

Ask Questions
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Center of Light Radio

Keith Blanchard

Guest: D. Patrick Miller

1
00:00:29,170 --> 00:00:14,920
[Music]

2
00:00:40,840 --> 00:00:29,180
[Applause]

3
00:00:46,010 --> 00:00:40,850
[Music]

4
00:00:46,020 --> 00:00:51,840
and humans

5
00:01:04,020 --> 00:00:55,720
like you

6
00:01:08,830 --> 00:01:06,490
welcome to the center of light radio

7
00:01:11,260 --> 00:01:08,840
with spiritual teacher intuitive

8
00:01:13,840 --> 00:01:11,270
musician composer and best-selling

9
00:01:16,060 --> 00:01:13,850
author of the Divine Principle anchoring

10
00:01:18,550 --> 00:01:16,070
heaven on earth your host Keith

11
00:01:19,960 --> 00:01:18,560
Anthony Blanchard coast-to-coast Botibol

12
00:01:22,450 --> 00:01:19,970
all around the world on the internet

13
00:01:24,370 --> 00:01:22,460

thanks to the Marvel of Technology I am

14

00:01:26,350 --> 00:01:24,380

coming at you live from a literal guest

15

00:01:27,670 --> 00:01:26,360

house in Memphis Tennessee this is Keith

16

00:01:29,649 --> 00:01:27,680

Anthony Blanche and you're listening to

17

00:01:32,410 --> 00:01:29,659

sinner of light radio center of divine

18

00:01:35,680 --> 00:01:32,420

in folman and reinforcements the

19

00:01:38,499 --> 00:01:35,690

transformation station and radio for the

20

00:01:40,779 --> 00:01:38,509

soul metaphysics returns to Memphis

21

00:01:43,719 --> 00:01:40,789

August 5th and 6th at the Agra

22

00:01:45,120 --> 00:01:43,729

international sympathy Agra in a

23

00:01:48,040 --> 00:01:45,130

national center with Memphis

24

00:01:49,630 --> 00:01:48,050

metaphysical fair Memphis metaphysical

25

00:01:51,430 --> 00:01:49,640

fair will play host to psychic mediums

26

00:01:54,309 --> 00:01:51,440

tarot card readers crystal and stone

27

00:01:56,790 --> 00:01:54,319

healers and vendors Native American

28

00:01:59,649 --> 00:01:56,800

motif paranormal investigating and

29

00:02:01,840 --> 00:01:59,659

twenty workshops over the two days

30

00:02:03,969 --> 00:02:01,850

August 5th and 6th address an

31

00:02:05,169 --> 00:02:03,979

international Memphis Tennessee 10:00

32

00:02:07,600 --> 00:02:05,179

a.m. to 6:00 p.m.

33

00:02:10,719 --> 00:02:07,610

\$10 for one day adult paths and sixteen

34

00:02:12,819 --> 00:02:10,729

for the weekend path military military

35

00:02:15,310 --> 00:02:12,829

discounts are available children under

36

00:02:16,569 --> 00:02:15,320

12 or free and those little Rugrats

37

00:02:18,310 --> 00:02:16,579

they're going to love all the gemstones

38

00:02:19,509 --> 00:02:18,320

and all that really cool stuff so

39

00:02:21,250 --> 00:02:19,519

they're going to be parked occupied

40

00:02:21,940 --> 00:02:21,260

while you do your spiritual mental

41

00:02:24,729 --> 00:02:21,950

physical thing

42

00:02:26,710 --> 00:02:24,739

workshops range from zero to ten dollars

43

00:02:29,020 --> 00:02:26,720

each vendor booths are still available

44

00:02:33,160 --> 00:02:29,030

you could visit Memphis metaphysical

45

00:02:34,509 --> 00:02:33,170

dot-com for more information Kenneth

46

00:02:36,789 --> 00:02:34,519

pass the recent guests on center of

47

00:02:38,800 --> 00:02:36,799

light radio 10,000 when he was a little

48

00:02:41,080 --> 00:02:38,810

boy six seven eight years old was on a

49

00:02:43,030 --> 00:02:41,090

camping trip with others and some

50

00:02:44,770 --> 00:02:43,040

chaperones and they went walk in the

51
00:02:46,360 --> 00:02:44,780
woods for a hike and they were abducted

52
00:02:48,460 --> 00:02:46,370
they were brought back listen to this I

53
00:02:50,740 --> 00:02:48,470
know it's hard to believe I tend to

54
00:02:52,180 --> 00:02:50,750
believe the cat brought back 10,000

55
00:02:53,770 --> 00:02:52,190
years as a place in Arizona called

56
00:02:57,160 --> 00:02:53,780
prophecy rock and there's some picture

57
00:02:58,390 --> 00:02:57,170
glyphs on the rock Kenneth says he is

58
00:03:01,380 --> 00:02:58,400
one of those children coming out of the

59
00:03:05,410 --> 00:03:01,390
spaceship while he was on this two-year

60
00:03:06,430 --> 00:03:05,420
high ship ride one of the aliens pissed

61
00:03:08,800 --> 00:03:06,440
him off so he took some of the

62
00:03:12,100 --> 00:03:08,810
technology and hid it the gig is he

63
00:03:14,220 --> 00:03:12,110

wants to go back to Arizona to find this

64

00:03:16,440 --> 00:03:14,230

technology that he

65

00:03:18,089 --> 00:03:16,450

and him and bring it to the Native

66

00:03:19,589 --> 00:03:18,099

Americans the Hopi and the Pueblo

67

00:03:21,600 --> 00:03:19,599

because he says they know what to do

68

00:03:23,160 --> 00:03:21,610

with it and so Kim is going to love his

69

00:03:25,050 --> 00:03:23,170

experience and come back to centre of

70

00:03:26,940 --> 00:03:25,060

light radio for part two the reason I'm

71

00:03:29,220 --> 00:03:26,950

bringing this up is that on the center

72

00:03:30,600 --> 00:03:29,230

of light radio calm web page opening

73

00:03:32,759 --> 00:03:30,610

page you'll see a flying saucer there's

74

00:03:34,470 --> 00:03:32,769

a lot of moving same track but you'll

75

00:03:36,059 --> 00:03:34,480

see a donate button five ten bucks we're

76

00:03:38,759 --> 00:03:36,069

almost to our goal we want to raise

77

00:03:40,410 --> 00:03:38,769

money five hundred dollars is the ten we

78

00:03:42,240 --> 00:03:40,420

want to give Kamath Kenneth is a very

79

00:03:44,640 --> 00:03:42,250

simple guy really cool guy a very simple

80

00:03:47,520 --> 00:03:44,650

cat and put him on the bus to Arizona so

81

00:03:49,289 --> 00:03:47,530

he can do excuse me just that also a

82

00:03:52,800 --> 00:03:49,299

special announcement inception radio

83

00:03:55,020 --> 00:03:52,810

network and all the shows are now being

84

00:03:55,979 --> 00:03:55,030

played on I Heart Radio what a

85

00:03:58,610 --> 00:03:55,989

phenomenal thing

86

00:04:01,979 --> 00:03:58,620

finally finally Atlanta that's awesome

87

00:04:04,319 --> 00:04:01,989

September September September this man

88

00:04:06,330 --> 00:04:04,329

God realized man from India Swansea

89

00:04:08,190 --> 00:04:06,340

destroy yogi who I've had the blessed

90

00:04:12,390 --> 00:04:08,200

opportunity to interview here instead of

91

00:04:13,830 --> 00:04:12,400

light radio a couple of times um really

92

00:04:15,930 --> 00:04:13,840

excited he's going to grant me another

93

00:04:18,599 --> 00:04:15,940

interview I am blessed I am a blessed

94

00:04:20,819 --> 00:04:18,609

man so we're going to get down to sinner

95

00:04:23,010 --> 00:04:20,829

of light radio business when we get to

96

00:04:26,310 --> 00:04:23,020

my notes on my guest today today my

97

00:04:27,990 --> 00:04:26,320

guest is the Patrick Miller and we're

98

00:04:31,469 --> 00:04:28,000

going to be talking about how to heal

99

00:04:34,020 --> 00:04:31,479

the hurts we don't deserve Patrick says

100

00:04:36,690 --> 00:04:34,030

if forgiveness was easy we wouldn't need

101
00:04:38,760 --> 00:04:36,700
it who will explain the process of

102
00:04:41,370 --> 00:04:38,770
giving over things that seem to have

103
00:04:45,230 --> 00:04:41,380
hurt us most by learning that it's

104
00:04:47,670 --> 00:04:45,240
always ourselves we are forgiving

105
00:04:50,550 --> 00:04:47,680
Patrick Miller is a veteran author with

106
00:04:53,370 --> 00:04:50,560
dozens of books to his name as well as a

107
00:04:55,860 --> 00:04:53,380
long history in the book business as an

108
00:04:58,230 --> 00:04:55,870
independent publisher editor book

109
00:04:59,250 --> 00:04:58,240
developer and literary agent I think

110
00:05:03,900 --> 00:04:59,260
Patrick and I need to have a

111
00:05:05,879 --> 00:05:03,910
conversation otherwise his 1994 title a

112
00:05:08,580 --> 00:05:05,889
little book of forgiveness was just

113
00:05:10,350 --> 00:05:08,590

released in the sixth edition as the

114

00:05:12,420 --> 00:05:10,360

forgiveness book by Hampton Roads

115

00:05:14,129 --> 00:05:12,430

publishing fantastic he has written

116

00:05:15,960 --> 00:05:14,139

about a wide variety of spiritual

117

00:05:18,779 --> 00:05:15,970

subject matter including the general

118

00:05:21,240 --> 00:05:18,789

topic of how to be spiritual about being

119

00:05:24,149 --> 00:05:21,250

religious the subject of his next book

120

00:05:26,550 --> 00:05:24,159

from Hampton Roads coming in 2018 you

121

00:05:27,959 --> 00:05:26,560

can find more about my guest at triple w

122

00:05:32,999 --> 00:05:27,969

fearless

123

00:05:35,209 --> 00:05:33,009

calm / forgive dot html' welcome to

124

00:05:37,499 --> 00:05:35,219

centre of light radio Patrick Miller

125

00:05:39,689 --> 00:05:37,509

thank you I'm thrilled to be here

126

00:05:41,459 --> 00:05:39,699

I'm glad you here as I said earlier you

127

00:05:44,219 --> 00:05:41,469

came highly recommended by another

128

00:05:46,889 --> 00:05:44,229

phenomen being a dear friend of mine of

129

00:05:49,229 --> 00:05:46,899

ours our Maria Philippe

130

00:05:51,869 --> 00:05:49,239

Patrick one thing I wanted to ask you or

131

00:05:54,539 --> 00:05:51,879

mention was I had a guest on my shelf

132

00:05:56,129 --> 00:05:54,549

some time back after doing much research

133

00:05:58,229 --> 00:05:56,139

about what goes on in some of these

134

00:06:02,850 --> 00:05:58,239

Himalayan caves when these buddhist

135

00:06:05,669 --> 00:06:02,860

monks meditate over the course to their

136

00:06:08,929 --> 00:06:05,679

way of enlightenment that what they're

137

00:06:11,639 --> 00:06:08,939

doing in those chains day in and day out

138

00:06:16,169 --> 00:06:11,649

or that they're finding place within

139

00:06:18,929 --> 00:06:16,179

themselves that they are still not

140

00:06:20,309 --> 00:06:18,939

forgiving others or themselves and I

141

00:06:22,589 --> 00:06:20,319

thought that to be just absolutely

142

00:06:25,879 --> 00:06:22,599

fascinating they're finding all those

143

00:06:30,569 --> 00:06:25,889

places inside that they need to forgive

144

00:06:34,529 --> 00:06:30,579

yeah that reminds me of central teaching

145

00:06:36,439 --> 00:06:34,539

of a course in miracles which has been

146

00:06:39,659 --> 00:06:36,449

very important in my life

147

00:06:43,049 --> 00:06:39,669

the very beginning of the course it says

148

00:06:45,559 --> 00:06:43,059

that we don't need to search for love or

149

00:06:50,159 --> 00:06:45,569

try to understand love we only need to

150

00:06:53,100 --> 00:06:50,169

remove the blocks the obstacles that

151

00:06:58,529 --> 00:06:53,110

we've placed in its way

152

00:07:00,329 --> 00:06:58,539

and that's as a spiritual path that

153

00:07:02,399 --> 00:07:00,339

sometimes called the via negativa or the

154

00:07:04,769 --> 00:07:02,409

the negative way that instead of looking

155

00:07:07,589 --> 00:07:04,779

towards the light and once blesses you

156

00:07:09,809 --> 00:07:07,599

and what feels good you look at the

157

00:07:14,969 --> 00:07:09,819

darkness you look at what's in the way

158

00:07:19,169 --> 00:07:14,979

and process that and the more you do

159

00:07:25,139 --> 00:07:19,179

that the more open and clear and loving

160

00:07:26,759 --> 00:07:25,149

you become it's sometimes I think you

161

00:07:28,589 --> 00:07:26,769

know there's a lot of talk about you

162

00:07:30,029 --> 00:07:28,599

know learning to love yourself I don't

163

00:07:33,359 --> 00:07:30,039

know to me that's never been the

164

00:07:36,989 --> 00:07:33,369

processes it's it's more learning to

165

00:07:39,119 --> 00:07:36,999

stop hating yourself and then enter the

166

00:07:40,889 --> 00:07:39,129

love takes care of itself how does one

167

00:07:41,879 --> 00:07:40,899

begin to do that Patrick I know for

168

00:07:44,129 --> 00:07:41,889

those who don't know

169

00:07:46,649 --> 00:07:44,139

how to go inside and pry their hands off

170

00:07:48,480 --> 00:07:46,659

or forgive how does one begin to do that

171

00:07:52,739 --> 00:07:48,490

because for someone who is not pleased

172

00:07:59,429 --> 00:07:56,670

well I excited in my book I have a seven

173

00:08:01,320 --> 00:07:59,439

step process that we're kind of boil it

174

00:08:06,239 --> 00:08:01,330

down for people and we can maybe go into

175

00:08:09,920 --> 00:08:06,249

that but it's basically taking a look at

176

00:08:14,879 --> 00:08:09,930

you know whatever really disturbs you or

177

00:08:18,110 --> 00:08:14,889

destroys your peace and instead of

178

00:08:22,230 --> 00:08:18,120

assuming that it's beyond your control

179

00:08:24,330 --> 00:08:22,240

assume just the opposite assume that by

180

00:08:30,170 --> 00:08:24,340

going into your mind and looking closely

181

00:08:35,279 --> 00:08:30,180

at the feeling that so disturbs you and

182

00:08:40,319 --> 00:08:35,289

deliberately making the effort to to

183

00:08:46,519 --> 00:08:40,329

release it then you begin to alter you

184

00:08:49,170 --> 00:08:46,529

know your inner landscape and it's both

185

00:08:54,060 --> 00:08:49,180

it's not the easier and more difficult

186

00:08:56,490 --> 00:08:54,070

than people may think you know some

187

00:08:59,990 --> 00:08:56,500

people may think well you know I just

188

00:09:03,090 --> 00:09:00,000

can't let go of so-and-so but you can

189

00:09:06,030 --> 00:09:03,100

you simply have to make the effort and

190

00:09:10,829 --> 00:09:06,040

I've met other people who say well you

191

00:09:12,900 --> 00:09:10,839

know forgiveness is not easy you just is

192

00:09:16,680 --> 00:09:12,910

not difficult you just you know you just

193

00:09:19,530 --> 00:09:16,690

forget about it and go on and move on

194

00:09:22,110 --> 00:09:19,540

with your life and that's what I call

195

00:09:27,120 --> 00:09:22,120

spiritual bypass where you're not really

196

00:09:30,360 --> 00:09:27,130

dealing with the upset and instead of

197

00:09:32,780 --> 00:09:30,370

trying to to race by it so people can

198

00:09:37,319 --> 00:09:32,790

come in you know for those two different

199

00:09:39,920 --> 00:09:37,329

perspectives either I can't let it go or

200

00:09:43,639 --> 00:09:39,930

I'll just forget about it

201

00:09:46,980 --> 00:09:43,649

forgiveness is the is the middle path

202

00:09:53,519 --> 00:09:46,990

where you look at whatever deeply

203

00:09:54,990 --> 00:09:53,529

disturbs you and make the assumption you

204

00:10:00,000 --> 00:09:55,000

can

205

00:10:02,610 --> 00:10:00,010

let it go and sometimes it's one of my

206

00:10:05,700 --> 00:10:02,620

steps is to is where you hold in your

207

00:10:09,600 --> 00:10:05,710

mind the image or feeling of whatever is

208

00:10:14,190 --> 00:10:09,610

disturbing you and you say I release you

209

00:10:17,240 --> 00:10:14,200

from the grip of my sadness disapproval

210

00:10:20,160 --> 00:10:17,250

or condemnation and I use the word grip

211

00:10:23,160 --> 00:10:20,170

because it's very much what's going on I

212

00:10:29,190 --> 00:10:23,170

think it's it's a it's a biochemical

213

00:10:33,780 --> 00:10:29,200

thing that we inwardly grip onto

214

00:10:36,810 --> 00:10:33,790

something and it's often unconscious we

215

00:10:39,210 --> 00:10:36,820

don't know we're doing it and we just

216

00:10:43,490 --> 00:10:39,220

have to look at that at that clinging

217

00:10:47,040 --> 00:10:43,500

and grasping and imagine letting it go

218

00:10:50,430 --> 00:10:47,050

would it be fair to say if someone is

219

00:10:54,030 --> 00:10:50,440

even not to that level just the idea

220

00:10:56,220 --> 00:10:54,040

that they repeatedly want to forgive a

221

00:10:58,200 --> 00:10:56,230

situation or person or themselves which

222

00:10:59,700 --> 00:10:58,210

is ultimately the case but let's say

223

00:11:02,910 --> 00:10:59,710

it's a situation in a person in a

224

00:11:04,620 --> 00:11:02,920

situation just the ongoing wanting to

225

00:11:06,510 --> 00:11:04,630

forgive would that somewhat begin to

226

00:11:08,280 --> 00:11:06,520

open the door to where new thought

227

00:11:10,710 --> 00:11:08,290

modalities come in and you feeling base

228

00:11:12,510 --> 00:11:10,720

modalities come in to where the the

229

00:11:14,640 --> 00:11:12,520

forgiveness actually begins to happen on

230

00:11:16,230 --> 00:11:14,650

some level that they get the effect and

231

00:11:19,590 --> 00:11:16,240

connection move further into the

232

00:11:23,780 --> 00:11:19,600

forgiveness window yeah I often refer to

233

00:11:27,060 --> 00:11:23,790

forgiveness as a as a forgotten instinct

234

00:11:32,610 --> 00:11:27,070

we know how to do it and we can get back

235

00:11:35,810 --> 00:11:32,620

to it but we have to give up the

236

00:11:43,020 --> 00:11:35,820

opposing instinct which is to get even

237

00:11:45,630 --> 00:11:43,030

to settle things to have power over all

238

00:11:50,490 --> 00:11:45,640

of which can be very you know tempting

239

00:11:53,250 --> 00:11:50,500

responses to the world someone does

240

00:11:55,380 --> 00:11:53,260

you're on and you want to you want to

241

00:11:57,060 --> 00:11:55,390

not just change it or fix it but you

242

00:12:00,000 --> 00:11:57,070

wouldn't you want to get even and that

243

00:12:01,650 --> 00:12:00,010

feels good think about it at least to

244

00:12:04,590 --> 00:12:01,660

the person in the illusion or the

245

00:12:06,390 --> 00:12:04,600

situation they are believing that it

246

00:12:08,240 --> 00:12:06,400

would feel good not only to get at them

247

00:12:10,940 --> 00:12:08,250

but to get one more up

248

00:12:12,890 --> 00:12:10,950

you know not only just kill the roaches

249

00:12:15,680 --> 00:12:12,900

smash the bejesus out of it

250

00:12:18,890 --> 00:12:15,690

but so that being said what would be the

251
00:12:21,230 --> 00:12:18,900
motivating factor for them to follow the

252
00:12:22,880 --> 00:12:21,240
path of forgiveness that would say of

253
00:12:26,000 --> 00:12:22,890
course it would feel good to you know

254
00:12:29,390 --> 00:12:26,010
knock someone out whatever reason that

255
00:12:31,580 --> 00:12:29,400
we say we were done something but what

256
00:12:33,290 --> 00:12:31,590
would you offer as the reason the

257
00:12:36,050 --> 00:12:33,300
motivating factor for them to watch a

258
00:12:39,620 --> 00:12:36,060
movement to forgiveness the way I put in

259
00:12:44,510 --> 00:12:39,630
my book is that sweet revenge is junk

260
00:12:47,750 --> 00:12:44,520
food for the Soul in other word well

261
00:12:49,280 --> 00:12:47,760
that was good bro that was in other

262
00:12:51,260 --> 00:12:49,290
words you get a high from it you get

263
00:12:54,710 --> 00:12:51,270

something like a sugar high you you know

264

00:12:58,730 --> 00:12:54,720

you get and and you get an illusion of

265

00:13:00,380 --> 00:12:58,740

power and what I always tell people you

266

00:13:04,780 --> 00:13:00,390

know sometimes people say well you know

267

00:13:09,920 --> 00:13:04,790

I can I can't forgive because it will

268

00:13:12,340 --> 00:13:09,930

set me up to get hurt again and that's a

269

00:13:17,750 --> 00:13:12,350

misunderstanding of what forgiveness is

270

00:13:20,900 --> 00:13:17,760

in fact true forgiveness makes you

271

00:13:27,320 --> 00:13:20,910

stronger and more powerful and it even

272

00:13:29,660 --> 00:13:27,330

helps you see things more clearly that's

273

00:13:31,250 --> 00:13:29,670

why I say that when when some people

274

00:13:32,480 --> 00:13:31,260

sometimes try to do a bypass and say

275

00:13:35,630 --> 00:13:32,490

well I just don't want to think about it

276

00:13:40,120 --> 00:13:35,640

I'll just move on they're not really

277

00:13:43,130 --> 00:13:40,130

getting the power that they could get by

278

00:13:45,079 --> 00:13:43,140

looking at things more closely so

279

00:13:48,880 --> 00:13:45,089

sometimes when you're truly forgiving in

280

00:13:52,100 --> 00:13:48,890

a way you'll see things more critically

281

00:13:55,090 --> 00:13:52,110

you'll actually see things more clearly

282

00:14:00,230 --> 00:13:55,100

you'll see what the actual problem is

283

00:14:01,550 --> 00:14:00,240

because you're not so angry sometimes we

284

00:14:05,360 --> 00:14:01,560

think we have to get really really angry

285

00:14:08,420 --> 00:14:05,370

to change things in my experience

286

00:14:13,060 --> 00:14:08,430

there's a there's a limit to how useful

287

00:14:18,010 --> 00:14:13,070

anger is and when it becomes kind of

288

00:14:22,190 --> 00:14:18,020

compulsive and 24/7 that it actually

289

00:14:24,769 --> 00:14:22,200

prevents you from seeing what's going on

290

00:14:28,750 --> 00:14:24,779

it especially prevents you from seeing

291

00:14:33,860 --> 00:14:30,980

author when were very angry about

292

00:14:35,930 --> 00:14:33,870

something we feel very wounded we've

293

00:14:40,069 --> 00:14:35,940

developed an image of ourselves as

294

00:14:44,120 --> 00:14:40,079

wounded and we kind of get habituated to

295

00:14:46,490 --> 00:14:44,130

feeling wounded and we think that by

296

00:14:49,400 --> 00:14:46,500

being wounded and angry we're being

297

00:14:52,670 --> 00:14:49,410

powerful in fact we will become more

298

00:14:56,990 --> 00:14:52,680

powerful if we let go of the anger and

299

00:15:00,110 --> 00:14:57,000

started healing the wound but it is a

300

00:15:02,920 --> 00:15:00,120

fear that people have that that that

301
00:15:07,040 --> 00:15:02,930
forgiveness will make them you know a

302
00:15:10,130 --> 00:15:07,050
patsy or push over or open them up to

303
00:15:11,840 --> 00:15:10,140
danger and that's that's just not a good

304
00:15:15,410 --> 00:15:11,850
understanding of what the of what the

305
00:15:18,590 --> 00:15:15,420
forgiveness process is we're all

306
00:15:21,470 --> 00:15:18,600
familiar with the common cliché or

307
00:15:23,449 --> 00:15:21,480
sentence that forgiveness is not about

308
00:15:25,250 --> 00:15:23,459
the other person and letting them quote

309
00:15:26,329 --> 00:15:25,260
off the hook line and that almost sounds

310
00:15:28,370 --> 00:15:26,339
and forgetting by using those words

311
00:15:32,420 --> 00:15:28,380
letting them up that's their stuff it's

312
00:15:33,760 --> 00:15:32,430
really about letting myself be free and

313
00:15:37,670 --> 00:15:33,770

off the hook

314

00:15:43,670 --> 00:15:37,680

ultimately yes but you don't always get

315

00:15:47,930 --> 00:15:43,680

there right away you know you have to

316

00:15:52,670 --> 00:15:47,940

you have to start with you have to start

317

00:15:55,639 --> 00:15:52,680

you know where you are my book was

318

00:15:57,829 --> 00:15:55,649

originally inspired by a it was written

319

00:16:00,319 --> 00:15:57,839

after a period of being he'll for seven

320

00:16:03,410 --> 00:16:00,329

years and during and that was the

321

00:16:04,819 --> 00:16:03,420

beginning of my spiritual path and it

322

00:16:07,400 --> 00:16:04,829

was during that time that I discovered

323

00:16:10,280 --> 00:16:07,410

how angry I was about a lot of things

324

00:16:14,389 --> 00:16:10,290

and I was especially angry for my mother

325

00:16:16,310 --> 00:16:14,399

who was emotionally disturbed and you

326

00:16:18,740 --> 00:16:16,320

know had all kinds of psychiatric

327

00:16:21,949 --> 00:16:18,750

diagnoses and problems and for the

328

00:16:29,630 --> 00:16:21,959

longest time I thought she was the

329

00:16:31,430 --> 00:16:29,640

problem in my life and the big

330

00:16:34,930 --> 00:16:31,440

realization that I came to and this was

331

00:16:37,270 --> 00:16:34,940

really took me years of work

332

00:16:39,920 --> 00:16:37,280

what released me what gave me

333

00:16:45,530 --> 00:16:39,930

forgiveness was a simple realization of

334

00:16:49,130 --> 00:16:45,540

oh she did the best she could you know

335

00:16:52,190 --> 00:16:49,140

she failed a lot of things but I failed

336

00:16:54,980 --> 00:16:52,200

it a lot of things too and I would not

337

00:16:58,490 --> 00:16:54,990

judge myself for doing the best I can

338

00:17:03,500 --> 00:16:58,500

and failing so how do I fail how do I

339

00:17:05,140 --> 00:17:03,510

judge someone else for that and there

340

00:17:10,400 --> 00:17:05,150

was a big lesson for me in that because

341

00:17:13,520 --> 00:17:10,410

sometimes we think that forgiving means

342

00:17:16,130 --> 00:17:13,530

we've got to have big profound

343

00:17:19,819 --> 00:17:16,140

realizations that have never been

344

00:17:20,900 --> 00:17:19,829

thought of before you know I was hoping

345

00:17:23,060 --> 00:17:20,910

that would that's a way would be

346

00:17:26,090 --> 00:17:23,070

terrible

347

00:17:28,640 --> 00:17:26,100

seriously and sometimes that's true but

348

00:17:30,700 --> 00:17:28,650

as I say you know what I suffered for

349

00:17:35,390 --> 00:17:30,710

years being angry at my mother and and

350

00:17:38,090 --> 00:17:35,400

the Kito was a simple realization oh she

351
00:17:41,420 --> 00:17:38,100
did the best she could you know and that

352
00:17:43,330 --> 00:17:41,430
unlocked everything and I thought it was

353
00:17:47,150 --> 00:17:43,340
going to be something bigger than that

354
00:17:51,530 --> 00:17:47,160
you know sometimes they do something

355
00:17:56,330 --> 00:17:51,540
bigger than that but that did get back

356
00:18:00,950 --> 00:17:56,340
to well how do I handle myself and I

357
00:18:05,000 --> 00:18:00,960
realized that probably I had been

358
00:18:07,730 --> 00:18:05,010
judging myself for failing and not

359
00:18:11,020 --> 00:18:07,740
letting it be okay that I was doing the

360
00:18:16,130 --> 00:18:13,820
there are some more profound things that

361
00:18:20,270 --> 00:18:16,140
come up you know part I think part of

362
00:18:29,710 --> 00:18:20,280
true self-acceptance is sort of the

363
00:18:33,410 --> 00:18:29,720

Buddhist notion that it's okay to die

364

00:18:35,810 --> 00:18:33,420

and I get that Patrick I get exactly I'm

365

00:18:38,090 --> 00:18:35,820

assuming what that means it's okay to

366

00:18:40,820 --> 00:18:38,100

die it's okay to let that old stagnant

367

00:18:43,670 --> 00:18:40,830

old paradigm that old world part of you

368

00:18:45,920 --> 00:18:43,680

just go and you know I would work for me

369

00:18:48,140 --> 00:18:45,930

Patrick and still does to this day any

370

00:18:51,710 --> 00:18:48,150

time that something manifest

371

00:18:54,380 --> 00:18:51,720

in my life that would cause me to be

372

00:18:55,880 --> 00:18:54,390

upset and harbor anger towards someone

373

00:18:57,860 --> 00:18:55,890

although I may get upset at the moment

374

00:18:59,210 --> 00:18:57,870

and use out of a way of saying no this

375

00:19:00,620 --> 00:18:59,220

is just something I'm not interested in

376

00:19:01,730 --> 00:19:00,630

I'm expressing myself because I don't

377

00:19:03,350 --> 00:19:01,740

want to keep it inside a mother than

378

00:19:05,060 --> 00:19:03,360

today I'll be clear tomorrow I'm good

379

00:19:07,250 --> 00:19:05,070

I've done them I'm in situations

380

00:19:09,980 --> 00:19:07,260

forgiving but anytime something arises

381

00:19:13,490 --> 00:19:09,990

in my life Patrick the first thing I go

382

00:19:16,190 --> 00:19:13,500

to is what have a knot in a way that I'm

383

00:19:19,220 --> 00:19:16,200

going to punish myself but from an

384

00:19:23,360 --> 00:19:19,230

honest point of view an honest inquiry

385

00:19:26,060 --> 00:19:23,370

about myself is what have I done to

386

00:19:28,160 --> 00:19:26,070

bring this about in my life so it means

387

00:19:30,290 --> 00:19:28,170

immediately puts me in the driving in

388

00:19:32,600 --> 00:19:30,300

the driving seat with my hands on the

389

00:19:34,040 --> 00:19:32,610

steering wheel to your power versus oh

390

00:19:36,230 --> 00:19:34,050

my god I can't believe this happens and

391

00:19:37,790 --> 00:19:36,240

begins to harbor this over a period of

392

00:19:40,280 --> 00:19:37,800

time so I asked myself the question

393

00:19:42,530 --> 00:19:40,290

obviously I've done something to bring

394

00:19:44,900 --> 00:19:42,540

this about in my life and there's no

395

00:19:46,370 --> 00:19:44,910

longer for me any future forgiveness

396

00:19:48,620 --> 00:19:46,380

work that has to happen I'm not saying

397

00:19:50,570 --> 00:19:48,630

pure that I'm completely said and done

398

00:19:52,400 --> 00:19:50,580

with the situation but I know the hooks

399

00:19:54,290 --> 00:19:52,410

that it could have the grip I just

400

00:19:58,190 --> 00:19:54,300

mentioned it could have had in me does

401
00:20:01,810 --> 00:19:58,200
not exist for taking such posture right

402
00:20:09,070 --> 00:20:07,010
there is a sense in which there's a

403
00:20:11,630 --> 00:20:09,080
sense in which we create our own reality

404
00:20:14,960 --> 00:20:11,640
not in the sense that we create all our

405
00:20:17,810 --> 00:20:14,970
material circumstances and you know

406
00:20:23,710 --> 00:20:17,820
everything that we perceive around us

407
00:20:26,990 --> 00:20:23,720
but we do choose how we see everything

408
00:20:29,270 --> 00:20:27,000
you know if you were if two people are

409
00:20:31,970 --> 00:20:29,280
sitting in a room and side by side were

410
00:20:33,830 --> 00:20:31,980
asked to describe that room in an

411
00:20:36,680 --> 00:20:33,840
objective way they've probably come up

412
00:20:39,560 --> 00:20:36,690
with completely different descriptions

413
00:20:42,130 --> 00:20:39,570

of what's there or what exactly the

414

00:20:44,900 --> 00:20:42,140

colors are what it means you know

415

00:20:47,330 --> 00:20:44,910

whether the room is expansive or

416

00:20:49,640 --> 00:20:47,340

confining the way they would just

417

00:20:52,220 --> 00:20:49,650

describe physical surroundings will

418

00:20:54,730 --> 00:20:52,230

reflect what's going on inside them and

419

00:20:57,110 --> 00:20:54,740

by the same token when you get to

420

00:20:58,400 --> 00:20:57,120

perceiving what's going on emotionally

421

00:21:00,100 --> 00:20:58,410

and perceiving what's going on in

422

00:21:02,980 --> 00:21:00,110

relationships

423

00:21:07,430 --> 00:21:02,990

yes you're creating what you think is

424

00:21:10,070 --> 00:21:07,440

happening and as I say with my mom I

425

00:21:14,870 --> 00:21:10,080

thought for years she was a terrible

426
00:21:17,420 --> 00:21:14,880
person out to hurt me and that was the

427
00:21:20,840 --> 00:21:17,430
perception I had chosen therefore that

428
00:21:25,100 --> 00:21:20,850
was the reality and how it got back to

429
00:21:27,470 --> 00:21:25,110
forgiving myself was that I realized

430
00:21:29,630 --> 00:21:27,480
after I'd been out on my own for some

431
00:21:33,620 --> 00:21:29,640
years that she didn't really have much

432
00:21:36,520 --> 00:21:33,630
influence on my life anymore but she

433
00:21:41,210 --> 00:21:36,530
might as well have been right beside me

434
00:21:44,090 --> 00:21:41,220
because I had incorporated the things

435
00:21:47,150 --> 00:21:44,100
that I thought she had done to me and I

436
00:21:49,580 --> 00:21:47,160
was doing them to myself and this is

437
00:21:55,310 --> 00:21:49,590
often the case with chronic relationship

438
00:21:59,720 --> 00:21:55,320

problems particularly if we're looking

439

00:22:02,300 --> 00:21:59,730

back on a past relationship or say a

440

00:22:03,890 --> 00:22:02,310

parent whose past or something is not so

441

00:22:08,290 --> 00:22:03,900

much what the other person is really

442

00:22:11,420 --> 00:22:08,300

doing to us anymore it's what we took on

443

00:22:13,430 --> 00:22:11,430

how we took over for them and how it

444

00:22:17,390 --> 00:22:13,440

continues to play itself out into number

445

00:22:20,200 --> 00:22:17,400

two it runs the course yeah or the

446

00:22:25,430 --> 00:22:20,210

problem is that the course is often a

447

00:22:30,890 --> 00:22:25,440

repeating cycle and so it's never going

448

00:22:32,240 --> 00:22:30,900

to run its course in terms of fixing

449

00:22:34,040 --> 00:22:32,250

itself that's why I say in the book you

450

00:22:35,530 --> 00:22:34,050

know a grievance will never resolve

451
00:22:38,330 --> 00:22:35,540
itself

452
00:22:41,390 --> 00:22:38,340
repeating it over and over there is no

453
00:22:42,770 --> 00:22:41,400
logic to it or it's a closed logic loop

454
00:22:45,410 --> 00:22:42,780
it's always going to tell you the same

455
00:22:46,940 --> 00:22:45,420
thing and you relive it what is the gig

456
00:22:48,950 --> 00:22:46,950
from this point forth is it about

457
00:22:50,930 --> 00:22:48,960
becoming conscious or just becoming

458
00:22:53,360 --> 00:22:50,940
aware of the situation because if

459
00:22:55,780 --> 00:22:53,370
awareness is light just by being aware

460
00:22:58,280 --> 00:22:55,790
of it doesn't change it on some level

461
00:23:03,050 --> 00:22:58,290
well I think yeah you have to have the

462
00:23:04,490 --> 00:23:03,060
desire to see things differently you

463
00:23:09,440 --> 00:23:04,500

have to be willing to admit the

464

00:23:13,520 --> 00:23:09,450

possibility that I may not have though

465

00:23:17,270 --> 00:23:13,530

the whole story

466

00:23:20,030 --> 00:23:17,280

that's why I'm like in my first step of

467

00:23:23,770 --> 00:23:20,040

forgiveness is to look very closely at

468

00:23:28,610 --> 00:23:23,780

whatever is disturbing you and review it

469

00:23:33,710 --> 00:23:28,620

completely and by completely I mean from

470

00:23:35,540 --> 00:23:33,720

different points of view uh not just the

471

00:23:38,810 --> 00:23:35,550

same old story that you've been telling

472

00:23:42,230 --> 00:23:38,820

yourself but stepping back maybe you

473

00:23:43,790 --> 00:23:42,240

know if you were the victim of someone

474

00:23:46,150 --> 00:23:43,800

perpetrated something against you

475

00:23:49,000 --> 00:23:46,160

stepping back and looking back at it

476

00:23:52,250 --> 00:23:49,010

imagining it from their point of view

477

00:23:54,890 --> 00:23:52,260

then imagine it from an objective point

478

00:23:59,510 --> 00:23:54,900

of view as if you were you know watching

479

00:24:08,150 --> 00:23:59,520

the scenario from above and watching

480

00:24:12,430 --> 00:24:08,160

yourself behave and also reviewing it in

481

00:24:17,090 --> 00:24:12,440

detail means looking for its potential

482

00:24:21,290 --> 00:24:17,100

what what what maybe was there to teach

483

00:24:23,720 --> 00:24:21,300

you that you haven't gotten yet does

484

00:24:29,170 --> 00:24:23,730

anytime that we have a chronic something

485

00:24:32,420 --> 00:24:29,180

chronic and Unforgiven we have kind of

486

00:24:37,940 --> 00:24:32,430

fixed the storyline of what happened

487

00:24:42,500 --> 00:24:37,950

forever there's no possibility of what

488

00:24:44,900 --> 00:24:42,510

happened ever changing in our minds but

489

00:24:50,420 --> 00:24:44,910

the fact is we sell them actually

490

00:24:53,660 --> 00:24:50,430

remember what happened in fact I don't

491

00:24:55,550 --> 00:24:53,670

know I I get that yeah because you know

492

00:24:57,680 --> 00:24:55,560

something happens and I see it through

493

00:24:59,390 --> 00:24:57,690

my keyhole and that's the way it

494

00:25:01,430 --> 00:24:59,400

happened but somehow over a period of

495

00:25:04,040 --> 00:25:01,440

time it begins that vision or the

496

00:25:05,420 --> 00:25:04,050

perception that we thought we had it

497

00:25:10,970 --> 00:25:05,430

actually begins to fade is that what you

498

00:25:12,890 --> 00:25:10,980

mean well um it can begin to say just

499

00:25:17,120 --> 00:25:12,900

out of exhaustion that that's where the

500

00:25:20,360 --> 00:25:17,130

oh hell that's where the old saying of

501
00:25:22,400 --> 00:25:20,370
forgive and forget comes from and now

502
00:25:26,600 --> 00:25:22,410
and I think yeah we do forgive and

503
00:25:30,510 --> 00:25:26,610
forget some lesser things

504
00:25:32,460 --> 00:25:30,520
the things we don't forgive things we

505
00:25:35,299 --> 00:25:32,470
don't forget the things we deliberately

506
00:25:38,310 --> 00:25:35,309
keep remembering in an obsessive way

507
00:25:41,160 --> 00:25:38,320
because um we don't want to forgive them

508
00:25:43,160 --> 00:25:41,170
so that's why I say the process is not

509
00:25:47,520 --> 00:25:43,170
forgive and forget is to remember

510
00:25:51,390 --> 00:25:47,530
completely and then forgive and if you

511
00:25:54,419 --> 00:25:51,400
do that yeah over time some grievances

512
00:25:57,000 --> 00:25:54,429
will drop away and a few years later

513
00:25:59,400 --> 00:25:57,010

you'll suddenly realize oh I used to be

514

00:26:10,140 --> 00:25:59,410

really bothered by so-and-so and now

515

00:26:14,250 --> 00:26:10,150

it's just not in not an issue so I think

516

00:26:17,570 --> 00:26:14,260

there's a you know there's some you have

517

00:26:19,830 --> 00:26:17,580

to take a serious look at how much your

518

00:26:24,240 --> 00:26:19,840

picture of yourself your idea of

519

00:26:27,750 --> 00:26:24,250

yourself has to do with grievances and

520

00:26:30,330 --> 00:26:27,760

in the process of my illness and less my

521

00:26:33,450 --> 00:26:30,340

spiritual awakening what was you know

522

00:26:37,950 --> 00:26:33,460

kind of horrifying for a couple years

523

00:26:41,789 --> 00:26:37,960

was realizing how much of what I thought

524

00:26:45,810 --> 00:26:41,799

was real had to do with anger and

525

00:26:47,820 --> 00:26:45,820

grievance so I heard you mention this a

526

00:26:50,430 --> 00:26:47,830

little earlier about your illnesses

527

00:26:53,789 --> 00:26:50,440

earlier early on and you mentioned it

528

00:26:55,530 --> 00:26:53,799

again um are you looking to the fact

529

00:26:56,940 --> 00:26:55,540

that through this awakening process the

530

00:26:59,850 --> 00:26:56,950

anger and the lack of forgiveness you

531

00:27:03,780 --> 00:26:59,860

had somehow changed you health-wise

532

00:27:05,340 --> 00:27:03,790

because of oh absolutely um can you give

533

00:27:06,840 --> 00:27:05,350

this little more about that absolutely

534

00:27:08,669 --> 00:27:06,850

at the bottom of the hour eight eight

535

00:27:10,440 --> 00:27:08,679

nine one nine two three five five if you

536

00:27:12,990 --> 00:27:10,450

want to call in to speak to myself my

537

00:27:14,610 --> 00:27:13,000

awesome guest today mr. Patrick Miller

538

00:27:17,100 --> 00:27:14,620

please dial it number eight eight nine

539

00:27:18,720 --> 00:27:17,110

one nine two three five five Patrick

540

00:27:20,880 --> 00:27:18,730

would you give up your confident contact

541

00:27:23,039 --> 00:27:20,890

information how our listening audience

542

00:27:24,450 --> 00:27:23,049

can find you and more about what you're

543

00:27:25,770 --> 00:27:24,460

doing and your books on forgiveness and

544

00:27:28,350 --> 00:27:25,780

then when we come back from the bottom

545

00:27:31,140 --> 00:27:28,360

of that answer that question if you

546

00:27:32,970 --> 00:27:31,150

would about how your radical change your

547

00:27:35,730 --> 00:27:32,980

awakening your self forgiveness and

548

00:27:39,480 --> 00:27:35,740

releasing of anger um brought your

549

00:27:43,740 --> 00:27:39,490

health back to snap all right

550

00:27:49,040 --> 00:27:43,750

find out about my work at WWF earless

551
00:27:52,140 --> 00:27:49,050
books calm and my forgiveness book is

552
00:27:58,710 --> 00:27:52,150
specifically at fearless books calm /

553
00:28:02,070 --> 00:27:58,720
forgive dot html' yeah many years ago I

554
00:28:06,540 --> 00:28:02,080
was Phil suddenly ill and by suddenly I

555
00:28:09,600 --> 00:28:06,550
mean overnight and stay deal for seven

556
00:28:11,160 --> 00:28:09,610
years and it took about six months

557
00:28:14,040 --> 00:28:11,170
before I was diagnosed with chronic

558
00:28:16,500 --> 00:28:14,050
fatigue syndrome and at the time that

559
00:28:23,240 --> 00:28:16,510
was a fairly new diagnosis which is why

560
00:28:30,090 --> 00:28:27,540
the problem then as it is now with

561
00:28:34,220 --> 00:28:30,100
chronic fatigue syndrome is that this is

562
00:28:36,780 --> 00:28:34,230
difficult to diagnose there really is no

563
00:28:38,490 --> 00:28:36,790

it has to be diagnosed by someone with

564

00:28:40,530 --> 00:28:38,500

the experience and knowing what it is

565

00:28:43,650 --> 00:28:40,540

there's not a test for it and there's

566

00:28:48,870 --> 00:28:43,660

really no good medical treatment for it

567

00:28:53,270 --> 00:28:48,880

and that hasn't changed in 30 years so

568

00:28:55,500 --> 00:28:53,280

pretty soon I was left with the UH

569

00:28:58,980 --> 00:28:55,510

obvious necessity that I had to figure

570

00:29:02,480 --> 00:28:58,990

this out myself nobody was really able

571

00:29:06,020 --> 00:29:02,490

to help me I found some things

572

00:29:10,710 --> 00:29:06,030

acupuncture was a little bit helpful

573

00:29:13,370 --> 00:29:10,720

working on my diet was helpful but

574

00:29:17,850 --> 00:29:13,380

nothing altogether was working and I

575

00:29:19,320 --> 00:29:17,860

gradually had to look at why why would

576

00:29:21,180 --> 00:29:19,330

my whole body collapse

577

00:29:25,680 --> 00:29:21,190

why would everything just stopped

578

00:29:29,730 --> 00:29:25,690

working and a key was when I learned

579

00:29:34,650 --> 00:29:29,740

that chronic fatigue syndrome like is an

580

00:29:37,350 --> 00:29:34,660

autoimmune failure and in the particular

581

00:29:41,640 --> 00:29:37,360

as opposed to aids which is also

582

00:29:48,930 --> 00:29:41,650

autoimmune aids is when your immune

583

00:29:52,680 --> 00:29:50,160

chronic fatigue and some other

584

00:29:57,230 --> 00:29:52,690

autoimmune things are result of the

585

00:30:01,590 --> 00:29:57,240

immune system being hyperactive

586

00:30:03,900 --> 00:30:01,600

literally just over defending is it the

587

00:30:07,440 --> 00:30:03,910

autoimmune just a system is it attacking

588

00:30:10,790 --> 00:30:07,450

itself yes yeah and isn't that sort of a

589

00:30:13,800 --> 00:30:10,800

physical manifestation of what this

590

00:30:16,680 --> 00:30:13,810

spiritual possibility of not forgiving

591

00:30:19,980 --> 00:30:16,690

self is an attack on the self and it's a

592

00:30:21,990 --> 00:30:19,990

manifestation of that exactly yeah that

593

00:30:26,900 --> 00:30:22,000

that was the big realization I had to go

594

00:30:29,040 --> 00:30:26,910

through was that I thought that I

595

00:30:31,320 --> 00:30:29,050

thought the way to deal with the world

596

00:30:36,330 --> 00:30:31,330

was to constantly be kind of wary of it

597

00:30:40,260 --> 00:30:36,340

and angry and ready to fight back and at

598

00:30:43,050 --> 00:30:40,270

a certain point at a deep unconscious

599

00:30:47,300 --> 00:30:43,060

level my body said you know you can go

600

00:30:54,630 --> 00:30:51,360

it gave up it gave up the battle you

601
00:30:57,560 --> 00:30:54,640
know and I do not mean to say and I'm

602
00:31:02,040 --> 00:30:57,570
always careful when I speak to people

603
00:31:04,260 --> 00:31:02,050
certainly with chronic fatigue they're

604
00:31:09,120 --> 00:31:04,270
not saying it's always caused by anger

605
00:31:13,190 --> 00:31:09,130
I'm saying in my case it definitely was

606
00:31:17,060 --> 00:31:13,200
but that was less important really than

607
00:31:20,280 --> 00:31:17,070
deciding what do I do about it and that

608
00:31:21,720 --> 00:31:20,290
was what put me on a path of forgiveness

609
00:31:25,710 --> 00:31:21,730
and believe me I'm one of these people

610
00:31:28,950 --> 00:31:25,720
who would have thought of forgiveness as

611
00:31:30,600 --> 00:31:28,960
weakness while I've always been a writer

612
00:31:33,900 --> 00:31:30,610
in the beginning my career I was an

613
00:31:36,030 --> 00:31:33,910

investigative reporter which means that

614

00:31:37,380 --> 00:31:36,040

I was coming from a worldview of there's

615

00:31:39,810 --> 00:31:37,390

something wrong with the world and

616

00:31:42,330 --> 00:31:39,820

somebody's fault out there and I'm going

617

00:31:43,670 --> 00:31:42,340

to find them and expose them and then

618

00:31:45,900 --> 00:31:43,680

everything will be great

619

00:31:51,170 --> 00:31:45,910

it only took me a couple years to

620

00:31:55,860 --> 00:31:53,580

because even when you find the bad guy

621

00:32:00,210 --> 00:31:55,870

and identify them there's a whole line

622

00:32:02,049 --> 00:32:00,220

of them you have a video game of so

623

00:32:06,549 --> 00:32:02,059

you're not going to save

624

00:32:08,469 --> 00:32:06,559

the world that way and you know so it

625

00:32:12,759 --> 00:32:08,479

was a very difficult process for me to

626

00:32:18,909 --> 00:32:12,769

give all this up to constantly see

627

00:32:20,950 --> 00:32:18,919

everything going wrong as out there and

628

00:32:23,649 --> 00:32:20,960

I was I was the judge of all the things

629

00:32:26,769 --> 00:32:23,659

going wrong in the world and pulled that

630

00:32:32,019 --> 00:32:26,779

back and say what if things are going

631

00:32:38,589 --> 00:32:32,029

wrong within me particularly the way

632

00:32:41,229 --> 00:32:38,599

that I see the world and while there was

633

00:32:46,119 --> 00:32:41,239

definitely over no overnight cured to

634

00:32:49,200 --> 00:32:46,129

take me seven years a process this book

635

00:32:51,310 --> 00:32:49,210

on forgiveness it's literally the

636

00:32:55,299 --> 00:32:51,320

guidebook to what I went through and how

637

00:32:57,519 --> 00:32:55,309

I came out it was after that seven year

638

00:32:59,469 --> 00:32:57,529

period that I got the inspiration for

639

00:33:01,119 --> 00:32:59,479

this book I wrote most of it it's a

640

00:33:03,849 --> 00:33:01,129

short book I wrote most of it in a week

641

00:33:06,039 --> 00:33:03,859

and then went through some revision

642

00:33:16,209 --> 00:33:06,049

process and it was you know just all

643

00:33:19,599 --> 00:33:16,219

this stuff poured out and a few years

644

00:33:22,389 --> 00:33:19,609

ago I wrote an essay about my mother

645

00:33:25,719 --> 00:33:22,399

called the perfect mother and it was a

646

00:33:30,579 --> 00:33:25,729

reflection on how I reached a point

647

00:33:33,519 --> 00:33:30,589

where I realized that I had the perfect

648

00:33:38,589 --> 00:33:33,529

mother to become the author of a book

649

00:33:42,070 --> 00:33:38,599

about forgiveness and therefore she

650

00:33:44,409 --> 00:33:42,080

didn't do anything wrong you know she

651
00:33:47,649 --> 00:33:44,419
was the perfect mother for what I became

652
00:33:49,329 --> 00:33:47,659
and in the essay I asked would have been

653
00:33:51,249 --> 00:33:49,339
have been better if she'd been the

654
00:33:54,279 --> 00:33:51,259
perfect mother so I didn't have to learn

655
00:33:56,859 --> 00:33:54,289
forgiveness and write about that reached

656
00:33:59,889 --> 00:33:56,869
out oh I know that that is a very very

657
00:34:02,529 --> 00:33:59,899
good point and I loved hearing that from

658
00:34:04,959 --> 00:34:02,539
you yeah we can look at mom being this

659
00:34:06,669 --> 00:34:04,969
whatever but you come into that

660
00:34:08,409 --> 00:34:06,679
realization and what you just said it

661
00:34:10,269 --> 00:34:08,419
hit me really really nicely pretty hard

662
00:34:11,619 --> 00:34:10,279
actually you know I could have had a

663
00:34:13,149 --> 00:34:11,629

mother that would have been a certain

664

00:34:14,919 --> 00:34:13,159

way of the way I thought it should be

665

00:34:17,819 --> 00:34:14,929

but I never would have learned

666

00:34:20,889 --> 00:34:17,829

and level of integrating it to my soul

667

00:34:22,389 --> 00:34:20,899

what real forgiveness is if it wasn't

668

00:34:24,430 --> 00:34:22,399

for her being the perfect design of a

669

00:34:26,730 --> 00:34:24,440

mother to place you here in this planet

670

00:34:29,710 --> 00:34:26,740

to where you are now using your

671

00:34:31,000 --> 00:34:29,720

launching pad to help other people move

672

00:34:32,260 --> 00:34:31,010

into the arena of true forgiveness

673

00:34:35,069 --> 00:34:32,270

that's amazing

674

00:34:37,059 --> 00:34:35,079

and you can extend that principle from

675

00:34:38,289 --> 00:34:37,069

you don't have the perk your mother you

676
00:34:39,609 --> 00:34:38,299
don't have the perfect father you don't

677
00:34:40,960 --> 00:34:39,619
have the perfect president you don't

678
00:34:45,279 --> 00:34:40,970
have the perfect country you don't have

679
00:34:47,409 --> 00:34:45,289
the perfect culture the world it's like

680
00:34:49,210 --> 00:34:47,419
we wake up after childhood we wake up

681
00:34:52,899 --> 00:34:49,220
into the world and something is wrong

682
00:34:53,409 --> 00:34:52,909
with it you know something needs to

683
00:34:57,490 --> 00:34:53,419
change

684
00:35:00,849 --> 00:34:57,500
something needs to be fixed and the

685
00:35:06,279 --> 00:35:00,859
hardest thing to learn very difficult

686
00:35:07,839 --> 00:35:06,289
for me is that yeah you can do something

687
00:35:10,870 --> 00:35:07,849
to change the world but you have to

688
00:35:16,089 --> 00:35:10,880

start at the base level of how am I

689

00:35:21,279 --> 00:35:16,099

looking at the world start with your how

690

00:35:22,960 --> 00:35:21,289

do you look at the world again in A

691

00:35:25,720 --> 00:35:22,970

Course in Miracles which was my central

692

00:35:28,990 --> 00:35:25,730

inspiration to give this wonderful got

693

00:35:32,950 --> 00:35:29,000

this wonderful guide for how to look

694

00:35:36,130 --> 00:35:32,960

upon anything that anyone does for you

695

00:35:39,839 --> 00:35:36,140

or to you and that guidance is to look

696

00:35:45,190 --> 00:35:39,849

on anything that anyone does is either

697

00:35:47,319 --> 00:35:45,200

an expression of love or a call for love

698

00:35:50,589 --> 00:35:47,329

and then ask

699

00:35:52,660 --> 00:35:50,599

in either case what's your response you

700

00:35:55,299 --> 00:35:52,670

know if someone's expressing love then

701
00:35:58,900 --> 00:35:55,309
you return love if someone's calling for

702
00:36:00,490 --> 00:35:58,910
love you provide the love they need now

703
00:36:04,180 --> 00:36:00,500
that can be very complicated of course

704
00:36:06,069 --> 00:36:04,190
if you're costed in the street by

705
00:36:07,720 --> 00:36:06,079
somebody with a knife they're

706
00:36:11,500 --> 00:36:07,730
threatening to kill you that's a pretty

707
00:36:13,690 --> 00:36:11,510
complicated call for love and the first

708
00:36:16,390 --> 00:36:13,700
thing you may do is not say I love you

709
00:36:17,740 --> 00:36:16,400
the first thing is you know you get the

710
00:36:21,279 --> 00:36:17,750
knife out of their hands and you get

711
00:36:24,329 --> 00:36:21,289
them on the ground but again it is a

712
00:36:27,519 --> 00:36:24,339
question of where are you coming from

713
00:36:28,300 --> 00:36:27,529

you know do you see this disturbed

714

00:36:31,900 --> 00:36:28,310

person within

715

00:36:34,920 --> 00:36:31,910

nine for the gun or whatever you know as

716

00:36:38,290 --> 00:36:34,930

the bad thing that must be eliminated or

717

00:36:40,150 --> 00:36:38,300

the person who's struggling with

718

00:36:42,610 --> 00:36:40,160

something probably similar to things

719

00:36:46,120 --> 00:36:42,620

you've struggled with and has come up

720

00:36:48,520 --> 00:36:46,130

with a terrible solution you know a

721

00:36:53,380 --> 00:36:48,530

terrible means of approaching that

722

00:36:55,960 --> 00:36:53,390

problem and you can look back in the GU

723

00:36:59,800 --> 00:36:55,970

life shows some some terrible means to

724

00:37:02,020 --> 00:36:59,810

solve problems myself so we're not and

725

00:37:06,850 --> 00:37:02,030

again this gets back to the question of

726

00:37:11,400 --> 00:37:06,860

whether you see forgiveness as as weak

727

00:37:14,170 --> 00:37:11,410

or not many years ago I studied Aikido

728

00:37:18,130 --> 00:37:14,180

which is a defensive martial art you

729

00:37:18,760 --> 00:37:18,140

know in the serious room yes yes you

730

00:37:22,000 --> 00:37:18,770

know it's badass

731

00:37:28,390 --> 00:37:22,010

not exactly nonviolent but the defensive

732

00:37:32,290 --> 00:37:28,400

you don't you know and the founder once

733

00:37:34,630 --> 00:37:32,300

said maha shiva once said that the aim

734

00:37:37,030 --> 00:37:34,640

of the practice the whole reason to

735

00:37:40,840 --> 00:37:37,040

achieve the highest degree of the black

736

00:37:44,860 --> 00:37:40,850

belt was to have the capacity to walk

737

00:37:49,420 --> 00:37:44,870

into a room and quell any conflict with

738

00:37:51,520 --> 00:37:49,430

your presence alone no techniques no

739

00:37:54,760 --> 00:37:51,530

physical action you walk into the room

740

00:37:57,340 --> 00:37:54,770

conflict stops they said to have that

741

00:38:02,230 --> 00:37:57,350

kind of presence you must master the

742

00:38:05,290 --> 00:38:02,240

techniques you know the techniques are

743

00:38:06,700 --> 00:38:05,300

sort of a what does the word I'm looking

744

00:38:10,090 --> 00:38:06,710

for the more short practice where it's

745

00:38:13,750 --> 00:38:10,100

not really um touchy so the techniques

746

00:38:16,240 --> 00:38:13,760

or Tai Chi like to wear or even like

747

00:38:17,800 --> 00:38:16,250

yoga by using the techniques it brings

748

00:38:20,350 --> 00:38:17,810

you to a heightened state of awareness

749

00:38:24,970 --> 00:38:20,360

yes is that what you're bringing up yes

750

00:38:30,070 --> 00:38:24,980

it refines your consciousness no is that

751
00:38:32,770 --> 00:38:30,080
and you know forgiveness is pretty much

752
00:38:35,830 --> 00:38:32,780
the same way it's not a it's not just a

753
00:38:41,470 --> 00:38:35,840
response to difficulty it's a way of

754
00:38:42,220 --> 00:38:41,480
seeing the world differently and as you

755
00:38:45,160 --> 00:38:42,230
become

756
00:38:48,790 --> 00:38:45,170
customs that way of seeing the world

757
00:38:51,790 --> 00:38:48,800
differently you just start encountering

758
00:38:57,609 --> 00:38:51,800
fewer conflicts you make less trouble

759
00:39:00,010 --> 00:38:57,619
for yourself you don't get into as many

760
00:39:03,130 --> 00:39:00,020
troubles it's troublesome situations as

761
00:39:05,910 --> 00:39:03,140
you did before because you have that

762
00:39:08,320 --> 00:39:05,920
assumption that people are either

763
00:39:10,620 --> 00:39:08,330

expressing love or asking for love and

764

00:39:13,060 --> 00:39:10,630

that's all that's going on

765

00:39:16,420 --> 00:39:13,070

this is some total of what's going on

766

00:39:17,590 --> 00:39:16,430

now you say that a minute ago about you

767

00:39:18,640 --> 00:39:17,600

know you're on the street someone pulls

768

00:39:20,290 --> 00:39:18,650

out a knife you don't just start

769

00:39:23,400 --> 00:39:20,300

screaming out I love you give me a big

770

00:39:25,450 --> 00:39:23,410

warm fuzzy hug okay that's kind of a

771

00:39:27,849 --> 00:39:25,460

funny that you say that because a few

772

00:39:29,890 --> 00:39:27,859

days ago on Facebook I saw this video

773

00:39:32,380 --> 00:39:29,900

and it was real it seemed all every bit

774

00:39:35,530 --> 00:39:32,390

legit to me this man walks into a police

775

00:39:37,720 --> 00:39:35,540

station I believe in Taiwan with a knife

776

00:39:40,990 --> 00:39:37,730

and he's about to approach a police

777

00:39:42,370 --> 00:39:41,000

officer with this knife and the police

778

00:39:44,680 --> 00:39:42,380

officer I mean he could have pulled out

779

00:39:47,290 --> 00:39:44,690

a pistol shot that guy dad passed police

780

00:39:48,790 --> 00:39:47,300

officers do but he didn't he took his

781

00:39:50,680 --> 00:39:48,800

gun out of his holster he put on the

782

00:39:52,930 --> 00:39:50,690

collar on the desk he opened up his arms

783

00:39:55,960 --> 00:39:52,940

as wise it was Jesus Christ being you

784

00:39:57,790 --> 00:39:55,970

know busted wide open and he made the

785

00:39:59,020 --> 00:39:57,800

guy relaxed and comfortable and he told

786

00:40:02,230 --> 00:39:59,030

the guy come over here and he gave this

787

00:40:04,480 --> 00:40:02,240

guy this really big hug and the guy just

788

00:40:07,150 --> 00:40:04,490

bawled it was no remorse

789

00:40:09,160 --> 00:40:07,160

he felt remorse immediately the guy who

790

00:40:11,260 --> 00:40:09,170

did it and there were no charges pressed

791

00:40:13,330 --> 00:40:11,270

and in fact he was upset because they

792

00:40:14,950 --> 00:40:13,340

lost a guitar the police officer happen

793

00:40:16,810 --> 00:40:14,960

to have a spare guitar and it was just

794

00:40:20,859 --> 00:40:16,820

this amazing beautiful thing to watch

795

00:40:23,050 --> 00:40:20,869

unfold that being said are you has there

796

00:40:26,140 --> 00:40:23,060

come a time in your practice of the

797

00:40:29,109 --> 00:40:26,150

forgiveness practice often in my life

798

00:40:31,990 --> 00:40:29,119

Patrick x'q actually some years ago I

799

00:40:35,170 --> 00:40:32,000

realized at least my path was about

800

00:40:37,240 --> 00:40:35,180

addressing fears now let's like in all

801
00:40:39,910 --> 00:40:37,250
the fears that a person may have or all

802
00:40:42,460 --> 00:40:39,920
the forgiveness that or unforgiveness as

803
00:40:44,560 --> 00:40:42,470
a person man to an old rotting tree in

804
00:40:46,620 --> 00:40:44,570
the backyard now we can pull out a

805
00:40:49,570 --> 00:40:46,630
chainsaw and cut every branch and

806
00:40:51,280 --> 00:40:49,580
eventually do the work every branch we

807
00:40:53,410 --> 00:40:51,290
cut is doing the work surrounding the

808
00:40:56,410 --> 00:40:53,420
fear of the unforgiveness now eventually

809
00:40:59,710 --> 00:40:56,420
would be done with it and we clear

810
00:41:02,500 --> 00:40:59,720
you can pull out a chainsaw and what

811
00:41:05,200 --> 00:41:02,510
entry from the bottom and it all be done

812
00:41:07,660 --> 00:41:05,210
have you found yourself ever and a place

813
00:41:09,790 --> 00:41:07,670

to where instead of doing at it by

814

00:41:12,070 --> 00:41:09,800

taking little bites of an apple that you

815

00:41:14,890 --> 00:41:12,080

just found a place inside of you that

816

00:41:21,750 --> 00:41:14,900

you were able to dissipate all the

817

00:41:24,400 --> 00:41:21,760

lingering little phantom unforgiveness

818

00:41:29,500 --> 00:41:24,410

it's interesting question I mean what

819

00:41:34,180 --> 00:41:29,510

comes to mind more so than that is the

820

00:41:38,500 --> 00:41:34,190

feeling that I just get myself into less

821

00:41:44,050 --> 00:41:38,510

trouble than I used to you know I'm not

822

00:41:49,720 --> 00:41:44,060

looking I'm not looking for a fight you

823

00:41:52,690 --> 00:41:49,730

know so because I'm not it doesn't

824

00:41:55,960 --> 00:41:52,700

happen whereas when I was an

825

00:41:59,950 --> 00:41:55,970

investigative reporter I sort of the

826

00:42:01,870 --> 00:41:59,960

code of the the profession was the the

827

00:42:05,920 --> 00:42:01,880

more people you piss off the better job

828

00:42:07,210 --> 00:42:05,930

you're doing and I you know make a lot

829

00:42:10,510 --> 00:42:07,220

of people angry then you must have done

830

00:42:14,140 --> 00:42:10,520

a good job and I I got tired of that

831

00:42:16,420 --> 00:42:14,150

really quickly because I was ill all the

832

00:42:18,490 --> 00:42:16,430

time I was stressed all the time I was

833

00:42:21,220 --> 00:42:18,500

actually not bad at it I got quite a few

834

00:42:23,950 --> 00:42:21,230

people pissed off I got a us villager

835

00:42:26,020 --> 00:42:23,960

pissed off one done you know but I

836

00:42:30,430 --> 00:42:26,030

couldn't see you know where that was

837

00:42:32,530 --> 00:42:30,440

going to to lead to anything I I did see

838

00:42:37,630 --> 00:42:32,540

that video you mentioned and one thing I

839

00:42:43,810 --> 00:42:37,640

want to say about that is that in

840

00:42:46,390 --> 00:42:43,820

America we equate power generally with

841

00:42:51,750 --> 00:42:46,400

the bigger and bigger gun you know and

842

00:42:59,170 --> 00:42:54,250

crazy guy comes into the police station

843

00:43:05,140 --> 00:42:59,180

with a knife you got to pull out your

844

00:43:06,880 --> 00:43:05,150

gun and take him out and what impressed

845

00:43:09,350 --> 00:43:06,890

me about that that money might not be

846

00:43:13,760 --> 00:43:09,360

immediately obvious was how power

847

00:43:17,060 --> 00:43:13,770

that police officer was an incredible

848

00:43:19,190 --> 00:43:17,070

confidence and power to just sit there

849

00:43:24,170 --> 00:43:19,200

and say this guy's not going to hurt me

850

00:43:27,020 --> 00:43:24,180

you know and now I think probably some

851

00:43:31,490 --> 00:43:27,030

of that comes from training you know

852

00:43:34,460 --> 00:43:31,500

it's it but also from a personal

853

00:43:36,320 --> 00:43:34,470

awareness of comdata thank you very much

854

00:43:39,470 --> 00:43:36,330

he had a personal awareness about

855

00:43:42,620 --> 00:43:39,480

himself that as he read the situation he

856

00:43:45,500 --> 00:43:42,630

saw that man in that moment as a cry for

857

00:43:48,620 --> 00:43:45,510

love completely complain he was out of

858

00:43:50,810 --> 00:43:48,630

thread he was just crying out right and

859

00:43:52,640 --> 00:43:50,820

compare that to America where people are

860

00:43:55,400 --> 00:43:52,650

getting shot by the police because the

861

00:43:57,410 --> 00:43:55,410

police think they have a gun you know

862

00:44:01,490 --> 00:43:57,420

it's almost their immediate assumption

863

00:44:03,290 --> 00:44:01,500

which shows one thing poor training but

864

00:44:06,460 --> 00:44:03,300

not just technical training of how do

865

00:44:09,020 --> 00:44:06,470

you handle violent situations but also

866

00:44:13,700 --> 00:44:09,030

spiritual training how do you handle

867

00:44:17,600 --> 00:44:13,710

yourself under pressure and when you are

868

00:44:20,540 --> 00:44:17,610

not well when you are in an unforgiving

869

00:44:28,510 --> 00:44:20,550

state of mind you absolutely will see

870

00:44:30,560 --> 00:44:28,520

danger everywhere and when you're in a

871

00:44:32,450 --> 00:44:30,570

more forgiving state of mind you

872

00:44:37,100 --> 00:44:32,460

actually have a better perception of

873

00:44:38,750 --> 00:44:37,110

things years ago I interviewed a teacher

874

00:44:41,150 --> 00:44:38,760

of the course David Hofmeister

875

00:44:45,640 --> 00:44:41,160

and we were talking about this issue of

876

00:44:47,930 --> 00:44:45,650

courage and fear and he talked about how

877

00:44:50,960 --> 00:44:47,940

he was once standing on a street corner

878

00:44:56,600 --> 00:44:50,970

in Cleveland Ohio with a bunch of people

879

00:44:58,310 --> 00:44:56,610

and a bus backfired and it sounded

880

00:45:01,340 --> 00:44:58,320

exactly like a gunshot

881

00:45:05,570 --> 00:45:01,350

and he said people were like ducking and

882

00:45:09,830 --> 00:45:05,580

covering you know and he immediately

883

00:45:11,450 --> 00:45:09,840

knew that it was a bus backfire so he

884

00:45:13,940 --> 00:45:11,460

just kind of you know jolted a little

885

00:45:16,430 --> 00:45:13,950

bit and remarried and he said she said I

886

00:45:19,490 --> 00:45:16,440

didn't realize I would have done what

887

00:45:20,020 --> 00:45:19,500

everyone else did before I had a

888

00:45:23,980 --> 00:45:20,030

forgiving

889

00:45:26,380 --> 00:45:23,990

discipline because I was frightened by

890

00:45:28,450 --> 00:45:26,390

the world before I learned to start

891

00:45:31,450 --> 00:45:28,460

forgiving would you repeat that again

892

00:45:33,820 --> 00:45:31,460

that statement to a person who is

893

00:45:35,250 --> 00:45:33,830

looking through unforgiveness everything

894

00:45:38,140 --> 00:45:35,260

how did you say that again please

895

00:45:41,710 --> 00:45:38,150

to a person who is looking at the world

896

00:45:44,230 --> 00:45:41,720

unforgiving way danger is all around wow

897

00:45:46,660 --> 00:45:44,240

wow wow wow that's awesome and that's

898

00:45:49,810 --> 00:45:46,670

why I say forgiveness actually gives you

899

00:45:52,450 --> 00:45:49,820

clarity and power you learn it doesn't

900

00:45:55,630 --> 00:45:52,460

mean that you never see danger it means

901
00:45:59,080 --> 00:45:55,640
you have a better perception of when

902
00:46:00,790 --> 00:45:59,090
it's real and Linnet isn't and when you

903
00:46:03,760 --> 00:46:00,800
see something going on that's just a

904
00:46:05,440 --> 00:46:03,770
reflection of your own anger like the

905
00:46:10,750 --> 00:46:05,450
cop in the in the in the police station

906
00:46:14,470 --> 00:46:10,760
of since he wasn't looking to be

907
00:46:16,870 --> 00:46:14,480
attacked you know he wasn't fearful

908
00:46:19,750 --> 00:46:16,880
about it with it so he sees an unstable

909
00:46:22,210 --> 00:46:19,760
guy come in with a knife and probably

910
00:46:26,890 --> 00:46:22,220
the way he handled in his mind was this

911
00:46:30,640 --> 00:46:26,900
guy needs to be calmed down you know he

912
00:46:33,280 --> 00:46:30,650
doesn't need to be shot that's not going

913
00:46:35,200 --> 00:46:33,290

to solve the problem here he needs to be

914

00:46:39,580 --> 00:46:35,210

calmed down how do I do that first thing

915

00:46:43,510 --> 00:46:39,590

I put my weapon away that shows a lot of

916

00:46:48,340 --> 00:46:43,520

power completely even though the other

917

00:46:50,140 --> 00:46:48,350

guy didn't have a gun still to be

918

00:46:54,310 --> 00:46:50,150

confronted with weapon and put yours

919

00:46:58,270 --> 00:46:54,320

away means you having a strong presence

920

00:47:00,880 --> 00:46:58,280

of mind and a lot of confidence but it's

921

00:47:02,410 --> 00:47:00,890

not a confidence that comes from oh I

922

00:47:03,510 --> 00:47:02,420

could take this guy out with my bare

923

00:47:06,460 --> 00:47:03,520

hands

924

00:47:08,170 --> 00:47:06,470

no you're right that is completely two

925

00:47:10,090 --> 00:47:08,180

different energetic signatures

926

00:47:12,940 --> 00:47:10,100

completely different absolutely right

927

00:47:15,400 --> 00:47:12,950

it's a confidence that comes from being

928

00:47:17,110 --> 00:47:15,410

able to see oh this guy is suffering and

929

00:47:20,860 --> 00:47:17,120

we need to do something about that

930

00:47:24,190 --> 00:47:20,870

suffering that doesn't make you weak

931

00:47:27,040 --> 00:47:24,200

that makes you stronger to have that

932

00:47:28,990 --> 00:47:27,050

perception now if the guy came in with a

933

00:47:31,810 --> 00:47:29,000

gun yeah maybe you got to answer with

934

00:47:33,850 --> 00:47:31,820

the gun because things happen as we seem

935

00:47:38,140 --> 00:47:33,860

to have a hard time learning in a mirror

936

00:47:42,730 --> 00:47:38,150

things happen much faster with guns and

937

00:47:45,640 --> 00:47:42,740

you know somebody gets a bad mood and

938

00:47:47,890 --> 00:47:45,650

they go shoot somebody you know it's is

939

00:47:50,890 --> 00:47:47,900

too too often the way that we think

940

00:47:52,870 --> 00:47:50,900

things ought to be handled but I'm

941

00:47:55,570 --> 00:47:52,880

always stressing to people that you know

942

00:47:59,200 --> 00:47:55,580

forgiveness is not weakness it's just

943

00:48:01,900 --> 00:47:59,210

the reverse it's the key to having that

944

00:48:04,230 --> 00:48:01,910

powerful presence well we're first of

945

00:48:06,400 --> 00:48:04,240

all you don't get in so much trouble

946

00:48:09,340 --> 00:48:06,410

because you're not looking for it or

947

00:48:11,740 --> 00:48:09,350

expecting it and second you have a

948

00:48:15,190 --> 00:48:11,750

clearer perception of what's actually

949

00:48:18,040 --> 00:48:15,200

happening in a stressful situation and

950

00:48:20,620 --> 00:48:18,050

what to do inside situation because

951
00:48:22,630 --> 00:48:20,630
you're a clear-minded you're not monkey

952
00:48:25,240 --> 00:48:22,640
minded which allows no light no

953
00:48:27,250 --> 00:48:25,250
awareness more visibility to come in so

954
00:48:29,710 --> 00:48:27,260
when you take that kind of position yes

955
00:48:31,570 --> 00:48:29,720
Patrick that year you're clear you open

956
00:48:36,070 --> 00:48:31,580
you're able to process what are your

957
00:48:43,150 --> 00:48:36,080
options right and to be much smarter as

958
00:48:45,820 --> 00:48:43,160
a result um if you if you think that the

959
00:48:49,290 --> 00:48:45,830
answer to every danger you might

960
00:48:54,430 --> 00:48:49,300
encounter is to have a weapon on you

961
00:48:57,430 --> 00:48:54,440
then you're likely to use it you know or

962
00:48:59,710 --> 00:48:57,440
misuse it it becomes the answer to

963
00:49:01,960 --> 00:48:59,720

everything

964

00:49:05,230 --> 00:49:01,970

whereas if you're relying on your own

965

00:49:09,160 --> 00:49:05,240

own consciousness your own clarity and

966

00:49:13,810 --> 00:49:09,170

your own you know readiness to respond

967

00:49:16,240 --> 00:49:13,820

in a helpful way you're actually

968

00:49:20,650 --> 00:49:16,250

stronger than you would be otherwise

969

00:49:23,500 --> 00:49:20,660

you're not depending on a gun or a harsh

970

00:49:27,190 --> 00:49:23,510

word or or an aggressive even an

971

00:49:30,760 --> 00:49:27,200

aggressive demeanor you know you know

972

00:49:32,650 --> 00:49:30,770

Patrick I often said people who gun nuts

973

00:49:34,900 --> 00:49:32,660

they like guns I understand they might

974

00:49:37,270 --> 00:49:34,910

have a gun for a certain recreation

975

00:49:39,970 --> 00:49:37,280

whatever the people who use guns for

976

00:49:41,650 --> 00:49:39,980

protection often find themselves in such

977

00:49:43,660 --> 00:49:41,660

positions where they need to use that

978

00:49:46,060 --> 00:49:43,670

gun and they have turn to themselves and

979

00:49:47,500 --> 00:49:46,070

justify it by saying you see I told you

980

00:49:50,080 --> 00:49:47,510

I needed the gun

981

00:49:53,859 --> 00:49:50,090

yes and but and even much more

982

00:49:56,050 --> 00:49:53,869

tragically you know the gun goes off in

983

00:49:59,109 --> 00:49:56,060

the hands of children and ah geez so

984

00:50:05,349 --> 00:49:59,119

forth you know and and that's and that's

985

00:50:07,599 --> 00:50:05,359

the problem with the state of mind that

986

00:50:11,590 --> 00:50:07,609

leads to the conviction you've got to

987

00:50:14,770 --> 00:50:11,600

have that kind of protection it reflects

988

00:50:17,170 --> 00:50:14,780

an enormous I have no other way to deal

989

00:50:22,470 --> 00:50:17,180

with any stress or conflict than to be

990

00:50:32,170 --> 00:50:28,470

smarts and clarity and ability to relate

991

00:50:37,630 --> 00:50:32,180

constructively you know not not

992

00:50:40,240 --> 00:50:37,640

everything that is stressful or seems

993

00:50:45,670 --> 00:50:40,250

like a conflict or offends us is

994

00:50:51,340 --> 00:50:45,680

dangerous you know not everything has to

995

00:50:55,770 --> 00:50:51,350

be met with maximum force just as the

996

00:50:58,750 --> 00:50:55,780

cop in the in the police station knew

997

00:51:02,680 --> 00:50:58,760

yeah this clusters danger doesn't mean

998

00:51:07,750 --> 00:51:02,690

it requires maximum force it in that

999

00:51:11,950 --> 00:51:07,760

case it required no force it required

1000

00:51:16,320 --> 00:51:11,960

empathy which that cop was smart enough

1001
00:51:18,640 --> 00:51:16,330
to know how to supply you know the the

1002
00:51:21,430 --> 00:51:18,650
troubled guy with the knife handing it

1003
00:51:23,650 --> 00:51:21,440
over to him and you know attitude that

1004
00:51:26,920 --> 00:51:23,660
scenario if that cop would have drew his

1005
00:51:31,030 --> 00:51:26,930
weapon and shot that man dead now he has

1006
00:51:34,359 --> 00:51:31,040
to go home and go to bed with the fact

1007
00:51:36,370 --> 00:51:34,369
that he anyone would try to justify well

1008
00:51:38,710 --> 00:51:36,380
he pulled a knife and I was fearful of

1009
00:51:41,290 --> 00:51:38,720
my life but he doesn't have to do that

1010
00:51:43,960 --> 00:51:41,300
he went the home with the bed felt no

1011
00:51:47,890 --> 00:51:43,970
Panama his own back of how he handled

1012
00:51:49,450 --> 00:51:47,900
the situation totally me I totally agree

1013
00:51:52,690 --> 00:51:49,460

it's not a weakness it's actually a

1014

00:51:56,380 --> 00:51:52,700

superhero power completely and also the

1015

00:52:00,590 --> 00:51:56,390

other side of that the the troubled

1016

00:52:05,000 --> 00:52:00,600

man's family does have a dozen

1017

00:52:07,220 --> 00:52:05,010

have a cause against the police because

1018

00:52:08,570 --> 00:52:07,230

they're responsibly if it been shot well

1019

00:52:12,760 --> 00:52:08,580

he wasn't he didn't really didn't mean

1020

00:52:16,940 --> 00:52:12,770

to hurt anyone which is absolutely true

1021

00:52:19,040 --> 00:52:16,950

and but you shoot him down then suddenly

1022

00:52:21,920 --> 00:52:19,050

you've got a very angry family or

1023

00:52:24,410 --> 00:52:21,930

neighborhood and and they have a just

1024

00:52:31,060 --> 00:52:24,420

cause from from their point of view in

1025

00:52:38,030 --> 00:52:34,820

our Police Department's had a lot more

1026
00:52:39,770 --> 00:52:38,040
meditation training or any I don't know

1027
00:52:42,490 --> 00:52:39,780
if they have any that would change the

1028
00:52:47,090 --> 00:52:42,500
whole dynamic of it all yes me I

1029
00:52:49,370 --> 00:52:47,100
actually I interviewed years ago I

1030
00:52:53,690 --> 00:52:49,380
interviewed a fellow's name is Richard

1031
00:52:58,790 --> 00:52:53,700
heckler who taught Aikido and meditation

1032
00:53:01,100 --> 00:52:58,800
to the Green Berets and he later taught

1033
00:53:08,260 --> 00:53:01,110
them to the Navy SEALs and Air Force and

1034
00:53:10,670 --> 00:53:08,270
other elite military units and it's now

1035
00:53:13,430 --> 00:53:10,680
it's now much more common in the

1036
00:53:20,630 --> 00:53:13,440
military than you might expect you know

1037
00:53:22,880 --> 00:53:20,640
some kind of mindfulness training and it

1038
00:53:26,570 --> 00:53:22,890

you know it can it can definitely be

1039

00:53:32,270 --> 00:53:26,580

done right now we don't seem to have the

1040

00:53:36,140 --> 00:53:32,280

national mood for that to happen but

1041

00:53:38,720 --> 00:53:36,150

that doesn't mean that it can't happen

1042

00:53:40,100 --> 00:53:38,730

in many ways I think anyone working in

1043

00:53:43,130 --> 00:53:40,110

the fields of consciousness and

1044

00:53:47,030 --> 00:53:43,140

spirituality and meditation your work is

1045

00:53:51,380 --> 00:53:47,040

more important than ever when we have a

1046

00:53:55,520 --> 00:53:51,390

national mindset that that's going going

1047

00:53:58,250 --> 00:53:55,530

more Mindless every day it seems but you

1048

00:54:00,350 --> 00:53:58,260

don't have to go that way you know if

1049

00:54:04,550 --> 00:54:00,360

you use you stick with what you know

1050

00:54:06,590 --> 00:54:04,560

that works Patrick we are at the top of

1051

00:54:08,570 --> 00:54:06,600

the hour I love doing this show I'm

1052

00:54:11,210 --> 00:54:08,580

thinking about listening audience on her

1053

00:54:13,100 --> 00:54:11,220

request of Dee Dee in the chat room he's

1054

00:54:13,499 --> 00:54:13,110

been on me and on my tail pretty hard

1055

00:54:15,629 --> 00:54:13,509

about the

1056

00:54:17,399 --> 00:54:15,639

family shouts two hours I think in the

1057

00:54:19,199 --> 00:54:17,409

next month or so that is going to happen

1058

00:54:21,120 --> 00:54:19,209

that is going to happen on the front of

1059

00:54:23,099 --> 00:54:21,130

the our front of the show not the back

1060

00:54:24,989 --> 00:54:23,109

that being said we're at the top of the

1061

00:54:26,759 --> 00:54:24,999

hour and it flies by fast when I have

1062

00:54:28,079 --> 00:54:26,769

this kind of fun Patrick would you leave

1063

00:54:29,059 --> 00:54:28,089

our listening ones with the final

1064

00:54:38,299 --> 00:54:29,069

thought sir

1065

00:54:45,929 --> 00:54:40,499

forgiveness is the key to strength and

1066

00:54:49,849 --> 00:54:45,939

power it's not a it's not a surrender or

1067

00:54:52,829 --> 00:54:49,859

giving up or caving in or giving in and

1068

00:54:55,049 --> 00:54:52,839

as you said definitely not just letting

1069

00:54:57,719 --> 00:54:55,059

yourself or anyone else

1070

00:55:01,349 --> 00:54:57,729

off the hook it's it's really a key to

1071

00:55:02,669 --> 00:55:01,359

power Patrick thank you for being a

1072

00:55:04,019 --> 00:55:02,679

wonderful gifts here soon of light ready

1073

00:55:06,779 --> 00:55:04,029

I really enjoyed my time with you sir

1074

00:55:08,189 --> 00:55:06,789

thanks for the opportunity look forward

1075

00:55:10,949 --> 00:55:08,199

to chatting with you soon everyone mr.

1076

00:55:14,029 --> 00:55:10,959

Patrick Miller D Patrick Miller um you

1077

00:55:16,319 --> 00:55:14,039

can look at the comments on my webpage

1078

00:55:17,819 --> 00:55:16,329

you find out more about him at the

1079

00:55:19,919 --> 00:55:17,829

website let me only pull up his website

1080

00:55:22,799 --> 00:55:19,929

he deserves that's for sure

1081

00:55:26,519 --> 00:55:22,809

the website you can find minutes wwf/e

1082

00:55:29,549 --> 00:55:26,529

Ellis books calm forgiveness excuse me

1083

00:55:32,459 --> 00:55:29,559

famous books calm slash forgive dot

1084

00:55:35,489 --> 00:55:32,469

html' again which triple w that fearless

1085

00:55:37,620 --> 00:55:35,499

ebooks.com slash forgive dot html' and I

1086

00:55:39,359 --> 00:55:37,630

think that's been a link to his book so

1087

00:55:42,870 --> 00:55:39,369

I'm sure his website is fearless books

1088

00:55:46,169 --> 00:55:42,880

calm next week on center of light radio

1089

00:55:49,259 --> 00:55:46,179

with dr. Edie wide and she's gonna be

1090

00:55:51,120 --> 00:55:49,269

talking about her crazed book which he

1091

00:55:53,489 --> 00:55:51,130

is that enough pregnant ended you're not

1092

00:55:56,429 --> 00:55:53,499

crazy your awakening two weeks from now

1093

00:55:57,749 --> 00:55:56,439

doctor even Alexander he's popular for

1094

00:56:00,449 --> 00:55:57,759

his book proof of heaven he was a

1095

00:56:02,549 --> 00:56:00,459

neurosurgeon then died into a coma and

1096

00:56:05,819 --> 00:56:02,559

came back and had this most amazing

1097

00:56:07,529 --> 00:56:05,829

story to tell I was lucky to get this

1098

00:56:09,629 --> 00:56:07,539

guy because he's very very busy in the

1099

00:56:12,509 --> 00:56:09,639

field because I'm such an experienced

1100

00:56:15,629 --> 00:56:12,519

also in September this beautiful man

1101

00:56:18,689 --> 00:56:15,639

Swami vo yogi is going to be coming back

1102

00:56:20,759 --> 00:56:18,699

to Memphis and he's granting me another

1103

00:56:22,799 --> 00:56:20,769

interview I can't begin to tell you what

1104

00:56:26,880 --> 00:56:22,809

it feels like to be around the presence

1105

00:56:28,349 --> 00:56:26,890

of a God lit man wow it's not some

1106

00:56:31,349 --> 00:56:28,359

to be said it's something to be felt

1107

00:56:32,250 --> 00:56:31,359

I've seen him quite a few times in his

1108

00:56:35,069 --> 00:56:32,260

omniscience

1109

00:56:36,599 --> 00:56:35,079

I have knowing things that there's no

1110

00:56:39,420 --> 00:56:36,609

way he can know and just spit it out

1111

00:56:40,769 --> 00:56:39,430

like it's just nobody business well my

1112

00:56:42,599 --> 00:56:40,779

point being saying that it's not because

1113

00:56:45,359 --> 00:56:42,609

of the bells of Linda with whistles

1114

00:56:47,430 --> 00:56:45,369

about such it's about the fact that such

1115

00:56:49,650 --> 00:56:47,440

divinity is alive and doing the work

1116

00:56:50,940 --> 00:56:49,660

here in this planet today and that kind

1117

00:56:52,799 --> 00:56:50,950

of beacon of light that kind of

1118

00:56:56,549 --> 00:56:52,809

lightning rod when it was about the

1119

00:56:58,950 --> 00:56:56,559

world things begin to change his his

1120

00:57:01,259 --> 00:56:58,960

tour right now is called sealing the

1121

00:57:03,210 --> 00:57:01,269

world by purifying the waters to the

1122

00:57:05,640 --> 00:57:03,220

last episode I look forward to seeing

1123

00:57:07,140 --> 00:57:05,650

you Monday night 6 p.m. Eastern Time

1124

00:57:08,579 --> 00:57:07,150

I am sitting in his chairs producing

1125

00:57:10,109 --> 00:57:08,589

the affairs of the heart because my

1126

00:57:12,569 --> 00:57:10,119

heart is in what I do I like helping

1127

00:57:14,640 --> 00:57:12,579

people it expands me and my gift in turn

1128

00:57:15,900 --> 00:57:14,650

is to help expand you as we move about

1129

00:57:18,269 --> 00:57:15,910

the world can make this place a

1130

00:57:20,430 --> 00:57:18,279

beautiful place for everyone when you

1131

00:57:22,349 --> 00:57:20,440

lay down at night if nothing to do

1132

00:57:24,420 --> 00:57:22,359

might as well breathe grieve yourself

1133

00:57:26,430 --> 00:57:24,430

into believing you will put to see them

1134

00:57:29,130 --> 00:57:26,440

for your thought you can find yourself

1135

00:57:30,569 --> 00:57:29,140

on a profound deafening silence be still

1136

00:57:32,819 --> 00:57:30,579

and know that I am God as a piece of

1137

00:57:34,200 --> 00:57:32,829

computer reporter where you'll find

1138

00:57:40,190 --> 00:57:34,210

yourself and you find yourself in that

1139

00:57:41,150 --> 00:57:40,200

silence the universe becomes yours p7

1140

00:58:11,880 --> 00:57:41,160

yep

1141

00:58:11,890 --> 00:58:17,040

[Music]