

Center of Light



HOST
KEITA ANTHONY BLANCHARD

Radio

Susannah Furr

1
00:00:27,000 --> 00:00:03,290
you're listening to Ira the inception

2
00:00:27,010 --> 00:00:46,590
you

3
00:01:08,750 --> 00:01:02,240
since I

4
00:01:11,390 --> 00:01:08,760
welcome to centre of light radio with

5
00:01:13,910 --> 00:01:11,400
spiritual teacher intuitive musician

6
00:01:16,160 --> 00:01:13,920
composer and best-selling author of the

7
00:01:18,830 --> 00:01:16,170
Divine Principle anchoring heaven on

8
00:01:20,600 --> 00:01:18,840
earth your host Keith Anthony Blanchard

9
00:01:23,050 --> 00:01:20,610
yes this is keith anthony blanchard

10
00:01:27,050 --> 00:01:23,060
center of light radio center of divine

11
00:01:30,800 --> 00:01:27,060
unfoldment in reinforcements strap in

12
00:01:34,700 --> 00:01:30,810
all ye spiritual astronauts as we launch

13
00:01:37,660 --> 00:01:34,710

for inner space today I want to dedicate

14

00:01:40,760 --> 00:01:37,670

this show to a dear friend of Mines wife

15

00:01:42,109 --> 00:01:40,770

my brother pro funded e in the chat room

16

00:01:44,870 --> 00:01:42,119

I want to dedicate the energy and the

17

00:01:46,580 --> 00:01:44,880

power and my passion in my love and all

18

00:01:48,020 --> 00:01:46,590

the beautiful energy that's going to

19

00:01:50,480 --> 00:01:48,030

come through Center of light today I

20

00:01:53,390 --> 00:01:50,490

want to dedicate this to Kathy on native

21

00:01:55,640 --> 00:01:53,400

earth lady also known as this is my gift

22

00:01:59,180 --> 00:01:55,650

to you brother and importance you are to

23

00:02:03,200 --> 00:01:59,190

me and you're you're always being here

24

00:02:05,570 --> 00:02:03,210

and your support for my work so there

25

00:02:08,630 --> 00:02:05,580

you go Kathy just for you Brett some

26
00:02:10,190 --> 00:02:08,640
news here about Swansea God realized man

27
00:02:14,030 --> 00:02:10,200
coming on center of light radio in

28
00:02:16,699 --> 00:02:14,040
August it just has been confirmed that

29
00:02:19,490 --> 00:02:16,709
we will everything aligned right I did

30
00:02:22,610 --> 00:02:19,500
get permission to do a live video

31
00:02:24,979 --> 00:02:22,620
broadcast of my interview with Swansea

32
00:02:26,960 --> 00:02:24,989
this way yogi God realized man from

33
00:02:30,890 --> 00:02:26,970
India I've interviewed him in the past

34
00:02:32,380 --> 00:02:30,900
now and he is the real deal and you can

35
00:02:35,620 --> 00:02:32,390
bet i'm going to use this opportunity

36
00:02:38,360 --> 00:02:35,630
this platform to ask all the questions

37
00:02:40,280 --> 00:02:38,370
as the spokesperson i guess you can say

38
00:02:41,780 --> 00:02:40,290

for everyone and i'm going to i'm going

39

00:02:43,400 --> 00:02:41,790

to do a lot of meditation around these

40

00:02:45,170 --> 00:02:43,410

questions because i want to find that

41

00:02:48,110 --> 00:02:45,180

which is most important that which is

42

00:02:51,160 --> 00:02:48,120

most crucial for our evolution and the

43

00:02:53,690 --> 00:02:51,170

place that we sit on planet earth today

44

00:02:56,570 --> 00:02:53,700

to make the changes accordingly so we

45

00:02:58,850 --> 00:02:56,580

can become effective so we can become

46

00:03:00,650 --> 00:02:58,860

effective in helping humanity grow and

47

00:03:03,490 --> 00:03:00,660

get out of this quagmire which seems to

48

00:03:08,780 --> 00:03:03,500

be so present at this time in our

49

00:03:11,020 --> 00:03:08,790

evolution also i'm still waiting to get

50

00:03:15,199 --> 00:03:11,030

the feedback from nucleus ate my

51
00:03:17,059 --> 00:03:15,209
alien-human hybrid friend I'm sure he's

52
00:03:19,280 --> 00:03:17,069
gonna give me that information soon and

53
00:03:19,700 --> 00:03:19,290
you know you if you return to the center

54
00:03:21,650 --> 00:03:19,710
of light

55
00:03:23,300 --> 00:03:21,660
heard this year before you've probably

56
00:03:26,090 --> 00:03:23,310
heard me mention his name here they're

57
00:03:27,650 --> 00:03:26,100
probably because about getting him on

58
00:03:30,350 --> 00:03:27,660
the show or if you heard my very first

59
00:03:32,150 --> 00:03:30,360
broadcast here in Inception radio this

60
00:03:34,970 --> 00:03:32,160
is a very real experience it happen for

61
00:03:37,490 --> 00:03:34,980
me for four years hanging out with this

62
00:03:39,500 --> 00:03:37,500
cat able to do things to me in front of

63
00:03:42,080 --> 00:03:39,510

me through me while I'm in a full-blown

64

00:03:44,420 --> 00:03:42,090

state of waking consciousness what an

65

00:03:46,910 --> 00:03:44,430

amazing show that will be if we can get

66

00:03:50,930 --> 00:03:46,920

him to agree to it nucleus 8 is head of

67

00:03:53,750 --> 00:03:50,940

security 27,000 light-years on a

68

00:03:56,960 --> 00:03:53,760

planetary station he's head of security

69

00:03:58,220 --> 00:03:56,970

of this quadrant of our galaxy you can

70

00:04:00,560 --> 00:03:58,230

check out the first interview go to

71

00:04:03,070 --> 00:04:00,570

center of light radio calm and go to the

72

00:04:05,240 --> 00:04:03,080

archives to hear that amazing broadcast

73

00:04:06,860 --> 00:04:05,250

make sure again go to the center of

74

00:04:08,750 --> 00:04:06,870

light radio website you do that it's

75

00:04:12,980 --> 00:04:08,760

sort of like radio.com you here although

76

00:04:15,770 --> 00:04:12,990

my past shows you find links there too

77

00:04:17,180 --> 00:04:15,780

Keith Anthony Blanchard calm where you

78

00:04:19,729 --> 00:04:17,190

jump seat you can check out all my

79

00:04:22,880 --> 00:04:19,739

creative works my books do what you love

80

00:04:24,710 --> 00:04:22,890

the movie movie about my life which is

81

00:04:27,620 --> 00:04:24,720

really about your life empowering you

82

00:04:30,800 --> 00:04:27,630

with the tools that you need tools that

83

00:04:32,540 --> 00:04:30,810

you need so you can use those very

84

00:04:34,370 --> 00:04:32,550

things and create the life that you

85

00:04:36,290 --> 00:04:34,380

desire the life that you deserve the

86

00:04:38,480 --> 00:04:36,300

life you were born to live bringing

87

00:04:40,160 --> 00:04:38,490

passion into your life creating peace in

88

00:04:42,500 --> 00:04:40,170

your household if everyone would do this

89

00:04:44,210 --> 00:04:42,510

peach could sprout throughout the world

90

00:04:47,000 --> 00:04:44,220

and no time because everybody is focused

91

00:04:50,450 --> 00:04:47,010

on their joy and doing those things that

92

00:04:52,730 --> 00:04:50,460

they just really get a kick out of let's

93

00:04:54,530 --> 00:04:52,740

see notes notes notes always notes I

94

00:04:57,560 --> 00:04:54,540

like to be a little prepared but I like

95

00:05:00,980 --> 00:04:57,570

to leave some wiggle room um let's see

96

00:05:03,050 --> 00:05:00,990

here we go um if you want to call into

97

00:05:06,500 --> 00:05:03,060

the show saw some people in a chat room

98

00:05:13,070 --> 00:05:06,510

ask about that make sure you down 888 91

99

00:05:15,380 --> 00:05:13,080

92 355 that's triple 8 9 192 355

100

00:05:17,030 --> 00:05:15,390

remember if you're not at home and you

101
00:05:19,250 --> 00:05:17,040
not by computer and you want to hear

102
00:05:20,900 --> 00:05:19,260
your favorite show you can go to the App

103
00:05:23,690 --> 00:05:20,910
Store on your phone and download the

104
00:05:25,250 --> 00:05:23,700
inception radio network app for free

105
00:05:27,520 --> 00:05:25,260
everything is right there at your

106
00:05:32,839 --> 00:05:27,530
fingertips chatroom listen live links

107
00:05:35,689 --> 00:05:32,849
news podcast much much more

108
00:05:37,429 --> 00:05:35,699
there are many many ways to connect your

109
00:05:44,600 --> 00:05:37,439
center of light radio and inception

110
00:05:47,059 --> 00:05:44,610
radio network for sure let's see senator

111
00:05:49,730 --> 00:05:47,069
light radio an inception radio network

112
00:05:51,290 --> 00:05:49,740
would like to welcome aboard professor

113
00:05:54,320 --> 00:05:51,300

eric r williams with this show

114

00:05:57,290 --> 00:05:54,330

psychologies out of limits on june

115

00:06:00,469 --> 00:05:57,300

seventh I think that happened sometime

116

00:06:04,760 --> 00:06:00,479

couple weeks ago and also Patricia Baker

117

00:06:07,279 --> 00:06:04,770

with her new show supernatural girls now

118

00:06:12,139 --> 00:06:07,289

it's time to get down to center of light

119

00:06:13,730 --> 00:06:12,149

already old business on the center of

120

00:06:17,199 --> 00:06:13,740

light today my guess is going to be

121

00:06:21,919 --> 00:06:17,209

Susanna fur and we will be discussing

122

00:06:25,879 --> 00:06:21,929

meditation tune in and power up this can

123

00:06:29,749 --> 00:06:25,889

be a life-changing show for you in my

124

00:06:33,259 --> 00:06:29,759

three years of being in radio with the

125

00:06:35,929 --> 00:06:33,269

spiritual platform I never considered

126
00:06:38,299 --> 00:06:35,939
just haven't had happened an interview

127
00:06:42,350 --> 00:06:38,309
on the topic of meditation shame on me

128
00:06:44,809 --> 00:06:42,360
for that let's get down to business and

129
00:06:47,149 --> 00:06:44,819
find out exactly what is meditation the

130
00:06:50,509 --> 00:06:47,159
definition of meditation to engage in

131
00:06:53,509 --> 00:06:50,519
contemplation or reflection to engage in

132
00:06:56,659 --> 00:06:53,519
mental exercise as concentration in

133
00:06:59,499 --> 00:06:56,669
one's breathing or repetition of a

134
00:07:03,639 --> 00:06:59,509
mantra for the purpose of reaching a

135
00:07:08,290 --> 00:07:03,649
heightened level of spiritual awareness

136
00:07:13,699 --> 00:07:08,300
to focus once thoughts on reflect on or

137
00:07:20,689 --> 00:07:13,709
ponder over to plan or project in the

138
00:07:22,309 --> 00:07:20,699

mine intend purpose when I first got on

139

00:07:24,529 --> 00:07:22,319

my spiritual path some years ago and

140

00:07:29,859 --> 00:07:24,539

introduced to the idea of meditation I

141

00:07:32,389 --> 00:07:29,869

would meditate three times a day um and

142

00:07:34,189 --> 00:07:32,399

magic and miracles begin to happen and

143

00:07:36,769 --> 00:07:34,199

as I begin to see these manifestations

144

00:07:38,600 --> 00:07:36,779

my belief in what was happening would

145

00:07:40,369 --> 00:07:38,610

elevate and so therefore the

146

00:07:42,319 --> 00:07:40,379

manifestations would elevate and get

147

00:07:45,019 --> 00:07:42,329

bigger and happen faster and then my

148

00:07:46,399 --> 00:07:45,029

conviction would elevate from that that

149

00:07:50,209 --> 00:07:46,409

reflection and

150

00:07:52,850 --> 00:07:50,219

became an ongoing expansive period for

151
00:07:55,459 --> 00:07:52,860
me make sure you go to Keith Anthony

152
00:07:57,249 --> 00:07:55,469
Blanchard calm and download the free

153
00:08:00,409 --> 00:07:57,259
anchoring heaven on earth audio

154
00:08:02,059 --> 00:08:00,419
meditation check it out it's done by

155
00:08:05,029 --> 00:08:02,069
myself there's some really cool music I

156
00:08:07,309 --> 00:08:05,039
do suggest headphones for the painting

157
00:08:09,079 --> 00:08:07,319
uh effects that happens some subliminals

158
00:08:11,529 --> 00:08:09,089
that happen all positive you can hear

159
00:08:14,629 --> 00:08:11,539
them all so there's no worries there as

160
00:08:16,729 --> 00:08:14,639
I said today's show is a life-changing

161
00:08:19,159 --> 00:08:16,739
show if you happen to be in a place

162
00:08:21,259 --> 00:08:19,169
where you somewhat stuck heck view our

163
00:08:23,079 --> 00:08:21,269

master or are you working towards your

164

00:08:25,399 --> 00:08:23,089

mastership meditation is the key

165

00:08:26,929 --> 00:08:25,409

something that came to me right before

166

00:08:28,459 --> 00:08:26,939

the show that I feel is very very

167

00:08:30,529 --> 00:08:28,469

important that will set up the tone and

168

00:08:34,999 --> 00:08:30,539

we're going to get to my guest here very

169

00:08:38,119 --> 00:08:35,009

very shortly I think the first word a

170

00:08:41,240 --> 00:08:38,129

child should learn is not mommy or daddy

171

00:08:43,069 --> 00:08:41,250

it should be meditation the first

172

00:08:46,369 --> 00:08:43,079

discipline a child should be taught is

173

00:08:47,720 --> 00:08:46,379

meditation for doing so young children

174

00:08:50,240 --> 00:08:47,730

would never lose their connection to

175

00:08:52,759 --> 00:08:50,250

source or God that happens over a period

176

00:08:54,590 --> 00:08:52,769

as one is inundated with thoughts of

177

00:08:57,379 --> 00:08:54,600

limitation and separation from the

178

00:08:59,749 --> 00:08:57,389

outside world they would stay connected

179

00:09:03,470 --> 00:08:59,759

as they are when they first come into

180

00:09:07,629 --> 00:09:03,480

the body if this can be done world peace

181

00:09:09,650 --> 00:09:07,639

what happened in just one generation

182

00:09:11,329 --> 00:09:09,660

meditation is such an important

183

00:09:14,090 --> 00:09:11,339

discipline to better one's life to bring

184

00:09:16,280 --> 00:09:14,100

about the joy peace and bliss all human

185

00:09:20,329 --> 00:09:16,290

beings were born to experience while

186

00:09:24,350 --> 00:09:20,339

residing upon the earth my guest today

187

00:09:27,439 --> 00:09:24,360

Susanna fur m.ed is a licensed

188

00:09:29,210 --> 00:09:27,449

professional counselor with 25 years of

189

00:09:31,400 --> 00:09:29,220

experience in the counseling field in

190

00:09:33,319 --> 00:09:31,410

addition to counseling she has taught

191

00:09:35,179 --> 00:09:33,329

many courses in meditation attuned

192

00:09:38,480 --> 00:09:35,189

others in Reiki facilitated workshops

193

00:09:41,509 --> 00:09:38,490

and retreats and utilizes her highly

194

00:09:44,030 --> 00:09:41,519

developed intuition trust me she has it

195

00:09:46,460 --> 00:09:44,040

to conduct intuitive consultations

196

00:09:48,710 --> 00:09:46,470

Susanna's mission is to be a loving

197

00:09:50,840 --> 00:09:48,720

witness and guide for others who are

198

00:09:53,449 --> 00:09:50,850

awakening their hearts and seeking to

199

00:09:57,620 --> 00:09:53,459

balance and integrate the fragments of

200

00:10:00,030 --> 00:09:57,630

self in to wholeness welcome to center

201
00:10:02,769 --> 00:10:00,040
of light radio Susanna /

202
00:10:05,500 --> 00:10:02,779
thank you two for having me it's

203
00:10:08,079 --> 00:10:05,510
pleasure to be here and to talk about

204
00:10:11,530 --> 00:10:08,089
this yes absolutely and thank you for

205
00:10:13,780 --> 00:10:11,540
being the person to bring meditation to

206
00:10:16,500 --> 00:10:13,790
my platform sin of light radio I'm

207
00:10:20,560 --> 00:10:16,510
really really grateful to you for that

208
00:10:23,280 --> 00:10:20,570
when did you first meditate what time

209
00:10:27,460 --> 00:10:23,290
period was just for you in your life oh

210
00:10:31,269 --> 00:10:27,470
this was when I was in my 20s and I

211
00:10:33,730 --> 00:10:31,279
first started yet at that point I just

212
00:10:38,110 --> 00:10:33,740
was always interested even as a teenager

213
00:10:40,990 --> 00:10:38,120

in the metaphysical mystical teachings

214

00:10:43,810 --> 00:10:41,000

and of course every book I ever read

215

00:10:46,240 --> 00:10:43,820

back then and still today I always

216

00:10:48,220 --> 00:10:46,250

talked about meditation or someone

217

00:10:51,690 --> 00:10:48,230

explaining when I was meditating and I

218

00:10:54,579 --> 00:10:51,700

had this vision come to me and so I

219

00:10:57,699 --> 00:10:54,589

quickly once I you know realize that it

220

00:10:59,889 --> 00:10:57,709

was something I needed to do i found a

221

00:11:03,160 --> 00:10:59,899

meditation class when I was in freshman

222

00:11:06,670 --> 00:11:03,170

in college at Tallahassee Florida State

223

00:11:09,880 --> 00:11:06,680

and so that's when I started learning

224

00:11:13,890 --> 00:11:09,890

how to meditate and and it's been a

225

00:11:18,040 --> 00:11:13,900

lifelong process and honing and and

226

00:11:19,810 --> 00:11:18,050

coming to a meditative technique that

227

00:11:23,230 --> 00:11:19,820

feels really comfortable and right for

228

00:11:27,280 --> 00:11:23,240

me and and I started teaching meditation

229

00:11:30,220 --> 00:11:27,290

way back when to in my late 20s early

230

00:11:34,210 --> 00:11:30,230

30s I started a meditation group in my

231

00:11:36,670 --> 00:11:34,220

town i was living in and just every

232

00:11:38,800 --> 00:11:36,680

every sunday night we met and we would

233

00:11:40,540 --> 00:11:38,810

meditate and then we may discuss books

234

00:11:43,480 --> 00:11:40,550

that we were reading and a study group

235

00:11:45,490 --> 00:11:43,490

for metaphysics so it's been a part of

236

00:11:47,949 --> 00:11:45,500

my life for a very very long time and

237

00:11:52,329 --> 00:11:47,959

what I'm finding really exciting right

238

00:11:53,829 --> 00:11:52,339

now is that it's finally like the

239

00:11:56,740 --> 00:11:53,839

mainstream has been catching up I think

240

00:12:01,960 --> 00:11:56,750

yoga studios have done really great job

241

00:12:03,940 --> 00:12:01,970

of that you know and so and then but

242

00:12:05,769 --> 00:12:03,950

science is also catching up because

243

00:12:07,720 --> 00:12:05,779

there was just a recent article that

244

00:12:09,630 --> 00:12:07,730

came out in the Washington Post and

245

00:12:13,090 --> 00:12:09,640

they're coming out in all kinds of

246

00:12:15,370 --> 00:12:13,100

mainstream media about

247

00:12:17,920 --> 00:12:15,380

that meditation I mean the title of the

248

00:12:20,650 --> 00:12:17,930

particular article was meditation a

249

00:12:23,800 --> 00:12:20,660

Harvard neuroscientist meditation not

250

00:12:25,510 --> 00:12:23,810

only reduces stress but here's how it

251

00:12:27,250 --> 00:12:25,520

changes your brain so there's in a lot

252

00:12:29,200 --> 00:12:27,260

of brain studies now they're really been

253

00:12:33,010 --> 00:12:29,210

looking at longtime meditators and their

254

00:12:35,470 --> 00:12:33,020

brains compared to non meditators brains

255

00:12:37,630 --> 00:12:35,480

and it's pretty fascinating so they're

256

00:12:41,320 --> 00:12:37,640

really validating the mystical

257

00:12:43,120 --> 00:12:41,330

metaphysical branches you know of

258

00:12:47,170 --> 00:12:43,130

science I call it spiritual technology

259

00:12:49,870 --> 00:12:47,180

and it's pretty exciting because they're

260

00:12:52,240 --> 00:12:49,880

there and then also i'm finding that

261

00:12:55,420 --> 00:12:52,250

people are seeking me out more and more

262

00:12:57,370 --> 00:12:55,430

to teach them that so I with my

263

00:12:59,320 --> 00:12:57,380

individual clients I always teach every

264

00:13:01,390 --> 00:12:59,330

single client meditation practice it

265

00:13:05,200 --> 00:13:01,400

with them in session till they get the

266

00:13:08,470 --> 00:13:05,210

hang of it and also teaching meditation

267

00:13:10,300 --> 00:13:08,480

and a nearby Recovery Center substance

268

00:13:13,240 --> 00:13:10,310

abuse recovery center because the

269

00:13:15,310 --> 00:13:13,250

research is showing that it it has a

270

00:13:19,450 --> 00:13:15,320

positive effect on relapse prevention

271

00:13:21,250 --> 00:13:19,460

and how it can really help with that so

272

00:13:24,040 --> 00:13:21,260

it's just wonderful to finally see it

273

00:13:28,360 --> 00:13:24,050

coming out more and more and it's not

274

00:13:30,310 --> 00:13:28,370

just just considered something that may

275

00:13:32,770 --> 00:13:30,320

be a yogi would do in a cave at the top

276

00:13:34,810 --> 00:13:32,780

of the mountain everyone's many many

277

00:13:36,520 --> 00:13:34,820

people are doing it now and I love what

278

00:13:38,320 --> 00:13:36,530

you said about it needs to be taught in

279

00:13:41,380 --> 00:13:38,330

schools I've been saying that forever it

280

00:13:43,360 --> 00:13:41,390

should be from the from day one from you

281

00:13:45,330 --> 00:13:43,370

know pre kindergarten kindergarten on it

282

00:13:47,800 --> 00:13:45,340

should be part of everyone's life

283

00:13:49,810 --> 00:13:47,810

children learn this you're right the

284

00:13:51,910 --> 00:13:49,820

world would change it would change in a

285

00:13:53,650 --> 00:13:51,920

generation you know we titled we unite

286

00:13:55,120 --> 00:13:53,660

discuss what we would talk about and so

287

00:13:58,300 --> 00:13:55,130

we titled the show meditation and then

288

00:13:59,950 --> 00:13:58,310

you and I both gave our parts to for the

289

00:14:01,540 --> 00:13:59,960

subtitle you said tune in and I said

290

00:14:03,010 --> 00:14:01,550

power up and it just made send that you

291

00:14:05,350 --> 00:14:03,020

tune it make sense that you tune in and

292

00:14:07,510 --> 00:14:05,360

Power on and it's truly like plugging

293

00:14:09,820 --> 00:14:07,520

into the cosmic generator a lot of

294

00:14:12,690 --> 00:14:09,830

people believe that Buddhist monks and

295

00:14:15,670 --> 00:14:12,700

Tibet that they are meditating to relax

296

00:14:18,100 --> 00:14:15,680

yeah right they're quite relaxed already

297

00:14:22,660 --> 00:14:18,110

they're drawn to the cosmic dialogue

298

00:14:24,790 --> 00:14:22,670

that's right you know and i'm sure you

299

00:14:26,650 --> 00:14:24,800

can adjust this you know meditation you

300

00:14:28,379 --> 00:14:26,660

find yourself some Merston meditation

301
00:14:30,610 --> 00:14:28,389
you know meditation you breathe in

302
00:14:33,910 --> 00:14:30,620
whatever particular pattern that you

303
00:14:35,949 --> 00:14:33,920
choose to and the idea is to bore a hole

304
00:14:39,759 --> 00:14:35,959
through the ceiling of thought and once

305
00:14:42,819 --> 00:14:39,769
you get to that magical loud deafening

306
00:14:45,189 --> 00:14:42,829
silence of meditation that's where all

307
00:14:46,720 --> 00:14:45,199
the really really cool stuff begins to

308
00:14:48,550 --> 00:14:46,730
happen because now that you got through

309
00:14:50,290 --> 00:14:48,560
all the noise of the of the mind the

310
00:14:53,350 --> 00:14:50,300
right the wrong the left the right good

311
00:14:55,569 --> 00:14:53,360
up good bad up down and out all that

312
00:14:58,509 --> 00:14:55,579
duality stuff now you miss profound

313
00:15:00,460 --> 00:14:58,519

silence just profound wholeness where

314

00:15:05,129 --> 00:15:00,470

you are actually able to hear God's

315

00:15:08,920 --> 00:15:05,139

voice be still and know that I got in

316

00:15:11,379 --> 00:15:08,930

exact magical place when you get there

317

00:15:13,240 --> 00:15:11,389

you you feel electrically charged big

318

00:15:14,769 --> 00:15:13,250

it's because you are now aware of your

319

00:15:16,780 --> 00:15:14,779

own spirit you're now aware of your own

320

00:15:21,600 --> 00:15:16,790

energy you are now aware of your own

321

00:15:24,879 --> 00:15:21,610

light body as to why you feel that buzz

322

00:15:28,749 --> 00:15:24,889

but I found not only is it good for all

323

00:15:31,629 --> 00:15:28,759

those things it's such an amazing place

324

00:15:32,620 --> 00:15:31,639

to create your life and the analogy I

325

00:15:35,470 --> 00:15:32,630

would like to use and I would like to

326

00:15:37,150 --> 00:15:35,480

get your thoughts yes we live on this

327

00:15:39,689 --> 00:15:37,160

earth planing yes some of us have jobs

328

00:15:41,800 --> 00:15:39,699

and we go to work nine to five or we

329

00:15:43,900 --> 00:15:41,810

certain things that we want to bring

330

00:15:46,300 --> 00:15:43,910

about our life we so we do certain tasks

331

00:15:48,879 --> 00:15:46,310

that bring that brings those things well

332

00:15:51,429 --> 00:15:48,889

if you can liken taking that approach to

333

00:15:54,249 --> 00:15:51,439

you life efforting and doing things to

334

00:15:56,949 --> 00:15:54,259

make things happen parallel that with

335

00:15:59,199 --> 00:15:56,959

sight assess my airplane it flies how

336

00:16:01,540 --> 00:15:59,209

every 100 feet over the earth and it

337

00:16:03,540 --> 00:16:01,550

moves at a particular speed of a

338

00:16:06,100 --> 00:16:03,550

whatever 101 hundreds of miles an hour

339

00:16:08,170 --> 00:16:06,110

and yes you cover a certain amount of

340

00:16:10,299 --> 00:16:08,180

distance in a certain amount of time now

341

00:16:13,900 --> 00:16:10,309

meditation would be like into getting

342

00:16:17,319 --> 00:16:13,910

into the space shuttle and getting into

343

00:16:21,699 --> 00:16:17,329

an altitude that is just way above the

344

00:16:27,009 --> 00:16:21,709

earth getting called high and you can

345

00:16:29,740 --> 00:16:27,019

still travel at the same just my point

346

00:16:33,119 --> 00:16:29,750

is you will cover so much more ground

347

00:16:36,480 --> 00:16:33,129

because of your perspective and

348

00:16:39,820 --> 00:16:36,490

therefore when you launch yourself or

349

00:16:41,650 --> 00:16:39,830

into the space of meditation

350

00:16:44,380 --> 00:16:41,660

things that you want to bring about in

351

00:16:47,350 --> 00:16:44,390

your life is no longer about struggle

352

00:16:49,330 --> 00:16:47,360

and one particular exercise that I use

353

00:16:51,670 --> 00:16:49,340

is I imagine I'm sitting by a still pond

354

00:16:54,640 --> 00:16:51,680

and I pick up a stone and I kissed a

355

00:16:56,320 --> 00:16:54,650

stone and I put my thoughts in this

356

00:16:57,820 --> 00:16:56,330

particular stone of that which I want to

357

00:16:59,470 --> 00:16:57,830

call to me and I throw the stone in the

358

00:17:01,420 --> 00:16:59,480

pond and it creates a ripple effect the

359

00:17:04,449 --> 00:17:01,430

ripple comes back to the center and so I

360

00:17:08,710 --> 00:17:04,459

found meditation to be a very very

361

00:17:10,480 --> 00:17:08,720

powerful tool to use to deliberately

362

00:17:13,000 --> 00:17:10,490

create what are your thoughts about that

363

00:17:17,800 --> 00:17:13,010

oh I completely agree with you there I

364

00:17:20,980 --> 00:17:17,810

think it's it is our direct link like

365

00:17:23,800 --> 00:17:20,990

you said to our divine cells for me it's

366

00:17:28,420 --> 00:17:23,810

like that divinity the electrical charge

367

00:17:30,760 --> 00:17:28,430

plugging in you know we when we so much

368

00:17:32,940 --> 00:17:30,770

of the time we're like human doing we're

369

00:17:35,770 --> 00:17:32,950

not human beings we're humans doing and

370

00:17:38,470 --> 00:17:35,780

and by that I mean we don't have our if

371

00:17:40,000 --> 00:17:38,480

you had like just something that you

372

00:17:42,070 --> 00:17:40,010

plug into the wall it's unplugged and

373

00:17:44,080 --> 00:17:42,080

you're just running around and we're not

374

00:17:45,670 --> 00:17:44,090

recharging our batteries or recharging

375

00:17:49,530 --> 00:17:45,680

our batteries like we would for a cell

376

00:17:52,720 --> 00:17:49,540

phone and so the the act of sitting down

377

00:17:55,780 --> 00:17:52,730

the intention of being quiet and still

378

00:17:57,640 --> 00:17:55,790

and focusing on the breath I'll go into

379

00:18:01,360 --> 00:17:57,650

more like mindfulness if you want me to

380

00:18:04,240 --> 00:18:01,370

and just being with that and letting the

381

00:18:05,800 --> 00:18:04,250

thoughts let me just put in heat out

382

00:18:09,310 --> 00:18:05,810

here that there's a common misperception

383

00:18:12,010 --> 00:18:09,320

about meditation and when I teach it so

384

00:18:13,990 --> 00:18:12,020

many people in evitable even if I say in

385

00:18:15,340 --> 00:18:14,000

the beginning don't try to resist your

386

00:18:18,370 --> 00:18:15,350

thoughts don't try to push them away

387

00:18:20,710 --> 00:18:18,380

because that's too much effort until you

388

00:18:22,510 --> 00:18:20,720

know you're trying too hard people

389

00:18:24,250 --> 00:18:22,520

inevitably still do that because they

390

00:18:26,230 --> 00:18:24,260

hear you know these stories that we're

391

00:18:28,210 --> 00:18:26,240

talking about about how we you reach a

392

00:18:30,160 --> 00:18:28,220

place of utter stillness and quiet and

393

00:18:32,550 --> 00:18:30,170

that you hear the voice of God and so

394

00:18:34,570 --> 00:18:32,560

people are so impatient to get there and

395

00:18:37,150 --> 00:18:34,580

they are expecting to get that

396

00:18:39,010 --> 00:18:37,160

immediately some people do but I'd say

397

00:18:41,290 --> 00:18:39,020

the majority people don't because it's a

398

00:18:44,170 --> 00:18:41,300

it's learning how to focus and learning

399

00:18:47,650 --> 00:18:44,180

how to focus is just flexing that focus

400

00:18:50,260 --> 00:18:47,660

muscle in our our ability to concentrate

401
00:18:53,350 --> 00:18:50,270
just like we would not expect that our

402
00:18:53,750 --> 00:18:53,360
first trip to the gym would result in

403
00:18:56,960 --> 00:18:53,760
these

404
00:18:59,150 --> 00:18:56,970
amazing biceps we have to work at it and

405
00:19:01,370 --> 00:18:59,160
we have to do it every day and it's the

406
00:19:04,100 --> 00:19:01,380
same thing we have to learn how to focus

407
00:19:06,650 --> 00:19:04,110
our attention on one single thing like

408
00:19:09,140 --> 00:19:06,660
the breath and the breath is so easy to

409
00:19:11,900 --> 00:19:09,150
focus on or the perfect thing to focus

410
00:19:14,360 --> 00:19:11,910
on because it's so present moment we're

411
00:19:16,400 --> 00:19:14,370
always breathing breathes life into man

412
00:19:20,000 --> 00:19:16,410
yeah we're always breathing unless for

413
00:19:21,530 --> 00:19:20,010

dead right hey Tommy [h__h] and then

414

00:19:24,350 --> 00:19:21,540

you're in you're on the other side for

415

00:19:27,050 --> 00:19:24,360

sure that's exactly so what I tell

416

00:19:29,090 --> 00:19:27,060

people is you know try not to expect

417

00:19:31,250 --> 00:19:29,100

have high expectations and don't expect

418

00:19:33,850 --> 00:19:31,260

immediately that you're you're just

419

00:19:36,380 --> 00:19:33,860

going to be in this still place because

420

00:19:38,450 --> 00:19:36,390

initially like you were saying earlier

421

00:19:39,710 --> 00:19:38,460

that the thoughts are going to cut you

422

00:19:41,480 --> 00:19:39,720

they're just going to be this you know

423

00:19:43,310 --> 00:19:41,490

like a radio just constantly playing it

424

00:19:45,290 --> 00:19:43,320

it's kind of hysterical it kind of funny

425

00:19:48,320 --> 00:19:45,300

at times that the things that the

426

00:19:49,850 --> 00:19:48,330

thoughts that will start generating but

427

00:19:52,340 --> 00:19:49,860

the whole point is that when you keep

428

00:19:54,230 --> 00:19:52,350

focusing on the breath and then you

429

00:19:55,970 --> 00:19:54,240

refocus on the breath after the mind is

430

00:19:58,220 --> 00:19:55,980

after your attentions wander off into

431

00:20:00,290 --> 00:19:58,230

thinking and you refocus on the breath

432

00:20:03,140 --> 00:20:00,300

again attention wanders off into

433

00:20:05,330 --> 00:20:03,150

thinking you refocus that's meditation

434

00:20:07,100 --> 00:20:05,340

that's the practice is always coming

435

00:20:09,010 --> 00:20:07,110

back always coming back to the moment

436

00:20:12,620 --> 00:20:09,020

with your breath and the breath is the

437

00:20:15,140 --> 00:20:12,630

is the anchor in the present moment and

438

00:20:17,360 --> 00:20:15,150

the other thing about I'm speaking

439

00:20:19,250 --> 00:20:17,370

mindfulness in particular meditation

440

00:20:20,450 --> 00:20:19,260

right now the other thing about it is

441

00:20:23,630 --> 00:20:20,460

that you're paying attention that

442

00:20:25,670 --> 00:20:23,640

particular way to the breath focusing on

443

00:20:30,350 --> 00:20:25,680

that in the present moment and the very

444

00:20:32,000 --> 00:20:30,360

next key is with non-judgment and what

445

00:20:34,130 --> 00:20:32,010

you'll get what we find is that when we

446

00:20:36,470 --> 00:20:34,140

meditate and we watch our thoughts we

447

00:20:38,930 --> 00:20:36,480

become we start to develop this observer

448

00:20:41,420 --> 00:20:38,940

this very fair witness that has no

449

00:20:44,030 --> 00:20:41,430

judgment toward anything which is very

450

00:20:45,950 --> 00:20:44,040

key to a happy life happy joyful life is

451
00:20:50,420 --> 00:20:45,960
stop judging ourselves and other people

452
00:20:53,150 --> 00:20:50,430
and once that happens you know we're

453
00:20:57,020 --> 00:20:53,160
just being in the moment just breathing

454
00:20:58,610 --> 00:20:57,030
staying with the practice and and then

455
00:21:00,650 --> 00:20:58,620
we start to observe that our thoughts

456
00:21:02,720 --> 00:21:00,660
will be sort of like a radio playing in

457
00:21:04,400 --> 00:21:02,730
the other room you can you can might

458
00:21:07,160 --> 00:21:04,410
hear some negative things coming out of

459
00:21:09,650 --> 00:21:07,170
it and then you refocus I'm in this

460
00:21:11,690 --> 00:21:09,660
I'm breathing those thoughts just are in

461
00:21:14,960 --> 00:21:11,700
the background eventually you reach that

462
00:21:16,880 --> 00:21:14,970
stillness not everybody can get there

463
00:21:18,200 --> 00:21:16,890

right away and I try to tell that to

464

00:21:21,050 --> 00:21:18,210

people so they don't become discouraged

465

00:21:22,460 --> 00:21:21,060

if after two weeks of meditating they

466

00:21:25,190 --> 00:21:22,470

haven't reached that stillness I mean

467

00:21:29,990 --> 00:21:25,200

some people don't reach that place of

468

00:21:32,630 --> 00:21:30,000

complete silence for many years of

469

00:21:34,520 --> 00:21:32,640

meditating and that's that's okay

470

00:21:38,000 --> 00:21:34,530

because the whole point is there also

471

00:21:40,280 --> 00:21:38,010

you know once they realize that just

472

00:21:42,980 --> 00:21:40,290

that exercise of focusing the mind is

473

00:21:44,900 --> 00:21:42,990

what it does is it grows as a scientists

474

00:21:46,910 --> 00:21:44,910

are discovering neuro scientists are

475

00:21:49,130 --> 00:21:46,920

finding out it grows very important

476
00:21:51,440 --> 00:21:49,140
parts the gray matter and very important

477
00:21:54,440 --> 00:21:51,450
parts of our brain and shrinks the gray

478
00:21:56,840 --> 00:21:54,450
matter in parts of our brain that that

479
00:22:00,250 --> 00:21:56,850
are related to too much stress like the

480
00:22:02,540 --> 00:22:00,260
amygdala that part of the brain actually

481
00:22:04,850 --> 00:22:02,550
decreases in matter the more one

482
00:22:07,340 --> 00:22:04,860
meditates just good because then we're

483
00:22:08,960 --> 00:22:07,350
not putting out unless we need to you

484
00:22:10,430 --> 00:22:08,970
know immediately have that adrenaline

485
00:22:13,250 --> 00:22:10,440
because like there is truly a

486
00:22:15,770 --> 00:22:13,260
life-threatening situation happening but

487
00:22:18,380 --> 00:22:15,780
for most part that's not the case and in

488
00:22:20,240 --> 00:22:18,390

our modern world people are amygdalas

489

00:22:22,160 --> 00:22:20,250

are way too active you know the part of

490

00:22:24,440 --> 00:22:22,170

our brain that the fight flight freeze

491

00:22:26,360 --> 00:22:24,450

response it's way too active and that's

492

00:22:29,540 --> 00:22:26,370

why there's so much stress related

493

00:22:32,470 --> 00:22:29,550

disease and disorders because of the too

494

00:22:35,890 --> 00:22:32,480

much activity there so the meditation

495

00:22:38,960 --> 00:22:35,900

actually grows the gray matter and the

496

00:22:41,210 --> 00:22:38,970

neocortex the higher mind the part of

497

00:22:43,580 --> 00:22:41,220

our minds where we make decisions and

498

00:22:46,910 --> 00:22:43,590

where we and stimulates compassion and

499

00:22:49,760 --> 00:22:46,920

empathy and joy and decreases depression

500

00:22:54,710 --> 00:22:49,770

I mean it's amazing what it actually

501
00:22:58,640 --> 00:22:54,720
does so and then the icing on the cake

502
00:23:02,060 --> 00:22:58,650
is one day having having that experience

503
00:23:05,390 --> 00:23:02,070
you were talking about Keith of complete

504
00:23:07,880 --> 00:23:05,400
silence and going into that emptiness

505
00:23:11,510 --> 00:23:07,890
which is really not empty but full and

506
00:23:14,960 --> 00:23:11,520
you know what I'm talking about so it's

507
00:23:16,700 --> 00:23:14,970
it's pretty exciting what's happening

508
00:23:19,490 --> 00:23:16,710
now and that people are really turning

509
00:23:20,580 --> 00:23:19,500
on to it and realizing that they've been

510
00:23:23,370 --> 00:23:20,590
walking around all

511
00:23:25,919 --> 00:23:23,380
matic pilot you know really I call it

512
00:23:27,330 --> 00:23:25,929
being asleep I kind of think also that

513
00:23:29,120 --> 00:23:27,340

the zombie movies that have been coming

514

00:23:31,049 --> 00:23:29,130

out or sort of a way of reflecting that

515

00:23:32,940 --> 00:23:31,059

that people aren't we're just not

516

00:23:35,519 --> 00:23:32,950

plugged in and awake and aware that were

517

00:23:36,960 --> 00:23:35,529

such powerful beings and the way we

518

00:23:40,710 --> 00:23:36,970

connect with our power is through

519

00:23:42,690 --> 00:23:40,720

sitting still concentrating focusing on

520

00:23:45,539 --> 00:23:42,700

the breath you know letting go of

521

00:23:47,700 --> 00:23:45,549

judgment and just watching what comes

522

00:23:50,070 --> 00:23:47,710

and goes and letting things flow through

523

00:23:53,010 --> 00:23:50,080

instead of getting caught up in the

524

00:23:55,110 --> 00:23:53,020

stories in our mind that what creeps

525

00:23:57,990 --> 00:23:55,120

address you know something else that

526

00:23:59,310 --> 00:23:58,000

meditation will check in for Swansea of

527

00:24:02,480 --> 00:23:59,320

this leone that's going to be here in

528

00:24:04,950 --> 00:24:02,490

center of light really soon in August um

529

00:24:06,299 --> 00:24:04,960

God realized man knows exactly what

530

00:24:09,600 --> 00:24:06,309

we're talking about right now if he

531

00:24:10,919 --> 00:24:09,610

chose to project his consciousness

532

00:24:16,110 --> 00:24:10,929

singer he can repeat it back to you

533

00:24:20,580 --> 00:24:16,120

point is he spent 21 years 21 years in

534

00:24:22,830 --> 00:24:20,590

meditation to lord dattatreya and lo and

535

00:24:25,470 --> 00:24:22,840

behold in one particular day and through

536

00:24:28,350 --> 00:24:25,480

this meditation he was popped open and

537

00:24:31,380 --> 00:24:28,360

became the embodiment of the very deity

538

00:24:35,310 --> 00:24:31,390

that he was meditating and showing

539

00:24:37,950 --> 00:24:35,320

discipleship to so meditation is your

540

00:24:40,289 --> 00:24:37,960

ticket back to source to back to

541

00:24:43,919 --> 00:24:40,299

creation something that another

542

00:24:47,370 --> 00:24:43,929

particular Indian guru that I follow he

543

00:24:51,299 --> 00:24:47,380

said that the only way the only way to

544

00:24:55,049 --> 00:24:51,309

experience true well being is to turn

545

00:25:05,750 --> 00:24:55,059

inward this is what yoga means not up

546

00:25:12,659 --> 00:25:10,289

that's it that's our key I got a nothing

547

00:25:15,419 --> 00:25:12,669

for you one of my favorite bathroom

548

00:25:18,210 --> 00:25:15,429

graffiti writings that I saw some time

549

00:25:25,470 --> 00:25:18,220

recently it said meditation it's not

550

00:25:29,130 --> 00:25:25,480

what you think yeah yeah that's exactly

551
00:25:32,010 --> 00:25:29,140
it i have about go ahead go ahead can I

552
00:25:34,060 --> 00:25:32,020
read can I read up taking on and um

553
00:25:35,890 --> 00:25:34,070
who's you know very famous

554
00:25:37,930 --> 00:25:35,900
these Buddhist monk who actually has a

555
00:25:40,690 --> 00:25:37,940
monastery about 20 miles from where i

556
00:25:42,850 --> 00:25:40,700
live and from where you live too cute I

557
00:25:46,780 --> 00:25:42,860
don't know if you're familiar with it

558
00:25:50,020 --> 00:25:46,790
Magnolia village monastery mom chick not

559
00:25:52,270 --> 00:25:50,030
hon okay he says you have an appointment

560
00:25:54,880 --> 00:25:52,280
with life and that appointment is in the

561
00:25:56,980 --> 00:25:54,890
present moment if you miss the present

562
00:26:00,490 --> 00:25:56,990
moment you miss your appointment with

563
00:26:03,070 --> 00:26:00,500

life that is very serious please

564

00:26:07,750 --> 00:26:03,080

practice mindful breathing so you can

565

00:26:09,520 --> 00:26:07,760

return home and encounter life wow

566

00:26:13,530 --> 00:26:09,530

that's really really nice really really

567

00:26:17,410 --> 00:26:13,540

nice let me ask you this is Anna mmm I

568

00:26:21,610 --> 00:26:17,420

have noticed when i was first meditating

569

00:26:24,220 --> 00:26:21,620

those years ago the guy who whispered

570

00:26:28,150 --> 00:26:24,230

metaphysical things in my ear he got hit

571

00:26:30,100 --> 00:26:28,160

me in a meditation and he he assured me

572

00:26:32,560 --> 00:26:30,110

that he was going to we were going to

573

00:26:37,540 --> 00:26:32,570

achieve the objective to get me to that

574

00:26:39,040 --> 00:26:37,550

silent space but before we got there he

575

00:26:42,120 --> 00:26:39,050

pointed out the things that could

576

00:26:44,800 --> 00:26:42,130

possibly happen and that they will all

577

00:26:47,590 --> 00:26:44,810

resistance for example as you start

578

00:26:52,300 --> 00:26:47,600

breathing to mount me get metallic and

579

00:26:57,040 --> 00:26:52,310

dry don't stop and get water keep

580

00:27:00,880 --> 00:26:57,050

breathing you skin may itch don't

581

00:27:02,740 --> 00:27:00,890

scratch keep breathing the phone may

582

00:27:04,840 --> 00:27:02,750

ring believe it or not I have

583

00:27:06,730 --> 00:27:04,850

experienced this time and again not only

584

00:27:09,130 --> 00:27:06,740

with myself but people that I have

585

00:27:10,660 --> 00:27:09,140

worked with they go into meditation the

586

00:27:12,880 --> 00:27:10,670

first time they ever try to do it second

587

00:27:14,980 --> 00:27:12,890

time they try to do it and events will

588

00:27:18,220 --> 00:27:14,990

begin to manifest themselves as the

589

00:27:22,960 --> 00:27:18,230

minds way of saying do not come in here

590

00:27:26,650 --> 00:27:22,970

and monkey with me so the phone rings

591

00:27:29,320 --> 00:27:26,660

keep breathing so the point is the body

592

00:27:32,440 --> 00:27:29,330

the mind will create these resistances

593

00:27:35,320 --> 00:27:32,450

and so what you can do at that point is

594

00:27:37,120 --> 00:27:35,330

pick up the breath be more intense with

595

00:27:39,340 --> 00:27:37,130

the breath instead of from a gentle

596

00:27:42,340 --> 00:27:39,350

breathing in and out start moving breath

597

00:27:45,100 --> 00:27:42,350

open the mouth you know two fingers wide

598

00:27:47,410 --> 00:27:45,110

if you have to and breathe intently like

599

00:27:50,290 --> 00:27:47,420

you are salivating for God another

600

00:27:54,460 --> 00:27:50,300

that's your intention is this kind of

601
00:27:57,910 --> 00:27:54,470
breathing that you want quote it and I

602
00:28:01,030 --> 00:27:57,920
found that the all these resistances

603
00:28:05,740 --> 00:28:01,040
begin to fall away but also have you

604
00:28:07,240 --> 00:28:05,750
ever noticed that as you learn to

605
00:28:10,150 --> 00:28:07,250
meditate and you've been doing this for

606
00:28:12,070 --> 00:28:10,160
so long that when you can formally

607
00:28:14,920 --> 00:28:12,080
meditate that's awesome but that you

608
00:28:18,250 --> 00:28:14,930
don't really have to do that so much

609
00:28:23,050 --> 00:28:18,260
anymore because so much of you has

610
00:28:26,190 --> 00:28:23,060
shifted that your life is always being

611
00:28:29,680 --> 00:28:26,200
grateful your life is always being

612
00:28:31,720 --> 00:28:29,690
meditative I mean you now have it your

613
00:28:34,030 --> 00:28:31,730

disposition is completely turned and so

614

00:28:36,670 --> 00:28:34,040

your disposition is now in a meditative

615

00:28:39,280 --> 00:28:36,680

state and so you living your life from

616

00:28:44,140 --> 00:28:39,290

an open-eyed meditation perspective yeah

617

00:28:46,360 --> 00:28:44,150

I do find that I do but I actually find

618

00:28:50,680 --> 00:28:46,370

that I'm meditating more now than I used

619

00:28:54,570 --> 00:28:50,690

to just because I've actually taken my

620

00:28:57,150 --> 00:28:54,580

practice even deeper and I want to UM

621

00:28:59,580 --> 00:28:57,160

see where it leads me because I

622

00:29:01,390 --> 00:28:59,590

experienced a 10-day silent meditation

623

00:29:05,410 --> 00:29:01,400

retreat at the beginning of this year

624

00:29:07,000 --> 00:29:05,420

and in that retreat center in that 10

625

00:29:09,910 --> 00:29:07,010

days there's no talking there's no

626

00:29:11,020 --> 00:29:09,920

reading there's no writing there's no

627

00:29:14,370 --> 00:29:11,030

talking on the phone there's no

628

00:29:17,800 --> 00:29:14,380

computers you just you and hours of

629

00:29:19,150 --> 00:29:17,810

silence and which is really not silence

630

00:29:25,060 --> 00:29:19,160

because you find that there's just so

631

00:29:26,950 --> 00:29:25,070

much noise in the mind and so when I

632

00:29:29,110 --> 00:29:26,960

experience that it took me to a much

633

00:29:31,000 --> 00:29:29,120

deeper level and because of that I've

634

00:29:33,520 --> 00:29:31,010

been actually meditating more but I know

635

00:29:36,250 --> 00:29:33,530

what you're talking about Keith I do i

636

00:29:38,740 --> 00:29:36,260

do feel i'm more present i know that i'm

637

00:29:44,080 --> 00:29:38,750

really in the moment as more than i ever

638

00:29:47,050 --> 00:29:44,090

used to be mindful um aware of what's

639

00:29:48,340 --> 00:29:47,060

going on very way more intuitive you

640

00:29:51,460 --> 00:29:48,350

know that all those years of meditation

641

00:29:56,110 --> 00:29:51,470

and being and being in a mindful frame

642

00:29:59,470 --> 00:29:56,120

of reference for my life just like the

643

00:30:01,360 --> 00:29:59,480

antenna that your ability to tune in

644

00:30:05,260 --> 00:30:01,370

different all kinds of different levels

645

00:30:07,830 --> 00:30:05,270

and dimensions is it increases so yes I

646

00:30:10,930 --> 00:30:07,840

mean I feel like life is a meditation

647

00:30:11,770 --> 00:30:10,940

but it just just because you asked me

648

00:30:14,650 --> 00:30:11,780

I'm going to have to tell you the truth

649

00:30:16,150 --> 00:30:14,660

I really am doing it more just because

650

00:30:19,420 --> 00:30:16,160

it's a different technique that I

651
00:30:20,620 --> 00:30:19,430
learned at that retreat and I want to

652
00:30:23,800 --> 00:30:20,630
know where it's going to take me it's

653
00:30:25,540 --> 00:30:23,810
pretty it's pretty amazing actually yeah

654
00:30:27,370 --> 00:30:25,550
I understand you know your life may be

655
00:30:29,680 --> 00:30:27,380
meditative because you've been

656
00:30:32,650 --> 00:30:29,690
meditating for so long there is

657
00:30:34,240 --> 00:30:32,660
something to be said for sitting down or

658
00:30:37,000 --> 00:30:34,250
however you choose to meditate and

659
00:30:38,860 --> 00:30:37,010
plugging into the cosmic generator one

660
00:30:40,420 --> 00:30:38,870
you have the benefits of the body of the

661
00:30:43,330 --> 00:30:40,430
benefits of the mind the benefits of the

662
00:30:47,320 --> 00:30:43,340
spirit you can astral travel you can use

663
00:30:48,640 --> 00:30:47,330

the meditation to create those things

664

00:30:51,340 --> 00:30:48,650

that you want to bring in you like

665

00:30:53,500 --> 00:30:51,350

there's so many benefits you take miles

666

00:30:55,870 --> 00:30:53,510

off of your spiritual journey your

667

00:30:58,450 --> 00:30:55,880

awareness begins to spin magic begins to

668

00:31:03,250 --> 00:30:58,460

happen in your life the number to call

669

00:31:07,810 --> 00:31:03,260

in today is triple 8 9 19 2 3 5 5 8 8 8

670

00:31:09,390 --> 00:31:07,820

9 19 2 3 5 5 and my guest today Susanna

671

00:31:14,410 --> 00:31:09,400

fur and I we are speaking about

672

00:31:16,300 --> 00:31:14,420

meditation tune in and power up Susanna

673

00:31:17,890 --> 00:31:16,310

would you please give out your contact

674

00:31:19,420 --> 00:31:17,900

information to the listening audience of

675

00:31:22,360 --> 00:31:19,430

center of light radio so they can find

676

00:31:25,570 --> 00:31:22,370

out more about you and your fantastic

677

00:31:32,500 --> 00:31:25,580

work thank you yes well I have a website

678

00:31:39,490 --> 00:31:32,510

it's WWE it's the words now awake now so

679

00:31:43,180 --> 00:31:39,500

it's still n 0 wa wa ke in Oh W calm and

680

00:31:45,910 --> 00:31:43,190

so you can go to my website and there

681

00:31:51,190 --> 00:31:45,920

you can learn how to connect contact me

682

00:31:54,970 --> 00:31:51,200

my my email would be Susanna s USA in NH

683

00:32:00,430 --> 00:31:54,980

at now awake now calm I also have a

684

00:32:02,470 --> 00:32:00,440

Facebook page now wait now and and you

685

00:32:05,650 --> 00:32:02,480

can find out how to reach me by phone if

686

00:32:07,810 --> 00:32:05,660

you go to my website and I would love

687

00:32:11,830 --> 00:32:07,820

one of the things that I love to do is

688

00:32:13,030 --> 00:32:11,840

is actually guided meditations which is

689

00:32:15,460 --> 00:32:13,040

different from what what

690

00:32:17,950 --> 00:32:15,470

I was talking about my own practice but

691

00:32:20,170 --> 00:32:17,960

of sitting silent and just watching the

692

00:32:21,910 --> 00:32:20,180

breath but a guided meditation as Keith

693

00:32:23,980 --> 00:32:21,920

you know and many of the listeners know

694

00:32:27,760 --> 00:32:23,990

is where someone you're listening to a

695

00:32:30,970 --> 00:32:27,770

CD and you're being directed on what to

696

00:32:34,510 --> 00:32:30,980

do next and know how to breathe and what

697

00:32:38,430 --> 00:32:34,520

to visualize so I do i do sometimes

698

00:32:41,680 --> 00:32:38,440

still I do guided imagery meditations

699

00:32:43,960 --> 00:32:41,690

specifically for people who are asking

700

00:32:49,300 --> 00:32:43,970

for hidden for me to tune into them

701
00:32:50,860 --> 00:32:49,310
intuitively and and just be able to help

702
00:32:52,390 --> 00:32:50,870
them listen as they listened to the CD

703
00:32:54,910 --> 00:32:52,400
over and over and use it as a meditation

704
00:32:56,530 --> 00:32:54,920
it helps them to kind of unlock some

705
00:32:59,200 --> 00:32:56,540
things that are maybe blocked inside

706
00:33:04,330 --> 00:32:59,210
themselves and to release certain fears

707
00:33:07,240 --> 00:33:04,340
and strengthen what they already have as

708
00:33:11,410 --> 00:33:07,250
a gift and a talent so I do that as well

709
00:33:13,390 --> 00:33:11,420
and a welcome contact with with any and

710
00:33:17,080 --> 00:33:13,400
all of you it would be great to discuss

711
00:33:19,120 --> 00:33:17,090
this and to answer questions or your

712
00:33:22,660 --> 00:33:19,130
comments about meditation or got

713
00:33:24,580 --> 00:33:22,670

anything else that comes up I'm glad you

714

00:33:28,090 --> 00:33:24,590

brought that up you know people always

715

00:33:31,000 --> 00:33:28,100

ask me how do you meditate well youtube

716

00:33:32,950 --> 00:33:31,010

comes along and said we're going to make

717

00:33:34,990 --> 00:33:32,960

it really easy for you if you don't go

718

00:33:37,120 --> 00:33:35,000

to which you should go to my site and

719

00:33:38,800 --> 00:33:37,130

download its free anchoring heaven on

720

00:33:41,770 --> 00:33:38,810

earth meditation as well as make contact

721

00:33:43,180 --> 00:33:41,780

with susanna about her work if in a

722

00:33:44,460 --> 00:33:43,190

moment you need something right now

723

00:33:48,070 --> 00:33:44,470

because you're about to go to bed

724

00:33:50,110 --> 00:33:48,080

youtube has tons of meditations they're

725

00:33:52,840 --> 00:33:50,120

they're guided meditations there's some

726

00:33:54,580 --> 00:33:52,850

chanting stuff something that takes your

727

00:33:56,590 --> 00:33:54,590

thoughts away from the worn something i

728

00:33:58,630 --> 00:33:56,600

didn't want to bring up ask you is so

729

00:34:00,820 --> 00:33:58,640

often people another form of resistance

730

00:34:02,530 --> 00:34:00,830

will say it's it's difficult for me to

731

00:34:05,290 --> 00:34:02,540

meditate one because you introduce that

732

00:34:06,700 --> 00:34:05,300

word of course it is but i understand

733

00:34:08,680 --> 00:34:06,710

the idea it can be difficult because

734

00:34:10,510 --> 00:34:08,690

there are so many sounds outside the guy

735

00:34:13,300 --> 00:34:10,520

cutting grass the phone rings or

736

00:34:16,120 --> 00:34:13,310

whatever may be going on external from

737

00:34:20,650 --> 00:34:16,130

you but that's actually a really a

738

00:34:22,690 --> 00:34:20,660

benefit because of contrast if you

739

00:34:26,800 --> 00:34:22,700

hearing all this noise on on the outside

740

00:34:30,400 --> 00:34:26,810

of you it does give you a

741

00:34:33,100 --> 00:34:30,410

a a focal point of what true silence is

742

00:34:36,760 --> 00:34:33,110

because you're the one that is observing

743

00:34:40,000 --> 00:34:36,770

the outside noise via because of your

744

00:34:43,600 --> 00:34:40,010

silence so you're actually on the mark

745

00:34:46,180 --> 00:34:43,610

by raising such a question mm-hmm I

746

00:34:48,310 --> 00:34:46,190

totally get that yeah I sometimes what I

747

00:34:50,410 --> 00:34:48,320

say to people is if I'm leading a

748

00:34:53,620 --> 00:34:50,420

meditation and let's say there's a loud

749

00:34:57,600 --> 00:34:53,630

noise happening outside the building ran

750

00:35:00,040 --> 00:34:57,610

I'll just say whatever sound you hear

751

00:35:03,210 --> 00:35:00,050

translate that and to see them as just

752

00:35:06,640 --> 00:35:03,220

sound waves they're moving through the

753

00:35:09,970 --> 00:35:06,650

this room and there and through the the

754

00:35:12,370 --> 00:35:09,980

area and see if you can instead of

755

00:35:13,900 --> 00:35:12,380

having any reaction to the sound because

756

00:35:15,670 --> 00:35:13,910

that's what we'll do is we'll well

757

00:35:18,280 --> 00:35:15,680

here's something will immediately label

758

00:35:20,110 --> 00:35:18,290

it as an unpleasant noise and then we're

759

00:35:22,990 --> 00:35:20,120

judging it there we go judging something

760

00:35:25,000 --> 00:35:23,000

and so so I just say it's just a sound

761

00:35:27,820 --> 00:35:25,010

wave just like it's like if you were to

762

00:35:30,640 --> 00:35:27,830

feel a breeze on your skin ok that's

763

00:35:32,920 --> 00:35:30,650

just breeze on your skin noises are just

764

00:35:35,020 --> 00:35:32,930

sound waves floating through and you're

765

00:35:36,670 --> 00:35:35,030

the meditator you're the one who is

766

00:35:39,130 --> 00:35:36,680

observing I love the way you use that

767

00:35:41,860 --> 00:35:39,140

word because I use that a lot you the

768

00:35:45,850 --> 00:35:41,870

one observing everything it passes

769

00:35:49,990 --> 00:35:45,860

through your awareness without resisting

770

00:35:52,720 --> 00:35:50,000

it and without attaching to it and there

771

00:35:56,080 --> 00:35:52,730

you go much deeper into that flexing the

772

00:35:58,930 --> 00:35:56,090

muscle of becoming the observer instead

773

00:36:02,920 --> 00:35:58,940

of being the thinker you are the the one

774

00:36:04,780 --> 00:36:02,930

who observes thoughts so it's just just

775

00:36:07,870 --> 00:36:04,790

for anything that could be any sensory

776

00:36:09,610 --> 00:36:07,880

input that comes in that that one

777

00:36:11,140 --> 00:36:09,620

becomes aware of it can take you deeper

778

00:36:16,060 --> 00:36:11,150

into the meditation just like you were

779

00:36:20,530 --> 00:36:16,070

saying so how does one meditate what is

780

00:36:22,570 --> 00:36:20,540

an idea an example of someone who may be

781

00:36:26,680 --> 00:36:22,580

gaining a meditative practice how can

782

00:36:28,120 --> 00:36:26,690

they go about it well I where I would

783

00:36:31,060 --> 00:36:28,130

start with just finding a comfortable

784

00:36:33,430 --> 00:36:31,070

chair to sit in I wouldn't recommending

785

00:36:37,810 --> 00:36:33,440

recommend lying down because it's too

786

00:36:39,860 --> 00:36:37,820

easy to fall asleep then yes boys

787

00:36:43,010 --> 00:36:39,870

because you know you're slowing your

788

00:36:44,930 --> 00:36:43,020

brain wave at frequency so if you start

789

00:36:48,320 --> 00:36:44,940

to go into from the beta level which is

790

00:36:50,960 --> 00:36:48,330

waking consciousness into alpha which is

791

00:36:54,500 --> 00:36:50,970

you're still awake but your your body's

792

00:36:56,060 --> 00:36:54,510

is relaxing once we're we go and we do

793

00:36:58,460 --> 00:36:56,070

that every night when we fall asleep and

794

00:36:59,960 --> 00:36:58,470

then every morning as we wake up so when

795

00:37:01,790 --> 00:36:59,970

we go into alpha a lot of times our

796

00:37:04,040 --> 00:37:01,800

bodies think oh it's time to go to sleep

797

00:37:06,050 --> 00:37:04,050

now especially if we're lying down so i

798

00:37:10,160 --> 00:37:06,060

recommend you sit comfortably in a chair

799

00:37:11,990 --> 00:37:10,170

or on a matter pillow on the floor with

800

00:37:15,380 --> 00:37:12,000

your keeping your back straight and your

801
00:37:19,850 --> 00:37:15,390
arms are relaxed in your lap and then

802
00:37:22,270 --> 00:37:19,860
just to close the eyes and begin to

803
00:37:24,920 --> 00:37:22,280
focus all the attention on the breath

804
00:37:28,580 --> 00:37:24,930
turning your mind toward noticing the

805
00:37:30,350 --> 00:37:28,590
breath and then you let your breathing

806
00:37:32,030 --> 00:37:30,360
do its own thing now in the kinda I'm

807
00:37:35,900 --> 00:37:32,040
telling now is just a mindfulness

808
00:37:38,090 --> 00:37:35,910
meditation okay so you just you just let

809
00:37:42,350 --> 00:37:38,100
the breath and the body breathe itself

810
00:37:44,810 --> 00:37:42,360
because it does we do not normally think

811
00:37:46,310 --> 00:37:44,820
about our breath or focus on it so when

812
00:37:48,800 --> 00:37:46,320
we focus our attention on the breath

813
00:37:50,150 --> 00:37:48,810

we're basically focusing on a function

814

00:37:53,000 --> 00:37:50,160

of the body that happens naturally

815

00:37:55,730 --> 00:37:53,010

without us having to pay attention to it

816

00:37:59,030 --> 00:37:55,740

now we're bringing all our attention to

817

00:38:02,510 --> 00:37:59,040

that and we just notice the sensations

818

00:38:05,840 --> 00:38:02,520

of breathing as it flows into the

819

00:38:08,390 --> 00:38:05,850

nostrils and as it flows out or we can

820

00:38:10,310 --> 00:38:08,400

notice the expansion of our ribcage and

821

00:38:14,140 --> 00:38:10,320

our bellies will expand on the in breath

822

00:38:16,370 --> 00:38:14,150

and and contract on the out breath and

823

00:38:17,900 --> 00:38:16,380

we're not trying to control the breath

824

00:38:20,360 --> 00:38:17,910

we're just letting the body breathe

825

00:38:23,420 --> 00:38:20,370

itself so sometimes the breasts will be

826

00:38:24,890 --> 00:38:23,430

long and deep and other times they'll be

827

00:38:28,870 --> 00:38:24,900

short and shallow and we're just

828

00:38:31,130 --> 00:38:28,880

observing it and then simply from here

829

00:38:32,990 --> 00:38:31,140

what's going to happen is the mind will

830

00:38:35,690 --> 00:38:33,000

will the mind will want to wander

831

00:38:38,090 --> 00:38:35,700

attention wants to wander away which is

832

00:38:40,250 --> 00:38:38,100

is another form of resistance and

833

00:38:43,070 --> 00:38:40,260

usually it'll wander off into thinking

834

00:38:45,410 --> 00:38:43,080

about something so once we've realized

835

00:38:48,170 --> 00:38:45,420

our attention has wandered away from the

836

00:38:51,110 --> 00:38:48,180

breath we just gently bring it back to

837

00:38:53,240 --> 00:38:51,120

the breath again over and over again

838

00:38:55,630 --> 00:38:53,250

without without judgment towards

839

00:38:59,420 --> 00:38:55,640

ourselves and toward the practice and

840

00:39:01,430 --> 00:38:59,430

sit there and do that for i recommend 20

841

00:39:04,160 --> 00:39:01,440

to 30 minutes i personally do it for an

842

00:39:06,830 --> 00:39:04,170

hour but you know you some people have

843

00:39:10,280 --> 00:39:06,840

to work their way up to that and even if

844

00:39:12,860 --> 00:39:10,290

only a person can does can only make

845

00:39:15,320 --> 00:39:12,870

time in a particular busy day for five

846

00:39:17,990 --> 00:39:15,330

to ten minutes that is great just as

847

00:39:20,360 --> 00:39:18,000

long as there is that focus as long as

848

00:39:23,050 --> 00:39:20,370

there's that just turning the attention

849

00:39:25,250 --> 00:39:23,060

to the breath and letting the thoughts

850

00:39:27,110 --> 00:39:25,260

say it into the background now we're not

851

00:39:30,290 --> 00:39:27,120

pushing thoughts away and we're not

852

00:39:31,850 --> 00:39:30,300

attaching to the thoughts but when we

853

00:39:34,090 --> 00:39:31,860

find that we have attached to thought

854

00:39:36,410 --> 00:39:34,100

thoughts that means we started to think

855

00:39:39,200 --> 00:39:36,420

then we come back to the breath and let

856

00:39:41,840 --> 00:39:39,210

it go I like to use the out-breath to

857

00:39:43,880 --> 00:39:41,850

just release those that attachment you

858

00:39:47,390 --> 00:39:43,890

know just let go of whatever the thought

859

00:39:50,480 --> 00:39:47,400

was and then return to just being and

860

00:39:51,890 --> 00:39:50,490

observing that wonderful sensation of

861

00:39:54,410 --> 00:39:51,900

breathing in and breathing out and just

862

00:39:56,660 --> 00:39:54,420

being still and that's what I would

863

00:39:58,490 --> 00:39:56,670

start with if you if you're brand new at

864

00:40:00,950 --> 00:39:58,500

this or even if you're not i mean if

865

00:40:02,660 --> 00:40:00,960

it's you know if you're a master like

866

00:40:05,840 --> 00:40:02,670

you said if you've been doing this this

867

00:40:08,090 --> 00:40:05,850

is such it's such a complex such a

868

00:40:11,270 --> 00:40:08,100

simple sounding thing but a very complex

869

00:40:13,820 --> 00:40:11,280

and it's infinite because you know what

870

00:40:16,940 --> 00:40:13,830

lies within us all is infinity

871

00:40:19,790 --> 00:40:16,950

everything is possible in there you know

872

00:40:22,850 --> 00:40:19,800

like a red earlier from Sadhguru he said

873

00:40:25,010 --> 00:40:22,860

the only way out is in and the very

874

00:40:26,360 --> 00:40:25,020

first time when I told you that my

875

00:40:28,450 --> 00:40:26,370

friend was putting me through that

876

00:40:31,640 --> 00:40:28,460

meditation introducing me to to

877

00:40:33,560 --> 00:40:31,650

metaphysics he was really getting

878

00:40:34,820 --> 00:40:33,570

getting me to push my breath so I can

879

00:40:36,470 --> 00:40:34,830

break through some blocks some

880

00:40:38,810 --> 00:40:36,480

resistances that were showing up and

881

00:40:41,300 --> 00:40:38,820

because I was laying down I did black

882

00:40:43,640 --> 00:40:41,310

out for I'm guessing 30 seconds would

883

00:40:46,790 --> 00:40:43,650

felt like 30 seconds to me took a quick

884

00:40:50,870 --> 00:40:46,800

little map so I thought excuse me and I

885

00:40:52,580 --> 00:40:50,880

had no idea what transpired in that

886

00:40:53,990 --> 00:40:52,590

brief blackout phase other than

887

00:40:55,880 --> 00:40:54,000

believing that I just fell asleep and

888

00:40:57,800 --> 00:40:55,890

now I'm back awaking a container with

889

00:41:01,460 --> 00:40:57,810

the breath listening to his instructions

890

00:41:03,410 --> 00:41:01,470

very next night I go to play a gig at a

891

00:41:05,960 --> 00:41:03,420

local bar here in Memphis

892

00:41:07,819 --> 00:41:05,970

and I see a friend of mine coming to the

893

00:41:09,349 --> 00:41:07,829

front door by the name of Tammy and I'm

894

00:41:10,760 --> 00:41:09,359

way across the room and I'm waving at oh

895

00:41:12,980 --> 00:41:10,770

hey girl nice to see you think you could

896

00:41:17,120 --> 00:41:12,990

come in kind of thing and a gesture for

897

00:41:22,670 --> 00:41:17,130

her to come over and when I saw her I

898

00:41:27,349 --> 00:41:22,680

had a total recall in that period where

899

00:41:30,950 --> 00:41:27,359

I blacked out I left my body and I for

900

00:41:33,799 --> 00:41:30,960

whatever reasons I found her and I found

901
00:41:36,319 --> 00:41:33,809
her and her boyfriend who was with her

902
00:41:38,809 --> 00:41:36,329
at the club and after they got settled

903
00:41:42,079 --> 00:41:38,819
now keep in mind she is of a religious

904
00:41:44,240 --> 00:41:42,089
background and I'm coming up with this

905
00:41:46,099 --> 00:41:44,250
meditation and leaving my body stuff and

906
00:41:47,750 --> 00:41:46,109
I said I got someone want to ask you and

907
00:41:49,579 --> 00:41:47,760
I really want you to your honesty as all

908
00:41:51,620 --> 00:41:49,589
cases of that crazy spiritual stuff

909
00:41:53,480 --> 00:41:51,630
estate actually ideas but as your friend

910
00:41:57,200 --> 00:41:53,490
I'm asking you to play this out with me

911
00:42:01,579 --> 00:41:57,210
she said okay sure I said did you go

912
00:42:03,470 --> 00:42:01,589
somewhere yesterday five ish o'clock she

913
00:42:06,980 --> 00:42:03,480

said yes I did okay please don't say

914

00:42:10,309 --> 00:42:06,990

anymore I said I saw you she was what do

915

00:42:13,160 --> 00:42:10,319

you mean you saw me I said I saw you I

916

00:42:17,510 --> 00:42:13,170

was in your car hanging out by the dome

917

00:42:20,000 --> 00:42:17,520

light of your car and I saw you wiping

918

00:42:23,569 --> 00:42:20,010

the inside of this car and I said a

919

00:42:25,910 --> 00:42:23,579

piece of white cloth and I said but what

920

00:42:27,319 --> 00:42:25,920

was odd you know how often do you go

921

00:42:29,089 --> 00:42:27,329

somewhere and you allow someone to drive

922

00:42:30,470 --> 00:42:29,099

you a car not very very often and

923

00:42:33,020 --> 00:42:30,480

tammy's a type of person that wherever

924

00:42:34,760 --> 00:42:33,030

she went she always drove but on this

925

00:42:37,760 --> 00:42:34,770

particular day as I'm observing the

926

00:42:39,349 --> 00:42:37,770

situation that's unfolding I saw her

927

00:42:41,809 --> 00:42:39,359

wiping receipts with this white cloth

928

00:42:43,370 --> 00:42:41,819

and I said you had some reason you were

929

00:42:45,049 --> 00:42:43,380

sitting on the passenger side you had

930

00:42:47,359 --> 00:42:45,059

brown pointed shoes on you had pleaded

931

00:42:49,220 --> 00:42:47,369

blue jeans you had a shirt you had this

932

00:42:52,280 --> 00:42:49,230

particular pendant on and she's looking

933

00:42:54,289 --> 00:42:52,290

at me like I'm crazy like there is no

934

00:42:56,120 --> 00:42:54,299

way on this earth that you can possibly

935

00:42:59,000 --> 00:42:56,130

know these things without being in my

936

00:43:01,130 --> 00:42:59,010

car physically to see this I saw the

937

00:43:03,170 --> 00:43:01,140

whole thing and come to find out and

938

00:43:06,079 --> 00:43:03,180

they went to the mall the night before

939

00:43:08,480 --> 00:43:06,089

she left her window down so it rained in

940

00:43:10,430 --> 00:43:08,490

her car she said Keith the towels is

941

00:43:11,900 --> 00:43:10,440

still in my backseat she wiped it with a

942

00:43:13,910 --> 00:43:11,910

white towel she threw the towel and back

943

00:43:15,460 --> 00:43:13,920

seat her boyfriend Phillips sitting next

944

00:43:18,790 --> 00:43:15,470

to her in the club was

945

00:43:22,450 --> 00:43:18,800

driving so the point is through

946

00:43:24,599 --> 00:43:22,460

meditation there are so many benefits

947

00:43:30,099 --> 00:43:24,609

for those who like to astral travel

948

00:43:32,080 --> 00:43:30,109

meditation is your rocket fuel yes yes

949

00:43:33,820 --> 00:43:32,090

and you know think about it Keith I mean

950

00:43:37,000 --> 00:43:33,830

haven't we always heard our whole lives

951
00:43:39,849 --> 00:43:37,010
that we only use what ten percent of our

952
00:43:43,150 --> 00:43:39,859
brain well it's because we we weren't

953
00:43:46,690 --> 00:43:43,160
taught and generations of especially in

954
00:43:50,470 --> 00:43:46,700
the Western world we're not taught maybe

955
00:43:54,070 --> 00:43:50,480
on purpose not Todd this very key to

956
00:43:57,760 --> 00:43:54,080
unlocking the door of the the whole

957
00:44:00,250 --> 00:43:57,770
cosmos within ourselves and so perhaps

958
00:44:03,700 --> 00:44:00,260
that's what's you know as we do this I

959
00:44:06,280 --> 00:44:03,710
mean as we as we sit and and watch it

960
00:44:08,320 --> 00:44:06,290
and focus on our breathing and keep

961
00:44:09,670 --> 00:44:08,330
refocusing every time the mind wanders

962
00:44:13,690 --> 00:44:09,680
and keep coming back and keep coming

963
00:44:17,140 --> 00:44:13,700

back this is the thing that's going to

964

00:44:21,160 --> 00:44:17,150

activate those hidden higher gifts that

965

00:44:22,510 --> 00:44:21,170

we have that up until now or not that

966

00:44:24,730 --> 00:44:22,520

we're thought well we don't know what

967

00:44:27,099 --> 00:44:24,740

ninety percent of the brain is for well

968

00:44:30,570 --> 00:44:27,109

now we're finding out our science are

969

00:44:33,070 --> 00:44:30,580

finding out you know the mystics and the

970

00:44:37,540 --> 00:44:33,080

the great mystics and masters have known

971

00:44:39,609 --> 00:44:37,550

for for eons and epochs now but we are

972

00:44:42,280 --> 00:44:39,619

at this point now where we can really

973

00:44:45,460 --> 00:44:42,290

wake up when we have the tools and and

974

00:44:50,620 --> 00:44:45,470

and exactly all of those things astral

975

00:44:52,170 --> 00:44:50,630

travel telepathy clairvoyance all the

976

00:44:54,940 --> 00:44:52,180

claire's clairvoyance clairaudience

977

00:44:58,050 --> 00:44:54,950

claire cognizance every single one of

978

00:45:01,500 --> 00:44:58,060

those things will begin to flower in us

979

00:45:04,150 --> 00:45:01,510

every all of us our tuition will grow

980

00:45:07,450 --> 00:45:04,160

we'll just know things without knowing

981

00:45:10,720 --> 00:45:07,460

why we know things and our hearts expand

982

00:45:13,079 --> 00:45:10,730

that's the that's so important I mean

983

00:45:15,910 --> 00:45:13,089

our hearts our ability to love ourselves

984

00:45:17,290 --> 00:45:15,920

which then spreads out to other people

985

00:45:22,420 --> 00:45:17,300

we can love other people more

986

00:45:23,980 --> 00:45:22,430

unconditionally and I mean it's it's so

987

00:45:25,599 --> 00:45:23,990

important I just love the fact that he

988

00:45:28,200 --> 00:45:25,609

said I can't believe I haven't talked

989

00:45:32,660 --> 00:45:28,210

about this on my show and three years

990

00:45:37,890 --> 00:45:32,670

this is really the key the key to it all

991

00:45:40,140 --> 00:45:37,900

buddhist monks say that the example you

992

00:45:43,530 --> 00:45:40,150

just close your eyes now and imagine you

993

00:45:46,020 --> 00:45:43,540

want to be you know I they will tell you

994

00:45:50,430 --> 00:45:46,030

as soon as you have the thought you are

995

00:45:52,800 --> 00:45:50,440

in Hawaii now your task to make that

996

00:45:55,500 --> 00:45:52,810

happen to be more present of this petite

997

00:45:58,920 --> 00:45:55,510

place that you are projecting yourself

998

00:46:00,960 --> 00:45:58,930

is through meditation because as you

999

00:46:03,060 --> 00:46:00,970

think as soon as you use your thought

1000

00:46:05,190 --> 00:46:03,070

process you are truly willing something

1001
00:46:08,070 --> 00:46:05,200
integration so some part of you is

1002
00:46:09,900 --> 00:46:08,080
already there it's your job to begin the

1003
00:46:13,020 --> 00:46:09,910
integrated process through meditation

1004
00:46:16,140 --> 00:46:13,030
for example we speaking about my

1005
00:46:20,220 --> 00:46:16,150
alien-human hybrid friend nucleus 8 he

1006
00:46:22,380 --> 00:46:20,230
told me he says keith in recently he and

1007
00:46:24,570 --> 00:46:22,390
i had a conversation he says you are on

1008
00:46:26,370 --> 00:46:24,580
my planetary station more often than you

1009
00:46:29,130 --> 00:46:26,380
can possibly imagine us in am i there in

1010
00:46:31,290 --> 00:46:29,140
spirit and do you see me my energy and

1011
00:46:33,780 --> 00:46:31,300
he said no Keith that's all true he said

1012
00:46:35,820 --> 00:46:33,790
but you are here physically he says that

1013
00:46:38,550 --> 00:46:35,830

when you play music live and you get

1014

00:46:40,140 --> 00:46:38,560

into one of those zones when you and

1015

00:46:43,380 --> 00:46:40,150

your band mates are finally settled in

1016

00:46:45,359 --> 00:46:43,390

and you you doing things that you could

1017

00:46:47,280 --> 00:46:45,369

never rehearse to pull off that this

1018

00:46:53,339 --> 00:46:47,290

magic begins to happen he says you turn

1019

00:46:56,099 --> 00:46:53,349

on just like a light bulb but yes and he

1020

00:46:58,500 --> 00:46:56,109

says you truly become physically up

1021

00:47:00,870 --> 00:46:58,510

tangible in this experience because

1022

00:47:03,120 --> 00:47:00,880

somehow I'm connected to him as to why I

1023

00:47:05,370 --> 00:47:03,130

keep launching myself there and that on

1024

00:47:07,650 --> 00:47:05,380

levels that I'm not aware of some some

1025

00:47:10,710 --> 00:47:07,660

cases I am very aware that I'm present

1026
00:47:12,300 --> 00:47:10,720
there again it supports the point of how

1027
00:47:13,950 --> 00:47:12,310
Buddhist monks say that when you begin

1028
00:47:16,500 --> 00:47:13,960
to think of a place that you want to

1029
00:47:21,650 --> 00:47:16,510
visit you are actually beginning to

1030
00:47:23,820 --> 00:47:21,660
anchor yourself there do you practice

1031
00:47:25,260 --> 00:47:23,830
alternate breaths for example the

1032
00:47:27,420 --> 00:47:25,270
Buddhist may do in and out through the

1033
00:47:29,400 --> 00:47:27,430
mouth into the mouth out for the nose

1034
00:47:31,470 --> 00:47:29,410
into the nose out of the mouth and

1035
00:47:32,760 --> 00:47:31,480
through the right nostril out through

1036
00:47:34,710 --> 00:47:32,770
the left and off and buy something

1037
00:47:37,859 --> 00:47:34,720
there's all these different combinations

1038
00:47:41,819 --> 00:47:37,869

in every combination will take you to a

1039

00:47:44,069 --> 00:47:41,829

different place / space

1040

00:47:46,289 --> 00:47:44,079

inside a different dimension because of

1041

00:47:49,620 --> 00:47:46,299

the dynamic or the different breaths you

1042

00:47:52,430 --> 00:47:49,630

using have you experienced or even

1043

00:47:55,680 --> 00:47:52,440

practice different breadth techniques I

1044

00:47:59,459 --> 00:47:55,690

have before and I that's not something

1045

00:48:00,959 --> 00:47:59,469

that that's not my regular practice but

1046

00:48:04,499 --> 00:48:00,969

i have i've been in different classes

1047

00:48:07,079 --> 00:48:04,509

where the teacher is teaching that and i

1048

00:48:10,079 --> 00:48:07,089

think it's really fantastic i haven't

1049

00:48:12,089 --> 00:48:10,089

had any unusual experiences because of

1050

00:48:15,089 --> 00:48:12,099

that but i do understand what it's doing

1051
00:48:18,109 --> 00:48:15,099
and just for me i'm just really drawn to

1052
00:48:22,410 --> 00:48:18,119
what's keeping it simple you know and

1053
00:48:24,449 --> 00:48:22,420
and perhaps if I you know had a a guru

1054
00:48:26,789 --> 00:48:24,459
or a teacher or master who was teaching

1055
00:48:28,559 --> 00:48:26,799
me this particular technique and the

1056
00:48:31,079 --> 00:48:28,569
alternate breathing and nostril

1057
00:48:32,430 --> 00:48:31,089
breathing and all of that and began to

1058
00:48:34,199 --> 00:48:32,440
deepen into that I'm sure I would

1059
00:48:38,339 --> 00:48:34,209
because I know that that's valid they're

1060
00:48:40,890 --> 00:48:38,349
all valid all the different ways what

1061
00:48:43,759 --> 00:48:40,900
have you done that Keith what's your

1062
00:48:47,219 --> 00:48:43,769
like I've done some of the different um

1063
00:48:49,859 --> 00:48:47,229

intakes and all takes what I have done

1064

00:48:53,249 --> 00:48:49,869

are you familiar with rebirthing and

1065

00:48:56,130 --> 00:48:53,259

have you done that I guess I am I have

1066

00:48:59,339 --> 00:48:56,140

done it and it was discipline it's not

1067

00:49:02,459 --> 00:48:59,349

basically just sitting there and ya know

1068

00:49:06,749 --> 00:49:02,469

I just breathing it's breathing yourself

1069

00:49:08,579 --> 00:49:06,759

into oblivion Oh thing and you start

1070

00:49:10,229 --> 00:49:08,589

moving that air and we talked about

1071

00:49:12,390 --> 00:49:10,239

resistance when you start doing this

1072

00:49:13,799 --> 00:49:12,400

kind of meditation work on it's it's

1073

00:49:15,689 --> 00:49:13,809

still considered meditation because you

1074

00:49:17,900 --> 00:49:15,699

go inward and you're breathing but when

1075

00:49:21,719 --> 00:49:17,910

you begin to do this kind of work um

1076

00:49:24,749 --> 00:49:21,729

your hands may just start hurt hurting

1077

00:49:28,140 --> 00:49:24,759

but very few start going into this

1078

00:49:30,870 --> 00:49:28,150

ketosis position yes yes yes and it's

1079

00:49:32,729 --> 00:49:30,880

because we have lots of control issues

1080

00:49:34,859 --> 00:49:32,739

on the hands represent the ability to

1081

00:49:37,769 --> 00:49:34,869

grasp or control so they go into what's

1082

00:49:40,769 --> 00:49:37,779

called tetany it looks like um you know

1083

00:49:44,400 --> 00:49:40,779

your hands are becoming sort of looking

1084

00:49:47,910 --> 00:49:44,410

for atrophied yes the idea as with

1085

00:49:49,859 --> 00:49:47,920

meditation don't worry about the

1086

00:49:51,779 --> 00:49:49,869

resistance keep with the breath now what

1087

00:49:54,930 --> 00:49:51,789

you can do from that point when these

1088

00:49:56,460 --> 00:49:54,940

episodes of techne which is your knee

1089

00:49:58,230 --> 00:49:56,470

hurting your wrist hurting all these

1090

00:50:00,030 --> 00:49:58,240

things begin the lock up is because keep

1091

00:50:01,710 --> 00:50:00,040

in mind you are bringing in pure light

1092

00:50:04,400 --> 00:50:01,720

energy bringing God into your body and

1093

00:50:06,569 --> 00:50:04,410

when you do that everything that is not

1094

00:50:09,839 --> 00:50:06,579

representation of God or light or

1095

00:50:12,240 --> 00:50:09,849

balanced energy it's like a capacitor or

1096

00:50:15,569 --> 00:50:12,250

it's like a resistor and a transistor

1097

00:50:16,980 --> 00:50:15,579

electronic system the energy begins to

1098

00:50:19,050 --> 00:50:16,990

block so what you can do is you can

1099

00:50:20,670 --> 00:50:19,060

either just back off the breath a little

1100

00:50:22,980 --> 00:50:20,680

bit in your hands become comfortable or

1101

00:50:27,000 --> 00:50:22,990

it can use your will to move some of

1102

00:50:28,740 --> 00:50:27,010

that congested energy around or you can

1103

00:50:32,220 --> 00:50:28,750

up the breath some more and just blow

1104

00:50:34,710 --> 00:50:32,230

that channel completely open but out of

1105

00:50:37,859 --> 00:50:34,720

about 10 minutes of that kind of breath

1106

00:50:40,500 --> 00:50:37,869

serious breathing I'm really opening

1107

00:50:42,599 --> 00:50:40,510

that mouth and getting at it your body

1108

00:50:44,730 --> 00:50:42,609

literally takes over the breath it

1109

00:50:47,010 --> 00:50:44,740

becomes automatic and you get to sit

1110

00:50:50,640 --> 00:50:47,020

back and you do this for about an hour

1111

00:50:53,220 --> 00:50:50,650

and a half and when you're done the

1112

00:50:58,050 --> 00:50:53,230

level of bliss that you are left in is

1113

00:50:59,880 --> 00:50:58,060

truly divine and I recommend having a

1114

00:51:03,300 --> 00:50:59,890

partner with you so that some way to be

1115

00:51:04,819 --> 00:51:03,310

sort of just with you and plus you don't

1116

00:51:07,920 --> 00:51:04,829

know the kind that I've done the

1117

00:51:10,349 --> 00:51:07,930

holotropic breathwork as they played

1118

00:51:11,819 --> 00:51:10,359

really loud and amazing music in the

1119

00:51:15,720 --> 00:51:11,829

background I mean right there so that

1120

00:51:17,870 --> 00:51:15,730

kind of it stimulates some n evokes you

1121

00:51:23,490 --> 00:51:17,880

have music of course is so we vocativ

1122

00:51:26,670 --> 00:51:23,500

these different processes so so exactly

1123

00:51:28,620 --> 00:51:26,680

what if that's a whole other show right

1124

00:51:31,140 --> 00:51:28,630

there somebody you know talking about

1125

00:51:34,410 --> 00:51:31,150

holotropic breathwork and rebirth that's

1126
00:51:37,130 --> 00:51:34,420
very healing well I didn't wanted to say

1127
00:51:39,390 --> 00:51:37,140
really quick uses the resistance of

1128
00:51:41,849 --> 00:51:39,400
sitting still and watching the breath

1129
00:51:44,190 --> 00:51:41,859
and being the observer and and keep

1130
00:51:47,280 --> 00:51:44,200
refocusing back on the present moment

1131
00:51:49,559 --> 00:51:47,290
with the breath without judgement is the

1132
00:51:53,430 --> 00:51:49,569
resistance is the ego mind the mind of

1133
00:51:56,250 --> 00:51:53,440
the our egos have to feel like they have

1134
00:51:59,010 --> 00:51:56,260
an identity the ego has to be wrapped

1135
00:52:00,630 --> 00:51:59,020
around an identity and so the ego is

1136
00:52:02,670 --> 00:52:00,640
really what are you go minds is what

1137
00:52:05,520 --> 00:52:02,680
resists this because it it knows

1138
00:52:07,830 --> 00:52:05,530

instinctively that it means the the

1139

00:52:10,650 --> 00:52:07,840

change changing and transforming of our

1140

00:52:12,900 --> 00:52:10,660

entity and that's always you know people

1141

00:52:14,850 --> 00:52:12,910

we don't like change it's really the ego

1142

00:52:16,800 --> 00:52:14,860

that doesn't want change ego wants

1143

00:52:18,930 --> 00:52:16,810

everything predictable we want it to be

1144

00:52:20,880 --> 00:52:18,940

as it should be and so any kind of

1145

00:52:22,950 --> 00:52:20,890

change any kind of transformation within

1146

00:52:26,100 --> 00:52:22,960

ourselves it's going to be resisted by

1147

00:52:28,650 --> 00:52:26,110

that so like you said just keep just

1148

00:52:32,490 --> 00:52:28,660

stay with it it's not this particular

1149

00:52:35,610 --> 00:52:32,500

way that I'm teaching is not a them it's

1150

00:52:37,620 --> 00:52:35,620

not a it's a very gentle way let's put

1151
00:52:40,230 --> 00:52:37,630
it that way it's very gentle very simple

1152
00:52:41,190 --> 00:52:40,240
but very profound and if all the

1153
00:52:43,470 --> 00:52:41,200
different kinds that I've done

1154
00:52:45,720 --> 00:52:43,480
throughout my life to return to the most

1155
00:52:50,370 --> 00:52:45,730
simple basic thing has been the best

1156
00:52:52,140 --> 00:52:50,380
thing for me and just because I realized

1157
00:52:54,360 --> 00:52:52,150
oh my gosh that's really the key that

1158
00:52:56,460 --> 00:52:54,370
all along the very simple has been the

1159
00:52:58,680 --> 00:52:56,470
key to and I've gone all you know around

1160
00:53:01,380 --> 00:52:58,690
and done all this really crazy wonderful

1161
00:53:02,910 --> 00:53:01,390
fantastic stuff like the holder tropic

1162
00:53:05,400 --> 00:53:02,920
breathwork I love that and I would do

1163
00:53:09,000 --> 00:53:05,410

again um all these different things that

1164

00:53:12,270 --> 00:53:09,010

are sort of like a like would be like a

1165

00:53:16,770 --> 00:53:12,280

how I loosen the genic journey you know

1166

00:53:19,580 --> 00:53:16,780

I mean we can actually do that sitting

1167

00:53:22,290 --> 00:53:19,590

there very simply breathing normally and

1168

00:53:25,460 --> 00:53:22,300

watching it eventually you know it these

1169

00:53:28,770 --> 00:53:25,470

things happen our and our gifts expand

1170

00:53:31,230 --> 00:53:28,780

exponentially yeah it's always about

1171

00:53:33,780 --> 00:53:31,240

getting back to basics because basics is

1172

00:53:36,840 --> 00:53:33,790

the foundation if you build a house and

1173

00:53:41,480 --> 00:53:36,850

your foundation is not level or whatever

1174

00:53:46,560 --> 00:53:41,490

the situation may be your whole house is

1175

00:53:48,510 --> 00:53:46,570

is vulnerable to collapse so I for me

1176

00:53:51,750 --> 00:53:48,520

meditation should be everyone's

1177

00:53:54,240 --> 00:53:51,760

foundation it's back to the basics it's

1178

00:53:56,580 --> 00:53:54,250

simple but it's very very expansive if

1179

00:53:58,860 --> 00:53:56,590

you use meditation let's say you

1180

00:54:00,600 --> 00:53:58,870

approaching meditation because you want

1181

00:54:04,020 --> 00:54:00,610

to learn to relax because your life is

1182

00:54:06,450 --> 00:54:04,030

stressful it will do that but also you

1183

00:54:08,010 --> 00:54:06,460

will be receiving benefits even though

1184

00:54:10,080 --> 00:54:08,020

if you don't if you really don't care

1185

00:54:12,960 --> 00:54:10,090

about the other benefits and you using

1186

00:54:15,630 --> 00:54:12,970

it just for relaxation those benefits

1187

00:54:17,880 --> 00:54:15,640

will happen regardless so you don't

1188

00:54:20,070 --> 00:54:17,890

really have to meditate with becoming

1189

00:54:20,600 --> 00:54:20,080

spiritual mindset and trying to create

1190

00:54:23,030 --> 00:54:20,610

have a

1191

00:54:25,430 --> 00:54:23,040

all your goal is the breath and the

1192

00:54:27,470 --> 00:54:25,440

breath will create the results and the

1193

00:54:31,040 --> 00:54:27,480

results will speak for themselves and

1194

00:54:33,890 --> 00:54:31,050

the fruit will speak for itself people

1195

00:54:35,840 --> 00:54:33,900

know them by the fruit and people will

1196

00:54:39,110 --> 00:54:35,850

ask you know what are you doing in your

1197

00:54:41,450 --> 00:54:39,120

life that you seem so calm when all I've

1198

00:54:44,210 --> 00:54:41,460

ever known you was to be just sporadic

1199

00:54:47,060 --> 00:54:44,220

and nervous and afraid and all these

1200

00:54:50,450 --> 00:54:47,070

other things but meditation is home it's

1201
00:54:55,720 --> 00:54:50,460
our home base really isn't it mm-hmm it

1202
00:55:00,500 --> 00:54:55,730
certainly is it takes us home yeah I

1203
00:55:08,770 --> 00:55:00,510
love that what is coming down the pike

1204
00:55:12,260 --> 00:55:08,780
for Susanna fur oh let's see well um I

1205
00:55:17,900 --> 00:55:12,270
don't have any major project I'm kind of

1206
00:55:19,430 --> 00:55:17,910
at a point of opening 22 there's a lot

1207
00:55:21,500 --> 00:55:19,440
of spiritual growth happening in me

1208
00:55:25,790 --> 00:55:21,510
right now because I'm I'm involved in

1209
00:55:27,320 --> 00:55:25,800
different different spiritual groups

1210
00:55:28,490 --> 00:55:27,330
that I've been studying with and

1211
00:55:31,340 --> 00:55:28,500
studying different spiritual

1212
00:55:34,040 --> 00:55:31,350
technologies too much to go into right

1213
00:55:36,710 --> 00:55:34,050

now but so I just feel like there's a

1214

00:55:41,900 --> 00:55:36,720

you know more and more awakening more

1215

00:55:44,180 --> 00:55:41,910

and more connection and I'm learning how

1216

00:55:46,790 --> 00:55:44,190

to be more and more present and in the

1217

00:55:49,520 --> 00:55:46,800

moment and out of the stories in my mind

1218

00:55:51,770 --> 00:55:49,530

that that create the illusion that I'm

1219

00:55:55,850 --> 00:55:51,780

separate from from life and from others

1220

00:55:57,230 --> 00:55:55,860

and so I feel like this a really big

1221

00:56:01,370 --> 00:55:57,240

breakthrough is happening for me right

1222

00:56:03,380 --> 00:56:01,380

now I can't put it into words very well

1223

00:56:05,390 --> 00:56:03,390

at this point but it's pretty exciting

1224

00:56:08,050 --> 00:56:05,400

and I think it's really a direct result

1225

00:56:10,460 --> 00:56:08,060

of all the meditating I've been doing I

1226
00:56:13,460 --> 00:56:10,470
can feel things cooking you know what

1227
00:56:15,170 --> 00:56:13,470
I'm saying and so but I'm very actually

1228
00:56:17,360 --> 00:56:15,180
but what I do in my daily life is I'm

1229
00:56:21,830 --> 00:56:17,370
very I have a pretty thriving private

1230
00:56:25,490 --> 00:56:21,840
practice for psychotherapy and I also do

1231
00:56:29,830 --> 00:56:25,500
intuitive readings and make meditation

1232
00:56:32,780 --> 00:56:29,840
tapes for people or CDs or mp3s and

1233
00:56:34,010 --> 00:56:32,790
because just following the call of my

1234
00:56:37,280 --> 00:56:34,020
heart here so

1235
00:56:38,750 --> 00:56:37,290
and that's what I did one when you asked

1236
00:56:41,600 --> 00:56:38,760
me to be on the show it's like of course

1237
00:56:43,640 --> 00:56:41,610
yes just love spending time with you

1238
00:56:50,330 --> 00:56:43,650

Keith this is all you also can you leave

1239

00:56:53,330 --> 00:56:50,340

us with a final thought welcome home to

1240

00:56:57,080 --> 00:56:53,340

your heart and to the center of your

1241

00:57:01,990 --> 00:56:57,090

being we're creator where the divine

1242

00:57:08,500 --> 00:57:02,000

resides by simply sitting still and

1243

00:57:11,030 --> 00:57:08,510

breathing in and out welcome home

1244

00:57:13,240 --> 00:57:11,040

everyone Suzanne affirm my guest here

1245

00:57:15,800 --> 00:57:13,250

instead of light radio Susanna thank you

1246

00:57:18,380 --> 00:57:15,810

you're welcome thank you so much for

1247

00:57:21,050 --> 00:57:18,390

having me on Keith door swings open to

1248

00:57:23,180 --> 00:57:21,060

you anytime yeah I'm one of these days

1249

00:57:27,440 --> 00:57:23,190

I'm gonna get up there and see you in

1250

00:57:30,160 --> 00:57:27,450

one of your clubs performing is going to

1251

00:57:36,530 --> 00:57:30,170

be loud alright with you to go visit the

1252

00:57:38,510 --> 00:57:36,540

alien hybrid guy you know yeah I he's

1253

00:57:41,690 --> 00:57:38,520

you know with your on your music that's

1254

00:57:44,150 --> 00:57:41,700

what I mean like ride with you oh sure

1255

00:57:45,410 --> 00:57:44,160

sure yeah yeah hey you know we can

1256

00:57:46,970 --> 00:57:45,420

actually set that up I'll let you know

1257

00:57:48,410 --> 00:57:46,980

where i'm going to be alone you don't

1258

00:57:49,400 --> 00:57:48,420

have to know where I'm got but I'm gonna

1259

00:57:51,770 --> 00:57:49,410

let you know that I'm going to be

1260

00:57:53,330 --> 00:57:51,780

playing on a particular night if we

1261

00:57:55,250 --> 00:57:53,340

start at nine o'clock I'll know that I

1262

00:57:58,720 --> 00:57:55,260

start settling in as far as getting into

1263

00:58:01,790 --> 00:57:58,730

that zone that meditative zone where

1264

00:58:03,740 --> 00:58:01,800

magic just happens probably 20-30

1265

00:58:05,360 --> 00:58:03,750

minutes into this first set and then you

1266

00:58:08,210 --> 00:58:05,370

can start your meditation and we can

1267

00:58:10,880 --> 00:58:08,220

meet there and maybe we can join forces

1268

00:58:13,130 --> 00:58:10,890

and with the intentions of making

1269

00:58:14,510 --> 00:58:13,140

contact with nucleus eight and we can

1270

00:58:17,060 --> 00:58:14,520

give him the heads up to let him know

1271

00:58:19,190 --> 00:58:17,070

that we'll be doing that and he can use

1272

00:58:22,160 --> 00:58:19,200

some of his six dimensional multi

1273

00:58:25,520 --> 00:58:22,170

awareness pop pop probably to help us

1274

00:58:28,910 --> 00:58:25,530

become truly aware of being present at

1275

00:58:30,770 --> 00:58:28,920

its planetary mothership station won't

1276

00:58:34,730 --> 00:58:30,780

that be cool that would love I would

1277

00:58:36,350 --> 00:58:34,740

love that sign me up for that ok again

1278

00:58:38,690 --> 00:58:36,360

Susanna thank you very much very much

1279

00:58:42,830 --> 00:58:38,700

everyone Keith anything Blanchard here

1280

00:58:46,070 --> 00:58:42,840

sooner of light radio monday nights 6

1281

00:58:48,099 --> 00:58:46,080

p.m. eastern daylight time i will be

1282

00:58:50,330 --> 00:58:48,109

behind this microphone

1283

00:58:52,580 --> 00:58:50,340

interview and most amazing guests

1284

00:58:54,320 --> 00:58:52,590

enlightened beings people who walk the

1285

00:58:56,300 --> 00:58:54,330

talk they have done the work they have

1286

00:59:00,880 --> 00:58:56,310

done the meditative work they have done

1287

00:59:04,310 --> 00:59:00,890

the spiritual requisite work inner

1288

00:59:07,340 --> 00:59:04,320

extensive and intensive so cleansing

1289

00:59:09,650 --> 00:59:07,350

mind cleansing work I love being a

1290

00:59:11,840 --> 00:59:09,660

channel love being of assistance to

1291

00:59:14,210 --> 00:59:11,850

helping people grow to uniting the

1292

00:59:16,130 --> 00:59:14,220

family that we know is humanity this is

1293

00:59:20,150 --> 00:59:16,140

what I'm here for this is my passion

1294

00:59:25,040 --> 00:59:20,160

this is my gig next week my guest is

1295

00:59:29,210 --> 00:59:25,050

going to be Vanessa lamort a very young

1296

00:59:32,060 --> 00:59:29,220

beautiful woman and she is on fire she

1297

00:59:33,950 --> 00:59:32,070

is connected to many many different star

1298

00:59:36,410 --> 00:59:33,960

civilizations many different beings

1299

00:59:38,510 --> 00:59:36,420

throughout the cosmos and I know the

1300

00:59:39,770 --> 00:59:38,520

dynamic most people thing yeah I kind of

1301
00:59:42,560 --> 00:59:39,780
believe that I'm sure some people know

1302
00:59:44,180 --> 00:59:42,570
I'm telling this is real stuff and she's

1303
00:59:45,470 --> 00:59:44,190
going to present to us the language of

1304
00:59:47,840 --> 00:59:45,480
light and she's going to be talking

1305
00:59:49,490 --> 00:59:47,850
often in the language of light but also

1306
00:59:52,010 --> 00:59:49,500
this is going to be a multimedia show

1307
00:59:54,410 --> 00:59:52,020
I'ma give out the centre of light radio

1308
00:59:57,230 --> 00:59:54,420
website and I'm actually going to post

1309
00:59:59,870 --> 00:59:57,240
on the website these imageries that come

1310
01:00:01,400 --> 00:59:59,880
through her that she not only paints but

1311
01:00:03,200 --> 01:00:01,410
she's gonna tell you what they say and

1312
01:00:06,220 --> 01:00:03,210
it's gonna be a phenomenal show she is

1313
01:00:10,520 --> 01:00:06,230

just gonna blast you with brilliant ways

1314

01:00:12,050 --> 01:00:10,530

you can bet on that I'm so happy to be

1315

01:00:14,599 --> 01:00:12,060

here on him section ready on doing this

1316

01:00:16,330 --> 01:00:14,609

wonderful wonderful I want to thank

1317

01:00:19,820 --> 01:00:16,340

everyone in the chat room all the

1318

01:00:22,099 --> 01:00:19,830

audience members throughout the internet

1319

01:00:23,270 --> 01:00:22,109

system all those who listening in and

1320

01:00:26,900 --> 01:00:23,280

you found thank you for being there soon

1321

01:00:30,220 --> 01:00:26,910

of light ridium remember when you lay

1322

01:00:33,560 --> 01:00:30,230

down at night you doing that meditation

1323

01:00:35,150 --> 01:00:33,570

breathe in and out breathe as if you

1324

01:00:37,190 --> 01:00:35,160

want something that is beautiful in your

1325

01:00:40,400 --> 01:00:37,200

life that's kind of the space you

1326

01:00:43,820 --> 01:00:40,410

breathe from and just know that the real

1327

01:00:46,250 --> 01:00:43,830

you the real authentic you the place

1328

01:00:48,530 --> 01:00:46,260

that has truly never left home heaven

1329

01:00:49,150 --> 01:00:48,540

the other side your origins whatever you

1330

01:00:52,450 --> 01:00:49,160

call it

1331

01:00:54,910 --> 01:00:52,460

is right there behind that breath that's

1332

01:00:57,940 --> 01:00:54,920

where your magic lies is right behind