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**Center of Light Radio**

Guest: Jason Quitt

1  
00:00:29,220 --> 00:00:14,900  
[Music]

2  
00:00:44,830 --> 00:00:29,230  
[Applause]

3  
00:00:44,840 --> 00:01:04,070  
[Music]

4  
00:01:08,850 --> 00:01:06,510  
welcome to the center of light radio

5  
00:01:11,310 --> 00:01:08,860  
with spiritual teacher intuitive

6  
00:01:13,860 --> 00:01:11,320  
musician composer and best-selling

7  
00:01:16,530 --> 00:01:13,870  
author of the Divine Principle anchoring

8  
00:01:18,810 --> 00:01:16,540  
heaven on earth your host Keith Anthony

9  
00:01:20,040 --> 00:01:18,820  
Blanchard coast-to-coast pulled a poll

10  
00:01:21,570 --> 00:01:20,050  
all around the world on the internet

11  
00:01:24,060 --> 00:01:21,580  
thanks to the Marvel of Technology I'm

12  
00:01:25,590 --> 00:01:24,070  
coming at you live from a little old

13  
00:01:27,270 --> 00:01:25,600

guest house in Memphis Tennessee this is

14

00:01:28,800 --> 00:01:27,280

Keith Anthony Blanchard and you're

15

00:01:30,330 --> 00:01:28,810

listening to sinner of light radio

16

00:01:33,180 --> 00:01:30,340

sinner of divine and folmann and

17

00:01:37,050 --> 00:01:33,190

reinforcements radio for the soul and

18

00:01:38,730 --> 00:01:37,060

the transformation station a couple

19

00:01:40,380 --> 00:01:38,740

announcements swami Viswa yogi

20

00:01:43,260 --> 00:01:40,390

god-realized man from india is gonna be

21

00:01:46,200 --> 00:01:43,270

back in town next week and boy am I on

22

00:01:48,060 --> 00:01:46,210

fire for that interview when you around

23

00:01:51,060 --> 00:01:48,070

the presence of a divinely illumined

24

00:01:52,139 --> 00:01:51,070

individual my guest tonight will tell

25

00:01:53,940 --> 00:01:52,149

you what that's like

26  
00:01:56,160 --> 00:01:53,950  
so Swami Viswa yoga we're going to be

27  
00:01:58,680 --> 00:01:56,170  
doing a video interview and then we're

28  
00:02:00,510 --> 00:01:58,690  
going to be posting that to Senator of

29  
00:02:03,690 --> 00:02:00,520  
light radio sore hanging tight for more

30  
00:02:05,490 --> 00:02:03,700  
details about that coming really soon if

31  
00:02:07,710 --> 00:02:05,500  
you hear a big rumbling in the

32  
00:02:09,600 --> 00:02:07,720  
background of my voice I live near an

33  
00:02:14,610 --> 00:02:09,610  
industrial train station and right now

34  
00:02:15,930 --> 00:02:14,620  
they seem to be hyper busy also if you

35  
00:02:17,430 --> 00:02:15,940  
want to call into the show today Dow

36  
00:02:20,070 --> 00:02:17,440  
eight eight eight nine one nine two

37  
00:02:22,380 --> 00:02:20,080  
three five five triple eight nine one

38  
00:02:24,449 --> 00:02:22,390

nine two three five five a couple of

39

00:02:27,839 --> 00:02:24,459

advertises real quick if you're looking for

40

00:02:28,949 --> 00:02:27,849

any a speaker I do speaking engagements

41

00:02:30,270 --> 00:02:28,959

and I've been doing that all of my life

42

00:02:31,830 --> 00:02:30,280

as I do with center of light radio as

43

00:02:33,900 --> 00:02:31,840

well but I do live present

44

00:02:34,920 --> 00:02:33,910

life-changing presentations when avatar

45

00:02:37,589 --> 00:02:34,930

divine beings

46

00:02:39,990 --> 00:02:37,599

UFOs my personal experience with

47

00:02:42,720 --> 00:02:40,000

extraterrestrials God for many many

48

00:02:44,699 --> 00:02:42,730

years and hopefully still I'm trying to

49

00:02:46,940 --> 00:02:44,709

get nucleus eight my alien-human hybrid

50

00:02:49,530 --> 00:02:46,950

friend who lives on a planetary station

51  
00:02:50,790 --> 00:02:49,540  
27,000 light-years away on center of

52  
00:02:52,520 --> 00:02:50,800  
light radio and of course that's going

53  
00:02:55,350 --> 00:02:52,530  
to have to be a pre-recorded show

54  
00:02:57,690 --> 00:02:55,360  
because we don't want him to be located

55  
00:03:00,690 --> 00:02:57,700  
and targeted he happens to be head of

56  
00:03:03,720 --> 00:03:00,700  
security for this quadrant of our galaxy

57  
00:03:06,300 --> 00:03:03,730  
believe it and one night when we are

58  
00:03:08,520 --> 00:03:06,310  
able to do this show we're gonna talk

59  
00:03:10,320 --> 00:03:08,530  
about many of the things he's done to me

60  
00:03:12,960 --> 00:03:10,330  
threw me in front of me and I can't

61  
00:03:15,059 --> 00:03:12,970  
begin to count them the far out far end

62  
00:03:19,229 --> 00:03:15,069  
experiences that I've had with

63  
00:03:21,270 --> 00:03:19,239

heroic nucleus eight also I do spiritual

64

00:03:22,739 --> 00:03:21,280

coaching I don't I don't like to

65

00:03:24,989 --> 00:03:22,749

approach you from the psychic point of

66

00:03:27,479 --> 00:03:24,999

view that is not my gig I like helping

67

00:03:29,550 --> 00:03:27,489

you get clear also if you have spiritual

68

00:03:31,709 --> 00:03:29,560

squatters in your house dark entities

69

00:03:34,099 --> 00:03:31,719

and you want them gone I come with an

70

00:03:36,839 --> 00:03:34,109

arsenal a powerful arsenal of

71

00:03:40,559 --> 00:03:36,849

information as well as images that you

72

00:03:42,390 --> 00:03:40,569

adhere to and you put into practice the

73

00:03:43,679 --> 00:03:42,400

things that will be handed to you we're

74

00:03:45,330 --> 00:03:43,689

going to elevate the vibration of your

75

00:03:46,830 --> 00:03:45,340

house and your house will become the

76

00:03:50,159 --> 00:03:46,840

peaceful home that you've intended to be

77

00:03:53,670 --> 00:03:50,169

and I will not leave you until we

78

00:03:55,619 --> 00:03:53,680

achieve our objective of just that you

79

00:03:58,140 --> 00:03:55,629

can send me an email at Keith Anthony

80

00:04:00,470 --> 00:03:58,150

Blanchett at gmail.com to let me know

81

00:04:02,939 --> 00:04:00,480

the services you are needing and finally

82

00:04:05,159 --> 00:04:02,949

city of light radio website is changing

83

00:04:07,800 --> 00:04:05,169

and we have a new sign-in form a new

84

00:04:09,689 --> 00:04:07,810

subscription form I'm providing lots of

85

00:04:11,699 --> 00:04:09,699

free stuff make sure you fill that thing

86

00:04:15,750 --> 00:04:11,709

out and also along with that free stuff

87

00:04:17,939 --> 00:04:15,760

you have access to my newsletter program

88

00:04:20,399 --> 00:04:17,949

now it's time to get down the sin of

89

00:04:22,649 --> 00:04:20,409

light radio business my guest today is

90

00:04:24,749 --> 00:04:22,659

Jason quit Jason was on the show recent

91

00:04:26,879 --> 00:04:24,759

recently and we talked about his

92

00:04:28,189 --> 00:04:26,889

interdimensional time traveling today is

93

00:04:30,480 --> 00:04:28,199

going to be a little different

94

00:04:32,939 --> 00:04:30,490

Jason would be considered a lifelong

95

00:04:34,890 --> 00:04:32,949

experience who has interacted with the

96

00:04:37,409 --> 00:04:34,900

multi-dimensional world since an early

97

00:04:39,210 --> 00:04:37,419

age jason has been awakened to things

98

00:04:42,450 --> 00:04:39,220

that are outside of the normal range of

99

00:04:44,820 --> 00:04:42,460

perception of just the physical world he

100

00:04:47,640 --> 00:04:44,830

has had many out-of-body experiences and

101  
00:04:49,950 --> 00:04:47,650  
has encountered ghosts aliens and other

102  
00:04:52,529 --> 00:04:49,960  
dimensional beings he had been taken out

103  
00:04:55,379 --> 00:04:52,539  
of the body time travel journeys and has

104  
00:04:58,649 --> 00:04:55,389  
remembered many of his past lives with

105  
00:05:01,050 --> 00:04:58,659  
the anniversary of 9/11 today hmm

106  
00:05:03,480 --> 00:05:01,060  
that just touches a very sensitive place

107  
00:05:05,670 --> 00:05:03,490  
um probably most of the world's heart

108  
00:05:07,920 --> 00:05:05,680  
collective heart ongoing wars North

109  
00:05:13,439 --> 00:05:07,930  
Korea and very recent hurricanes hitting

110  
00:05:16,439 --> 00:05:13,449  
the United States how do we continue to

111  
00:05:19,950 --> 00:05:16,449  
stand strong so we may hold our light in

112  
00:05:21,870 --> 00:05:19,960  
this chaotic world Jason is going to

113  
00:05:24,810 --> 00:05:21,880

discuss his personal experiences and

114

00:05:27,420 --> 00:05:24,820

what he has learned from his lifetime of

115

00:05:28,780 --> 00:05:27,430

studying teaching and practicing many

116

00:05:30,850 --> 00:05:28,790

modalities of

117

00:05:33,810 --> 00:05:30,860

energy medicine shamanic journeys and

118

00:05:36,700 --> 00:05:33,820

Zhi Gong when we go through traumas

119

00:05:40,270 --> 00:05:36,710

personal or collective we lose a piece

120

00:05:42,820 --> 00:05:40,280

of ourselves to that wound through

121

00:05:46,750 --> 00:05:42,830

healing we can reclaim that missing

122

00:05:49,090 --> 00:05:46,760

piece so we can stand in our power again

123

00:05:50,920 --> 00:05:49,100

and you can find more about this

124

00:05:52,600 --> 00:05:50,930

phenomenal Gessle Center of light radio

125

00:05:54,190 --> 00:05:52,610

and he's really kicking butt in the

126

00:05:58,840 --> 00:05:54,200

field of spirituality all over the world

127

00:06:01,660 --> 00:05:58,850

you can find him more at WWDC steel Sun

128

00:06:05,350 --> 00:06:01,670

calm welcome to soon of light radio mr.

129

00:06:06,790 --> 00:06:05,360

Jason quit well thank you for having me

130

00:06:09,820 --> 00:06:06,800

again Keith it's always a pleasure

131

00:06:12,640 --> 00:06:09,830

speaking with you and yes it's you know

132

00:06:17,140 --> 00:06:12,650

it's the anniversary of 9/11 and I think

133

00:06:19,840 --> 00:06:17,150

we've been living in a perpetual state

134

00:06:22,990 --> 00:06:19,850

of terror ever since there's been

135

00:06:25,540 --> 00:06:23,000

constant war there's been constant

136

00:06:27,820 --> 00:06:25,550

trauma going up all over the world and

137

00:06:30,670 --> 00:06:27,830

it's almost like we're living with this

138

00:06:33,760 --> 00:06:30,680

stress within us on a day-to-day basis

139

00:06:36,580 --> 00:06:33,770

and not only that is we can't escape it

140

00:06:38,620 --> 00:06:36,590

if we turn on the TV if we pick up a

141

00:06:42,510 --> 00:06:38,630

newspaper or even if you go to a coffee

142

00:06:45,400 --> 00:06:42,520

shop with friends I'm usually the topics

143

00:06:49,180 --> 00:06:45,410

surround some pretty awful things that

144

00:06:52,000 --> 00:06:49,190

are going on around the world ever since

145

00:06:54,280 --> 00:06:52,010

this anniversary of 9/11 and I would say

146

00:06:56,590 --> 00:06:54,290

that this is not very uncommon I think

147

00:07:00,550 --> 00:06:56,600

we've been going through this even

148

00:07:02,530 --> 00:07:00,560

before 9/11 but since it's the

149

00:07:04,600 --> 00:07:02,540

anniversary today and you know so many

150

00:07:07,300 --> 00:07:04,610

people's lives were changed on that day

151  
00:07:09,280 --> 00:07:07,310  
and I think everybody it's one of those

152  
00:07:11,530 --> 00:07:09,290  
moments in your life where where were

153  
00:07:14,650 --> 00:07:11,540  
you on that day you know how did you

154  
00:07:18,940 --> 00:07:14,660  
know how did you experience it and how

155  
00:07:20,680 --> 00:07:18,950  
did you feel and I remember when I don't

156  
00:07:23,020 --> 00:07:20,690  
even know how I got the message it's

157  
00:07:26,850 --> 00:07:23,030  
almost like it was just already on the

158  
00:07:30,670 --> 00:07:26,860  
TV everybody was already watching it and

159  
00:07:34,150 --> 00:07:30,680  
we watched it unfold live on TV which i

160  
00:07:35,850 --> 00:07:34,160  
think is is a first so we had millions

161  
00:07:38,790 --> 00:07:35,860  
and millions of people around the world

162  
00:07:42,309 --> 00:07:38,800  
literally glued to their television

163  
00:07:44,379 --> 00:07:42,319

watching a trauma happen

164

00:07:47,769 --> 00:07:44,389

so basically we're getting inflicted

165

00:07:53,079 --> 00:07:47,779

trauma just by merely watching it on the

166

00:07:57,010 --> 00:07:53,089

TV and I think ever since then we've

167

00:08:00,969 --> 00:07:57,020

been walking with a wound all of us and

168

00:08:04,149 --> 00:08:00,979

it hasn't gone away we haven't really

169

00:08:07,809 --> 00:08:04,159

let go and healed what has happened and

170

00:08:10,480 --> 00:08:07,819

what the outcomes of this chaos has done

171

00:08:15,879 --> 00:08:10,490

to us as a people as a community and as

172

00:08:19,119 --> 00:08:15,889

a state and actually I was just I would

173

00:08:22,059 --> 00:08:19,129

I just spent the last month down in the

174

00:08:24,609 --> 00:08:22,069

States in fact I was very close to you I

175

00:08:28,269 --> 00:08:24,619

was I spent a couple weeks in Tennessee

176

00:08:32,469 --> 00:08:28,279

and North Carolina and then we went down

177

00:08:35,980 --> 00:08:32,479

to Florida and many people don't know

178

00:08:39,430 --> 00:08:35,990

this but every single year of my life I

179

00:08:43,059 --> 00:08:39,440

basically have gone down to Florida my

180

00:08:45,100 --> 00:08:43,069

grandparents were down there and so ever

181

00:08:47,410 --> 00:08:45,110

since I was a baby I would be down in

182

00:08:49,600 --> 00:08:47,420

Florida every single year and I just

183

00:08:52,449 --> 00:08:49,610

spent two and a half

184

00:08:58,300 --> 00:08:52,459

incredible weeks down in Florida in

185

00:09:00,879 --> 00:08:58,310

August and you know just to hear that

186

00:09:02,079 --> 00:09:00,889

there's a hurricane just to hear that

187

00:09:05,740 --> 00:09:02,089

there's going to be a natural disaster

188

00:09:07,960 --> 00:09:05,750

there it gets your heart pounding

189

00:09:10,780 --> 00:09:07,970

because it's almost like that's your

190

00:09:15,400 --> 00:09:10,790

home and you feel like you're being

191

00:09:20,889 --> 00:09:15,410

affected by that so luckily you know we

192

00:09:22,600 --> 00:09:20,899

left just in time but you know I really

193

00:09:24,670 --> 00:09:22,610

want to go back there and fast just to

194

00:09:26,290 --> 00:09:24,680

kind of see what has happened and if

195

00:09:29,500 --> 00:09:26,300

everything's okay where we stay down

196

00:09:33,490 --> 00:09:29,510

there so there's been a lot going on

197

00:09:36,220 --> 00:09:33,500

recently and even with North Korea and

198

00:09:38,999 --> 00:09:36,230

the stresses with North Korea firing

199

00:09:42,249 --> 00:09:39,009

missiles towards Japan or over Japan I

200

00:09:46,300 --> 00:09:42,259

spend a couple months of my life every

201  
00:09:49,600 --> 00:09:46,310  
single year in Japan and I'm going there

202  
00:09:52,329 --> 00:09:49,610  
very shortly again so see right now this

203  
00:09:55,449 --> 00:09:52,339  
is affecting you and your energy oh yes

204  
00:09:55,900 --> 00:09:55,459  
yeah it myself just talking about this

205  
00:09:58,660 --> 00:09:55,910  
Jason

206  
00:10:00,340 --> 00:09:58,670  
it makes me I'm becoming emotional you

207  
00:10:03,970 --> 00:10:00,350  
know what's what's happened what

208  
00:10:07,000 --> 00:10:03,980  
happened in Houston now in Florida the

209  
00:10:09,760 --> 00:10:07,010  
the anniversary of 9/11 it's like it's

210  
00:10:11,860 --> 00:10:09,770  
hard to contain all this in a wounded

211  
00:10:15,190 --> 00:10:11,870  
heart it's like I I want to explode out

212  
00:10:18,160 --> 00:10:15,200  
of being pissed off I want to explode my

213  
00:10:20,260 --> 00:10:18,170

compassion to do something about all

214

00:10:22,960 --> 00:10:20,270

these events that are just taking place

215

00:10:24,520 --> 00:10:22,970

some as you mentioned or natural and

216

00:10:26,710 --> 00:10:24,530

some of them that we're not going to go

217

00:10:28,600 --> 00:10:26,720

political I think most of the people

218

00:10:30,670 --> 00:10:28,610

realized and that's what makes it hurt

219

00:10:35,640 --> 00:10:30,680

even more that some of this stuff is

220

00:10:39,300 --> 00:10:35,650

fabricated well I'll just say that

221

00:10:41,950 --> 00:10:39,310

Nikola Tesla over a hundred years ago

222

00:10:47,380 --> 00:10:41,960

invented technology to control the

223

00:10:50,230 --> 00:10:47,390

weather and he demonstrated this there's

224

00:10:53,770 --> 00:10:50,240

even newspaper articles written that he

225

00:10:56,140 --> 00:10:53,780

would end all Bayville he would end all

226

00:10:59,440 --> 00:10:56,150

naval warfare because he had devices

227

00:11:02,830 --> 00:10:59,450

that can create tsunamis in the middle

228

00:11:04,720 --> 00:11:02,840

of the ocean that can wipe out any ship

229

00:11:08,620 --> 00:11:04,730

any airplane that would come from

230

00:11:11,650 --> 00:11:08,630

overseas he can create hurricane winds

231

00:11:14,380 --> 00:11:11,660

and this is over 100 years ago and it

232

00:11:16,300 --> 00:11:14,390

was demonstrated so if this technology

233

00:11:19,600 --> 00:11:16,310

existed back then just think of what

234

00:11:24,690 --> 00:11:19,610

they have today so when you sit back and

235

00:11:29,950 --> 00:11:24,700

you watch such a traumatic weather

236

00:11:33,970 --> 00:11:29,960

system come in you know that they do

237

00:11:36,880 --> 00:11:33,980

have the technology to actually increase

238

00:11:38,500 --> 00:11:36,890

it or decrease it and it just has to do

239

00:11:43,240 --> 00:11:38,510

with which type of frequencies are being

240

00:11:46,630 --> 00:11:43,250

broadcast in the upper atmosphere it's

241

00:11:49,720 --> 00:11:46,640

all it takes so you know I kind of

242

00:11:55,420 --> 00:11:49,730

always go back to the Shakespeare quote

243

00:11:56,980 --> 00:11:55,430

that all the world's stage and we are

244

00:12:02,470 --> 00:11:56,990

merely players

245

00:12:05,770 --> 00:12:02,480

and we are where we're basically being

246

00:12:09,160 --> 00:12:05,780

pulled in all directions by our emotions

247

00:12:09,700 --> 00:12:09,170

and we are affected emotionally you know

248

00:12:11,290 --> 00:12:09,710

the

249

00:12:13,180 --> 00:12:11,300

someone can say oh you're not you know

250

00:12:16,030 --> 00:12:13,190

spiritually enlightened enough because

251

00:12:18,190 --> 00:12:16,040

you're still feeling emotions I think

252

00:12:21,160 --> 00:12:18,200

it's the complete opposite I think it's

253

00:12:23,290 --> 00:12:21,170

the emotions that make us who we are and

254

00:12:26,190 --> 00:12:23,300

then we need to feel those emotions to

255

00:12:28,600 --> 00:12:26,200

navigate this world that's what life is

256

00:12:31,630 --> 00:12:28,610

you know so it's not something that we

257

00:12:35,140 --> 00:12:31,640

could push away but the thing that is

258

00:12:38,530 --> 00:12:35,150

really messed up about all of this is

259

00:12:41,860 --> 00:12:38,540

the amount of fear in fact you know if

260

00:12:44,740 --> 00:12:41,870

we are historians and we look back at

261

00:12:50,050 --> 00:12:44,750

this time period of our lives you know

262

00:12:53,400 --> 00:12:50,060

from the beginning of 2000 this would be

263

00:12:56,260 --> 00:12:53,410

known as the time of terror

264

00:12:58,600 --> 00:12:56,270

you know we're fighting wars everywhere

265

00:13:01,150 --> 00:12:58,610

we're you know we're constantly being

266

00:13:03,070 --> 00:13:01,160

shown graphic things of how this world I

267

00:13:05,530 --> 00:13:03,080

mean there's fires on the other side of

268

00:13:07,600 --> 00:13:05,540

the US right now you know flooding on

269

00:13:10,360 --> 00:13:07,610

the other side so we're going through

270

00:13:13,210 --> 00:13:10,370

some pretty traumatic stuff and it's

271

00:13:16,140 --> 00:13:13,220

this fear this terror that we've been

272

00:13:18,880 --> 00:13:16,150

holding with us that is actually

273

00:13:21,490 --> 00:13:18,890

affecting us at a very deep spiritual

274

00:13:23,950 --> 00:13:21,500

level Jason do you do you also think

275

00:13:25,270 --> 00:13:23,960

that because of the fires because of the

276

00:13:27,310 --> 00:13:25,280

hurricanes we can sit here and all we

277

00:13:29,770 --> 00:13:27,320

want and blame and point finger at the

278

00:13:31,690 --> 00:13:29,780

powers that be if they are fabricating

279

00:13:34,480 --> 00:13:31,700

this stuff but really to get back to our

280

00:13:37,330 --> 00:13:34,490

personal power if you see that

281

00:13:39,430 --> 00:13:37,340

regardless of they or whoever or no one

282

00:13:42,910 --> 00:13:39,440

ever is doing the fact that these events

283

00:13:46,330 --> 00:13:42,920

are happening or a mirror image of the

284

00:13:48,610 --> 00:13:46,340

collective that is being squeezed out of

285

00:13:50,680 --> 00:13:48,620

us by the divine who's wanting to clear

286

00:13:52,870 --> 00:13:50,690

up all this smog and that's choking the

287

00:13:54,730 --> 00:13:52,880

human heart so we can dissipate it so we

288

00:13:58,210 --> 00:13:54,740

can get on with our anchoring heaven on

289

00:14:01,840 --> 00:13:58,220

earth prophecy life yeah well it's the

290

00:14:04,840 --> 00:14:01,850

great mirror I mean we are the great

291

00:14:06,520 --> 00:14:04,850

mirror so everything that we hold and

292

00:14:07,900 --> 00:14:06,530

we're not talking just about personal

293

00:14:11,700 --> 00:14:07,910

we're talking about collective as a

294

00:14:14,080 --> 00:14:11,710

human species what we hold within us is

295

00:14:16,780 --> 00:14:14,090

reflective in our environment and how

296

00:14:20,650 --> 00:14:16,790

events will unfold not only in our own

297

00:14:22,630 --> 00:14:20,660

personal lives but in I would say the

298

00:14:26,980 --> 00:14:22,640

future of the race

299

00:14:30,340 --> 00:14:26,990

now you know we've been getting a little

300

00:14:33,970 --> 00:14:30,350

crazy recently I mean you know even in

301

00:14:36,759 --> 00:14:33,980

the UFO conspiracy world if this past

302

00:14:39,180 --> 00:14:36,769

couple years have kind of been a little

303

00:14:41,470 --> 00:14:39,190

insane you know there's a lot of

304

00:14:46,230 --> 00:14:41,480

feelings being hurt there's a lot of

305

00:14:48,819 --> 00:14:46,240

people outing people and even

306

00:14:53,019 --> 00:14:48,829

politically you know with Trump in North

307

00:14:57,130 --> 00:14:53,029

Korea and you know just the economics of

308

00:14:59,819 --> 00:14:57,140

all of this our minds are going through

309

00:15:02,769 --> 00:14:59,829

some dark places and because of that

310

00:15:07,870 --> 00:15:02,779

we're actually pulling out this dark

311

00:15:10,480 --> 00:15:07,880

stuff that we hold within us so remember

312

00:15:12,550 --> 00:15:10,490

we could put up a shield around us all

313

00:15:14,710 --> 00:15:12,560

the time and we can say you know we're

314

00:15:16,840 --> 00:15:14,720

into love and light and we carry this

315

00:15:19,480 --> 00:15:16,850

light within us which we do you know

316

00:15:23,199 --> 00:15:19,490

it's our natural state but we can't

317

00:15:25,750 --> 00:15:23,209

ignore what the world is showing us we

318

00:15:27,340 --> 00:15:25,760

can't push it away now because if we do

319

00:15:29,620 --> 00:15:27,350

that then we're not looking at our

320

00:15:31,569 --> 00:15:29,630

wounds and our wounds are being shown

321

00:15:34,900 --> 00:15:31,579

right in front of us all the time and

322

00:15:37,360 --> 00:15:34,910

being poked all the time so like you

323

00:15:40,389 --> 00:15:37,370

said just by talking about these events

324

00:15:43,720 --> 00:15:40,399

earlier you kind of feel you still feel

325

00:15:46,150 --> 00:15:43,730

like you're being choked up you still

326

00:15:48,250 --> 00:15:46,160

feel that connection to what's going on

327

00:15:51,910 --> 00:15:48,260

and it's because it's still a part of us

328

00:15:56,230 --> 00:15:51,920

it's not like we've let it go and the

329

00:15:59,590 --> 00:15:56,240

problem that I find with with fear first

330

00:16:04,300 --> 00:15:59,600

of all fear is very very important it is

331

00:16:05,889 --> 00:16:04,310

our primal survival instinct so a couple

332

00:16:08,800 --> 00:16:05,899

thousand years ago if you were in a

333

00:16:12,819 --> 00:16:08,810

jungle and a predator is coming after

334

00:16:14,069 --> 00:16:12,829

you you better feel fear because that's

335

00:16:18,670 --> 00:16:14,079

going to save your life

336

00:16:21,519 --> 00:16:18,680

so what fear does is it kind of hones us

337

00:16:24,579 --> 00:16:21,529

in to get something done it motivates us

338

00:16:26,079 --> 00:16:24,589

to get something done very quickly you

339

00:16:29,340 --> 00:16:26,089

know or else you know it could be our

340

00:16:36,390 --> 00:16:29,350

life on the line but now because we live

341

00:16:43,420 --> 00:16:40,980

that fear is is used to control us and

342

00:16:45,700 --> 00:16:43,430

when you're in fear you're in stress

343

00:16:47,650 --> 00:16:45,710

your organs are unstressed your mind is

344

00:16:50,620 --> 00:16:47,660

in stress everything is in stress and

345

00:16:54,520 --> 00:16:50,630

because of that you start to lose your

346

00:16:57,400 --> 00:16:54,530

memory you start to not retain things so

347

00:17:02,170 --> 00:16:57,410

instead of focusing on the greater good

348

00:17:05,410 --> 00:17:02,180

or love and light or focusing on the

349

00:17:07,150 --> 00:17:05,420

questions of life we're just focused on

350

00:17:09,130 --> 00:17:07,160

gotta get this done no there's not

351

00:17:12,250 --> 00:17:09,140

enough time we're all stressed we're all

352

00:17:14,380 --> 00:17:12,260

busy we got to get moving and if we keep

353

00:17:18,250 --> 00:17:14,390

if we keep the human population stressed

354

00:17:21,280 --> 00:17:18,260

and in a fear state it's extremely easy

355

00:17:25,870 --> 00:17:21,290

to push them in any direction that you

356

00:17:29,500 --> 00:17:25,880

want so you know the whole reason why we

357

00:17:31,240 --> 00:17:29,510

came on today on this anniversary was

358

00:17:34,450 --> 00:17:31,250

really to talk about in these type of

359

00:17:37,000 --> 00:17:34,460

times how do we stay grounded how do we

360

00:17:40,510 --> 00:17:37,010

let it go how do we walk and stay in our

361

00:17:46,360 --> 00:17:40,520

truth and carry our power when basically

362

00:17:49,330 --> 00:17:46,370

things fall apart around us and you know

363

00:17:51,670 --> 00:17:49,340

I think this is just the natural flow

364

00:17:53,980 --> 00:17:51,680

even though it may be unnatural where

365

00:18:01,200 --> 00:17:53,990

someone might be manipulating something

366

00:18:07,230 --> 00:18:04,060

you know we can say that this is

367

00:18:10,690 --> 00:18:07,240

extremely evil this is really bad things

368

00:18:15,250 --> 00:18:10,700

but if everything was perfect in this

369

00:18:17,410 --> 00:18:15,260

world we would cease to grow and then

370

00:18:20,590 --> 00:18:17,420

there would be no point in even

371

00:18:26,620 --> 00:18:22,990

because you know if you think that you

372

00:18:29,230 --> 00:18:26,630

know your goal is almost like a heaven

373

00:18:31,090 --> 00:18:29,240

on earth where everything is manifest

374

00:18:33,280 --> 00:18:31,100

and you sit down and you know everything

375

00:18:38,080 --> 00:18:33,290

you're all knowing you can manifest

376

00:18:40,870 --> 00:18:38,090

everything and have everything give that

377

00:18:41,970 --> 00:18:40,880

a couple weeks and see how much you like

378

00:18:45,550 --> 00:18:41,980

life

379

00:18:47,860 --> 00:18:45,560

you know that kind of reminds me of a

380

00:18:52,180 --> 00:18:47,870

Twilight Zone episode when the guy

381

00:18:54,790 --> 00:18:52,190

Gide and he had this nice penthouse

382

00:18:56,410 --> 00:18:54,800

whatever he had gorgeous women he had in

383

00:18:58,060 --> 00:18:56,420

a pool table and every time he would hit

384

00:19:00,130 --> 00:18:58,070

the pool balls they would all go in all

385

00:19:04,510 --> 00:19:00,140

at once he had everything he had is

386

00:19:06,280 --> 00:19:04,520

heaven kind of reality and the the agent

387

00:19:08,890 --> 00:19:06,290

the assistant that was helping his name

388

00:19:10,720 --> 00:19:08,900

was pip he called him and said you know

389

00:19:13,060 --> 00:19:10,730

take me out of here I want to go to the

390

00:19:15,220 --> 00:19:13,070

other place he says you are in the other

391

00:19:17,049 --> 00:19:15,230

place

392

00:19:18,700 --> 00:19:17,059

I totally agreed so if we have

393

00:19:19,180 --> 00:19:18,710

everything that way we want it all the

394

00:19:21,220 --> 00:19:19,190

time

395

00:19:22,720 --> 00:19:21,230

what next it's like someone said you

396

00:19:24,070 --> 00:19:22,730

know if you believe in Jesus that you

397

00:19:26,710 --> 00:19:24,080

die you're gonna sit with Jesus on the

398

00:19:28,919 --> 00:19:26,720

park bench what next what did we do I

399

00:19:31,120 --> 00:19:28,929

mean do we work and do we play I mean

400

00:19:33,490 --> 00:19:31,130

totally agreed it would get pretty

401  
00:19:36,130 --> 00:19:33,500  
boring pretty quick and I think it comes

402  
00:19:39,460 --> 00:19:36,140  
back to this whole idea of we are part

403  
00:19:41,620 --> 00:19:39,470  
of something called a co-creation so we

404  
00:19:44,770 --> 00:19:41,630  
are a spark of the divine living in a

405  
00:19:47,320 --> 00:19:44,780  
co-creation and through our creativity

406  
00:19:49,030 --> 00:19:47,330  
that we can change the timelines that we

407  
00:19:52,150 --> 00:19:49,040  
could change ourselves and our new

408  
00:19:55,150 --> 00:19:52,160  
experiences that we build here will be

409  
00:20:01,680 --> 00:19:55,160  
brought back to the source to grow that

410  
00:20:04,960 --> 00:20:01,690  
energy you know so yes we're let's say

411  
00:20:07,330 --> 00:20:04,970  
predestined so we live a life where

412  
00:20:09,520 --> 00:20:07,340  
we're guided on a certain path but

413  
00:20:11,890 --> 00:20:09,530

during that path we have the will of

414

00:20:14,110 --> 00:20:11,900

free choice where we can make decisions

415

00:20:16,630 --> 00:20:14,120

we can be creative and we can manifest

416

00:20:18,880 --> 00:20:16,640

something very interesting and special

417

00:20:22,720 --> 00:20:18,890

here and I know yourself as a musician

418

00:20:24,520 --> 00:20:22,730

you know when you play you know there's

419

00:20:27,280 --> 00:20:24,530

something about music there's something

420

00:20:30,580 --> 00:20:27,290

about creativity or even art to produce

421

00:20:34,090 --> 00:20:30,590

something using your divine will into

422

00:20:37,419 --> 00:20:34,100

this world it's something it's very very

423

00:20:41,049 --> 00:20:37,429

magical it's very magical it's almost

424

00:20:44,140 --> 00:20:41,059

like an addiction and I was in the it's

425

00:20:45,520 --> 00:20:44,150

absolutely an addiction and because it

426

00:20:47,560 --> 00:20:45,530

resonates with you you're doing

427

00:20:49,680 --> 00:20:47,570

something that is enjoyable on many

428

00:20:53,500 --> 00:20:49,690

levels and it's helping you achieve your

429

00:20:57,550 --> 00:20:53,510

path in this world and I think we all

430

00:20:59,740 --> 00:20:57,560

have to kind of find you know people

431

00:21:01,820 --> 00:20:59,750

will ask you know the main the main

432

00:21:05,570 --> 00:21:01,830

question I hear from sulked from every

433

00:21:07,580 --> 00:21:05,580

is what's my purpose and is your purpose

434

00:21:10,269 --> 00:21:07,590

to be a musician as your purpose to be a

435

00:21:13,820 --> 00:21:10,279

doctor as your purpose to have a family

436

00:21:20,389 --> 00:21:13,830

I don't think any of those are purposes

437

00:21:22,250 --> 00:21:20,399

I think those things will help you

438

00:21:27,080 --> 00:21:22,260

achieve your purpose which is just to

439

00:21:28,700 --> 00:21:27,090

live and know yourself you know and it's

440

00:21:32,149 --> 00:21:28,710

through those acts like through playing

441

00:21:35,419 --> 00:21:32,159

music or art work or even research that

442

00:21:37,159 --> 00:21:35,429

we're rediscovering who we are and I

443

00:21:41,200 --> 00:21:37,169

think that's what's happening on a very

444

00:21:49,070 --> 00:21:47,480

so you know everything is at basically

445

00:21:51,620 --> 00:21:49,080

we could look up anything get anything

446

00:21:55,370 --> 00:21:51,630

we want and it's right there in front of

447

00:22:00,080 --> 00:21:55,380

us so this is actually causing a huge

448

00:22:04,190 --> 00:22:00,090

mass awakening over the past 10 15 years

449

00:22:09,289 --> 00:22:04,200

and this is also what's causing this up

450

00:22:12,159 --> 00:22:09,299

shift of disasters because the more that

451

00:22:16,159 --> 00:22:12,169

we search the more we have to look at

452

00:22:19,370 --> 00:22:16,169

what's within us and we have to release

453

00:22:21,740 --> 00:22:19,380

that and heal that if we don't it's

454

00:22:27,560 --> 00:22:21,750

going to continue to be more and more

455

00:22:31,480 --> 00:22:27,570

chaotic so Jason how do we begin to stay

456

00:22:36,019 --> 00:22:31,490

grounded in a world full of just this

457

00:22:38,149 --> 00:22:36,029

ongoing trouble how do we create a

458

00:22:39,590 --> 00:22:38,159

grounding situation not only for the

459

00:22:41,320 --> 00:22:39,600

individual but for the collective is

460

00:22:43,279 --> 00:22:41,330

there certain technique or is these

461

00:22:45,200 --> 00:22:43,289

ideas that you want to share with the

462

00:22:47,840 --> 00:22:45,210

audience about how we can actually begin

463

00:22:50,930 --> 00:22:47,850

to plant ourselves in our power yeah

464

00:22:55,070 --> 00:22:50,940

well first is not to bury our emotions

465

00:22:59,120 --> 00:22:55,080

it is good to feel and understand what's

466

00:23:01,700 --> 00:22:59,130

going on and what's happening so it's

467

00:23:03,860 --> 00:23:01,710

not all love and light like I said it's

468

00:23:07,039 --> 00:23:03,870

it's a polarity universe so if something

469

00:23:09,529 --> 00:23:07,049

bad happens in our lives we have to face

470

00:23:10,970 --> 00:23:09,539

them you know we can't just ignore these

471

00:23:15,049 --> 00:23:10,980

things because they're all lessons

472

00:23:15,590 --> 00:23:15,059

they're all teachings what I would say

473

00:23:21,280 --> 00:23:15,600

is

474

00:23:23,480 --> 00:23:21,290

I think that's the most important thing

475

00:23:25,820 --> 00:23:23,490

everybody is so stressed that they're

476

00:23:28,610 --> 00:23:25,830

just guided by their emotions they don't

477

00:23:31,580 --> 00:23:28,620

think anymore so if they feel something

478

00:23:34,190 --> 00:23:31,590

they react and they could be reacting

479

00:23:38,000 --> 00:23:34,200

out of fear out of anger

480

00:23:40,610 --> 00:23:38,010

you know without even thinking so what I

481

00:23:44,060 --> 00:23:40,620

would like to tell people is we could

482

00:23:47,150 --> 00:23:44,070

feel these emotions but we should feel

483

00:23:48,740 --> 00:23:47,160

them from an observer perspective we

484

00:23:51,080 --> 00:23:48,750

should step out of it and we should

485

00:23:53,240 --> 00:23:51,090

breathe so we can actually make the

486

00:23:57,470 --> 00:23:53,250

right decisions going forward and not be

487

00:23:58,640 --> 00:23:57,480

reactive to the emotions and I don't

488

00:24:03,130 --> 00:23:58,650

know if you've ever experienced this

489

00:24:06,860 --> 00:24:03,140

before but in emotion it's almost like a

490

00:24:08,980 --> 00:24:06,870

message system and it's something that

491

00:24:14,200 --> 00:24:08,990

is trying to communicate something to us

492

00:24:17,720 --> 00:24:14,210

and I'll tell you a story when I was

493

00:24:19,700 --> 00:24:17,730

first starting to do healing work you

494

00:24:21,670 --> 00:24:19,710

know to be a healer it's it's almost

495

00:24:23,660 --> 00:24:21,680

like all you want to do is help somebody

496

00:24:24,980 --> 00:24:23,670

right that's that's the only thing you

497

00:24:29,060 --> 00:24:24,990

want to do when you become a healer it's

498

00:24:34,970 --> 00:24:29,070

just help yeah and so I was doing work

499

00:24:38,690 --> 00:24:34,980

on a young lady and she calls me the

500

00:24:41,030 --> 00:24:38,700

next day very very sick and she said

501  
00:24:44,210 --> 00:24:41,040  
that you know since the healing this has

502  
00:24:46,390 --> 00:24:44,220  
happened to her and it feels like

503  
00:24:48,080 --> 00:24:46,400  
someone just punched me in the stomach

504  
00:24:51,590 --> 00:24:48,090  
because you know you want to make

505  
00:24:53,840 --> 00:24:51,600  
someone feel better not worse so I was

506  
00:24:54,890 --> 00:24:53,850  
kind of sitting with this feeling for a

507  
00:24:57,230 --> 00:24:54,900  
good week

508  
00:25:00,620 --> 00:24:57,240  
I really couldn't eat or drink I just

509  
00:25:03,040 --> 00:25:00,630  
felt this emotion bottled up in my

510  
00:25:07,100 --> 00:25:03,050  
stomach like I did something wrong you

511  
00:25:09,110 --> 00:25:07,110  
know and one night I was just having a

512  
00:25:13,370 --> 00:25:09,120  
conversation with myself and meditation

513  
00:25:17,930 --> 00:25:13,380

still feeling very sick and it came to

514

00:25:21,050 --> 00:25:17,940

me that this person had to release this

515

00:25:24,620 --> 00:25:21,060

issue and it had to manifest this way at

516

00:25:26,750 --> 00:25:24,630

this point in their life or else if it

517

00:25:28,600 --> 00:25:26,760

wasn't dealt with it would be much worse

518

00:25:33,310 --> 00:25:28,610

later on in her life

519

00:25:35,320 --> 00:25:33,320

and then when that clicked in my mind it

520

00:25:38,950 --> 00:25:35,330

made sense to me mentally but I still

521

00:25:40,990 --> 00:25:38,960

felt the emotion I still felt sick so I

522

00:25:44,289 --> 00:25:41,000

did a meditation I went into the emotion

523

00:25:47,110 --> 00:25:44,299

and I thanked it for giving me that

524

00:25:49,150 --> 00:25:47,120

realization I thanked it for making me

525

00:25:53,590 --> 00:25:49,160

feel that way because it pushed me into

526

00:25:59,680 --> 00:25:53,600

action it pushed me into action and when

527

00:26:02,080 --> 00:25:59,690

I did that this thing exploded literally

528

00:26:04,930 --> 00:26:02,090

this emotion exploded and it went right

529

00:26:08,919 --> 00:26:04,940

up my spine and I had this incredible

530

00:26:12,039 --> 00:26:08,929

Kundalini explosion I went out into the

531

00:26:13,600 --> 00:26:12,049

universe and I was like it was the

532

00:26:17,409 --> 00:26:13,610

craziest feeling I've ever had in my

533

00:26:19,870 --> 00:26:17,419

life and that was just for having a

534

00:26:21,700 --> 00:26:19,880

dialogue and conclusion with the

535

00:26:25,270 --> 00:26:21,710

emotional energy that was stored within

536

00:26:27,490 --> 00:26:25,280

me so before we you know go forward we

537

00:26:28,289 --> 00:26:27,500

have to understand how the energy field

538

00:26:31,169 --> 00:26:28,299

works

539

00:26:33,850 --> 00:26:31,179

we're basically an open energy system

540

00:26:37,390 --> 00:26:33,860

that as we're walking we're just a big

541

00:26:39,610 --> 00:26:37,400

sponge so we'll collect different things

542

00:26:41,620 --> 00:26:39,620

but we may even collect emotions and

543

00:26:44,169 --> 00:26:41,630

thoughts from other people around us or

544

00:26:47,440 --> 00:26:44,179

family or friends or environments and we

545

00:26:50,169 --> 00:26:47,450

accept it as our own emotions our own

546

00:26:51,909 --> 00:26:50,179

thoughts and so we can wake up in the

547

00:26:55,210 --> 00:26:51,919

morning and we can say you know why do I

548

00:26:57,850 --> 00:26:55,220

feel this way and mentally we can say it

549

00:27:01,210 --> 00:26:57,860

doesn't make any sense I shouldn't be

550

00:27:04,770 --> 00:27:01,220

feeling this way but we do feel it so

551  
00:27:07,720 --> 00:27:04,780  
there's many methods to let it go

552  
00:27:11,919 --> 00:27:07,730  
there's many methods of processing that

553  
00:27:15,480 --> 00:27:11,929  
energy the what was taught to me was

554  
00:27:18,070 --> 00:27:15,490  
through Qi Gong which is a ancient

555  
00:27:20,440 --> 00:27:18,080  
Chinese system of moving energy through

556  
00:27:22,390 --> 00:27:20,450  
your body and by doing that you're

557  
00:27:24,610 --> 00:27:22,400  
opening yourself up to allow the energy

558  
00:27:27,580 --> 00:27:24,620  
to release and then pull in new

559  
00:27:31,600 --> 00:27:27,590  
universal energy I find that's very very

560  
00:27:34,240 --> 00:27:31,610  
important in strengthening and later I

561  
00:27:37,080 --> 00:27:34,250  
got into the Egyptian postures which we

562  
00:27:40,480 --> 00:27:37,090  
could talk about a little more but I

563  
00:27:42,040 --> 00:27:40,490

think what we need to start doing is one

564

00:27:42,340 --> 00:27:42,050

of the most important things we have to

565

00:27:45,669 --> 00:27:42,350

start

566

00:27:48,840 --> 00:27:45,679

to ground ourselves is learn what our

567

00:27:51,430 --> 00:27:48,850

energy is and what our energy is not I

568

00:27:55,060 --> 00:27:51,440

think that's the most important thing we

569

00:27:58,630 --> 00:27:55,070

need to learn is how do we separate how

570

00:28:00,850 --> 00:27:58,640

do we separate the energy is that we're

571

00:28:04,779 --> 00:28:00,860

producing with our own thoughts and

572

00:28:07,409 --> 00:28:04,789

emotions and what are we picking up from

573

00:28:09,700 --> 00:28:07,419

the person we're having a coffee with

574

00:28:12,880 --> 00:28:09,710

you know so we really have to find the

575

00:28:18,880 --> 00:28:12,890

separation and then once we do that we

576

00:28:22,330 --> 00:28:18,890

could consciously say this is not mine I

577

00:28:24,010 --> 00:28:22,340

don't accept it triple eight nine one

578

00:28:25,990 --> 00:28:24,020

nine two three five five triple eight

579

00:28:27,370 --> 00:28:26,000

nine one nine two three five five I'm

580

00:28:30,010 --> 00:28:27,380

speaking today here in center of light

581

00:28:31,840 --> 00:28:30,020

radio mister Jason quit Jason would you

582

00:28:33,760 --> 00:28:31,850

give that to your contact information so

583

00:28:35,740 --> 00:28:33,770

our audience could find more about you

584

00:28:37,930 --> 00:28:35,750

and the light you are bringing through

585

00:28:41,320 --> 00:28:37,940

the world sir and I would like to ask

586

00:28:44,440 --> 00:28:41,330

you after we get through that how do we

587

00:28:47,710 --> 00:28:44,450

begin to do that very thing how do we

588

00:28:50,169 --> 00:28:47,720

begin to recognize what belongs to me in

589

00:28:52,990 --> 00:28:50,179

what does not give us your contact

590

00:28:55,779 --> 00:28:53,000

information sir my contacts you could

591

00:28:59,409 --> 00:28:55,789

find me at the Crystal Sun calm that's

592

00:29:02,200 --> 00:28:59,419

the crystal Sun s UN calm you could also

593

00:29:04,690 --> 00:29:02,210

find my books on Amazon you could also

594

00:29:07,090 --> 00:29:04,700

find my books on the crystal Sun calm

595

00:29:11,770 --> 00:29:07,100

just look up my name Jason quit and

596

00:29:13,840 --> 00:29:11,780

that's the easiest way to find me so

597

00:29:16,120 --> 00:29:13,850

Jason how does a person begin to go

598

00:29:19,090 --> 00:29:16,130

about the process or the unfoldment to

599

00:29:21,700 --> 00:29:19,100

discovering what energy actually belongs

600

00:29:24,039 --> 00:29:21,710

to them and what other energy is

601  
00:29:26,380 --> 00:29:24,049  
actually might be them being an empathic

602  
00:29:28,330 --> 00:29:26,390  
in that particular moment and realizing

603  
00:29:30,130 --> 00:29:28,340  
hey this doesn't belong to me because I

604  
00:29:33,039 --> 00:29:30,140  
know it as you mentioned it's very

605  
00:29:35,200 --> 00:29:33,049  
similar real I did a psychic fair some

606  
00:29:37,510 --> 00:29:35,210  
years ago spiritual fair and I walked

607  
00:29:39,279 --> 00:29:37,520  
away from someone's booth and boy all of

608  
00:29:40,960 --> 00:29:39,289  
a sudden my hip was hurting and had a

609  
00:29:42,760 --> 00:29:40,970  
spiritual reader across the way she

610  
00:29:45,250 --> 00:29:42,770  
motioned for me to come home and she was

611  
00:29:47,500 --> 00:29:45,260  
Keith I saw it I saw that she went to

612  
00:29:49,990 --> 00:29:47,510  
this lady and everything was fine I mean

613  
00:29:51,549 --> 00:29:50,000

you left this booth you were limping I

614

00:29:53,320 --> 00:29:51,559

said yes she was I saw the whole thing

615

00:29:56,140 --> 00:29:53,330

unfold because it doesn't belong to you

616

00:29:59,140 --> 00:29:56,150

but it was convincing to me that

617

00:30:01,330 --> 00:29:59,150

something in my body that belonged to me

618

00:30:06,460 --> 00:30:01,340

begin to hurt so how do we begin to

619

00:30:08,440 --> 00:30:06,470

separate - okay well again you know I'll

620

00:30:11,380 --> 00:30:08,450

tell you another quick story of how I

621

00:30:13,870 --> 00:30:11,390

figured this out and you know I never

622

00:30:16,390 --> 00:30:13,880

knew I was an empath I never knew that

623

00:30:18,130 --> 00:30:16,400

that was an actual ability you know

624

00:30:20,170 --> 00:30:18,140

because you just kind of feel like crap

625

00:30:22,810 --> 00:30:20,180

all the time that's what an empath feels

626  
00:30:26,020 --> 00:30:22,820  
like yeah right you know they just keep

627  
00:30:27,790 --> 00:30:26,030  
getting things emotions feelings pains

628  
00:30:32,980 --> 00:30:27,800  
and we think there's something wrong

629  
00:30:35,890 --> 00:30:32,990  
with us so I was guided by my guides

630  
00:30:38,500 --> 00:30:35,900  
actually they told me I had to practice

631  
00:30:41,440 --> 00:30:38,510  
Qigong and I started to practice it for

632  
00:30:46,030 --> 00:30:41,450  
about a year and I didn't feel anything

633  
00:30:50,860 --> 00:30:46,040  
I didn't you know feel energy at all but

634  
00:30:55,240 --> 00:30:50,870  
I did it because I knew I had to and my

635  
00:30:57,390 --> 00:30:55,250  
mother is a very nervous lady she has

636  
00:31:00,570 --> 00:30:57,400  
this worried about her all the time and

637  
00:31:04,750 --> 00:31:00,580  
when we would drive in the car she's

638  
00:31:07,030 --> 00:31:04,760

very nervous about driving so if someone

639

00:31:09,340 --> 00:31:07,040

would cut her off she'd immediately like

640

00:31:13,210 --> 00:31:09,350

swing her arm to the seat next to me and

641

00:31:16,480 --> 00:31:13,220

she'd lose her breath you know and I

642

00:31:19,030 --> 00:31:16,490

would lose my breath too so it's like I

643

00:31:21,760 --> 00:31:19,040

would feel what she's feeling so when

644

00:31:25,600 --> 00:31:21,770

she got scared I got scared and I lost

645

00:31:27,130 --> 00:31:25,610

my breath over something so you know so

646

00:31:31,450 --> 00:31:27,140

stupid is just someone cutting you off

647

00:31:33,190 --> 00:31:31,460

it's not the end of the world and that

648

00:31:35,800 --> 00:31:33,200

was just my whole life I always felt

649

00:31:39,550 --> 00:31:35,810

that and I remember I was practicing chi

650

00:31:42,460 --> 00:31:39,560

gong for months and months and were in

651  
00:31:46,150 --> 00:31:42,470  
the car and someone cut her off again

652  
00:31:47,890 --> 00:31:46,160  
and she went into a panic and I looked

653  
00:31:49,680 --> 00:31:47,900  
at her and I'm like I don't feel that I

654  
00:31:52,960 --> 00:31:49,690  
don't feel that anymore

655  
00:31:55,390 --> 00:31:52,970  
and I wasn't connected to her that was

656  
00:31:57,940 --> 00:31:55,400  
my first real starting to sense that

657  
00:31:59,980 --> 00:31:57,950  
wait a second I don't feel that anymore

658  
00:32:03,190 --> 00:31:59,990  
did I do something to my energy where

659  
00:32:05,710 --> 00:32:03,200  
I'm not connected to hers anymore so

660  
00:32:07,520 --> 00:32:05,720  
that was a real kind of shift in my

661  
00:32:10,610 --> 00:32:07,530  
awareness

662  
00:32:13,040 --> 00:32:10,620  
it has to it has to start with some type

663  
00:32:15,200 --> 00:32:13,050

of spiritual practice it just doesn't

664

00:32:18,080 --> 00:32:15,210

come overnight if the first thing is

665

00:32:19,790 --> 00:32:18,090

understanding that it is possible that

666

00:32:20,930 --> 00:32:19,800

that is what's actually occurring is

667

00:32:23,660 --> 00:32:20,940

we're picking things up from other

668

00:32:25,660 --> 00:32:23,670

people and then what we have to do is we

669

00:32:29,440 --> 00:32:25,670

have to strengthen our own energy

670

00:32:32,540 --> 00:32:29,450

because right now our energy fields

671

00:32:36,350 --> 00:32:32,550

they're being pulled in many many

672

00:32:40,240 --> 00:32:36,360

directions and because our energy is

673

00:32:43,630 --> 00:32:40,250

being pulled and manipulated constantly

674

00:32:46,610 --> 00:32:43,640

we don't know who we really are we

675

00:32:49,580 --> 00:32:46,620

forgotten where we came from what our

676

00:32:51,230 --> 00:32:49,590

abilities are our past lives we've

677

00:32:52,700 --> 00:32:51,240

forgotten all this because our energy

678

00:32:55,880 --> 00:32:52,710

field is being pulled in so many

679

00:33:01,010 --> 00:32:55,890

different directions so what we have to

680

00:33:03,770 --> 00:33:01,020

do is we have to meditate and just clear

681

00:33:06,080 --> 00:33:03,780

our minds and breathe and then do a

682

00:33:08,930 --> 00:33:06,090

spiritual exercise like the chi gong

683

00:33:11,300 --> 00:33:08,940

where we're pushing energy out pulling

684

00:33:13,160 --> 00:33:11,310

energy in and by doing this we start to

685

00:33:18,620 --> 00:33:13,170

sensitize ourselves to our own energy

686

00:33:20,840 --> 00:33:18,630

field it took me about a year where I

687

00:33:24,170 --> 00:33:20,850

can feel energy going between my hands

688

00:33:26,750 --> 00:33:24,180

it felt like two magnets pushing each

689

00:33:29,740 --> 00:33:26,760

other and then when I continued to

690

00:33:32,870 --> 00:33:29,750

practice that energy that feeling

691

00:33:35,360 --> 00:33:32,880

started to go up through my arms and

692

00:33:39,410 --> 00:33:35,370

then into my body so I started to get a

693

00:33:41,990 --> 00:33:39,420

feeling of that's my energy going

694

00:33:43,730 --> 00:33:42,000

through my own body and then I started

695

00:33:46,490 --> 00:33:43,740

to feel the energy outside of my body

696

00:33:48,950 --> 00:33:46,500

like you're in a bubble and when you go

697

00:33:53,330 --> 00:33:48,960

into different environments you can feel

698

00:33:56,660 --> 00:33:53,340

how the environment is manipulating or

699

00:33:58,490 --> 00:33:56,670

affecting your energy field and it's

700

00:34:02,660 --> 00:33:58,500

through that then we start to see okay

701

00:34:06,410 --> 00:34:02,670

when I go to this shopping mall I get

702

00:34:08,570 --> 00:34:06,420

these feelings and I feel sick so that

703

00:34:11,540 --> 00:34:08,580

when I come home I have to clear that

704

00:34:18,079 --> 00:34:11,550

energy off of me and get back to Who I

705

00:34:21,869 --> 00:34:18,089

am you know think about it like this

706

00:34:24,510 --> 00:34:21,879

you're a big sponge you get up every day

707

00:34:27,089 --> 00:34:24,520

you shower but you still have your

708

00:34:30,089 --> 00:34:27,099

energetic energies or toxins connected

709

00:34:32,339 --> 00:34:30,099

to you you go to work you go through

710

00:34:36,169 --> 00:34:32,349

your day and more and more things happen

711

00:34:38,369 --> 00:34:36,179

to you and you're adding to your sponge

712

00:34:41,730 --> 00:34:38,379

all right and then you go home at night

713

00:34:43,230 --> 00:34:41,740

and you lay in bed and you're taking all

714

00:34:45,000 --> 00:34:43,240

that energy from the day and you're

715

00:34:48,389 --> 00:34:45,010

actually putting it in your bed with you

716

00:34:50,579 --> 00:34:48,399

and then you wake up and you go back to

717

00:34:54,359 --> 00:34:50,589

work but in your bed there's still that

718

00:34:56,760 --> 00:34:54,369

energy from the days before so you start

719

00:34:58,740 --> 00:34:56,770

to get restlessness you start to feel

720

00:35:00,900 --> 00:34:58,750

sick you start to feel fatigued and

721

00:35:04,920 --> 00:35:00,910

tired because you're not processing

722

00:35:07,050 --> 00:35:04,930

energy properly it's not it's not going

723

00:35:08,400 --> 00:35:07,060

through you so you're just collecting it

724

00:35:10,050 --> 00:35:08,410

it's almost like you're putting every

725

00:35:13,680 --> 00:35:10,060

day you wake up you put on a new winter

726

00:35:16,740 --> 00:35:13,690

coat so Jason you're saying that when a

727

00:35:18,300 --> 00:35:16,750

person begins a meditative practice they

728

00:35:20,910 --> 00:35:18,310

begin to identify with their own

729

00:35:23,490 --> 00:35:20,920

signature vibration and once you begin

730

00:35:26,609 --> 00:35:23,500

to know yourself and how it feels to be

731

00:35:29,490 --> 00:35:26,619

the authentic you that whenever

732

00:35:32,250 --> 00:35:29,500

something comes into your field that is

733

00:35:34,950 --> 00:35:32,260

not you immediately begin to feel the

734

00:35:37,770 --> 00:35:34,960

barrier barrier between you and said

735

00:35:41,760 --> 00:35:37,780

person who may be overlaying energy on

736

00:35:45,210 --> 00:35:41,770

you correct beautiful absolutely and

737

00:35:47,790 --> 00:35:45,220

it's through that knowledge so for

738

00:35:50,880 --> 00:35:47,800

example I could be sitting across from a

739

00:35:53,099 --> 00:35:50,890

friend and I could start to feel what's

740

00:35:55,290 --> 00:35:53,109

going on in their body so I start to

741

00:36:00,050 --> 00:35:55,300

read them or pick up what's happening to

742

00:36:03,809 --> 00:36:00,060

them and I could either accept it as my

743

00:36:05,240 --> 00:36:03,819

own and then it's stuck within me and I

744

00:36:08,309 --> 00:36:05,250

take it home with me

745

00:36:11,010 --> 00:36:08,319

that's one reality I can do the next

746

00:36:14,010 --> 00:36:11,020

reality I could do is as I'm speaking to

747

00:36:16,140 --> 00:36:14,020

that friend I could recognize that this

748

00:36:19,140 --> 00:36:16,150

is an issue that this person is carrying

749

00:36:22,260 --> 00:36:19,150

and this person is now projecting that

750

00:36:23,220 --> 00:36:22,270

would that he's carrying to you because

751

00:36:25,349 --> 00:36:23,230

he needs help

752

00:36:27,059 --> 00:36:25,359

but he's unaware of that help so

753

00:36:30,030 --> 00:36:27,069

energetically there's a communication

754

00:36:31,920 --> 00:36:30,040

happening and then I could just be

755

00:36:35,039 --> 00:36:31,930

speaking to him normally but in the

756

00:36:37,049 --> 00:36:35,049

of my mind I'm working and processing

757

00:36:38,849 --> 00:36:37,059

that energy and suddenly I feel it

758

00:36:42,870 --> 00:36:38,859

release from me and I know it's release

759

00:36:46,140 --> 00:36:42,880

from them and I think that's where we

760

00:36:49,049 --> 00:36:46,150

all have to be we have to be able to

761

00:36:53,370 --> 00:36:49,059

feel and it is a feeling you know it's

762

00:36:56,309 --> 00:36:53,380

not like a voice in my mind saying this

763

00:36:58,559 --> 00:36:56,319

person has this it's never like that

764

00:37:01,109 --> 00:36:58,569

it's always like you sit in front of

765

00:37:03,750 --> 00:37:01,119

somebody or even tuned in to them it

766

00:37:06,059 --> 00:37:03,760

from a long distance and then I you can

767

00:37:08,640 --> 00:37:06,069

start to feel what's going on around

768

00:37:13,940 --> 00:37:08,650

them and inside of them and once you

769

00:37:18,710 --> 00:37:13,950

feel it then you could influence and

770

00:37:21,059 --> 00:37:18,720

process it so the feeling comes first

771

00:37:23,069 --> 00:37:21,069

often Jason when I'm out in public and I

772

00:37:24,390 --> 00:37:23,079

tell I share this story often when I'm

773

00:37:25,740 --> 00:37:24,400

out in public and I'm intermingling with

774

00:37:27,329 --> 00:37:25,750

people because I just went on a band

775

00:37:30,809 --> 00:37:27,339

break and I meet someone for the first

776

00:37:33,779 --> 00:37:30,819

time and as I'm using all faculties my

777

00:37:36,480 --> 00:37:33,789

mind my ears my eyes my ability to take

778

00:37:39,210 --> 00:37:36,490

in my intuition just all of that stuff I

779

00:37:40,260 --> 00:37:39,220

often sit on a radar trust I always

780

00:37:43,440 --> 00:37:40,270

trust want to get back whether it's

781

00:37:43,859 --> 00:37:43,450

accurately not trust as if it was the

782

00:37:45,839 --> 00:37:43,869

truth

783

00:37:47,370 --> 00:37:45,849

and when I begin to dialogue with this

784

00:37:50,400 --> 00:37:47,380

person for the first time I find a

785

00:37:52,230 --> 00:37:50,410

pendant the sound of their voice piece

786

00:37:53,730 --> 00:37:52,240

of clothing they're wearing physical

787

00:37:56,400 --> 00:37:53,740

attributes something that's very very

788

00:37:59,370 --> 00:37:56,410

beautiful and I begin to massage and

789

00:38:02,010 --> 00:37:59,380

appreciate and admire that quality of

790

00:38:03,930 --> 00:38:02,020

that person and I begin to hyper fix and

791

00:38:06,930 --> 00:38:03,940

hyper focus and I take that into a space

792

00:38:09,329 --> 00:38:06,940

in my heart of just truly just just

793

00:38:12,690 --> 00:38:09,339

digging what I'm experiencing and I

794

00:38:15,569 --> 00:38:12,700

literally see God or their own divinity

795

00:38:18,089 --> 00:38:15,579

walk out of themselves and it steps to

796

00:38:19,980 --> 00:38:18,099

the fore and I see transformation happen

797

00:38:22,319 --> 00:38:19,990

in that person immediately is this sort

798

00:38:25,680 --> 00:38:22,329

of what you're saying is stepping back

799

00:38:26,880 --> 00:38:25,690

and stepping imaged but living it using

800

00:38:29,940 --> 00:38:26,890

your awareness from your heart space

801  
00:38:31,559 --> 00:38:29,950  
from versus the monkey mind space of

802  
00:38:34,880 --> 00:38:31,569  
judgment right and wrong what you think

803  
00:38:36,960 --> 00:38:34,890  
is happening that's exactly correct and

804  
00:38:39,779 --> 00:38:36,970  
you know it's beautiful that you're

805  
00:38:42,599 --> 00:38:39,789  
doing this because like you say it's a

806  
00:38:44,490 --> 00:38:42,609  
feeling you know so your your your

807  
00:38:45,480 --> 00:38:44,500  
taking your attention and you're

808  
00:38:47,670 --> 00:38:45,490  
bringing it into

809  
00:38:50,490 --> 00:38:47,680  
feeling into your heart and by doing

810  
00:38:53,160 --> 00:38:50,500  
this you're allowing the process to

811  
00:38:56,730 --> 00:38:53,170  
unfold and I think that's the most

812  
00:39:00,900 --> 00:38:56,740  
important word is allowing now when we

813  
00:39:04,650 --> 00:39:00,910

were when we were taught this in the

814

00:39:08,780 --> 00:39:04,660

Algonquin shamanism what they said is

815

00:39:13,530 --> 00:39:08,790

that when you become sensitive like this

816

00:39:17,490 --> 00:39:13,540

people's energy will call on you and you

817

00:39:20,780 --> 00:39:17,500

just allow the process to happen for

818

00:39:23,670 --> 00:39:20,790

example I could be riding a bus and

819

00:39:25,890 --> 00:39:23,680

suddenly I'll feel that there's a

820

00:39:29,820 --> 00:39:25,900

connection to someone on the bus calling

821

00:39:31,770 --> 00:39:29,830

for help and there's nothing I can do

822

00:39:36,030 --> 00:39:31,780

about it it's it's just almost automatic

823

00:39:39,570 --> 00:39:36,040

and I can just sit with it and allow

824

00:39:41,250 --> 00:39:39,580

that process to unfold and that person

825

00:39:45,420 --> 00:39:41,260

will receive whatever they're meant to

826

00:39:47,460 --> 00:39:45,430

receive yeah I don't go up to that

827

00:39:50,580 --> 00:39:47,470

person and say this is what's happening

828

00:39:53,130 --> 00:39:50,590

in fact I won't even make eye contact I

829

00:39:55,080 --> 00:39:53,140

just allow that on some higher level

830

00:39:57,540 --> 00:39:55,090

there's an agreement that took place

831

00:40:00,599 --> 00:39:57,550

that at this time this work would be

832

00:40:02,870 --> 00:40:00,609

done with this person and I just let it

833

00:40:09,780 --> 00:40:05,700

but we all have this ability it's it's

834

00:40:12,690 --> 00:40:09,790

not something that a few of us have it's

835

00:40:16,050 --> 00:40:12,700

something that we can work on and

836

00:40:19,200 --> 00:40:16,060

develop and that's why we need things

837

00:40:21,000 --> 00:40:19,210

like spiritual practice you know how

838

00:40:23,010 --> 00:40:21,010

could you know the whole topic today is

839

00:40:27,120 --> 00:40:23,020

you know how can we be grounded in

840

00:40:32,280 --> 00:40:27,130

chaotic times how can you be grounded if

841

00:40:35,099 --> 00:40:32,290

your mind is chattering thing I say

842

00:40:37,230 --> 00:40:35,109

often yeah about chattering not only the

843

00:40:39,720 --> 00:40:37,240

chattering mind because to me the

844

00:40:43,109 --> 00:40:39,730

chattering mouth is the chattering mind

845

00:40:45,510 --> 00:40:43,119

and I've always say incessant talking is

846

00:40:48,090 --> 00:40:45,520

not good for you at all

847

00:40:49,710 --> 00:40:48,100

Jason and I are hanging out Jason says

848

00:40:51,810 --> 00:40:49,720

hey Keith how's your day today and say

849

00:40:52,950 --> 00:40:51,820

man I went to the store today and I

850

00:40:54,450 --> 00:40:52,960

bought some rice and I bought some

851  
00:40:57,210 --> 00:40:54,460  
tissue paper and I turned on the second

852  
00:40:58,480 --> 00:40:57,220  
out I could just say I went to the store

853  
00:41:02,410 --> 00:40:58,490  
it

854  
00:41:04,000 --> 00:41:02,420  
frees up the entire process and so when

855  
00:41:05,800 --> 00:41:04,010  
the incessant mine is going on I was

856  
00:41:07,660 --> 00:41:05,810  
actually gonna ask you this Jason we

857  
00:41:10,030 --> 00:41:07,670  
look out into the world the average John

858  
00:41:12,790 --> 00:41:10,040  
Doe or the average Jane Doe sees all

859  
00:41:15,760 --> 00:41:12,800  
this chaos all this terrorism all this

860  
00:41:17,560 --> 00:41:15,770  
race baiting all this stuff how does one

861  
00:41:19,720 --> 00:41:17,570  
get out of the fight it's something else

862  
00:41:22,420 --> 00:41:19,730  
I say all the time get out of the

863  
00:41:25,150 --> 00:41:22,430

ongoing fight in your life no matter

864

00:41:32,920 --> 00:41:25,160

what arena it's in how does one take a

865

00:41:34,600 --> 00:41:32,930

new posture a new position it's just an

866

00:41:36,970 --> 00:41:34,610

unfoldment process everything is

867

00:41:40,300 --> 00:41:36,980

unfolding unto itself what would you

868

00:41:41,710 --> 00:41:40,310

suggest to help a person begin to get

869

00:41:43,810 --> 00:41:41,720

out of the duality because we're not

870

00:41:45,520 --> 00:41:43,820

seeking to ality we're already here we

871

00:41:48,370 --> 00:41:45,530

want wholeness so what would you offer

872

00:41:50,710 --> 00:41:48,380

in support of someone to help them get

873

00:41:53,550 --> 00:41:50,720

out of the monkey mind of living in the

874

00:41:57,820 --> 00:41:53,560

world of chaos terrorism and racism

875

00:41:58,600 --> 00:41:57,830

don't get drawn into it it's as simple

876  
00:42:00,760 --> 00:41:58,610  
as that

877  
00:42:03,250 --> 00:42:00,770  
and you know there's so many modalities

878  
00:42:07,150 --> 00:42:03,260  
and things but you know the basis of it

879  
00:42:09,070 --> 00:42:07,160  
is don't get your attention pulled all

880  
00:42:12,270 --> 00:42:09,080  
right so you are an energy-producing

881  
00:42:15,750 --> 00:42:12,280  
being you are light you're broadcasting

882  
00:42:20,440 --> 00:42:15,760  
frequencies out into the multi-universe

883  
00:42:22,930 --> 00:42:20,450  
multi dimensions now if someone comes to

884  
00:42:25,990 --> 00:42:22,940  
you and starts to draw you into

885  
00:42:27,460 --> 00:42:26,000  
something pulleys they're pulling your

886  
00:42:30,310 --> 00:42:27,470  
attention which means they're pulling

887  
00:42:32,620 --> 00:42:30,320  
your energy if someone is talking to you

888  
00:42:35,980 --> 00:42:32,630

a mile a minute and trying to hold your

889

00:42:39,609 --> 00:42:35,990

attention on them what they are doing is

890

00:42:42,910 --> 00:42:39,619

literally saying to you my energy is

891

00:42:46,240 --> 00:42:42,920

being pulled so much that I need to pull

892

00:42:49,240 --> 00:42:46,250

your attention to me so I can be fed

893

00:42:52,570 --> 00:42:49,250

energetically that's what they're doing

894

00:42:53,950 --> 00:42:52,580

and if you allow that to occur what

895

00:42:57,790 --> 00:42:53,960

you're doing is you're allowing yourself

896

00:43:01,859 --> 00:42:57,800

to open up to give the energy you're

897

00:43:07,050 --> 00:43:01,869

carrying to that person cause or thing

898

00:43:09,339 --> 00:43:07,060

for example you know on even hurricane

899

00:43:13,319 --> 00:43:09,349

Irma you know you know

900

00:43:18,519 --> 00:43:13,329

how many people were watching the live

901  
00:43:20,410 --> 00:43:18,529  
24/7 livestream of the event on TV you

902  
00:43:23,380 --> 00:43:20,420  
know millions of people were watching

903  
00:43:28,390 --> 00:43:23,390  
that and putting their fear putting

904  
00:43:31,870 --> 00:43:28,400  
their putting their emotions into that

905  
00:43:34,839 --> 00:43:31,880  
TV into that event and the more people

906  
00:43:39,309 --> 00:43:34,849  
that do that will actually give more

907  
00:43:40,900 --> 00:43:39,319  
life to the situation because that's

908  
00:43:42,640 --> 00:43:40,910  
what you're doing you're co-creating a

909  
00:43:45,700 --> 00:43:42,650  
reality and if you're co-creating that

910  
00:43:48,309 --> 00:43:45,710  
reality with fear and anxiety that's

911  
00:43:49,989 --> 00:43:48,319  
what you're planting into the world it's

912  
00:43:51,249 --> 00:43:49,999  
funny use that word plant Jason and

913  
00:43:53,769 --> 00:43:51,259

again another thing I always say

914

00:43:56,259 --> 00:43:53,779

passionately is we can water the weed

915

00:43:58,059 --> 00:43:56,269

and we can water the plant and whatever

916

00:44:00,039 --> 00:43:58,069

one you give your attention to is the

917

00:44:02,109 --> 00:44:00,049

one that is going to blossom and I

918

00:44:04,450 --> 00:44:02,119

understand people's intentions are

919

00:44:06,579 --> 00:44:04,460

fabulous it's gorgeous it's divine their

920

00:44:08,170 --> 00:44:06,589

intentions are oh my god this horrible

921

00:44:10,509 --> 00:44:08,180

thing is happening and I want to help by

922

00:44:12,819 --> 00:44:10,519

you know see what's going on so I can't

923

00:44:14,019 --> 00:44:12,829

continue to send prayer but little did

924

00:44:15,430 --> 00:44:14,029

they realize they're adding to the

925

00:44:17,469 --> 00:44:15,440

conundrum of the problem you know I see

926

00:44:19,269 --> 00:44:17,479

people all the time Jason all the time

927

00:44:21,940 --> 00:44:19,279

and I'm sure you see it as well

928

00:44:24,039 --> 00:44:21,950

post on social media I just went to the

929

00:44:26,380 --> 00:44:24,049

doctor and we're not sure but I think I

930

00:44:28,719 --> 00:44:26,390

might have this and now we got everybody

931

00:44:31,089 --> 00:44:28,729

chiming and going oh my blessings to you

932

00:44:32,589 --> 00:44:31,099

girl am i my friend and and everybody

933

00:44:33,900 --> 00:44:32,599

wants to help and everybody wants to

934

00:44:36,819 --> 00:44:33,910

support but little do they realize

935

00:44:43,390 --> 00:44:36,829

you're supporting someone and said

936

00:44:47,950 --> 00:44:43,400

potential illness yes and here's here's

937

00:44:51,400 --> 00:44:47,960

another thing is that many people like

938

00:44:55,029 --> 00:44:51,410

the wound oh yeah it creates a great

939

00:44:58,420 --> 00:44:55,039

amount of tension and they don't want to

940

00:45:01,329 --> 00:44:58,430

give it up exactly so what they're doing

941

00:45:05,620 --> 00:45:01,339

is they're using this situation or the

942

00:45:07,599 --> 00:45:05,630

wound that they carry to pull more

943

00:45:09,910 --> 00:45:07,609

energy towards them because that's what

944

00:45:11,589 --> 00:45:09,920

they like and it it may not even be a

945

00:45:14,109 --> 00:45:11,599

conscious thing it's just a subconscious

946

00:45:18,819 --> 00:45:14,119

thing that they're doing they're not bad

947

00:45:22,569 --> 00:45:18,829

people at all but when you're focusing

948

00:45:23,020 --> 00:45:22,579

your life around a specific thing what

949

00:45:24,730 --> 00:45:23,030

you're do

950

00:45:28,480 --> 00:45:24,740

it doesn't matter if it's positive or

951  
00:45:31,840 --> 00:45:28,490  
negative you're feeding it and it will

952  
00:45:34,900 --> 00:45:31,850  
grow so the best thing to do is not give

953  
00:45:37,360 --> 00:45:34,910  
your attention to things that you do not

954  
00:45:41,380 --> 00:45:37,370  
want to manifest in your own personal

955  
00:45:44,340 --> 00:45:41,390  
reality for example if I start to

956  
00:45:49,360 --> 00:45:44,350  
feel a pain or a sickness come to me

957  
00:45:51,610 --> 00:45:49,370  
immediately my mind will say no I don't

958  
00:45:53,890 --> 00:45:51,620  
accept this this is not what I'm going

959  
00:45:58,390 --> 00:45:53,900  
to take on in my life right now

960  
00:46:00,550 --> 00:45:58,400  
dig it and it's just gone you know so we

961  
00:46:02,860 --> 00:46:00,560  
have to learn not only how to stay

962  
00:46:06,880 --> 00:46:02,870  
grounded but control what we're going to

963  
00:46:09,250 --> 00:46:06,890

take into our reality and I think that's

964

00:46:11,860 --> 00:46:09,260

how we and I wouldn't use the word

965

00:46:15,850 --> 00:46:11,870

control because we are being controlled

966

00:46:19,240 --> 00:46:15,860

in many levels I would just say we're

967

00:46:22,180 --> 00:46:19,250

choosing our will we're choosing our

968

00:46:24,460 --> 00:46:22,190

free will of how we're going to manifest

969

00:46:27,070 --> 00:46:24,470

our reality and experience our reality

970

00:46:29,200 --> 00:46:27,080

and the more that we ground ourselves

971

00:46:32,170 --> 00:46:29,210

the more that we release and know our

972

00:46:36,430 --> 00:46:32,180

true energy and what we feel like then

973

00:46:39,790 --> 00:46:36,440

we really get this power to make those

974

00:46:44,740 --> 00:46:39,800

decisions so remember we have to talk

975

00:46:47,410 --> 00:46:44,750

about Karma and destiny and you know

976

00:46:50,190 --> 00:46:47,420

we're just drawn in we're in our osa

977

00:46:52,930 --> 00:46:50,200

drawn we're pulled in so many directions

978

00:46:54,730 --> 00:46:52,940

by the things that we carry the way that

979

00:46:57,280 --> 00:46:54,740

we think the way that we feel we're

980

00:47:01,330 --> 00:46:57,290

being propelled down a path because of

981

00:47:04,210 --> 00:47:01,340

that and we could have free choice along

982

00:47:08,110 --> 00:47:04,220

the way but we're being pulled in a

983

00:47:11,530 --> 00:47:08,120

direction because of what we carry so if

984

00:47:14,380 --> 00:47:11,540

we could let go of that if we can let go

985

00:47:16,060 --> 00:47:14,390

of those things that are pulling us then

986

00:47:18,550 --> 00:47:16,070

we can actually stay still in the

987

00:47:21,580 --> 00:47:18,560

present moment take a breath and say you

988

00:47:25,950 --> 00:47:21,590

know what I want to go this direction

989

00:47:27,970 --> 00:47:25,960

and then the universe will support you

990

00:47:29,500 --> 00:47:27,980

speaking in with Jason quit today on

991

00:47:31,450 --> 00:47:29,510

center of light radio triple eight nine

992

00:47:33,970 --> 00:47:31,460

one nine two three five five Jason let

993

00:47:36,859 --> 00:47:33,980

me ask you this would you agree with the

994

00:47:39,980 --> 00:47:36,869

idea that one way

995

00:47:42,499 --> 00:47:39,990

someone can become grounded and move

996

00:47:45,890 --> 00:47:42,509

back into the authentic nature of their

997

00:47:47,120 --> 00:47:45,900

power is to accept responsibility that

998

00:47:49,759 --> 00:47:47,130

like it or not

999

00:47:52,700 --> 00:47:49,769

consciousness not I've done something

1000

00:47:56,210 --> 00:47:52,710

somewhere somehow that brought this

1001  
00:47:59,239 --> 00:47:56,220  
hurricane this mugger this whatever into

1002  
00:48:03,109 --> 00:47:59,249  
my life because when one accepts said

1003  
00:48:08,299 --> 00:48:03,119  
karma and reflection it takes on a new

1004  
00:48:11,539 --> 00:48:08,309  
meaning a new disposition entirely by

1005  
00:48:15,829 --> 00:48:11,549  
accepting such responsibility you got

1006  
00:48:19,370 --> 00:48:15,839  
the right word it's acceptance so it's

1007  
00:48:23,769 --> 00:48:19,380  
also acceptance and blame so what you're

1008  
00:48:28,630 --> 00:48:23,779  
saying is because I did this in my past

1009  
00:48:33,349 --> 00:48:28,640  
this is happening to me and I deserve it

1010  
00:48:35,420 --> 00:48:33,359  
right and you know that is very very

1011  
00:48:41,599 --> 00:48:35,430  
common that is the way the mind kind of

1012  
00:48:45,650 --> 00:48:41,609  
goes but it's not all cut and dry it is

1013  
00:48:49,069 --> 00:48:45,660

not all black and white and we can

1014

00:48:51,349 --> 00:48:49,079

actually accept our reality by creating

1015

00:48:54,109 --> 00:48:51,359

this story is basically what you're

1016

00:48:59,239 --> 00:48:54,119

saying because of this story that I've

1017

00:49:02,180 --> 00:48:59,249

created in my past now I pay for it yeah

1018

00:49:04,069 --> 00:49:02,190

guilt always looks for punishment but

1019

00:49:07,910 --> 00:49:04,079

what are they doing to step out of it is

1020

00:49:09,890 --> 00:49:07,920

the question yeah so instead of learning

1021

00:49:11,720 --> 00:49:09,900

looking for ways to step out of it

1022

00:49:15,739 --> 00:49:11,730

looking for ways of healing and closure

1023

00:49:18,380 --> 00:49:15,749

and to release whatever is holding them

1024

00:49:20,239 --> 00:49:18,390

in this pattern they're just taking that

1025

00:49:24,140 --> 00:49:20,249

story and say well I'm this way because

1026

00:49:29,870 --> 00:49:24,150

of this so lemme be I like it here don't

1027

00:49:32,289 --> 00:49:29,880

bother me and I think a lot of people

1028

00:49:35,539 --> 00:49:32,299

feel that way

1029

00:49:39,039 --> 00:49:35,549

so Jason as we continue to move down the

1030

00:49:41,120 --> 00:49:39,049

timeline in our future you being a

1031

00:49:43,880 --> 00:49:41,130

multi-dimensional time traveler

1032

00:49:46,370 --> 00:49:43,890

have you experienced of course

1033

00:49:48,200 --> 00:49:46,380

anything's possible and into probably

1034

00:49:50,120 --> 00:49:48,210

depends on what platform you project

1035

00:49:51,950 --> 00:49:50,130

yourself not you but any

1036

00:49:53,569 --> 00:49:51,960

one who does time traveling or out about

1037

00:49:55,220 --> 00:49:53,579

experience the platform you launch

1038

00:49:57,170 --> 00:49:55,230

yourself from is likely going to bring

1039

00:49:58,970 --> 00:49:57,180

you to said experience but when you've

1040

00:50:00,980 --> 00:49:58,980

found yourself on a space of being clear

1041

00:50:04,940 --> 00:50:00,990

and wanting to move into a future

1042

00:50:07,759 --> 00:50:04,950

paradigm a feature of timeline do you

1043

00:50:10,460 --> 00:50:07,769

have any idea what is likely and is I'm

1044

00:50:12,650 --> 00:50:10,470

not asking us to pigeon-holed us but

1045

00:50:15,099 --> 00:50:12,660

what is likely gonna happen to us in the

1046

00:50:19,640 --> 00:50:15,109

RIT nice the near future about

1047

00:50:21,829 --> 00:50:19,650

humanity's fate is this gonna keep

1048

00:50:24,589 --> 00:50:21,839

happening forever or do we have have we

1049

00:50:26,539 --> 00:50:24,599

mustered up what we needed to make the

1050

00:50:30,620 --> 00:50:26,549

changes necessary so we can begin to

1051  
00:50:33,259 --> 00:50:30,630  
live in a united family that is a very

1052  
00:50:38,349 --> 00:50:33,269  
difficult question because the answer is

1053  
00:50:43,490 --> 00:50:38,359  
very difficult for people to get I would

1054  
00:50:47,150 --> 00:50:43,500  
personally say that this type of

1055  
00:50:53,299 --> 00:50:47,160  
conflict this type of chaos in our world

1056  
00:50:57,109 --> 00:50:53,309  
is the reason for our awakening okay

1057  
00:51:02,109 --> 00:50:57,119  
it's it's waking us up and it's teaching

1058  
00:51:04,759 --> 00:51:02,119  
us like nothing else you know as

1059  
00:51:07,509 --> 00:51:04,769  
traumatic is what happened in Houston is

1060  
00:51:10,609 --> 00:51:07,519  
the beauty of unity that came out and is

1061  
00:51:14,450 --> 00:51:10,619  
amazing so I'm thinking if we begin to

1062  
00:51:17,420 --> 00:51:14,460  
unite there would be no cause for these

1063  
00:51:21,579 --> 00:51:17,430

natural calamities it's all about unity

1064

00:51:26,470 --> 00:51:21,589

and if these things are making us unify

1065

00:51:29,749 --> 00:51:26,480

yes we need to unify and I was actually

1066

00:51:31,670 --> 00:51:29,759

driving through South Carolina during

1067

00:51:37,069 --> 00:51:31,680

that time where all that was going on

1068

00:51:39,890 --> 00:51:37,079

with the racism you know a couple weeks

1069

00:51:40,730 --> 00:51:39,900

ago I think it was Charleston South

1070

00:51:43,609 --> 00:51:40,740

Carolina

1071

00:51:45,589 --> 00:51:43,619

so I actually drove through there going

1072

00:51:48,920 --> 00:51:45,599

to my friend's place in North Carolina

1073

00:51:52,970 --> 00:51:48,930

and we were looking around and there was

1074

00:51:54,170 --> 00:51:52,980

police everywhere there's police

1075

00:51:56,029 --> 00:51:54,180

everywhere we're trying to figure out

1076  
00:51:57,710 --> 00:51:56,039  
what's going on here and then when you

1077  
00:52:01,590 --> 00:51:57,720  
read the news and you realize what was

1078  
00:52:03,630 --> 00:52:01,600  
going on there but the

1079  
00:52:06,380 --> 00:52:03,640  
I came to this conclusion a long time

1080  
00:52:09,770 --> 00:52:06,390  
ago is the reason we still hate is

1081  
00:52:12,840 --> 00:52:09,780  
because we have to first hate ourselves

1082  
00:52:16,080 --> 00:52:12,850  
it just comes down to that right and

1083  
00:52:20,190 --> 00:52:16,090  
once you take that personal step to love

1084  
00:52:21,540 --> 00:52:20,200  
yourself you can't hate anybody it's

1085  
00:52:25,320 --> 00:52:21,550  
impossible because everything is a

1086  
00:52:28,560 --> 00:52:25,330  
reflection of your love so you know for

1087  
00:52:30,120 --> 00:52:28,570  
people that are still divided it's just

1088  
00:52:32,040 --> 00:52:30,130

because they're not connected and

1089

00:52:33,990 --> 00:52:32,050

because they're not connected then you

1090

00:52:36,420 --> 00:52:34,000

have forgiveness and compassion for them

1091

00:52:39,450 --> 00:52:36,430

and you want to love them more to help

1092

00:52:42,150 --> 00:52:39,460

them to unify and to bring them closer

1093

00:52:44,550 --> 00:52:42,160

to what the truth is which is the

1094

00:52:46,650 --> 00:52:44,560

reconnection to the source creator

1095

00:52:52,490 --> 00:52:46,660

whatever you want to call it which is in

1096

00:52:55,110 --> 00:52:52,500

all of us and there is no division so we

1097

00:52:56,700 --> 00:52:55,120

have to I think the real answer out of

1098

00:53:01,290 --> 00:52:56,710

all of this is we have to learn how to

1099

00:53:04,280 --> 00:53:01,300

love ourselves first and it's a it's a

1100

00:53:09,350 --> 00:53:04,290

kind of crappy answer to someone who's

1101  
00:53:12,020 --> 00:53:09,360  
troubled who's dealing with self issues

1102  
00:53:14,880 --> 00:53:12,030  
but we do have to look at the mirror and

1103  
00:53:17,010 --> 00:53:14,890  
understand that we're all the same we're

1104  
00:53:19,650 --> 00:53:17,020  
all connected and it's through that

1105  
00:53:22,170 --> 00:53:19,660  
unification in chaos that will bring us

1106  
00:53:25,890 --> 00:53:22,180  
together unfortunately that's the way

1107  
00:53:27,510 --> 00:53:25,900  
things are set up right now I've seen it

1108  
00:53:28,650 --> 00:53:27,520  
many times in my life Jason especially

1109  
00:53:30,780 --> 00:53:28,660  
when I was growing up before I got on

1110  
00:53:33,420 --> 00:53:30,790  
this path that I was living with the

1111  
00:53:36,030 --> 00:53:33,430  
mindset no heart I was living in the

1112  
00:53:38,190 --> 00:53:36,040  
outside world and I was angry and my

1113  
00:53:42,270 --> 00:53:38,200

world was just a reflection of all that

1114

00:53:44,580 --> 00:53:42,280

inner stuff and like you we support

1115

00:53:46,860 --> 00:53:44,590

people in making a choice to turn inward

1116

00:53:49,380 --> 00:53:46,870

and when you connect to your authentic

1117

00:53:51,030 --> 00:53:49,390

self you know we thought our whole lives

1118

00:53:52,740 --> 00:53:51,040

this is what seeing is I could see

1119

00:53:54,990 --> 00:53:52,750

pretty good right when you do this you

1120

00:53:57,780 --> 00:53:55,000

know oh my god is this what see yes and

1121

00:53:59,610 --> 00:53:57,790

we begin to be motivated to expand our

1122

00:54:01,050 --> 00:53:59,620

awareness peripherally and expand our

1123

00:54:04,380 --> 00:54:01,060

winters and next thing you know we

1124

00:54:06,900 --> 00:54:04,390

become we have the ability to not only

1125

00:54:09,150 --> 00:54:06,910

see but understand but to feel that

1126  
00:54:10,800 --> 00:54:09,160  
there is no disconnection to anything

1127  
00:54:12,890 --> 00:54:10,810  
and when you live from that kind of

1128  
00:54:15,059 --> 00:54:12,900  
space boy life gets really really juicy

1129  
00:54:17,400 --> 00:54:15,069  
Jason we're at the top of the hour

1130  
00:54:19,769 --> 00:54:17,410  
sadly it flies like that would you give

1131  
00:54:21,989 --> 00:54:19,779  
us a final thought on something with our

1132  
00:54:24,809 --> 00:54:21,999  
theme about how we can support people to

1133  
00:54:27,479 --> 00:54:24,819  
not only become grounded but to help

1134  
00:54:30,380 --> 00:54:27,489  
ease the difficulty of swallowing the

1135  
00:54:32,069 --> 00:54:30,390  
pill of the terrorism the racism the

1136  
00:54:33,029 --> 00:54:32,079  
catastrophic events that are taking

1137  
00:54:34,499 --> 00:54:33,039  
place in the world

1138  
00:54:36,359 --> 00:54:34,509

what could you leave us with sir that

1139

00:54:38,459 --> 00:54:36,369

would support them and falling into

1140

00:54:41,880 --> 00:54:38,469

their heart in easing into the bliss a

1141

00:54:45,449 --> 00:54:41,890

little easier we have to talk to people

1142

00:54:48,420 --> 00:54:45,459

with love we really do it's not a debate

1143

00:54:54,120 --> 00:54:48,430

who is right and who is wrong we just

1144

00:54:55,709 --> 00:54:54,130

have to find ourselves treat people the

1145

00:54:57,719 --> 00:54:55,719

way we would treat ourselves and you

1146

00:55:01,380 --> 00:54:57,729

know I was having this conversation with

1147

00:55:05,489 --> 00:55:01,390

a couple people and you know why can't

1148

00:55:08,459 --> 00:55:05,499

we just be good people first right just

1149

00:55:11,219 --> 00:55:08,469

be just be a good person and talk to

1150

00:55:13,140 --> 00:55:11,229

people because everybody and I mean

1151  
00:55:18,359 --> 00:55:13,150  
every single person you come in contact

1152  
00:55:21,479 --> 00:55:18,369  
with has problems every person is

1153  
00:55:24,959 --> 00:55:21,489  
dealing with something okay

1154  
00:55:27,059 --> 00:55:24,969  
so if you come to them and you start to

1155  
00:55:31,019 --> 00:55:27,069  
push their buttons or talk to them in a

1156  
00:55:34,039 --> 00:55:31,029  
way that will push their buttons it's

1157  
00:55:37,109 --> 00:55:34,049  
not going to work you're going to cause

1158  
00:55:39,599 --> 00:55:37,119  
disconnection to them so if you come

1159  
00:55:42,359 --> 00:55:39,609  
with that compassion and know that

1160  
00:55:45,150 --> 00:55:42,369  
they're that way because of that inner

1161  
00:55:46,859 --> 00:55:45,160  
conflict that they're holding then the

1162  
00:55:50,130 --> 00:55:46,869  
only thing you could do is talk to them

1163  
00:55:52,349 --> 00:55:50,140

out of love and that's where we really

1164

00:55:54,329 --> 00:55:52,359

have to start is just being

1165

00:55:56,549 --> 00:55:54,339

compassionate and know that everybody is

1166

00:55:59,099 --> 00:55:56,559

dealing with something and we can't

1167

00:56:01,049 --> 00:55:59,109

judge where they are in their life

1168

00:56:04,109 --> 00:56:01,059

because we don't know where they've been

1169

00:56:07,289 --> 00:56:04,119

and what they've gone through what's

1170

00:56:09,509 --> 00:56:07,299

coming down the pike for Jason quit well

1171

00:56:12,689 --> 00:56:09,519

right now I am helping a good friend of

1172

00:56:15,809 --> 00:56:12,699

mine John D'Souza he's putting out a

1173

00:56:17,729 --> 00:56:15,819

book called the clear hears we should be

1174

00:56:20,309 --> 00:56:17,739

coming out next month so I'm just

1175

00:56:24,269 --> 00:56:20,319

helping him put that finalizing that

1176

00:56:26,640 --> 00:56:24,279

together and you know just continually

1177

00:56:29,670 --> 00:56:26,650

traveling and and teaching the chi gong

1178

00:56:32,130 --> 00:56:29,680

the Egyptian posture is a power

1179

00:56:33,830 --> 00:56:32,140

and just being present with anybody that

1180

00:56:35,820 --> 00:56:33,840

wants to talk to me

1181

00:56:37,590 --> 00:56:35,830

dig that Jason you always phenomenal

1182

00:56:39,450 --> 00:56:37,600

guests listen of light radio appreciate

1183

00:56:41,220 --> 00:56:39,460

you coming back brother thank you thank

1184

00:56:42,630 --> 00:56:41,230

you for having me brother that doors

1185

00:56:44,460 --> 00:56:42,640

always open to you thinking again

1186

00:56:45,540 --> 00:56:44,470

everyone Jason quit one of my favorite

1187

00:56:47,670 --> 00:56:45,550

people in the interview and soon a light

1188

00:56:49,620 --> 00:56:47,680

radio he's doing his thing meaning he's

1189

00:56:52,560 --> 00:56:49,630

doing it to the hill check this out

1190

00:56:55,050 --> 00:56:52,570

tonight's broadcast was staying how to

1191

00:56:56,820 --> 00:56:55,060

stay grounded in troubled times next we

1192

00:56:58,920 --> 00:56:56,830

consider of light radio have a very

1193

00:57:00,690 --> 00:56:58,930

powerful ad name is Scout Wilkins in the

1194

00:57:03,480 --> 00:57:00,700

title of her broadcast as coincidence

1195

00:57:04,830 --> 00:57:03,490

hmm achieving love and optimism in a

1196

00:57:07,650 --> 00:57:04,840

crazy world

1197

00:57:09,930 --> 00:57:07,660

that's an alignment your gonna keep you

1198

00:57:11,580 --> 00:57:09,940

kind of fishing no it's not it's an

1199

00:57:13,980 --> 00:57:11,590

alignment that we had these two shows

1200

00:57:15,900 --> 00:57:13,990

back to back thank you get to be in here

1201  
00:57:18,210 --> 00:57:15,910  
soon of light radio every Monday night 6

1202  
00:57:20,220 --> 00:57:18,220  
p.m. Eastern Time and always say this

1203  
00:57:22,140 --> 00:57:20,230  
because it's very valuable it's very

1204  
00:57:23,700 --> 00:57:22,150  
important to not only you look to

1205  
00:57:25,740 --> 00:57:23,710  
everyone around you into the world that

1206  
00:57:28,290 --> 00:57:25,750  
you even when you lay down at night you

1207  
00:57:30,000 --> 00:57:28,300  
have nothing better to do 3 will keep

1208  
00:57:32,430 --> 00:57:30,010  
and breathe all the time breathe on

1209  
00:57:35,430 --> 00:57:32,440  
purpose breathe consciously taste your

1210  
00:57:37,800 --> 00:57:35,440  
breath as you in it out it that's about

1211  
00:57:39,270 --> 00:57:37,810  
10 or 15 minutes of that you find

1212  
00:57:42,690 --> 00:57:39,280  
yourself through the ceiling of thought

1213  
00:57:45,960 --> 00:57:42,700

if you will be in the ocean of profound

1214

00:57:47,160 --> 00:57:45,970

deafening silence watch what happens to

1215

00:57:50,310 --> 00:57:47,170

your life then you have to implement

1216

00:57:51,630 --> 00:57:50,320

this practice ongoing would you get out

1217

00:57:53,970 --> 00:57:51,640

of the struggle you will get out of the

1218

00:57:54,730 --> 00:57:53,980

fight you always wanted the plant and

1219

00:57:56,590 --> 00:57:54,740

not the weed

1220

00:57:59,320 --> 00:57:56,600

peace love and light to us see you next