00:55:40,970 --> 00:55:38,550

life he continued on and he learned more

1151  
00:55:43,940 --> 00:55:40,980  
and he challenged himself and he just

1152  
00:55:47,960 --> 00:55:43,950  
tried to keep broadening who he was

1153  
00:55:49,700 --> 00:55:47,970  
and so that's what I'm most in happy

1154  
00:55:53,240 --> 00:55:49,710  
about is that I have something to leave

1155  
00:55:54,770 --> 00:55:53,250  
my daughter I can attest to that my

1156  
00:55:56,870 --> 00:55:54,780  
friend you do David we are approaching

1157  
00:55:58,280 --> 00:55:56,880  
the end of the show is there a final

1158  
00:56:00,190 --> 00:55:58,290  
thought you would like to leave to the

1159  
00:56:02,870 --> 00:56:00,200  
center of light radio listening audience

1160  
00:56:04,609 --> 00:56:02,880  
sure I just like to say hello to Terry

1161  
00:56:07,339 --> 00:56:04,619  
out there in cape town who's listening

1162  
00:56:11,660 --> 00:56:07,349  
to this on the radio and i'd also like

1163  
00:56:13,220 --> 00:56:11,670

to let your listeners know that if they

1164

00:56:15,290 --> 00:56:13,230

do want to have any type of coaching

1165

00:56:17,270 --> 00:56:15,300

sessions with me i am offering kind of a

1166

00:56:19,490 --> 00:56:17,280

spring cleaning if you will they can

1167

00:56:22,099 --> 00:56:19,500

come to my facebook at david matthew

1168

00:56:24,319 --> 00:56:22,109

brown type in the number three I don't

1169

00:56:26,030 --> 00:56:24,329

know why and you can message you can

1170

00:56:27,589 --> 00:56:26,040

message me and I could tell you all

1171

00:56:29,839 --> 00:56:27,599

about it's pretty fun it's all about

1172

00:56:33,020 --> 00:56:29,849

helping you create and move towards your

1173

00:56:37,339 --> 00:56:33,030

dreams also and finally if you haven't

1174

00:56:38,990 --> 00:56:37,349

seen Keith movie or bought it no no I'm

1175

00:56:41,630 --> 00:56:39,000

serious because I wrote the foreword for

1176

00:56:43,849 --> 00:56:41,640

your last one you should you should you

1177

00:56:46,190 --> 00:56:43,859

should really get it and sit down with

1178

00:56:49,040 --> 00:56:46,200

those two pieces because what I love

1179

00:56:52,490 --> 00:56:49,050

about keith is his on authenticity so

1180

00:56:54,020 --> 00:56:52,500

you've tuned into the right show thank

1181

00:56:59,870 --> 00:56:54,030

you brother any final words from david

1182

00:57:05,990 --> 00:56:59,880

matthew broom just keep loving man what

1183

00:57:07,640 --> 00:57:06,000

is God to you all all life hmm david

1184

00:57:09,859 --> 00:57:07,650

matthew brown thank you for joining me

1185

00:57:12,470 --> 00:57:09,869

here on center of light radio you're

1186

00:57:14,480 --> 00:57:12,480

welcome back anytime my bro thank you

1187

00:57:15,920 --> 00:57:14,490

for having me man next week on the

1188

00:57:18,859 --> 00:57:15,930

center of light radio I want to David

1189

00:57:20,329 --> 00:57:18,869

and eyes mutual friends Marie Maria

1190

00:57:22,550 --> 00:57:20,339

Felipe's going to be here she's an

1191

00:57:26,300 --> 00:57:22,560

actress spiritual teacher and we will be

1192

00:57:28,160 --> 00:57:26,310

discussing it's an inside job so make

1193

00:57:30,500 --> 00:57:28,170

sure you are here for another awesome

1194

00:57:31,819 --> 00:57:30,510

center of light radio interview I'm

1195

00:57:34,430 --> 00:57:31,829

going to leave you with a little bit of

1196

00:57:36,200 --> 00:57:34,440

from the Divine Principle I think it

1197

00:57:37,720 --> 00:57:36,210

really includes a lot of what we were

1198

00:57:41,000 --> 00:57:37,730

talking about here tonight on the show

1199

00:57:42,200 --> 00:57:41,010

these are the three tenets you can find

1200

00:57:45,800 --> 00:57:42,210

at the end of the Divine Principle

1201  
00:57:48,260 --> 00:57:45,810  
anchoring heaven on earth let me read

1202  
00:57:51,770 --> 00:57:48,270  
these to you the all-knowing tenant if

1203  
00:57:54,559 --> 00:57:51,780  
turning inward unites me with God oh hi

1204  
00:57:57,410 --> 00:57:54,569  
yourself then it makes sense to me that

1205  
00:58:01,700 --> 00:57:57,420  
omniscience piece is my not

1206  
00:58:04,670 --> 00:58:01,710  
state the all-powerful tenant if turning

1207  
00:58:07,940 --> 00:58:04,680  
inward unites me with God then it makes

1208  
00:58:11,390 --> 00:58:07,950  
sense to me that omnipotence love is my

1209  
00:58:14,030 --> 00:58:11,400  
natural state the all-pervading tenant

1210  
00:58:16,549 --> 00:58:14,040  
if turning inward unites me with God

1211  
00:58:21,640 --> 00:58:16,559  
then it makes sense to me that on the

1212  
00:58:24,740 --> 00:58:21,650  
presence liberation is my natural state

1213  
00:58:26,990 --> 00:58:24,750

the gift God has given to me I want to

1214

00:58:28,760 --> 00:58:27,000

share with you I take great pleasure and

1215

00:58:31,069 --> 00:58:28,770

share with you my prophetic vision of

1216

00:58:33,049 --> 00:58:31,079

heaven on earth center of light radio

1217

00:58:36,440 --> 00:58:33,059

your host Keith Anthony Blanchard shout

1218

00:58:38,780 --> 00:58:36,450

out to inception radio network team MJ

1219

00:58:41,720 --> 00:58:38,790

Joe and Bob remember you can go to

1220

00:58:44,480 --> 00:58:41,730

center of light radio com for you Keith

1221

00:58:46,730 --> 00:58:44,490

Anthony Blanchard stuff archives from

1222

00:58:47,960 --> 00:58:46,740

past shells of all phenomenal guests

1223

00:58:50,059 --> 00:58:47,970

that I have here in standard light ready

1224

00:58:54,309 --> 00:58:50,069

to remember every night when you go to