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Center of Light Radio

Guest: Scout Wilkins



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
00:01:24,330 --> 00:01:16,540

heaven on earth your host Keith Anthony

9
00:01:25,710 --> 00:01:24,340

Blanchard Costa Coast pulled a poll all

10
00:01:27,510 --> 00:01:25,720

around the world on the internet thanks

11
00:01:29,580 --> 00:01:27,520

to the Marvel of Technology I am coming

12
00:01:31,290 --> 00:01:29,590

at you live from this little video guest

13
00:01:32,700 --> 00:01:31,300

house in Memphis Tennessee I am Keith

14

00:01:34,590 --> 00:01:32,710

Anthony Blanchard you listen to center

15

00:01:36,930 --> 00:01:34,600

of light radio center of divine

16

00:01:39,900 --> 00:01:36,940

unfoldment in reinforcement radio for

17

00:01:41,910 --> 00:01:39,910

the soul and the transformation station

18

00:01:44,430 --> 00:01:41,920

big announcement big announcement center

19

00:01:46,710 --> 00:01:44,440

of light radio is expanding always of

20

00:01:48,090 --> 00:01:46,720

course if you've been listening to

21

00:01:50,580 --> 00:01:48,100

center of light radio for a while you

22

00:01:52,620 --> 00:01:50,590

know that I spend almost all of my time

23

00:01:55,109 --> 00:01:52,630

creating and putting out an abundance of

24

00:01:57,600 --> 00:01:55,119

information to help one expand their

25

00:02:00,870 --> 00:01:57,610

life into greater degrees of bliss

26

00:02:02,760 --> 00:02:00,880

now sinner of light beings I want to

27

00:02:07,050 --> 00:02:02,770

provide you an outlet to plug into my

28

00:02:09,300 --> 00:02:07,060

rpm energy grid I recently had a burst

29

00:02:11,280 --> 00:02:09,310

of light realization and it was powerful

30

00:02:13,410 --> 00:02:11,290

it brought me to a state of emotion on

31

00:02:15,660 --> 00:02:13,420

the marketing director for an hour

32

00:02:17,699 --> 00:02:15,670

it was uncontrollable sobbing that's why

33

00:02:18,870 --> 00:02:17,709

I knew that's how I knew I was in

34

00:02:21,000 --> 00:02:18,880

alignment with something that was just

35

00:02:22,770 --> 00:02:21,010

truly overwhelming it exploded and

36

00:02:25,589 --> 00:02:22,780

charged me with a passionate vibe to

37

00:02:27,780 --> 00:02:25,599

share my heart through my matrix of

38

00:02:30,390 --> 00:02:27,790

creations in a current flow of ongoing

39

00:02:32,070 --> 00:02:30,400

empowerment I have listened this

40

00:02:34,620 --> 00:02:32,080

listening on it I have been literally

41

00:02:38,040 --> 00:02:34,630

waiting many upon many years to lay it

42

00:02:40,620 --> 00:02:38,050

all out my work my play my joy my heart

43

00:02:43,920 --> 00:02:40,630

in my life and what that means to me to

44

00:02:45,660 --> 00:02:43,930

my son and to you and here's how you can

45

00:02:47,699 --> 00:02:45,670

plug into my matrix of creations go to

46

00:02:50,070 --> 00:02:47,709

Center of light radio calm and fill out

47

00:02:51,620 --> 00:02:50,080

the signup form which will also give you

48

00:02:54,600 --> 00:02:51,630

access to my monthly newsletter

49

00:02:57,059 --> 00:02:54,610

basically over a period of time you're

50

00:02:58,890 --> 00:02:57,069

gonna receive check this out you ready

51
00:03:00,710 --> 00:02:58,900
over a period of time you're gonna

52
00:03:02,360 --> 00:03:00,720
receive everything I have ever created

53
00:03:04,589 --> 00:03:02,370
for free

54
00:03:09,330 --> 00:03:04,599
talk about surrender and letting go

55
00:03:11,820 --> 00:03:09,340
because in this epiphany I had it was

56
00:03:14,570 --> 00:03:11,830
declared told to me I felt it bounced to

57
00:03:15,890 --> 00:03:14,580
bones it none of this belongs to me

58
00:03:18,110 --> 00:03:15,900
it doesn't belong to me and I have no

59
00:03:20,330 --> 00:03:18,120
right to hoard it so provided that it's

60
00:03:21,830 --> 00:03:20,340
not a hard copy of something anything

61
00:03:23,900 --> 00:03:21,840
that's electronic anything that I do

62
00:03:25,910 --> 00:03:23,910
there's over internet eventually once

63
00:03:27,890 --> 00:03:25,920

you sign up to this program on my

64

00:03:31,010 --> 00:03:27,900

website that sign up form you're gonna

65

00:03:34,100 --> 00:03:31,020

get everything as time goes by what a

66

00:03:35,870 --> 00:03:34,110

deal if there is no better deal you can

67

00:03:38,930 --> 00:03:35,880

find anywhere yesterday and the day

68

00:03:42,170 --> 00:03:38,940

before I had the blessed opportunity to

69

00:03:43,930 --> 00:03:42,180

spend both days with Swami Viswa yogi

70

00:03:46,700 --> 00:03:43,940

God realized man from India

71

00:03:49,640 --> 00:03:46,710

dear Lord what an experience it is with

72

00:03:51,800 --> 00:03:49,650

him and because of my filming these two

73

00:03:54,410 --> 00:03:51,810

events I am putting together an

74

00:03:57,020 --> 00:03:54,420

educational documentary about humanity's

75

00:03:59,360 --> 00:03:57,030

future titled love peace and unity be

76

00:04:02,390 --> 00:03:59,370

looking for that soon as of next week

77

00:04:05,000 --> 00:04:02,400

I'm going to be airing on inception

78

00:04:06,699 --> 00:04:05,010

Radio Network / inner of light radio my

79

00:04:09,320 --> 00:04:06,709

interview which takes place tomorrow

80

00:04:11,540 --> 00:04:09,330

video in if you mind you with Swami

81

00:04:14,420 --> 00:04:11,550

Viswa yogi he's themed for this year and

82

00:04:17,630 --> 00:04:14,430

the tour is titled healing the earth by

83

00:04:19,400 --> 00:04:17,640

purifying the water make sure you stick

84

00:04:20,780 --> 00:04:19,410

around because all the questions I'm

85

00:04:23,450 --> 00:04:20,790

going to be bringing forth or about

86

00:04:26,630 --> 00:04:23,460

water Flint Michigan fluoride in the

87

00:04:28,850 --> 00:04:26,640

water Fukushima BP oil spill in the Gulf

88

00:04:31,430 --> 00:04:28,860

of Mexico all these kinds of questions

89

00:04:34,310 --> 00:04:31,440

because we want to coincide and to

90

00:04:35,870 --> 00:04:34,320

relate to his tour his theme that he is

91

00:04:37,900 --> 00:04:35,880

moving about the world enlightened

92

00:04:39,730 --> 00:04:37,910

people and bringing unity gether and

93

00:04:41,780 --> 00:04:39,740

supporting his cause

94

00:04:43,790 --> 00:04:41,790

let me tell you a little bit about my

95

00:04:46,550 --> 00:04:43,800

guest today because it's now time to get

96

00:04:47,840 --> 00:04:46,560

down to sin of light radio business you

97

00:04:49,640 --> 00:04:47,850

want to call into the show get down

98

00:04:51,140 --> 00:04:49,650

triple eight nine one nine two three

99

00:04:54,620 --> 00:04:51,150

five five again that's eight eight eight

100

00:04:57,409 --> 00:04:54,630

nine one nine two three five five today

101
00:04:59,350 --> 00:04:57,419
my guess is Scout Wilkins the show topic

102
00:05:03,530 --> 00:04:59,360
is achieving love and optimism in a

103
00:05:05,960 --> 00:05:03,540
crazy world Scout is a naturalist and

104
00:05:08,240 --> 00:05:05,970
systems thinker an engineer and a

105
00:05:10,010 --> 00:05:08,250
builder using these skills to explore

106
00:05:12,890 --> 00:05:10,020
the structure and of human consciousness

107
00:05:15,680 --> 00:05:12,900
she has been an adjunct professor of

108
00:05:20,170 --> 00:05:15,690
Life Sciences at ASU professional

109
00:05:23,240 --> 00:05:20,180
development coach for the biomimicry

110
00:05:25,610 --> 00:05:23,250
professional program is a powerful life

111
00:05:28,429 --> 00:05:25,620
as a power it is a powerful life coach

112
00:05:32,059 --> 00:05:28,439
an energy worker and a backcountry

113
00:05:34,790 --> 00:05:32,069

and Southern Utah's Red Rock desert

114

00:05:36,769 --> 00:05:34,800

Scout says we are an amazing species

115

00:05:40,129 --> 00:05:36,779

poised on the threshold of profound

116

00:05:42,409 --> 00:05:40,139

freedom and unlimited possibility as we

117

00:05:43,369 --> 00:05:42,419

learn new ways to work with our

118

00:05:45,679 --> 00:05:43,379

consciousness

119

00:05:48,619 --> 00:05:45,689

she also says I have known from a young

120

00:05:50,959 --> 00:05:48,629

age what that feels like and then I fall

121

00:05:52,969 --> 00:05:50,969

out of touch with it my life path has

122

00:05:56,029 --> 00:05:52,979

been a quest to regain that sense of

123

00:05:59,689 --> 00:05:56,039

possibility and freedom her big question

124

00:06:02,719 --> 00:05:59,699

has been what are the obstacles that we

125

00:06:05,959 --> 00:06:02,729

put in our own way why do we do it and

126
00:06:09,499 --> 00:06:05,969
how does it work so we can do something

127
00:06:12,679 --> 00:06:09,509
different I want to share what has

128
00:06:15,469 --> 00:06:12,689
worked for me she says in real world

129
00:06:19,579 --> 00:06:15,479
terms you can find out more about Scout

130
00:06:25,729 --> 00:06:19,589
Wilkins @ww Scout Wilkins communist sco

131
00:06:30,079 --> 00:06:25,739
UT w IL k i in s.com welcome to sunnah

132
00:06:33,439 --> 00:06:30,089
of light radio scout Wilkins thank you

133
00:06:37,609 --> 00:06:33,449
so much kids I am so excited to be here

134
00:06:40,689 --> 00:06:37,619
and I loved hearing your offer that you

135
00:06:44,989 --> 00:06:40,699
made that's you know it is amazing to me

136
00:06:47,269 --> 00:06:44,999
the pace of the shift right now the

137
00:06:50,659 --> 00:06:47,279
acceleration that's happening like you

138
00:06:55,219 --> 00:06:50,669

say you just get these bursts of insight

139

00:06:58,519 --> 00:06:55,229

or shift and everything changes once

140

00:07:00,979 --> 00:06:58,529

again and so that was that was an

141

00:07:04,059 --> 00:07:00,989

amazing offer and it's really in line

142

00:07:07,729 --> 00:07:04,069

with what I'm feeling - it's just such a

143

00:07:12,729 --> 00:07:07,739

reality coming to this sense of oneness

144

00:07:16,069 --> 00:07:12,739

and just our connection and the

145

00:07:19,129 --> 00:07:16,079

synchronicities and Serendipity's that

146

00:07:21,769 --> 00:07:19,139

was a really really beautiful offer and

147

00:07:25,459 --> 00:07:21,779

I'm really here really excited to be

148

00:07:26,629 --> 00:07:25,469

here talking my my piece is really what

149

00:07:29,659 --> 00:07:26,639

does it take to do this in the real

150

00:07:34,540 --> 00:07:29,669

world you know I'm a very pretty

151
00:07:37,549 --> 00:07:34,550
grounded person I grew up in nature i l

152
00:07:39,769 --> 00:07:37,559
took some flights of fancy out into the

153
00:07:41,960 --> 00:07:39,779
online virtual world but brought myself

154
00:07:43,280 --> 00:07:41,970
back into my body and

155
00:07:47,270 --> 00:07:43,290
so now I'm just really interested in

156
00:07:49,490 --> 00:07:47,280
what do we do you know day-to-day to

157
00:07:52,130 --> 00:07:49,500
make the shift and not get caught up in

158
00:07:54,020 --> 00:07:52,140
the hopelessness that will take us down

159
00:08:00,110 --> 00:07:54,030
I think that's that's the piece that I

160
00:08:02,630 --> 00:08:00,120
really want to speak to so scout you

161
00:08:05,120 --> 00:08:02,640
caning per request of a mutual friend of

162
00:08:08,480 --> 00:08:05,130
ours and I really like what you do I

163
00:08:13,070 --> 00:08:08,490

like the setting that you do it in in

164

00:08:14,720 --> 00:08:13,080

the Utah State it's just really really

165

00:08:17,870 --> 00:08:14,730

gorgeous in today's show is about

166

00:08:20,390 --> 00:08:17,880

achieving optimism and in this crazy

167

00:08:22,820 --> 00:08:20,400

world and I know that we're using terms

168

00:08:24,650 --> 00:08:22,830

like crazy world because it is a crazy

169

00:08:27,980 --> 00:08:24,660

world and of course that's not a lot of

170

00:08:30,320 --> 00:08:27,990

judgment we need words to describe what

171

00:08:32,240 --> 00:08:30,330

we see we're calling a spade a spade of

172

00:08:35,390 --> 00:08:32,250

course it's not out of judgment but you

173

00:08:37,100 --> 00:08:35,400

know like you I'm sure don't like me I'm

174

00:08:41,300 --> 00:08:37,110

sure you don't see the world as truly

175

00:08:43,100 --> 00:08:41,310

being crazy how do we begin to find our

176

00:08:46,130 --> 00:08:43,110

balance in such a place that can

177

00:08:47,870 --> 00:08:46,140

sometimes knock us off of our Center you

178

00:08:49,760 --> 00:08:47,880

know you're exactly right I do not see

179

00:08:52,550 --> 00:08:49,770

the world I mean it can feel crazy and

180

00:08:55,070 --> 00:08:52,560

it can feel overwhelming and scary and

181

00:08:56,840 --> 00:08:55,080

you know it's there's so much going on

182

00:09:02,360 --> 00:08:56,850

and there's so much to sort of pull us

183

00:09:06,170 --> 00:09:02,370

out of our Center I think that I would

184

00:09:09,110 --> 00:09:06,180

like to start with a story to to

185

00:09:11,390 --> 00:09:09,120

describe what it is I think that the

186

00:09:13,430 --> 00:09:11,400

biggest thing that we're we're lacking

187

00:09:15,530 --> 00:09:13,440

right now I see that we are actually in

188

00:09:18,740 --> 00:09:15,540

this place where we're we're really

189

00:09:22,040 --> 00:09:18,750

shifting from one fundamental paradigm

190

00:09:24,080 --> 00:09:22,050

that we've lived in for all of the time

191

00:09:26,900 --> 00:09:24,090

ever since we became conscious you know

192

00:09:28,490 --> 00:09:26,910

this this paradigm of scarcity and fear

193

00:09:31,040 --> 00:09:28,500

and separateness and seeing ourselves as

194

00:09:34,730 --> 00:09:31,050

separate and we are in the presence of

195

00:09:39,950 --> 00:09:34,740

the shift into conscious connection and

196

00:09:41,810 --> 00:09:39,960

it's it's a wild shift for our little

197

00:09:43,220 --> 00:09:41,820

beings that are used to holding

198

00:09:45,050 --> 00:09:43,230

ourselves separate and having these

199

00:09:46,850 --> 00:09:45,060

define things and here's my edge and

200

00:09:50,780 --> 00:09:46,860

there's your edge and here's how we fit

201
00:09:55,620 --> 00:09:50,790
together or not we're making a profound

202
00:09:59,820 --> 00:09:55,630
shift and I think one of the scary thing

203
00:10:02,940 --> 00:09:59,830
about it is we don't have a good way to

204
00:10:05,340 --> 00:10:02,950
talk about it or understand it between

205
00:10:08,970 --> 00:10:05,350
ourselves in this culture other cultures

206
00:10:11,160 --> 00:10:08,980
have a way of speaking about they they

207
00:10:14,910 --> 00:10:11,170
are more familiar with where we're going

208
00:10:17,850 --> 00:10:14,920
and I've been beginning to really reach

209
00:10:20,340 --> 00:10:17,860
into other traditions and find the word

210
00:10:23,310 --> 00:10:20,350
because most indigenous traditions have

211
00:10:30,360 --> 00:10:23,320
a word for this amazing place of

212
00:10:33,260 --> 00:10:30,370
connection and in Navajo its Hojo it's

213
00:10:38,220 --> 00:10:33,270

walking in beauty and harmony it's their

214

00:10:40,920 --> 00:10:38,230

highest value and it's it's so much

215

00:10:43,800 --> 00:10:40,930

bigger than beauty and harmony so the

216

00:10:45,630 --> 00:10:43,810

story that I'll tell you about what is

217

00:10:48,000 --> 00:10:45,640

possible and remember these are human

218

00:10:50,670 --> 00:10:48,010

beings that this is possible for so this

219

00:10:52,740 --> 00:10:50,680

is the thing it's not like these others

220

00:10:55,020 --> 00:10:52,750

that are different than us right I mean

221

00:10:59,990 --> 00:10:55,030

this is this is one example of what is

222

00:11:04,620 --> 00:11:00,000

possible when you achieve this state of

223

00:11:09,780 --> 00:11:04,630

beauty balance harmony that is Hojo when

224

00:11:11,130 --> 00:11:09,790

they weave their rug a Navajo rug is an

225

00:11:13,710 --> 00:11:11,140

amazing thing I've spent the summer

226

00:11:17,540 --> 00:11:13,720

learning a lot more I just didn't know

227

00:11:20,490 --> 00:11:17,550

any of this before but a Navajo rug

228

00:11:22,410 --> 00:11:20,500

beautifully done you take one corner one

229

00:11:24,510 --> 00:11:22,420

of the ways that they can gauge the

230

00:11:26,570 --> 00:11:24,520

quality of the rug is they lay two

231

00:11:30,920 --> 00:11:26,580

corners together and peel it back and

232

00:11:34,140 --> 00:11:30,930

the geometric outline lays back

233

00:11:38,040 --> 00:11:34,150

perfectly as you peel it the geometry

234

00:11:43,260 --> 00:11:38,050

lays out exactly so now the thing about

235

00:11:46,310 --> 00:11:43,270

this weaving process is that when they

236

00:11:49,290 --> 00:11:46,320

go when the weaver goes to weave a rug

237

00:11:51,420 --> 00:11:49,300

they haven't sat down with a grid and

238

00:11:54,240 --> 00:11:51,430

charted it out and measured it and laid

239

00:11:56,340 --> 00:11:54,250

it all out right they haven't done that

240

00:12:01,860 --> 00:11:56,350

what they do is they sit down at their

241

00:12:05,730 --> 00:12:01,870

loom and maybe just begin to run the

242

00:12:08,970 --> 00:12:05,740

longitudinal threads and the way this is

243

00:12:09,540 --> 00:12:08,980

set up there's no adding to this if you

244

00:12:12,000 --> 00:12:09,550

run

245

00:12:13,560 --> 00:12:12,010

room if you mess it up you can't add to

246

00:12:15,930 --> 00:12:13,570

it you can't subtract from it you've got

247

00:12:17,280 --> 00:12:15,940

to know at the beginning how big you

248

00:12:21,360 --> 00:12:17,290

want it to be you've got to know how

249

00:12:23,670 --> 00:12:21,370

wide and then they start weaving with no

250

00:12:29,490 --> 00:12:23,680

I mean they have it inside they have the

251
00:12:31,850 --> 00:12:29,500
image and they have mojo and they sit

252
00:12:37,170 --> 00:12:31,860
here with their loom and they weave this

253
00:12:40,920 --> 00:12:37,180
incredible rug and it is life flowing

254
00:12:45,120 --> 00:12:40,930
through them it's the creation flowing

255
00:12:49,199 --> 00:12:45,130
through them and so that's I think that

256
00:12:51,600 --> 00:12:49,209
this is the piece that helps me to

257
00:12:54,150 --> 00:12:51,610
understand and to and to just be willing

258
00:12:57,380 --> 00:12:54,160
to jettison everything that's between me

259
00:13:01,590 --> 00:12:57,390
and achieving something like that

260
00:13:06,480 --> 00:13:01,600
because that's human capacity to be that

261
00:13:09,720 --> 00:13:06,490
open that that level of creation can

262
00:13:13,050 --> 00:13:09,730
flow through when you mention that story

263
00:13:15,090 --> 00:13:13,060

beautifully as it is it reminded me of

264

00:13:17,389 --> 00:13:15,100

the tibetan mcdonald's that they create

265

00:13:19,590 --> 00:13:17,399

it's the same idea being in such a hyper

266

00:13:22,290 --> 00:13:19,600

state of presence a hyper state

267

00:13:25,470 --> 00:13:22,300

awareness that you are connected to the

268

00:13:27,060 --> 00:13:25,480

cosmic dialogue and when you plugged in

269

00:13:28,920 --> 00:13:27,070

such a system like that like the tibetan

270

00:13:30,889 --> 00:13:28,930

monks or even the native-american so

271

00:13:33,960 --> 00:13:30,899

whoever they may be

272

00:13:36,900 --> 00:13:33,970

you know the imagery the the body

273

00:13:39,360 --> 00:13:36,910

responds to the connection you know it's

274

00:13:42,600 --> 00:13:39,370

like I think it's I think it's oriental

275

00:13:44,490 --> 00:13:42,610

they when you become a master in

276

00:13:46,800 --> 00:13:44,500

calligraphy or whatever it is they have

277

00:13:48,720 --> 00:13:46,810

you draw a perfect circle and you cannot

278

00:13:51,300 --> 00:13:48,730

quote graduate with the title whatever

279

00:13:54,870 --> 00:13:51,310

the accolade may be until you free an li

280

00:13:58,199 --> 00:13:54,880

draw a perfect circle same idea and I

281

00:14:00,810 --> 00:13:58,209

think it's about as you said that we all

282

00:14:03,060 --> 00:14:00,820

try to get into this state of hyper

283

00:14:06,889 --> 00:14:03,070

awareness where the connection our

284

00:14:08,970 --> 00:14:06,899

connection with the divine is not just

285

00:14:12,090 --> 00:14:08,980

intermittently is just an ongoing

286

00:14:14,210 --> 00:14:12,100

unbroken flow of presence being in that

287

00:14:17,519 --> 00:14:14,220

state of who we really are in an essence

288

00:14:19,530 --> 00:14:17,529

yes and what I would say about it is

289

00:14:21,930 --> 00:14:19,540

that what I have realized in the last

290

00:14:22,980 --> 00:14:21,940

couple of years I've been working on

291

00:14:25,079 --> 00:14:22,990

this really

292

00:14:27,360 --> 00:14:25,089

I would say all my life obviously but

293

00:14:30,329 --> 00:14:27,370

the last 10 years has been my absolute

294

00:14:35,070 --> 00:14:30,339

focus and just in the last couple of

295

00:14:37,620 --> 00:14:35,080

years is when I have really come into

296

00:14:40,800 --> 00:14:37,630

hyper awareness of the fact that it's

297

00:14:44,070 --> 00:14:40,810

just I mean it it is mind/body/spirit

298

00:14:46,350 --> 00:14:44,080

but the piece that I mean there are

299

00:14:48,150 --> 00:14:46,360

things to do with your thoughts and your

300

00:14:50,010 --> 00:14:48,160

awareness your meanings your creating

301
00:14:55,590 --> 00:14:50,020
all that that's that's very important

302
00:14:58,560 --> 00:14:55,600
and it's really the place where it lands

303
00:15:01,829 --> 00:14:58,570
is down here in your body when you

304
00:15:04,860 --> 00:15:01,839
actually feel the openness it's a

305
00:15:08,639 --> 00:15:04,870
physicality that allows that to flow

306
00:15:12,180 --> 00:15:08,649
through it's a physical openness and

307
00:15:18,930 --> 00:15:12,190
once you in my experience once you one

308
00:15:21,840 --> 00:15:18,940
time feel that and realize what it is

309
00:15:24,090 --> 00:15:21,850
that you did to achieve that loosening

310
00:15:26,730 --> 00:15:24,100
and opening and real actually see I see

311
00:15:30,150 --> 00:15:26,740
it as we're too wound up for that to

312
00:15:33,480 --> 00:15:30,160
flow and so it's a it's a relaxing and

313
00:15:35,370 --> 00:15:33,490

it's a what isn't that you did to

314

00:15:38,340 --> 00:15:35,380

getting reset it's realizing what I did

315

00:15:43,230 --> 00:15:38,350

to get there what is it that you do to

316

00:15:44,880 --> 00:15:43,240

get you into that hyperspace well like I

317

00:15:47,430 --> 00:15:44,890

said there there are a lot of parts to

318

00:15:52,949 --> 00:15:47,440

it but the one here's here's an

319

00:15:54,900 --> 00:15:52,959

interesting piece is that I have dealt

320

00:15:56,760 --> 00:15:54,910

with a lot of anxiety in my life in the

321

00:15:59,130 --> 00:15:56,770

people around me I had a very anxious

322

00:16:01,680 --> 00:15:59,140

father I married a very anxious man I

323

00:16:04,440 --> 00:16:01,690

raised an anxious son and I carried the

324

00:16:06,150 --> 00:16:04,450

story that was oh thank god I'm this

325

00:16:11,360 --> 00:16:06,160

paragon of peace in the middle of

326

00:16:18,000 --> 00:16:16,500

stories crack us so in the middle of all

327

00:16:21,090 --> 00:16:18,010

that anxiety I also suffered from

328

00:16:22,980 --> 00:16:21,100

tremendous depression and you know IV

329

00:16:29,280 --> 00:16:22,990

there were a lot of things going on and

330

00:16:31,170 --> 00:16:29,290

a couple well there are two things I

331

00:16:35,819 --> 00:16:31,180

want to say about this story is that one

332

00:16:38,549 --> 00:16:35,829

when I really started on my

333

00:16:40,619 --> 00:16:38,559

healing journey my very deliberate

334

00:16:42,869 --> 00:16:40,629

healing journey started studying NLP and

335

00:16:44,879 --> 00:16:42,879

started first really learned that I have

336

00:16:46,590 --> 00:16:44,889

an inner life and that I can do

337

00:16:51,479 --> 00:16:46,600

something about it and with it and

338

00:16:52,410 --> 00:16:51,489

really began to do that my son one of I

339

00:16:54,960 --> 00:16:52,420

have two sons

340

00:16:57,530 --> 00:16:54,970

the older one we had had an incredibly

341

00:17:00,629 --> 00:16:57,540

challenged relationship most of his life

342

00:17:04,019 --> 00:17:00,639

he was suffering from at the time that I

343

00:17:07,169 --> 00:17:04,029

started into this path he had been on an

344

00:17:09,360 --> 00:17:07,179

addiction path for probably ten years we

345

00:17:11,189 --> 00:17:09,370

were completely out of touch there were

346

00:17:17,130 --> 00:17:11,199

times I didn't know if he was alive or

347

00:17:24,059 --> 00:17:17,140

dead and so I got to watch what I now

348

00:17:26,819 --> 00:17:24,069

teach is that when I began to lower my

349

00:17:29,360 --> 00:17:26,829

own level of anxiety and do do some work

350

00:17:34,500 --> 00:17:29,370

to bring a little peace into this system

351

00:17:35,760 --> 00:17:34,510

without any zero contact it wasn't like

352

00:17:37,169 --> 00:17:35,770

I was out there saying okay now I

353

00:17:38,880 --> 00:17:37,179

learned this now I learned that okay do

354

00:17:42,269 --> 00:17:38,890

just do that I mean we there was no

355

00:17:46,740 --> 00:17:42,279

contact but I watched him heal in step

356

00:17:52,500 --> 00:17:46,750

as I did and that has been the most

357

00:17:57,180 --> 00:17:52,510

amazing part of this journey so finally

358

00:17:59,480 --> 00:17:57,190

a couple of years ago I I'm a seeker I

359

00:18:02,310 --> 00:17:59,490

work with anyone everyone I worked with

360

00:18:03,570 --> 00:18:02,320

Guatemalan Mayan shaman I've worked you

361

00:18:05,430 --> 00:18:03,580

know just all over the map

362

00:18:09,419 --> 00:18:05,440

I was working with an animal

363

00:18:12,620 --> 00:18:09,429

communicator in the UK and he had this

364

00:18:16,490 --> 00:18:12,630

technique that's it's not unlike other

365

00:18:19,310 --> 00:18:16,500

you know bring it to Center techniques

366

00:18:23,519 --> 00:18:19,320

but it really worked for me and what he

367

00:18:25,260 --> 00:18:23,529

had his his thing is a trust technique

368

00:18:28,289 --> 00:18:25,270

is James French the trust technique he's

369

00:18:29,909 --> 00:18:28,299

fabulous but what he's teaching is how

370

00:18:32,370 --> 00:18:29,919

to bring your level of thinking your

371

00:18:34,200 --> 00:18:32,380

level of anxiety below the level of

372

00:18:35,820 --> 00:18:34,210

anxiety of the animal you're working

373

00:18:37,409 --> 00:18:35,830

with because your anxiety is spinning

374

00:18:40,320 --> 00:18:37,419

this animal out right so you got to

375

00:18:43,320 --> 00:18:40,330

bring yourself down so the way he does

376

00:18:47,760 --> 00:18:43,330

that is something I teach now and use

377

00:18:49,320 --> 00:18:47,770

all the time is simply this quick takes

378

00:18:51,420 --> 00:18:49,330

10-15 seconds

379

00:18:55,590 --> 00:18:51,430

first and it's it's you'll hear a

380

00:18:59,370 --> 00:18:55,600

similarity to somatic experiencing you

381

00:19:02,670 --> 00:18:59,380

just look around you you orient yourself

382

00:19:05,430 --> 00:19:02,680

you look around engage your eyes engage

383

00:19:08,850 --> 00:19:05,440

your vision and then simultaneously with

384

00:19:12,510 --> 00:19:08,860

doing that you be pay attention to what

385

00:19:14,400 --> 00:19:12,520

you're hearing and you expand that while

386

00:19:17,580 --> 00:19:14,410

you're also so you're focusing on what

387

00:19:19,650 --> 00:19:17,590

you see and what you hear in finer and

388

00:19:23,160 --> 00:19:19,660

finer detail start hearing smaller and

389

00:19:26,040 --> 00:19:23,170

smaller sounds and then you go

390

00:19:30,540 --> 00:19:26,050

simultaneously with those two you go

391

00:19:35,670 --> 00:19:30,550

into feeling first you feel the external

392

00:19:37,560 --> 00:19:35,680

like your sleeve on your arms reminded

393

00:19:39,000 --> 00:19:37,570

me of something I just recently put into

394

00:19:42,690 --> 00:19:39,010

practice as a technique I'll tell you

395

00:19:45,690 --> 00:19:42,700

have to please continue okay so but then

396

00:19:47,220 --> 00:19:45,700

as you do that what happens is you're

397

00:19:51,900 --> 00:19:47,230

sort of using up all the bandwidth that

398

00:19:55,590 --> 00:19:51,910

was going to all that anxiety and you

399

00:19:58,530 --> 00:19:55,600

begin to feel a relaxation inside and

400

00:20:02,190 --> 00:19:58,540

the first time that I really went there

401
00:20:06,150 --> 00:20:02,200
with this was the first time I really

402
00:20:07,890 --> 00:20:06,160
got the depth of the truth that be

403
00:20:10,290 --> 00:20:07,900
surrounded by all these anxious people

404
00:20:12,090 --> 00:20:10,300
in my life what was true is that I was

405
00:20:15,540 --> 00:20:12,100
the most anxious of all it was just that

406
00:20:19,530 --> 00:20:15,550
I was wound so tight and I had like a

407
00:20:24,410 --> 00:20:19,540
zip tie at the top that never let it

408
00:20:28,190 --> 00:20:24,420
stop it was singing and this technique

409
00:20:31,470 --> 00:20:28,200
clipped that zip tie and I could feel

410
00:20:35,390 --> 00:20:31,480
the unwinding beginning I could feel the

411
00:20:37,710 --> 00:20:35,400
unwinding happening you can feel free

412
00:20:39,600 --> 00:20:37,720
you know Scott I've been using this

413
00:20:41,400 --> 00:20:39,610

technique I did a presentation last

414

00:20:43,410 --> 00:20:41,410

month August 6 at the metaphysical fair

415

00:20:45,390 --> 00:20:43,420

and it's something that came to me just

416

00:20:47,460 --> 00:20:45,400

prior to that and it's part of my

417

00:20:51,180 --> 00:20:47,470

radical transformation program which is

418

00:20:53,100 --> 00:20:51,190

I call it opening you up and I would

419

00:20:54,780 --> 00:20:53,110

have someone gaze into me like you are

420

00:20:56,610 --> 00:20:54,790

and I would tell them whatever you do do

421

00:20:59,670 --> 00:20:56,620

not take your eyes off of me use your

422

00:21:01,980 --> 00:20:59,680

awareness to take me in and as you're

423

00:21:03,530 --> 00:21:01,990

doing that become aware of the

424

00:21:05,030 --> 00:21:03,540

temperature on your skin

425

00:21:07,310 --> 00:21:05,040

and I'll give them a moment with that

426
00:21:07,640 --> 00:21:07,320
now become aware of the taste in your

427
00:21:09,650 --> 00:21:07,650
mouth

428
00:21:11,570 --> 00:21:09,660
I'll give them a moment with that become

429
00:21:12,950 --> 00:21:11,580
over the ware of any noises happening in

430
00:21:14,750 --> 00:21:12,960
a room become aware of the person

431
00:21:16,700 --> 00:21:14,760
sitting next to you and then I'll point

432
00:21:18,910 --> 00:21:16,710
out to them how I directed your

433
00:21:21,830 --> 00:21:18,920
awareness to each of these focal points

434
00:21:24,320 --> 00:21:21,840
but now what you do is you take all that

435
00:21:26,300 --> 00:21:24,330
in at the same time and if you give a

436
00:21:29,660 --> 00:21:26,310
person a moment to choose to sit with

437
00:21:33,080 --> 00:21:29,670
that they begin to feel who they truly

438
00:21:34,820 --> 00:21:33,090

are a greater capacity because now they

439

00:21:37,300 --> 00:21:34,830

are peripherally aware and they somehow

440

00:21:39,800 --> 00:21:37,310

get opened up at least for a moment and

441

00:21:42,080 --> 00:21:39,810

they get the opportunity to step out of

442

00:21:43,970 --> 00:21:42,090

the box and outside of that box when

443

00:21:46,010 --> 00:21:43,980

they have that glimpse you know it's

444

00:21:48,770 --> 00:21:46,020

like using a wait here's a 25 pound

445

00:21:50,630 --> 00:21:48,780

weight you keep exercising that

446

00:21:52,580 --> 00:21:50,640

particular awareness muscle and just

447

00:21:54,620 --> 00:21:52,590

like your body mass when you go to the

448

00:21:56,660 --> 00:21:54,630

gym and workout your awareness mass

449

00:22:00,980 --> 00:21:56,670

begins to grow and expand and as you

450

00:22:02,710 --> 00:22:00,990

begin to live in that space of expanded

451
00:22:05,870 --> 00:22:02,720
awareness if God is infinite awareness

452
00:22:08,210 --> 00:22:05,880
when we begin to expand our awareness it

453
00:22:09,650 --> 00:22:08,220
makes sense to me that miracles begin to

454
00:22:12,470 --> 00:22:09,660
pop out like fireflies in the night

455
00:22:14,810 --> 00:22:12,480
because now we can see now we can Intuit

456
00:22:17,420 --> 00:22:14,820
now we can feel now we're open to

457
00:22:20,810 --> 00:22:17,430
experience the grandeur of that which

458
00:22:23,770 --> 00:22:20,820
Creator our higher self is ready and has

459
00:22:27,410 --> 00:22:23,780
always been willing to give us exactly

460
00:22:29,480 --> 00:22:27,420
exactly and the thing is the thing is

461
00:22:31,400 --> 00:22:29,490
life is evolving us we don't have to

462
00:22:33,800 --> 00:22:31,410
we're not we're not evolving into

463
00:22:37,120 --> 00:22:33,810

something that exists right life is

464

00:22:39,770 --> 00:22:37,130

evolving us into something new that's

465

00:22:41,870 --> 00:22:39,780

amazing and all we have to do is like oh

466

00:22:44,780 --> 00:22:41,880

I mean this will carry us in the minute

467

00:22:47,180 --> 00:22:44,790

you do this one of the things that

468

00:22:50,210 --> 00:22:47,190

happened for me that was so fabulous was

469

00:22:53,110 --> 00:22:50,220

that my sense of time shifted absolutely

470

00:22:55,550 --> 00:22:53,120

I used to have this very clear timeline

471

00:22:57,110 --> 00:22:55,560

idea where there's the past and there's

472

00:23:00,890 --> 00:22:57,120

the future and Here I am and I'm

473

00:23:04,520 --> 00:23:00,900

marching along and it it sort of circled

474

00:23:09,350 --> 00:23:04,530

around it became this moment that I'm in

475

00:23:13,040 --> 00:23:09,360

time right here and in this time right

476
00:23:15,410 --> 00:23:13,050
here I can actually shift things for

477
00:23:18,640 --> 00:23:15,420
myself as a child I can shift things for

478
00:23:21,670 --> 00:23:18,650
my parents I can shift things for

479
00:23:24,760 --> 00:23:21,680
it's just and that begins to expand and

480
00:23:27,820 --> 00:23:24,770
there's just it becomes a visceral

481
00:23:30,520 --> 00:23:27,830
knowing that the time is very different

482
00:23:33,400 --> 00:23:30,530
very very different we have all the time

483
00:23:35,290 --> 00:23:33,410
we need because it's right here it's a

484
00:23:39,280 --> 00:23:35,300
completely and that's one of the huge

485
00:23:41,890 --> 00:23:39,290
pieces behind optimism is to get to that

486
00:23:43,810 --> 00:23:41,900
place knowing you have enough time

487
00:23:45,700 --> 00:23:43,820
because don't you think that not the

488
00:23:50,110 --> 00:23:45,710

fear of not having enough time or it

489

00:23:55,000 --> 00:23:50,120

being too late is like driving so much

490

00:23:57,580 --> 00:23:55,010

despair I mean and it's not true at a

491

00:24:00,040 --> 00:23:57,590

very weird level it's just not so what

492

00:24:03,280 --> 00:24:00,050

does it feel like to be you scout when

493

00:24:06,100 --> 00:24:03,290

you are in that zone in that space of

494

00:24:07,690 --> 00:24:06,110

being in an expanded awareness what does

495

00:24:10,240 --> 00:24:07,700

it feel like to you I know what it feels

496

00:24:13,930 --> 00:24:10,250

accident for me but I like Tom adding

497

00:24:17,260 --> 00:24:13,940

support right please go ahead you know

498

00:24:18,520 --> 00:24:17,270

what I would say I make a distinction

499

00:24:23,470 --> 00:24:18,530

between gratitude and appreciation

500

00:24:25,840 --> 00:24:23,480

because I've dealt with so much

501
00:24:27,070 --> 00:24:25,850
resentment in my life and this was

502
00:24:28,930 --> 00:24:27,080
another thing I wasn't aware of until

503
00:24:30,880 --> 00:24:28,940
just a few years ago I had no idea how

504
00:24:33,760 --> 00:24:30,890
much resentment I had carried over what

505
00:24:36,280 --> 00:24:33,770
it was like to be born a powerful young

506
00:24:42,250 --> 00:24:36,290
girl in this culture I mean there's you

507
00:24:45,460 --> 00:24:42,260
know whatever that is but to to ask me

508
00:24:47,500 --> 00:24:45,470
to use gratitude as a tool did not work

509
00:24:50,860 --> 00:24:47,510
for me because if I couldn't be grateful

510
00:24:52,660 --> 00:24:50,870
I am what it is that I picked up more

511
00:24:54,520 --> 00:24:52,670
than anything with self judgment right

512
00:24:56,260 --> 00:24:54,530
and so if I can't make gratitude work

513
00:25:00,460 --> 00:24:56,270

then I can just it gives me more fuel

514

00:25:05,950 --> 00:25:00,470

for my self judgment and yeah so I have

515

00:25:08,230 --> 00:25:05,960

found that if I let go of using

516

00:25:12,580 --> 00:25:08,240

gratitude as a tool and go to

517

00:25:14,350 --> 00:25:12,590

appreciation it's like if it rains on a

518

00:25:16,660 --> 00:25:14,360

day that I've got I get that I thank you

519

00:25:19,060 --> 00:25:16,670

for that I actually understand the shift

520

00:25:20,950 --> 00:25:19,070

this small shift but very powerfully

521

00:25:22,630 --> 00:25:20,960

please continue I do you dude yeah the

522

00:25:24,250 --> 00:25:22,640

appreciation can become a tool because

523

00:25:30,670 --> 00:25:24,260

there's nothing I can't appreciate

524

00:25:31,360 --> 00:25:30,680

what we're learning for the part it

525

00:25:33,790 --> 00:25:31,370

brings for this

526

00:25:36,310 --> 00:25:33,800

that I don't know I don't know but it's

527

00:25:39,550 --> 00:25:36,320

here and so it you know I can appreciate

528

00:25:41,230 --> 00:25:39,560

i'm like i said a systems thinker and

529

00:25:43,480 --> 00:25:41,240

and i get that you can't have this

530

00:25:46,000 --> 00:25:43,490

system and even though you don't know

531

00:25:47,050 --> 00:25:46,010

what part that piece is playing you take

532

00:25:52,120 --> 00:25:47,060

it out you don't have this system

533

00:25:54,300 --> 00:25:52,130

anymore so I use appreciation all the

534

00:25:58,180 --> 00:25:54,310

time and I consider gratitude this

535

00:26:00,790 --> 00:25:58,190

incredible gift of grace that washes

536

00:26:03,430 --> 00:26:00,800

through me in the moments that I'm in

537

00:26:06,900 --> 00:26:03,440

that state that we're talking about and

538

00:26:11,050 --> 00:26:06,910

so when I'm in that state I am it's like

539

00:26:15,070 --> 00:26:11,060

I'm just washed over with gratitude and

540

00:26:17,290 --> 00:26:15,080

love and awe but they're just there are

541

00:26:20,640 --> 00:26:17,300

not words for that but it's and it's

542

00:26:24,040 --> 00:26:20,650

when incredible things happen it's like

543

00:26:26,080 --> 00:26:24,050

possibility is just there it's just

544

00:26:27,700 --> 00:26:26,090

there let me ask you this Scout because

545

00:26:30,130 --> 00:26:27,710

you've been doing this work for quite a

546

00:26:32,110 --> 00:26:30,140

while and we you're talking about being

547

00:26:34,030 --> 00:26:32,120

in gratitude and our appreciation and

548

00:26:36,070 --> 00:26:34,040

you're getting washed do you find

549

00:26:38,320 --> 00:26:36,080

yourself up right now I need to be in

550

00:26:39,670 --> 00:26:38,330

gratitude or appreciation mode or do you

551
00:26:42,280 --> 00:26:39,680
find that this is just a natural

552
00:26:44,830 --> 00:26:42,290
disposition for you now a new default

553
00:26:48,580 --> 00:26:44,840
because for me as a spiritualist it's

554
00:26:51,040 --> 00:26:48,590
not that I'm ungrateful I don't in fact

555
00:26:52,930 --> 00:26:51,050
I never do go throughout my life wants

556
00:26:54,850 --> 00:26:52,940
to maybe sometimes I do but but as as a

557
00:26:57,370 --> 00:26:54,860
normal way of living my life and

558
00:26:59,020 --> 00:26:57,380
processing my day I don't go into these

559
00:27:01,540 --> 00:26:59,030
moments of being grateful or

560
00:27:04,600 --> 00:27:01,550
appreciation I just live my life having

561
00:27:07,570 --> 00:27:04,610
fun and I think that is synonymous that

562
00:27:09,400 --> 00:27:07,580
I'm on automatic pilot living gratitude

563
00:27:12,970 --> 00:27:09,410

and appreciation by doing those things

564

00:27:15,730 --> 00:27:12,980

that bring me joy do you find that to be

565

00:27:17,860 --> 00:27:15,740

true for you I'm finding it's beginning

566

00:27:21,310 --> 00:27:17,870

to be true for me most of my life has

567

00:27:24,040 --> 00:27:21,320

not been true because most of my life I

568

00:27:29,860 --> 00:27:24,050

have lived in such profound self

569

00:27:35,410 --> 00:27:29,870

judgment and coming to terms with that

570

00:27:39,220 --> 00:27:35,420

and releasing that has been has been the

571

00:27:41,650 --> 00:27:39,230

freedom oh yeah it when we going through

572

00:27:43,120 --> 00:27:41,660

it it seems like that wall is 20 feet

573

00:27:45,310 --> 00:27:43,130

thick made of Concord

574

00:27:48,789 --> 00:27:45,320

but once we get through the other side

575

00:27:51,159 --> 00:27:48,799

it's the the explosion of the releasing

576

00:27:52,570 --> 00:27:51,169

the weight just falls off from the chat

577

00:27:54,730 --> 00:27:52,580

room have a question from Don Jane you

578

00:27:57,460 --> 00:27:54,740

he asked the question he's wondering if

579

00:28:05,340 --> 00:27:57,470

Scout thinks our anxieties are worse

580

00:28:15,460 --> 00:28:11,080

I would say yes in that our anxieties

581

00:28:17,470 --> 00:28:15,470

are worse for being so busy thinking

582

00:28:19,270 --> 00:28:17,480

that we never turn off and just go sit

583

00:28:24,130 --> 00:28:19,280

and lean up against the tree and use our

584

00:28:27,850 --> 00:28:24,140

natural kin to help us chill the heck

585

00:28:30,100 --> 00:28:27,860

out so yeah turn the turn the cellphone

586

00:28:32,110 --> 00:28:30,110

off turn the TV off as far as you know

587

00:28:34,870 --> 00:28:32,120

the mechanics of the radiation and all

588

00:28:36,970 --> 00:28:34,880

that I don't have an opinion I I think

589

00:28:38,470 --> 00:28:36,980

that you know everything is energy and

590

00:28:40,299 --> 00:28:38,480

the energy and those things I believe is

591

00:28:44,860 --> 00:28:40,309

spinning pretty fast and everything I

592

00:28:49,750 --> 00:28:44,870

can do in my life to just chill the spin

593

00:28:54,010 --> 00:28:49,760

and be calm be peaceful be present

594

00:28:57,039 --> 00:28:54,020

look the other person in the eye engage

595

00:28:58,960 --> 00:28:57,049

you know engage the thing that happened

596

00:29:02,470 --> 00:28:58,970

for me ten years ago when I started this

597

00:29:05,500 --> 00:29:02,480

path was I was so fed up with where I

598

00:29:08,169 --> 00:29:05,510

had gotten to I just couldn't stay

599

00:29:11,200 --> 00:29:08,179

excited about an idea for more than a

600

00:29:13,600 --> 00:29:11,210

day at a time I was so fed up and I sat

601
00:29:17,289 --> 00:29:13,610
up I didn't have a connection to my

602
00:29:19,720 --> 00:29:17,299
spirituality at the time and so I don't

603
00:29:26,409 --> 00:29:19,730
even know who I was talking to but what

604
00:29:28,779 --> 00:29:26,419
I said is okay this is it I am NOT going

605
00:29:30,250 --> 00:29:28,789
to settle for this one more minute I'm

606
00:29:32,799 --> 00:29:30,260
not going to settle for anything less

607
00:29:34,270 --> 00:29:32,809
than a fully engaged life whatever that

608
00:29:36,310 --> 00:29:34,280
means whatever that takes here's what I

609
00:29:37,690 --> 00:29:36,320
want and I don't even know who I was

610
00:29:39,940 --> 00:29:37,700
talking to but I set up my bed and I

611
00:29:41,950 --> 00:29:39,950
said this out loud I want the work of my

612
00:29:43,480 --> 00:29:41,960
heart and I want to be able to do it

613
00:29:47,470 --> 00:29:43,490

from wherever the heck I feel like being

614

00:29:49,750 --> 00:29:47,480

and beyond that I'm following I rented

615

00:29:52,780 --> 00:29:49,760

out my house I hit the road I put a few

616

00:29:56,590 --> 00:29:52,790

little things in my car and life took me

617

00:29:59,970 --> 00:29:56,600

and so engagement I think that

618

00:30:03,310 --> 00:29:59,980

that's my big pieces how do we get into

619

00:30:05,560 --> 00:30:03,320

these physical bodies of ours and engage

620

00:30:09,190 --> 00:30:05,570

with each other and with life and with

621

00:30:12,100 --> 00:30:09,200

nature and get out here and be excited

622

00:30:14,409 --> 00:30:12,110

and love what you love so much that

623

00:30:20,019 --> 00:30:14,419

nobody can keep you away from it and do

624

00:30:23,259 --> 00:30:20,029

that do that we live very parallel lives

625

00:30:25,240 --> 00:30:23,269

in that sense because you know when you

626
00:30:27,460 --> 00:30:25,250
made that declaration and you backed it

627
00:30:28,779 --> 00:30:27,470
up with passion the fire you know roll

628
00:30:31,029 --> 00:30:28,789
up your sleeves and get your fingers

629
00:30:34,269 --> 00:30:31,039
dirty kind of thing but you also use the

630
00:30:36,999 --> 00:30:34,279
sincerity which is I mean it I'm very

631
00:30:39,460 --> 00:30:37,009
very serious about this what happened to

632
00:30:44,980 --> 00:30:39,470
you when you did that the door just

633
00:30:49,240 --> 00:30:44,990
opened up didn't it open right that did

634
00:30:52,119 --> 00:30:49,250
is I feel like I jumped across a chasm

635
00:30:54,360 --> 00:30:52,129
and grabbed this wall and I spent about

636
00:30:56,740 --> 00:30:54,370
eight years hanging to this wall and

637
00:30:59,440 --> 00:30:56,750
what I will say about that first of all

638
00:31:01,269 --> 00:30:59,450

you don't have to be quite that crazy

639

00:31:04,330 --> 00:31:01,279

there's many easier ways to do that it

640

00:31:09,220 --> 00:31:04,340

doesn't have to be like that but while I

641

00:31:11,259 --> 00:31:09,230

was clinging to the wall I never wished

642

00:31:13,419 --> 00:31:11,269

that I hadn't jumped I didn't always

643

00:31:17,139 --> 00:31:13,429

know that I would survive it I wasn't

644

00:31:21,039 --> 00:31:17,149

ever yeah many times I don't know that I

645

00:31:24,730 --> 00:31:21,049

survived it but I never one time said I

646

00:31:26,409 --> 00:31:24,740

wish I hadn't jumped never eight eight

647

00:31:27,879 --> 00:31:26,419

eight nine one nine two three five five

648

00:31:29,320 --> 00:31:27,889

triple eight nine one nine two three

649

00:31:30,909 --> 00:31:29,330

five fives and let me down again on the

650

00:31:32,320 --> 00:31:30,919

air with myself and my wonderful guest

651
00:31:35,320 --> 00:31:32,330
today scout Wilkins we talking about

652
00:31:37,419 --> 00:31:35,330
achieving love and optimism in a crazy

653
00:31:39,460 --> 00:31:37,429
world Scout would you give out your

654
00:31:41,110 --> 00:31:39,470
contact information so our listening

655
00:31:43,180 --> 00:31:41,120
audience can find out more about you and

656
00:31:45,460 --> 00:31:43,190
the powerful work you're doing to change

657
00:31:47,019 --> 00:31:45,470
people's lives for the betterment not

658
00:31:51,999 --> 00:31:47,029
only themselves but to express and

659
00:31:57,730 --> 00:31:52,009
expand light in those around them I will

660
00:32:04,210 --> 00:31:57,740
my my website is Scout Wilkins dot-com

661
00:32:06,369 --> 00:32:04,220
SC o UT WI I ki NS com my business name

662
00:32:08,230 --> 00:32:06,379
actually is traveling light I don't know

663
00:32:10,030 --> 00:32:08,240

if you knew that Keith but we have that

664

00:32:11,800 --> 00:32:10,040

in common as well yeah travel

665

00:32:14,650 --> 00:32:11,810

light which you know I love to travel

666

00:32:16,060 --> 00:32:14,660

and as you said I'm a guide in the

667

00:32:18,910 --> 00:32:16,070

backcountry it's my favorite thing now I

668

00:32:20,740 --> 00:32:18,920

I love taking people out into nature and

669

00:32:23,770 --> 00:32:20,750

using what we find there is metaphors

670

00:32:28,090 --> 00:32:23,780

for what's happening inside them for

671

00:32:29,440 --> 00:32:28,100

it's just an amazing way to to help and

672

00:32:32,050 --> 00:32:29,450

and the thing that I love more than

673

00:32:35,590 --> 00:32:32,060

anything that I will say is I love

674

00:32:38,260 --> 00:32:35,600

helping people feel safe and willing to

675

00:32:41,080 --> 00:32:38,270

explore territory that scares them or

676

00:32:46,060 --> 00:32:41,090

may even panic them I love being with

677

00:32:49,180 --> 00:32:46,070

people who are even terrified and help

678

00:32:52,690 --> 00:32:49,190

them feel fine know their okayness find

679

00:32:54,850 --> 00:32:52,700

their balance and it just doesn't get

680

00:32:57,280 --> 00:32:54,860

any better than that totally agree I

681

00:32:59,680 --> 00:32:57,290

live my life in the same way I love

682

00:33:00,880 --> 00:32:59,690

being with people and it's not if I'm in

683

00:33:02,950 --> 00:33:00,890

your proximity and something's wrong

684

00:33:04,870 --> 00:33:02,960

it's not that I want to fix you there's

685

00:33:06,910 --> 00:33:04,880

a part of me that engages and just wants

686

00:33:08,620 --> 00:33:06,920

to see you happy and support be it to

687

00:33:10,690 --> 00:33:08,630

give you four words that give you an ear

688

00:33:13,420 --> 00:33:10,700

or whatever the reason it may be that I

689

00:33:15,310 --> 00:33:13,430

can be a support system for you but I

690

00:33:17,770 --> 00:33:15,320

want to ask you Scout since you living

691

00:33:19,810 --> 00:33:17,780

in the country and the mountains and the

692

00:33:22,210 --> 00:33:19,820

desert kind of energies have you ever

693

00:33:24,550 --> 00:33:22,220

went on the mountain in the Native

694

00:33:26,410 --> 00:33:24,560

American Way fasted going up there with

695

00:33:28,780 --> 00:33:26,420

some water maybe some Gatorade for your

696

00:33:30,400 --> 00:33:28,790

lecture lights and no food and faster

697

00:33:32,320 --> 00:33:30,410

just went up there and Sat

698

00:33:35,920 --> 00:33:32,330

have you ever done that done a Vision

699

00:33:41,920 --> 00:33:35,930

Quest not a traditional Vision Quest but

700

00:33:43,630 --> 00:33:41,930

I have I actually grew up I grew up in a

701
00:33:46,840 --> 00:33:43,640
Natural History Museum starting when I

702
00:33:49,510 --> 00:33:46,850
was 11 years old and started backpacking

703
00:33:53,470 --> 00:33:49,520
all summer every summer when I was 12

704
00:33:57,640 --> 00:33:53,480
and so I grew up with an incredible

705
00:33:59,530 --> 00:33:57,650
connection to nature and that's my

706
00:34:03,190 --> 00:33:59,540
biggest the connection in nature and

707
00:34:04,960 --> 00:34:03,200
also the the capacity that was supported

708
00:34:06,370 --> 00:34:04,970
by the director of the museum and the

709
00:34:10,320 --> 00:34:06,380
other people there it was just I was

710
00:34:13,690 --> 00:34:10,330
raised in such an incredibly nurturing

711
00:34:17,919 --> 00:34:13,700
environment to just find my own

712
00:34:20,620 --> 00:34:17,929
connection and live it have you ever

713
00:34:22,359 --> 00:34:20,630

done a sweat oh yeah a lot of sweats

714

00:34:26,229 --> 00:34:22,369

have done a fire walk

715

00:34:27,700 --> 00:34:26,239

we sweat like hot that's what I'm going

716

00:34:30,339 --> 00:34:27,710

to be in prayer and meditation gets

717

00:34:31,899 --> 00:34:30,349

through it oh I love doing sweats

718

00:34:33,700 --> 00:34:31,909

actually Keith I'll tell you the most

719

00:34:35,319 --> 00:34:33,710

amazing experience I ever had was

720

00:34:37,779 --> 00:34:35,329

actually not in a traditional sweat

721

00:34:39,819 --> 00:34:37,789

lodge but was in what they call a vapor

722

00:34:42,339 --> 00:34:39,829

cave in eure Colorado

723

00:34:47,919 --> 00:34:42,349

it's a cave down under this old boarding

724

00:34:50,019 --> 00:34:47,929

house and it was a defining moment in my

725

00:34:51,190 --> 00:34:50,029

life there's a pool of hot water there's

726

00:34:53,349 --> 00:34:51,200

a lot of hot springs and you worry

727

00:34:56,859 --> 00:34:53,359

there's one right in this cave so

728

00:34:58,930 --> 00:34:56,869

there's a pool of hot water and then a

729

00:35:00,959 --> 00:34:58,940

little walkway in a bench you're you

730

00:35:05,950 --> 00:35:00,969

walk in through this sort of dank

731

00:35:08,709 --> 00:35:05,960

pirate-ship curved or travertine drip

732

00:35:10,180 --> 00:35:08,719

drip you know there's one little bear

733

00:35:11,920 --> 00:35:10,190

light bulb there so you're sitting there

734

00:35:13,809 --> 00:35:11,930

and they ask you to maintain silence I

735

00:35:17,019 --> 00:35:13,819

actually was by myself in a cave at this

736

00:35:20,289 --> 00:35:17,029

time so you're breathing steam you're

737

00:35:22,599 --> 00:35:20,299

sweating there's water dripping off the

738

00:35:24,700 --> 00:35:22,609

roof you can hear the water moving

739

00:35:27,729 --> 00:35:24,710

there's you can actually hear a stream

740

00:35:32,259 --> 00:35:27,739

behind the rock wall who knows where

741

00:35:33,969 --> 00:35:32,269

some subterranean stream and I hadn't

742

00:35:39,219 --> 00:35:33,979

your breathing in and out this vapor and

743

00:35:41,799 --> 00:35:39,229

I actually had the experience of knowing

744

00:35:43,809 --> 00:35:41,809

with every cell in my body that I was

745

00:35:46,900 --> 00:35:43,819

part of the water cycle of the earth I

746

00:35:49,029 --> 00:35:46,910

could feel the water in me going down

747

00:35:53,349 --> 00:35:49,039

the rivers to the ocean up to the clouds

748

00:35:53,859 --> 00:35:53,359

coming through it was amazing it's

749

00:35:57,099 --> 00:35:53,869

amazing

750

00:35:59,979 --> 00:35:57,109

I know those spaces very well when there

751
00:36:02,319 --> 00:35:59,989
is no disconnect you feel a connection

752
00:36:05,700 --> 00:36:02,329
to something that is alive so beyond

753
00:36:09,069 --> 00:36:05,710
we've always been used to but in that

754
00:36:11,499 --> 00:36:09,079
reconnecting isn't it strange to use the

755
00:36:14,680 --> 00:36:11,509
word how there is a familiar Ness to it

756
00:36:17,829 --> 00:36:14,690
it's like oh my god I forgot this part

757
00:36:20,950 --> 00:36:17,839
of the ancient me oh it's coming home

758
00:36:23,259 --> 00:36:20,960
it's a total coming home yes yeah yeah

759
00:36:24,430 --> 00:36:23,269
it's a total coming home you know the

760
00:36:27,249 --> 00:36:24,440
other thing that I'd like to say about

761
00:36:29,410 --> 00:36:27,259
that idea of hojo and connection and the

762
00:36:31,359 --> 00:36:29,420
opening is that I think that's what

763
00:36:32,559 --> 00:36:31,369

happens with a fire walk when you stand

764

00:36:35,950 --> 00:36:32,569

at the edge of the fire and you're

765

00:36:41,200 --> 00:36:38,620

and you wait for the yes you wait for

766

00:36:43,720 --> 00:36:41,210

the yes and you know when it comes and

767

00:36:46,360 --> 00:36:43,730

when it comes you walk and you're fine

768

00:36:49,180 --> 00:36:46,370

and it's the same thing that happened

769

00:36:50,140 --> 00:36:49,190

when I read an article very recently

770

00:36:53,140 --> 00:36:50,150

Alex

771

00:36:56,740 --> 00:36:53,150

climbed El Capitan no ropes no

772

00:37:00,520 --> 00:36:56,750

protection just climbed that incredible

773

00:37:02,230 --> 00:37:00,530

mountain and he said you know people

774

00:37:03,550 --> 00:37:02,240

call him an adrenaline junkie they've

775

00:37:06,700 --> 00:37:03,560

got all these words for him it's it's

776

00:37:08,350 --> 00:37:06,710

the exact opposite of what's true we

777

00:37:10,780 --> 00:37:08,360

actually had a chance to meet him here

778

00:37:13,270 --> 00:37:10,790

and experience him as a human being and

779

00:37:17,380 --> 00:37:13,280

it's it is zero about the adrenaline

780

00:37:19,570 --> 00:37:17,390

it's about the connection and he said he

781

00:37:24,070 --> 00:37:19,580

walked to the base of that mountain 23

782

00:37:25,720 --> 00:37:24,080

times asking for the yes and on the day

783

00:37:28,480 --> 00:37:25,730

that he got the guess he climbed the

784

00:37:32,620 --> 00:37:28,490

mountain and I'll tell you that is

785

00:37:35,410 --> 00:37:32,630

what's possible for us humans that that

786

00:37:38,140 --> 00:37:35,420

level of connection is possible there's

787

00:37:44,740 --> 00:37:38,150

one thing and I want to make sure I say

788

00:37:48,400 --> 00:37:44,750

this one thing all we have to do is

789

00:37:51,160 --> 00:37:48,410

forgive unconditionally forgive

790

00:37:55,510 --> 00:37:51,170

everything that brought us to this point

791

00:37:57,370 --> 00:37:55,520

and stand in here and now because you

792

00:37:58,450 --> 00:37:57,380

can't go back and pick and choose what

793

00:38:00,340 --> 00:37:58,460

you're going to forgive what you're

794

00:38:04,000 --> 00:38:00,350

going to let be okay if you're carrying

795

00:38:06,760 --> 00:38:04,010

one strand of grudge one strand if I can

796

00:38:09,430 --> 00:38:06,770

forgive everything except that that is

797

00:38:12,910 --> 00:38:09,440

what's going to keep you from getting

798

00:38:15,310 --> 00:38:12,920

the yes from that mountain and I'm sure

799

00:38:17,490 --> 00:38:15,320

when you get that yes you know it

800

00:38:21,100 --> 00:38:17,500

there's no second guessing it's probably

801
00:38:23,230 --> 00:38:21,110
thunders in a very silently thunders

802
00:38:25,090 --> 00:38:23,240
within and reverberates you being I had

803
00:38:27,670 --> 00:38:25,100
a guest of my show on center of light

804
00:38:30,160 --> 00:38:27,680
radio last year by the name of Rama

805
00:38:32,560 --> 00:38:30,170
Francis T's oh and we were talking about

806
00:38:34,750 --> 00:38:32,570
rainbow bodies that when you ascend when

807
00:38:37,630 --> 00:38:34,760
you graduate to the level you no longer

808
00:38:40,000 --> 00:38:37,640
need your body in that ascension process

809
00:38:42,430 --> 00:38:40,010
in that moment you obtain what's called

810
00:38:44,290 --> 00:38:42,440
the rainbow body and I done some reach

811
00:38:47,140 --> 00:38:44,300
your research a few days before so I can

812
00:38:50,109 --> 00:38:47,150
be prepared for the interview and what I

813
00:38:55,180 --> 00:38:50,119

learned is that in those

814

00:38:57,999 --> 00:38:55,190

Somalian caves with those apprentices

815

00:39:00,009 --> 00:38:58,009

they're soon to want to be masters of

816

00:39:03,400 --> 00:39:00,019

doing what they're doing in those caves

817

00:39:05,859 --> 00:39:03,410

every day all day long for many many

818

00:39:08,589 --> 00:39:05,869

many many years is healing things

819

00:39:11,589 --> 00:39:08,599

they're going inside and forgiving

820

00:39:14,259 --> 00:39:11,599

themselves and others that have wronged

821

00:39:16,960 --> 00:39:14,269

them throughout their entire life they

822

00:39:21,210 --> 00:39:16,970

sit in those caves and they forgive

823

00:39:25,900 --> 00:39:21,220

aspects of themselves and so in our

824

00:39:27,999 --> 00:39:25,910

unforgiving it is so laced with so many

825

00:39:29,739 --> 00:39:28,009

things so many blocks and walls it

826

00:39:30,940 --> 00:39:29,749

almost seems like well it's just a

827

00:39:34,599 --> 00:39:30,950

matter that you just don't forgive that

828

00:39:37,539 --> 00:39:34,609

scenario Ill care to differ that it's so

829

00:39:40,450 --> 00:39:37,549

thick just in the simple unforgiving of

830

00:39:42,220 --> 00:39:40,460

one scenario and you know how how does

831

00:39:45,609 --> 00:39:42,230

one let me ask you this how does one

832

00:39:48,549 --> 00:39:45,619

begin to move through scenario with the

833

00:39:51,160 --> 00:39:48,559

person that they just find it Scout that

834

00:39:54,009 --> 00:39:51,170

so doggone hard to let go they wanted to

835

00:39:56,470 --> 00:39:54,019

give I want to forgive John Jane Doe and

836

00:39:59,499 --> 00:39:56,480

my hands on the switch but I just can't

837

00:40:04,089 --> 00:39:59,509

find a way to do it how do you suggest

838

00:40:06,609 --> 00:40:04,099

that what do you offer well it's not

839

00:40:08,019 --> 00:40:06,619

about forgiving John or Jane is what I

840

00:40:08,890 --> 00:40:08,029

would say it's just never about the

841

00:40:11,319 --> 00:40:08,900

other person

842

00:40:14,710 --> 00:40:11,329

it's about forgiving yourself and it's

843

00:40:17,200 --> 00:40:14,720

about it's a little intricate inside

844

00:40:19,630 --> 00:40:17,210

because you know contrary to this

845

00:40:21,400 --> 00:40:19,640

attempt we make to be one unified being

846

00:40:24,430 --> 00:40:21,410

we're a bunch of parts we got a

847

00:40:26,680 --> 00:40:24,440

gazillion parts in there and it's really

848

00:40:30,940 --> 00:40:26,690

about just going in and doing some

849

00:40:33,249 --> 00:40:30,950

really deep forgiving it's not about

850

00:40:35,680 --> 00:40:33,259

forgiving John or Jane is it about

851

00:40:38,019 --> 00:40:35,690

forgiving the self because you're the

852

00:40:40,089 --> 00:40:38,029

one that harbored the resentment towards

853

00:40:41,799 --> 00:40:40,099

John or Jane in the first place is that

854

00:40:44,380 --> 00:40:41,809

the forgiveness that needs to take place

855

00:40:48,549 --> 00:40:44,390

you know the forgiveness needs to take

856

00:40:49,059 --> 00:40:48,559

place is say what the hell does it

857

00:40:52,150 --> 00:40:49,069

matter

858

00:40:55,120 --> 00:40:52,160

do I want to climb this mountain right

859

00:40:57,880 --> 00:40:55,130

or do I want to worry about who I'm

860

00:40:59,950 --> 00:40:57,890

gonna forgive am I going to sort through

861

00:41:03,640 --> 00:40:59,960

all this I mean there are certainly

862

00:41:06,430 --> 00:41:03,650

pieces to do here's here's a piece that

863

00:41:09,940 --> 00:41:06,440

I will offer is that when you really go

864

00:41:12,400 --> 00:41:09,950

into appreciation and you really feel

865

00:41:14,590 --> 00:41:12,410

your way through what appreciation of

866

00:41:15,880 --> 00:41:14,600

the system means and you begin to look

867

00:41:16,960 --> 00:41:15,890

at the fact that yeah that thing

868

00:41:18,310 --> 00:41:16,970

happened but there are actually some

869

00:41:20,410 --> 00:41:18,320

good things that came out of that as

870

00:41:21,640 --> 00:41:20,420

much as I hate to admit it there are

871

00:41:23,530 --> 00:41:21,650

some good things that have come out of

872

00:41:24,610 --> 00:41:23,540

our political mayhem that's happening

873

00:41:26,770 --> 00:41:24,620

right now and I'm not going to put at

874

00:41:30,010 --> 00:41:26,780

the feet of one person because we got

875

00:41:33,190 --> 00:41:30,020

political gridlock we got people acting

876
00:41:37,810 --> 00:41:33,200
like two-year-olds on every corner every

877
00:41:40,750 --> 00:41:37,820
aisle I mean it's it's I'm gonna say

878
00:41:42,850 --> 00:41:40,760
crazy and there are good things that are

879
00:41:44,770 --> 00:41:42,860
happening from that it's what needs to

880
00:41:48,580 --> 00:41:44,780
happen so that we will let some things

881
00:41:53,170 --> 00:41:48,590
go and take more personal autonomy

882
00:41:57,310 --> 00:41:53,180
here's here's the image that I like to

883
00:41:59,020 --> 00:41:57,320
offer in helping people think about this

884
00:42:01,200 --> 00:41:59,030
whole piece and especially the

885
00:42:04,270 --> 00:42:01,210
forgiveness in the and the

886
00:42:07,360 --> 00:42:04,280
self-actualization is if you consider

887
00:42:09,340 --> 00:42:07,370
yourself as right now I'm drawing a

888
00:42:13,810 --> 00:42:09,350

circle sort of around my body with my

889

00:42:17,470 --> 00:42:13,820

arms and you consider yourself in the

890

00:42:20,550 --> 00:42:17,480

center of this circle or oval this what

891

00:42:24,340 --> 00:42:20,560

I would call cellular structure of you

892

00:42:28,360 --> 00:42:24,350

your own cellular structure and there is

893

00:42:32,350 --> 00:42:28,370

a natural edge to you and it's defined

894

00:42:34,210 --> 00:42:32,360

by what you love what you're interested

895

00:42:41,860 --> 00:42:34,220

in what you're passionate about it's

896

00:42:43,420 --> 00:42:41,870

defined by what's part of you and most

897

00:42:45,100 --> 00:42:43,430

of you knows this part of you denies

898

00:42:47,440 --> 00:42:45,110

part of it and there are places where

899

00:42:51,270 --> 00:42:47,450

you collapse inward on some places you

900

00:42:55,210 --> 00:42:51,280

new overreach in others right so

901
00:43:02,620 --> 00:42:55,220
thinking of this wholeness that is you

902
00:43:06,820 --> 00:43:02,630
and making that your absolute top

903
00:43:09,100 --> 00:43:06,830
priority is building your own wholeness

904
00:43:11,590 --> 00:43:09,110
your own beauty so that there's no part

905
00:43:13,690 --> 00:43:11,600
of you that you're resisting there's no

906
00:43:14,980 --> 00:43:13,700
part of you that you're rejecting you

907
00:43:19,220 --> 00:43:14,990
just choose

908
00:43:20,780 --> 00:43:19,230
to own your wholeness and then you deal

909
00:43:22,460 --> 00:43:20,790
with what that creates because you're

910
00:43:24,559 --> 00:43:22,470
going to find pieces of yourself that in

911
00:43:26,480 --> 00:43:24,569
Co dependencies you've let go over

912
00:43:30,859 --> 00:43:26,490
you've taken on it I mean there's a lot

913
00:43:35,300 --> 00:43:30,869

to do around that but the decision is to

914

00:43:41,230 --> 00:43:35,310

own your wholeness and to honor your

915

00:43:44,300 --> 00:43:41,240

wholeness and to love what is inside you

916

00:43:46,520 --> 00:43:44,310

which will lead you to see other people

917

00:43:48,650 --> 00:43:46,530

as whole and you will begin instead of

918

00:43:50,359 --> 00:43:48,660

fitting other people like puzzle pieces

919

00:43:51,620 --> 00:43:50,369

where you've collapsed in and they're

920

00:43:53,030 --> 00:43:51,630

overreaching into you and you're

921

00:43:57,200 --> 00:43:53,040

overreaching and they're collapsed in

922

00:44:01,069 --> 00:43:57,210

you're actually engaging from wholeness

923

00:44:03,710 --> 00:44:01,079

and at that point the soup you're

924

00:44:06,530 --> 00:44:03,720

swimming in between you is love and

925

00:44:09,800 --> 00:44:06,540

you're transmitting love and mutual

926

00:44:16,190 --> 00:44:09,810

support and interest and curiosity and

927

00:44:19,790 --> 00:44:16,200

it all changes you know scalp I for me

928

00:44:22,040 --> 00:44:19,800

the words I would use maybe use it to

929

00:44:23,660 --> 00:44:22,050

this day but my words that I would use

930

00:44:26,150 --> 00:44:23,670

back then was I just didn't care anymore

931

00:44:28,040 --> 00:44:26,160

I just didn't care I didn't I don't care

932

00:44:33,490 --> 00:44:28,050

and it doesn't mean I don't care in the

933

00:44:38,180 --> 00:44:35,960

there's nothing I want upstream so I

934

00:44:40,700 --> 00:44:38,190

just don't care about any of the ride

935

00:44:43,430 --> 00:44:40,710

the amusement park I just don't give a

936

00:44:45,410 --> 00:44:43,440

about it anymore and so what I'm gonna

937

00:44:48,290 --> 00:44:45,420

do now is what I want does that sound

938

00:44:52,700 --> 00:44:48,300

selfish maybe actually I see it as self

939

00:44:55,400 --> 00:44:52,710

full and because of this shift I had

940

00:44:58,700 --> 00:44:55,410

some years ago I am as blissful as a

941

00:45:00,020 --> 00:44:58,710

lark I have it it lives inside of me you

942

00:45:01,490 --> 00:45:00,030

know in the last couple years something

943

00:45:03,859 --> 00:45:01,500

has come inside of me and sit and live

944

00:45:05,960 --> 00:45:03,869

and I begin to live in an expanded state

945

00:45:07,970 --> 00:45:05,970

of unawareness because of it and now

946

00:45:10,370 --> 00:45:07,980

scout I am at the most blissful I've

947

00:45:11,690 --> 00:45:10,380

been in my entire life I'm feeling most

948

00:45:13,490 --> 00:45:11,700

effective in the things that I'm

949

00:45:15,319 --> 00:45:13,500

passionate about which is to be a

950

00:45:17,180 --> 00:45:15,329

support system for many people or anyone

951

00:45:18,589 --> 00:45:17,190

or just a friend as you can tell I'm a

952

00:45:20,630 --> 00:45:18,599

very approachable guy I'm not really

953

00:45:22,430 --> 00:45:20,640

about you know make sure you contact my

954

00:45:24,770 --> 00:45:22,440

marketing manager my accountant or my

955

00:45:27,290 --> 00:45:24,780

assistant I'm not into that stuff I like

956

00:45:28,069 --> 00:45:27,300

having fun and people or my joy and it

957

00:45:31,370 --> 00:45:28,079

really [h__\h]

958

00:45:33,499 --> 00:45:31,380

did for me when when I made that simple

959

00:45:36,079 --> 00:45:33,509

declaration like you said you just have

960

00:45:38,809 --> 00:45:36,089

to make the decision I made a decision

961

00:45:41,509 --> 00:45:38,819

since I just don't care anymore it's

962

00:45:44,059 --> 00:45:41,519

just too much work to carry the the

963

00:45:46,339 --> 00:45:44,069

cross of ignorance and pain I'd rather

964

00:45:50,749 --> 00:45:46,349

carry the torch of enlightenment it's

965

00:45:53,449 --> 00:45:50,759

just so much easier I could not agree

966

00:45:55,009 --> 00:45:53,459

with you more I mean I completely agree

967

00:45:56,630 --> 00:45:55,019

with you and I think that that whole

968

00:45:58,789 --> 00:45:56,640

question of selfishness is at the

969

00:46:02,329 --> 00:45:58,799

absolute core I hope that people will go

970

00:46:05,029 --> 00:46:02,339

to my website and download my ebook free

971

00:46:07,549 --> 00:46:05,039

totally free ebook that talks about this

972

00:46:10,519 --> 00:46:07,559

whole thing I mean here's here's a piece

973

00:46:12,469 --> 00:46:10,529

a story from nature about this selfish

974

00:46:14,299 --> 00:46:12,479

piece I mean we've got this idea and

975

00:46:16,400 --> 00:46:14,309

we've been raised and raised our kids

976
00:46:19,609 --> 00:46:16,410
and this idea don't be selfish whatever

977
00:46:21,620 --> 00:46:19,619
you do well the most selfish thing is to

978
00:46:23,390 --> 00:46:21,630
outsource taking care of yourself so

979
00:46:27,109 --> 00:46:23,400
somebody else got to do it right but

980
00:46:30,259 --> 00:46:27,119
what happens in nature is that it isn't

981
00:46:33,709 --> 00:46:30,269
it looks like a bunch of individuals out

982
00:46:36,410 --> 00:46:33,719
there scrounging and and competing but

983
00:46:39,170 --> 00:46:36,420
what actually happens is that when you

984
00:46:41,390 --> 00:46:39,180
have trees on two sides of a canyon and

985
00:46:43,609 --> 00:46:41,400
there's one side of the canyon that in

986
00:46:46,999 --> 00:46:43,619
the winter gets no sunshine whatsoever

987
00:46:48,920 --> 00:46:47,009
and they can't photosynthesize or they

988
00:46:51,910 --> 00:46:48,930

can't photosynthesize effect you know

989

00:46:54,549 --> 00:46:51,920

efficiently you know what happens keep

990

00:46:57,829 --> 00:46:54,559

the plants that are in the sunshine

991

00:46:59,749 --> 00:46:57,839

produce the those individuals are

992

00:47:03,079 --> 00:46:59,759

producing vibrantly they have become

993

00:47:05,509 --> 00:47:03,089

vibrant individuals because they were

994

00:47:07,789 --> 00:47:05,519

supported by the mycorrhizae in the soil

995

00:47:09,859 --> 00:47:07,799

that helped them to become the

996

00:47:13,489 --> 00:47:09,869

individual that can produce and then

997

00:47:16,130 --> 00:47:13,499

once they produce an abundance they dump

998

00:47:18,229 --> 00:47:16,140

it back into the mycorrhizal Network and

999

00:47:20,660 --> 00:47:18,239

it's transported through the network

1000

00:47:22,880 --> 00:47:20,670

through the forest not species-specific

1001
00:47:26,569 --> 00:47:22,890
it's not like pine trees are saying go

1002
00:47:30,019 --> 00:47:26,579
pine trees it's just we've got we've got

1003
00:47:32,019 --> 00:47:30,029
stuff over here help yourself and so the

1004
00:47:35,900 --> 00:47:32,029
young trees that are coming up are

1005
00:47:38,839 --> 00:47:35,910
supported by this network then there is

1006
00:47:41,269 --> 00:47:38,849
healthy competition so that you don't

1007
00:47:42,020 --> 00:47:41,279
get too many trees some die out some

1008
00:47:48,730 --> 00:47:42,030
thrive

1009
00:47:52,640 --> 00:47:48,740
back into the matrix it's a complete

1010
00:47:55,790 --> 00:47:52,650
community of deep collaboration which

1011
00:47:57,560 --> 00:47:55,800
yes has a piece of competition in it but

1012
00:47:59,240 --> 00:47:57,570
that's what fills all the niches and

1013
00:48:01,730 --> 00:47:59,250

keeps everything healthy and vibrant

1014

00:48:03,650 --> 00:48:01,740

it's it creates the drive it creates the

1015

00:48:05,630 --> 00:48:03,660

passion it increases the energy to want

1016

00:48:08,900 --> 00:48:05,640

to get out there or in there rather and

1017

00:48:10,849 --> 00:48:08,910

do something about the scenario right so

1018

00:48:14,120 --> 00:48:10,859

you follow what you love and you you

1019

00:48:16,970 --> 00:48:14,130

pour your passion into that and when you

1020

00:48:19,099 --> 00:48:16,980

do the whole world benefits if you're

1021

00:48:20,570 --> 00:48:19,109

out there trying to just phone it in and

1022

00:48:22,190 --> 00:48:20,580

you're trying not to be selfish and so

1023

00:48:24,170 --> 00:48:22,200

I'm not going to I'm not going to take

1024

00:48:26,030 --> 00:48:24,180

this time and go do this I'm not going

1025

00:48:29,089 --> 00:48:26,040

to go follow my heart I'm gonna you know

1026

00:48:31,640 --> 00:48:29,099

buckle down here grow up you know I mean

1027

00:48:33,950 --> 00:48:31,650

how much passion is behind that but when

1028

00:48:36,740 --> 00:48:33,960

you say you know what call it selfish if

1029

00:48:38,720 --> 00:48:36,750

you will but I'm gonna just start

1030

00:48:41,180 --> 00:48:38,730

guiding again which I thought I couldn't

1031

00:48:43,820 --> 00:48:41,190

do anymore and I just I'm loving my life

1032

00:48:46,010 --> 00:48:43,830

I'm reaching more people I'm having more

1033

00:48:51,800 --> 00:48:46,020

amazing conversations making more

1034

00:48:53,810 --> 00:48:51,810

difference and we're all thriving I've

1035

00:48:56,810 --> 00:48:53,820

always said if you can if you are not

1036

00:48:59,690 --> 00:48:56,820

full inside you're writing a check that

1037

00:49:01,579 --> 00:48:59,700

will bounce at the bank you can intend

1038

00:49:04,760 --> 00:49:01,589

to write someone a check and have that

1039

00:49:07,730 --> 00:49:04,770

check cashed and it will not work it

1040

00:49:10,099 --> 00:49:07,740

will bounce so what people may call are

1041

00:49:11,570 --> 00:49:10,109

deemed selfish and another person is the

1042

00:49:13,460 --> 00:49:11,580

fact that they possibly judging the fact

1043

00:49:15,500 --> 00:49:13,470

that they're not taking the initiative

1044

00:49:17,810 --> 00:49:15,510

to do what they love and they're the

1045

00:49:21,800 --> 00:49:17,820

ones who are wanting your or whoever's

1046

00:49:24,470 --> 00:49:21,810

attention I'm all about treating myself

1047

00:49:26,720 --> 00:49:24,480

because now that I feel full inside I

1048

00:49:28,310 --> 00:49:26,730

have an abundance to share with those

1049

00:49:31,730 --> 00:49:28,320

and totally agree with what you said

1050

00:49:34,250 --> 00:49:31,740

Scout when you trigger when you live in

1051
00:49:38,120 --> 00:49:34,260
that passion and have that gumption and

1052
00:49:40,490 --> 00:49:38,130
that fire to do what you love you become

1053
00:49:42,740 --> 00:49:40,500
a wellspring and like you like you

1054
00:49:44,660 --> 00:49:42,750
explained with your son you really

1055
00:49:46,849 --> 00:49:44,670
didn't have to do anything to help him

1056
00:49:48,349 --> 00:49:46,859
most people could see that as selfish

1057
00:49:51,710 --> 00:49:48,359
Scott is just looking out after herself

1058
00:49:53,870 --> 00:49:51,720
but as you did become self full when you

1059
00:49:54,970 --> 00:49:53,880
begin to be so full that it was flowing

1060
00:49:57,330 --> 00:49:54,980
over

1061
00:49:59,859 --> 00:49:57,340
you had no choice but to respond

1062
00:50:01,990 --> 00:49:59,869
beautiful so here's here's what I would

1063
00:50:03,820 --> 00:50:02,000

say about that the rest of that story I

1064

00:50:05,440 --> 00:50:03,830

mean one part of that story is that five

1065

00:50:08,380 --> 00:50:05,450

years ago he got sober and this year he

1066

00:50:10,840 --> 00:50:08,390

had his first baby on the city of

1067

00:50:13,930 --> 00:50:10,850

sobriety oh my gosh I'm going to see her

1068

00:50:17,230 --> 00:50:13,940

tomorrow so that's one part but here's

1069

00:50:20,920 --> 00:50:17,240

how I feel about that whole thing is

1070

00:50:23,140 --> 00:50:20,930

that when I when I'm sacrificing myself

1071

00:50:26,020 --> 00:50:23,150

and judging myself and saying oh I

1072

00:50:28,090 --> 00:50:26,030

screwed up as a mother look at lookit I

1073

00:50:30,070 --> 00:50:28,100

mean here's the proof you know my son

1074

00:50:32,230 --> 00:50:30,080

struggling so hard and it was me that

1075

00:50:33,790 --> 00:50:32,240

night Oh bah bah bah I've got this story

1076
00:50:36,490 --> 00:50:33,800
so what happens when you've got a story

1077
00:50:39,970 --> 00:50:36,500
is you've got a subject and you've got

1078
00:50:43,270 --> 00:50:39,980
an object and when my story is run by my

1079
00:50:45,310 --> 00:50:43,280
ego that is demanding because I haven't

1080
00:50:46,720 --> 00:50:45,320
fulfilled myself through what I love I'm

1081
00:50:48,849 --> 00:50:46,730
fulfilling myself through this

1082
00:50:52,390 --> 00:50:48,859
screwed-up story that I'm carrying about

1083
00:50:55,540 --> 00:50:52,400
myself so my ego is demanding that my

1084
00:50:57,400 --> 00:50:55,550
story remained true and I'll tell you

1085
00:50:58,390 --> 00:50:57,410
what we're we're attached to our stories

1086
00:51:02,849 --> 00:50:58,400
in a big way

1087
00:51:06,849 --> 00:51:02,859
and so when I'm attached to my story

1088
00:51:09,190 --> 00:51:06,859

it requires that my son remain screwed

1089

00:51:13,660 --> 00:51:09,200

up because otherwise the world is

1090

00:51:16,270 --> 00:51:13,670

messing with my story and so when I it's

1091

00:51:20,070 --> 00:51:16,280

not like I created a healthy son all I

1092

00:51:22,900 --> 00:51:20,080

did was set my son free from my story

1093

00:51:26,290 --> 00:51:22,910

right that I had screwed up somehow so

1094

00:51:27,940 --> 00:51:26,300

it required him as evidence he he was no

1095

00:51:31,000 --> 00:51:27,950

longer required be the evidence of

1096

00:51:34,960 --> 00:51:31,010

anything he got free and my belief is

1097

00:51:40,840 --> 00:51:34,970

when you free people up they do great

1098

00:51:42,580 --> 00:51:40,850

things we're slowly but surely coming to

1099

00:51:45,700 --> 00:51:42,590

the top of the our Scout this show goes

1100

00:51:47,740 --> 00:51:45,710

by so fast when we get in that zone if

1101
00:51:50,770 --> 00:51:47,750
you would leave us with a final thought

1102
00:51:54,790 --> 00:51:50,780
about how one can achieve love and

1103
00:51:58,930 --> 00:51:54,800
optimism in this crazy world you know I

1104
00:52:03,849 --> 00:51:58,940
think that it really truly is learning

1105
00:52:07,330 --> 00:52:03,859
to let go and know that life has got

1106
00:52:08,890 --> 00:52:07,340
this and our part is to open up and let

1107
00:52:12,789 --> 00:52:08,900
life move

1108
00:52:14,410 --> 00:52:12,799
so finding the ways to physically I mean

1109
00:52:17,620 --> 00:52:14,420
we do things with our thoughts but to

1110
00:52:21,970 --> 00:52:17,630
physically open your body and let life

1111
00:52:23,589 --> 00:52:21,980
move through you so what any suggestions

1112
00:52:25,079 --> 00:52:23,599
how we can do that now this is somewhat

1113
00:52:27,970 --> 00:52:25,089

the same question I asked you earlier

1114

00:52:30,279 --> 00:52:27,980

but some people need a piece of

1115

00:52:32,049 --> 00:52:30,289

information that will go oh that's how I

1116

00:52:33,759 --> 00:52:32,059

do it so you know kind of like a little

1117

00:52:34,870 --> 00:52:33,769

push off the clip they want to jump they

1118

00:52:36,670 --> 00:52:34,880

get to the edge one two three and they

1119

00:52:39,120 --> 00:52:36,680

stop one two three next out some people

1120

00:52:41,680 --> 00:52:39,130

just need that little push can you offer

1121

00:52:44,049 --> 00:52:41,690

anything yeah I'll give it I mean I gave

1122

00:52:45,489 --> 00:52:44,059

that that physicality piece before but

1123

00:52:48,630 --> 00:52:45,499

what I'll do now is give you a mental

1124

00:52:54,180 --> 00:52:48,640

piece that when you find yourself

1125

00:52:57,400 --> 00:52:54,190

triggered pissed off whatever check in

1126
00:52:59,950 --> 00:52:57,410
with what you're making it mean about

1127
00:53:02,890 --> 00:52:59,960
what just happened check in with the

1128
00:53:06,249 --> 00:53:02,900
assumptions you're running and and just

1129
00:53:09,489 --> 00:53:06,259
check and see where your mind reading

1130
00:53:11,589 --> 00:53:09,499
where you're projecting stories and name

1131
00:53:13,779 --> 00:53:11,599
three different things that might be

1132
00:53:18,220 --> 00:53:13,789
true instead of this knee jerk saying

1133
00:53:19,870 --> 00:53:18,230
that you're assuming is true what do you

1134
00:53:22,359 --> 00:53:19,880
think that's about someone telling

1135
00:53:24,400 --> 00:53:22,369
long-winded stories when I was getting

1136
00:53:26,079 --> 00:53:24,410
on this path my mentor he would kick me

1137
00:53:27,460 --> 00:53:26,089
in the pants he would say Keith stop

1138
00:53:28,690 --> 00:53:27,470

telling long-winded stories and say what

1139

00:53:31,059 --> 00:53:28,700

do you mean who's Keith stop telling

1140

00:53:33,279 --> 00:53:31,069

long-winded stories and he says I

1141

00:53:34,690 --> 00:53:33,289

suggest you put pieces of paper all

1142

00:53:38,620 --> 00:53:34,700

around your house will you frequent

1143

00:53:41,229 --> 00:53:38,630

let's say stop telling stories and I got

1144

00:53:44,400 --> 00:53:41,239

it it clicked and I realized that

1145

00:53:48,430 --> 00:53:44,410

explaining the long way around things

1146

00:53:51,789 --> 00:53:48,440

creates a lot of not necessary not

1147

00:53:54,190 --> 00:53:51,799

needed noise in the mind because when

1148

00:53:55,749 --> 00:53:54,200

you ask some when you ask someone how

1149

00:53:57,099 --> 00:53:55,759

was your day today you don't want them

1150

00:53:58,779 --> 00:53:57,109

to tell you well I woke up I brush my

1151
00:54:01,239 --> 00:53:58,789
teeth ate some cornflakes I walk to the

1152
00:54:03,609 --> 00:54:01,249
car I actually use 56 steps to get there

1153
00:54:06,130 --> 00:54:03,619
and I did this they just want to know

1154
00:54:07,509 --> 00:54:06,140
how your day was you know I went to the

1155
00:54:09,640 --> 00:54:07,519
store ran a couple of errands I had a

1156
00:54:15,220 --> 00:54:09,650
fantastic day that's really what they

1157
00:54:18,549 --> 00:54:15,230
want to hear it really moves me honestly

1158
00:54:21,309 --> 00:54:18,559
off of my center often when people get

1159
00:54:22,599 --> 00:54:21,319
into story your thoughts about getting

1160
00:54:25,420 --> 00:54:22,609
it to story and the

1161
00:54:27,819 --> 00:54:25,430
effects it can have in one's life yeah

1162
00:54:29,259 --> 00:54:27,829
our stories matters so much less than we

1163
00:54:31,539 --> 00:54:29,269

think they do the only thing that really

1164

00:54:33,579 --> 00:54:31,549

matters the only thing that really

1165

00:54:35,109 --> 00:54:33,589

matters is what you made that story mean

1166

00:54:37,450 --> 00:54:35,119

about you did you make it mean something

1167

00:54:40,779 --> 00:54:37,460

powerful and positive about you or are

1168

00:54:43,630 --> 00:54:40,789

you making it mean something derogatory

1169

00:54:45,009 --> 00:54:43,640

or it's you know some reason that you

1170

00:54:47,440 --> 00:54:45,019

couldn't do something you know find the

1171

00:54:49,180 --> 00:54:47,450

stories that empower you and if your

1172

00:54:52,509 --> 00:54:49,190

stories don't empower you stop telling

1173

00:54:54,069 --> 00:54:52,519

them just find a different it's it

1174

00:54:57,279 --> 00:54:54,079

really is what are you making it mean

1175

00:54:59,950 --> 00:54:57,289

about you yeah what life are you

1176

00:55:02,049 --> 00:54:59,960

creating presently versus buying into

1177

00:55:04,420 --> 00:55:02,059

the the record that's been playing in

1178

00:55:05,079 --> 00:55:04,430

the background the UM just the incessant

1179

00:55:06,670 --> 00:55:05,089

mind eyes

1180

00:55:12,370 --> 00:55:06,680

scout what's coming down the pike for

1181

00:55:13,900 --> 00:55:12,380

you dear well I'm getting set to go up

1182

00:55:15,220 --> 00:55:13,910

to Montana for a couple weeks when I

1183

00:55:17,620 --> 00:55:15,230

come back I'm going to be doing some

1184

00:55:19,930 --> 00:55:17,630

more guiding here I'm I'm just so

1185

00:55:23,049 --> 00:55:19,940

thrilled about what's unfolding and

1186

00:55:25,839 --> 00:55:23,059

what's actually happening now is my

1187

00:55:28,420 --> 00:55:25,849

client base has shifted from people who

1188

00:55:30,430 --> 00:55:28,430

are coming feeling like there's

1189

00:55:34,450 --> 00:55:30,440

something to fix to people who are

1190

00:55:36,970 --> 00:55:34,460

saying there's so much possible and I

1191

00:55:38,710 --> 00:55:36,980

want some of that I want some of that

1192

00:55:40,960 --> 00:55:38,720

Hojo I want to I want to go to that

1193

00:55:42,640 --> 00:55:40,970

mountain and hear that yes I want to

1194

00:55:45,640 --> 00:55:42,650

step up to that art easel and hear that

1195

00:55:47,739 --> 00:55:45,650

yes I want to step up to my desk in my

1196

00:55:50,620 --> 00:55:47,749

business and feel that yes I want to

1197

00:55:53,109 --> 00:55:50,630

feel that yes and I'll tell you what

1198

00:55:56,130 --> 00:55:53,119

it's it just keeps getting better I love

1199

00:55:58,180 --> 00:55:56,140

that I want to hear that yes

1200

00:55:59,890 --> 00:55:58,190

Scout thank you for being a phenomenal

1201
00:56:01,979 --> 00:55:59,900
burst of light here in Center of light

1202
00:56:06,160 --> 00:56:01,989
radio you can find more about scout at

1203
00:56:09,039 --> 00:56:06,170
WWDC up will conceal kansas with an i

1204
00:56:11,400 --> 00:56:09,049
WILL k i in s.com

1205
00:56:14,319 --> 00:56:11,410
thank for being a bright light here

1206
00:56:16,150 --> 00:56:14,329
Thank You Keith I've so enjoyed our

1207
00:56:18,130 --> 00:56:16,160
conversation keep me posted what you

1208
00:56:18,670 --> 00:56:18,140
doing do you're always welcome alright

1209
00:56:20,680 --> 00:56:18,680
thank you

1210
00:56:22,059 --> 00:56:20,690
loving like everyone Scout Wilkins what

1211
00:56:24,670 --> 00:56:22,069
a phenomenal show I really enjoyed her

1212
00:56:27,009 --> 00:56:24,680
energy here one final announcement again

1213
00:56:28,599 --> 00:56:27,019

if you go to sin of light radio calm the

1214

00:56:31,420 --> 00:56:28,609

website the opening page you will see a

1215

00:56:33,039 --> 00:56:31,430

subscription form fill it out I had an

1216

00:56:35,410 --> 00:56:33,049

epiphany other day a burst of light with

1217

00:56:35,830 --> 00:56:35,420

my marketing manager and I I sobbed for

1218

00:56:37,840 --> 00:56:35,840

an hour

1219

00:56:40,600 --> 00:56:37,850

she will tell you and I pause sometimes

1220

00:56:41,890 --> 00:56:40,610

in between writing dialogue for 10 to 15

1221

00:56:43,750 --> 00:56:41,900

minutes at a time because it was

1222

00:56:45,730 --> 00:56:43,760

overwhelming and if you fill out that

1223

00:56:47,650 --> 00:56:45,740

form eventually over time I'm gonna give

1224

00:56:49,480 --> 00:56:47,660

you all of my creations for free and

1225

00:56:51,010 --> 00:56:49,490

we're gonna do this monthly or however

1226

00:56:52,930 --> 00:56:51,020

often I choose to do this we're still

1227

00:56:55,330 --> 00:56:52,940

working it out but you sign up your name

1228

00:56:57,330 --> 00:56:55,340

not only will you start getting endless

1229

00:57:00,310 --> 00:56:57,340

amounts of all everything I've created

1230

00:57:02,260 --> 00:57:00,320

but you always have access to my

1231

00:57:04,120 --> 00:57:02,270

newsletter program yes I have slacked

1232

00:57:06,190 --> 00:57:04,130

off from a new program for a while I

1233

00:57:08,470 --> 00:57:06,200

have just been so busy but I'm about to

1234

00:57:11,950 --> 00:57:08,480

kick that off again stay tuned I put a

1235

00:57:14,710 --> 00:57:11,960

lot of time a lot of work a lot of love

1236

00:57:17,320 --> 00:57:14,720

and joy into finding the most powerful

1237

00:57:18,880 --> 00:57:17,330

information that I would put my wallet

1238

00:57:20,440 --> 00:57:18,890

on the table and I say this has to be

1239

00:57:22,300 --> 00:57:20,450

the truth I would bet at all because

1240

00:57:23,620 --> 00:57:22,310

there's a feeling inside of intuition

1241

00:57:26,470 --> 00:57:23,630

that happens when you're aligned as

1242

00:57:29,350 --> 00:57:26,480

Scout says there is a yes and when you

1243

00:57:31,150 --> 00:57:29,360

become used to that yes any of those

1244

00:57:32,860 --> 00:57:31,160

little yeses they will begin to guide

1245

00:57:34,510 --> 00:57:32,870

you to say Keith this way Keith this way

1246

00:57:36,250 --> 00:57:34,520

Keith this way and then you will take

1247

00:57:38,140 --> 00:57:36,260

the yes into the rabbit hole and then

1248

00:57:40,150 --> 00:57:38,150

next thing you know the yes that you get

1249

00:57:42,490 --> 00:57:40,160

is all in caps its triple underline it

1250

00:57:45,130 --> 00:57:42,500

it's bold exclamation pointed three

1251
00:57:46,410 --> 00:57:45,140
times and Scouts is shaking and yes yes

1252
00:57:52,120 --> 00:57:46,420
yes

1253
00:57:53,920 --> 00:57:52,130
anthony Blanchard here center of light

1254
00:57:55,900 --> 00:57:53,930
radio tomorrow I'm gonna be view

1255
00:57:57,550 --> 00:57:55,910
interviewing Swansea district Millie

1256
00:57:59,650 --> 00:57:57,560
I spent the last two days with

1257
00:58:01,690 --> 00:57:59,660
god-realized man Swansea to Co get from

1258
00:58:03,520 --> 00:58:01,700
India putting together this new

1259
00:58:05,590 --> 00:58:03,530
documentary I'm gonna call love peace

1260
00:58:08,680 --> 00:58:05,600
and unity an educational documentary

1261
00:58:10,930 --> 00:58:08,690
about humanity's future hopefully next

1262
00:58:13,330 --> 00:58:10,940
week on center of light radio I'm going

1263
00:58:16,360 --> 00:58:13,340

to be posting to inception radio network

1264

00:58:19,600 --> 00:58:16,370

my interview tomorrow with Swansea Vista

1265

00:58:21,520 --> 00:58:19,610

yogi titled healing the earth by

1266

00:58:22,420 --> 00:58:21,530

purifying the waters always remember

1267

00:58:24,100 --> 00:58:22,430

when you lay down at night you have

1268

00:58:26,140 --> 00:58:24,110

nothing to do breathe breathe breathe

1269

00:58:28,270 --> 00:58:26,150

until you find yourself and that

1270

00:58:29,800 --> 00:58:28,280

deafening profound silence and watch

1271

00:58:31,930 --> 00:58:29,810

what happens to your life if you do this