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Center of Light Radio

Guest: Jennifer Foster



1
00:00:29,220 --> 00:00:14,900

[Music]

2
00:00:44,830 --> 00:00:29,230

[Applause]

3
00:00:44,840 --> 00:01:04,070

[Music]

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

5
00:01:11,310 --> 00:01:08,860

with spiritual teacher intuitive

6
00:01:13,860 --> 00:01:11,320

musician composer and best-selling

7
00:01:16,530 --> 00:01:13,870

author of the Divine Principle anchoring

8
00:01:18,719 --> 00:01:16,540

heaven on earth your host Keith Anthony

9
00:01:20,250 --> 00:01:18,729

Blanchard coast-to-coast pulled a poll

10
00:01:21,690 --> 00:01:20,260

all around the world on the Internet

11
00:01:23,190 --> 00:01:21,700

thanks to the marvel of technology I'm

12
00:01:25,290 --> 00:01:23,200

coming at you live from a little old

13
00:01:26,400 --> 00:01:25,300

guest house in Memphis Tennessee this is

14

00:01:27,810 --> 00:01:26,410

Keith Anthony Blanche and you're

15

00:01:29,810 --> 00:01:27,820

listening to centre of light radio

16

00:01:31,980 --> 00:01:29,820

Center of divine unfoldment and

17

00:01:35,070 --> 00:01:31,990

reinforcements radio for the soul and

18

00:01:37,109 --> 00:01:35,080

the transformation station my rpm

19

00:01:38,760 --> 00:01:37,119

program my lifelong work or your

20

00:01:41,249 --> 00:01:38,770

spiritual seeker who's ready to move

21

00:01:43,020 --> 00:01:41,259

forward in your life if you wanted to

22

00:01:46,080 --> 00:01:43,030

shift from struggling to feeling that

23

00:01:47,850 --> 00:01:46,090

life is effortless send me an email to

24

00:01:50,820 --> 00:01:47,860

book a free session with me 30 minutes

25

00:01:52,770 --> 00:01:50,830

for free at least 30 minutes can go a

26

00:01:54,240 --> 00:01:52,780

little longer I don't mind we'll get you

27

00:01:55,590 --> 00:01:54,250

well anyway give me an issue or

28

00:01:57,180 --> 00:01:55,600

something you want to see greater in

29

00:01:59,219 --> 00:01:57,190

your life to create a capacity something

30

00:02:00,930 --> 00:01:59,229

expanded something that might be kickin

31

00:02:03,810 --> 00:02:00,940

you but you want a little bit more ease

32

00:02:05,580 --> 00:02:03,820

surrounding that time chatting Keith

33

00:02:07,290 --> 00:02:05,590

Anthony Blanchard a gmail we'll get

34

00:02:10,109 --> 00:02:07,300

right down to it and we'll get you on

35

00:02:11,550 --> 00:02:10,119

your way to feeling groovy if you go to

36

00:02:13,230 --> 00:02:11,560

sinner of light radio.com

37

00:02:15,330 --> 00:02:13,240

on the opening page you'll see a Ferrari

38

00:02:17,610 --> 00:02:15,340

whiz across the screen click on that car

39

00:02:20,100 --> 00:02:17,620

also you can click on revenue up and

40

00:02:21,750 --> 00:02:20,110

it'll take you to the RPM program it'll

41

00:02:24,449 --> 00:02:21,760

tell you what you get and it will also

42

00:02:27,360 --> 00:02:24,459

show you what you will create with this

43

00:02:29,360 --> 00:02:27,370

lifelong work of mine recognize plug in

44

00:02:33,720 --> 00:02:29,370

and manifest when we begin to recognize

45

00:02:35,490 --> 00:02:33,730

the truth we look within we begin to

46

00:02:37,680 --> 00:02:35,500

plug into that power source what lives

47

00:02:41,150 --> 00:02:37,690

inside of all of us creates worlds and

48

00:02:43,620 --> 00:02:41,160

universes to chew on that for a moment

49

00:02:45,180 --> 00:02:43,630

what lives inside of us creates the

50

00:02:47,699 --> 00:02:45,190

worlds and universes when you begin to

51
00:02:50,010 --> 00:02:47,709
plug him in it can you begin to manifest

52
00:02:51,900 --> 00:02:50,020
your life we all manifest our life but

53
00:02:53,930 --> 00:02:51,910
this time we get to do it on purpose and

54
00:02:56,790 --> 00:02:53,940
consciously we get exactly what we want

55
00:02:58,530 --> 00:02:56,800
exactly what we desire that which calls

56
00:03:00,240 --> 00:02:58,540
to us and makes our heart sing and makes

57
00:03:01,860 --> 00:03:00,250
us feel blissful and everybody around

58
00:03:03,479 --> 00:03:01,870
you says what are you doing please give

59
00:03:05,580 --> 00:03:03,489
me some of that and they become blissful

60
00:03:08,220 --> 00:03:05,590
and it becomes a worldwide movement and

61
00:03:10,530 --> 00:03:08,230
everybody's eating ice cream and the

62
00:03:12,300 --> 00:03:10,540
whole world was joyful very very simple

63
00:03:15,330 --> 00:03:12,310

you can be a powerful part of someone

64

00:03:16,770 --> 00:03:15,340

else trans transition for sure

65

00:03:18,360 --> 00:03:16,780

announcement if you've been listening to

66

00:03:20,369 --> 00:03:18,370

see me of light radio for a while or

67

00:03:21,750 --> 00:03:20,379

following any of my work again go to

68

00:03:23,190 --> 00:03:21,760

Center of light radio calm on the

69

00:03:25,259 --> 00:03:23,200

opening page you'll see a sign-up form

70

00:03:27,660 --> 00:03:25,269

fill it out I will send you all of my

71

00:03:29,550 --> 00:03:27,670

work to a present day over a period it's

72

00:03:30,900 --> 00:03:29,560

all free now things I used to charge for

73

00:03:32,820 --> 00:03:30,910

in the past I'm giving it to you for

74

00:03:34,619 --> 00:03:32,830

free sign up and not only would you get

75

00:03:37,080 --> 00:03:34,629

that stuff that cool stuff because I'm

76

00:03:39,589 --> 00:03:37,090

always creating stuff I'm gonna start a

77

00:03:42,119 --> 00:03:39,599

monthly maybe not monthly bimonthly

78

00:03:43,920 --> 00:03:42,129

ongoing newsletter program again I've

79

00:03:46,199 --> 00:03:43,930

just been overwhelmed and swamped by a

80

00:03:50,280 --> 00:03:46,209

lot of work I'm about to get moving and

81

00:03:54,180 --> 00:03:50,290

busy with that also today very very

82

00:03:56,940 --> 00:03:54,190

important announcement this god really

83

00:03:59,520 --> 00:03:56,950

us man from India contacted me two weeks

84

00:04:01,680 --> 00:03:59,530

ago through a dear friend of ours and

85

00:04:03,270 --> 00:04:01,690

she said Swami ji said it's time to get

86

00:04:05,699 --> 00:04:03,280

busy the world is slacked with the

87

00:04:08,069 --> 00:04:05,709

humanity people are slacking off and

88

00:04:09,449 --> 00:04:08,079

next thing you know he says that he

89

00:04:12,150 --> 00:04:09,459

wanted me to create a Facebook page

90

00:04:14,339 --> 00:04:12,160

called clean and green mission now so

91

00:04:16,949 --> 00:04:14,349

you go to facebook.com slash clean and

92

00:04:18,509 --> 00:04:16,959

green mission now this is not a regular

93

00:04:21,029 --> 00:04:18,519

community page where people hang out and

94

00:04:22,800 --> 00:04:21,039

chitchat about some cool stuff this is

95

00:04:24,750 --> 00:04:22,810

about finding solutions to the problems

96

00:04:26,550 --> 00:04:24,760

that are plaguing the world as an

97

00:04:29,010 --> 00:04:26,560

epidemic as a pandemic and it's getting

98

00:04:30,510 --> 00:04:29,020

out of hand so much so this man who

99

00:04:32,360 --> 00:04:30,520

knows the fact that I'm talking about

100

00:04:35,310 --> 00:04:32,370

him right now if he wanted to know that

101
00:04:36,810 --> 00:04:35,320
he has this kind of awareness contact me

102
00:04:38,010 --> 00:04:36,820
and said Keith get on this so I'm

103
00:04:39,870 --> 00:04:38,020
getting on it and I'm sharing this with

104
00:04:41,580 --> 00:04:39,880
you I'm asking you to go to this page

105
00:04:43,890 --> 00:04:41,590
and bring forth solutions let's not

106
00:04:45,570 --> 00:04:43,900
blame those people in other arenas who

107
00:04:46,730 --> 00:04:45,580
may be contributing to the problem

108
00:04:48,779 --> 00:04:46,740
that's not what this page is about

109
00:04:49,620 --> 00:04:48,789
desp'rate this page is about bringing

110
00:04:52,230 --> 00:04:49,630
soul

111
00:04:54,810 --> 00:04:52,240
Lucian's solutions so we can begin the

112
00:04:56,190 --> 00:04:54,820
dynamic of change because he doesn't

113
00:04:58,589 --> 00:04:56,200

113
speak about things lightly in fact the

114
00:05:00,000 --> 00:04:58,599
word he used was urgent and next thing

115
00:05:02,460 --> 00:05:00,010
you know two weeks later we have this

116
00:05:05,520 --> 00:05:02,470
small that shows up in India in New

117
00:05:06,810 --> 00:05:05,530
Delhi this is not good this is not doom

118
00:05:09,240 --> 00:05:06,820
and gloom and this is not fear-based

119
00:05:11,550 --> 00:05:09,250
prophecy what I'm saying is it's a wake

120
00:05:13,350 --> 00:05:11,560
up call saying hey guys it's a clarion

121
00:05:16,200 --> 00:05:13,360
call as what it is so we need to step up

122
00:05:19,020 --> 00:05:16,210
and begin to beat our feet towards

123
00:05:21,240 --> 00:05:19,030
pitching in yes recycling is a wonderful

124
00:05:22,680 --> 00:05:21,250
thing please keep doing that but it's

125
00:05:25,620 --> 00:05:22,690
beyond that and we need to catch up

126
00:05:27,360 --> 00:05:25,630
again that's facebook.com slash clean

127
00:05:28,590 --> 00:05:27,370
and green mission now share that with

128
00:05:30,570 --> 00:05:28,600
everyone you

129
00:05:33,510 --> 00:05:30,580
No let's get down to sinner of light

130
00:05:35,970 --> 00:05:33,520
radio business down eight eight eight

131
00:05:37,890 --> 00:05:35,980
nine one nine two three five five triple

132
00:05:40,350 --> 00:05:37,900
eight nine one nine two three five five

133
00:05:43,770 --> 00:05:40,360
to call in to the show today my guess

134
00:05:47,340 --> 00:05:43,780
was Jennifer Foster highly recommended

135
00:05:52,590 --> 00:05:47,350
by Gavin lead a diesel even gave me

136
00:05:53,820 --> 00:05:52,600
simple water excuse me so please get

137
00:05:54,600 --> 00:05:53,830
this lady on your show it would be a

138
00:05:56,460 --> 00:05:54,610

perfect fit

139

00:05:58,320 --> 00:05:56,470

so Jennifer Foster's here today and

140

00:06:02,550 --> 00:05:58,330

we're gonna be speaking about the energy

141

00:06:05,490 --> 00:06:02,560

dynamic model human nature and modern

142

00:06:08,160 --> 00:06:05,500

society Jennifer says I've developed a

143

00:06:12,090 --> 00:06:08,170

way of understanding people that can be

144

00:06:14,660 --> 00:06:12,100

used to improve well-being well-being

145

00:06:17,580 --> 00:06:14,670

that's a big word and it's all inclusive

146

00:06:20,130 --> 00:06:17,590

when I worked at at Cathedral employment

147

00:06:22,170 --> 00:06:20,140

enterprises this was the job that opened

148

00:06:25,680 --> 00:06:22,180

my eyes and created a lifelong passion

149

00:06:28,230 --> 00:06:25,690

for developing people through employment

150

00:06:31,350 --> 00:06:28,240

and creativity I've delivered a standard

151
00:06:33,480 --> 00:06:31,360
course to over 2,000 unemployed people

152
00:06:37,350 --> 00:06:33,490
with all sorts of different situations

153
00:06:41,760 --> 00:06:37,360
and abilities over time its period of

154
00:06:44,580 --> 00:06:41,770
two years I was made redundant when the

155
00:06:46,740 --> 00:06:44,590
government changed the contract terms I

156
00:06:48,540 --> 00:06:46,750
spent most of my free time

157
00:06:50,190 --> 00:06:48,550
I spend most of my free time educating

158
00:06:52,860 --> 00:06:50,200
my third child who is six years old

159
00:06:55,980 --> 00:06:52,870
which I enjoy very much of course he

160
00:06:59,010 --> 00:06:55,990
does I also love to develop projects and

161
00:07:01,440 --> 00:06:59,020
I am working on my breeding is not here

162
00:07:03,480 --> 00:07:01,450
today excuse me on one at the moment to

163
00:07:05,640 --> 00:07:03,490

do with voice and performing skills with

164

00:07:07,890 --> 00:07:05,650

people who are vulnerable I also support

165

00:07:09,870 --> 00:07:07,900

my eldest son and a friend and running

166

00:07:11,850 --> 00:07:09,880

their two businesses and art and

167

00:07:14,670 --> 00:07:11,860

enjoying networking and facilitating

168

00:07:17,820 --> 00:07:14,680

exhibitions for them my first love is

169

00:07:21,150 --> 00:07:17,830

theater and how people work today and I

170

00:07:23,160 --> 00:07:21,160

am often thinking about plays writing

171

00:07:27,920 --> 00:07:23,170

and ideas you can find more about my

172

00:07:30,060 --> 00:07:27,930

guests at WW energy dynamic dot co uk

173

00:07:33,150 --> 00:07:30,070

Jennifer foster welcome to centre of

174

00:07:35,719 --> 00:07:33,160

light radio hello Keith thank you very

175

00:07:38,430 --> 00:07:35,729

much for having me here

176

00:07:40,650 --> 00:07:38,440

absolutely how do you want to dive into

177

00:07:42,300 --> 00:07:40,660

this thing tell me when did everything

178

00:07:43,860 --> 00:07:42,310

begin to shift for you was this

179

00:07:45,810 --> 00:07:43,870

early age he always had a vision of

180

00:07:48,390 --> 00:07:45,820

doing this kind of work or was it

181

00:07:50,550 --> 00:07:48,400

something that was when you paint him in

182

00:07:52,290 --> 00:07:50,560

a corner and you had no way out except

183

00:07:54,840 --> 00:07:52,300

to try something completely different

184

00:07:56,430 --> 00:07:54,850

what was that like for you well it'll

185

00:07:58,650 --> 00:07:56,440

really started when I was very very

186

00:08:01,350 --> 00:07:58,660

young I remember walking down the road

187

00:08:04,770 --> 00:08:01,360

holding holding my mum's friend's hand

188

00:08:07,560 --> 00:08:04,780

so I must have been about five or six

189

00:08:10,920 --> 00:08:07,570

probably and she was caught auntie Pat

190

00:08:14,850 --> 00:08:10,930

and I remember having a sort of achieved

191

00:08:18,240 --> 00:08:14,860

this child moment um and I said to her I

192

00:08:20,460 --> 00:08:18,250

said um who are you and she said well

193

00:08:22,470 --> 00:08:20,470

I'm your auntie Pat I mean one teapot I

194

00:08:26,010 --> 00:08:22,480

said no no no who are you

195

00:08:28,500 --> 00:08:26,020

and she said I'm your auntie Pat and

196

00:08:31,220 --> 00:08:28,510

when I realized that and she really

197

00:08:33,240 --> 00:08:31,230

meant it i I kind of had a feeling of

198

00:08:35,370 --> 00:08:33,250

what's going on here

199

00:08:39,030 --> 00:08:35,380

I I didn't mean that I I didn't actually

200

00:08:42,540 --> 00:08:39,040

mean that I meant kind of kind of who

201
00:08:45,450 --> 00:08:42,550
are you in what she gave me was her name

202
00:08:47,160 --> 00:08:45,460
from that moment I I realized that I was

203
00:08:50,490 --> 00:08:47,170
seeing things possibly in a different

204
00:08:52,620 --> 00:08:50,500
way to most people but that was okay and

205
00:08:57,960 --> 00:08:52,630
I carried on and everything was alright

206
00:08:59,820 --> 00:08:57,970
but I always I always had a had a idea

207
00:09:03,030 --> 00:08:59,830
that things weren't quite what they

208
00:09:04,680 --> 00:09:03,040
seemed I guess um they told in my life

209
00:09:06,270 --> 00:09:04,690
as a teenager I joined theater I

210
00:09:08,310 --> 00:09:06,280
discovered this it and I absolutely

211
00:09:10,740 --> 00:09:08,320
loved it and I found that when I was on

212
00:09:13,950 --> 00:09:10,750
the stage it was a complete different

213
00:09:16,170 --> 00:09:13,960

experience to the unusual normal routine

214

00:09:18,060 --> 00:09:16,180

life and you actually were in it

215

00:09:23,220 --> 00:09:18,070

completely different having a different

216

00:09:24,600 --> 00:09:23,230

experience of life after that I decided

217

00:09:26,880 --> 00:09:24,610

to study I didn't really know what to

218

00:09:30,000 --> 00:09:26,890

study and to cut a long story short here

219

00:09:32,190 --> 00:09:30,010

by a bit of peculiar nurse IND Doug

220

00:09:33,720 --> 00:09:32,200

doing um a degree in economics and I had

221

00:09:36,150 --> 00:09:33,730

never even done an o-level

222

00:09:40,110 --> 00:09:36,160

or an a-level in economics at all and I

223

00:09:42,690 --> 00:09:40,120

remember sitting in a lecture and the

224

00:09:45,570 --> 00:09:42,700

man says this this in this lecture he

225

00:09:49,530 --> 00:09:45,580

said economics is the study of why

226
00:09:52,920 --> 00:09:49,540
people make BMWs rather than kidney

227
00:09:55,830 --> 00:09:52,930
machines and I thought I want to know

228
00:09:57,300 --> 00:09:55,840
about that so I I saw bit of

229
00:10:00,150 --> 00:09:57,310
this and then I found out that I was

230
00:10:02,520 --> 00:10:00,160
actually on the wrong course they'd put

231
00:10:04,620 --> 00:10:02,530
me on the wrong course but I was going

232
00:10:06,840 --> 00:10:04,630
to stay on it so so I then studied

233
00:10:09,090 --> 00:10:06,850
economics for about I did a degree then

234
00:10:12,510 --> 00:10:09,100
I did a master's degree it was all of

235
00:10:15,390 --> 00:10:12,520
probably about six years and it was

236
00:10:17,400 --> 00:10:15,400
designed particularly not so much to

237
00:10:19,620 --> 00:10:17,410
learn about economics so you could work

238
00:10:22,830 --> 00:10:19,630

in the financial sector but to analyze

239

00:10:24,840 --> 00:10:22,840

it in to criticize it and to to get to

240

00:10:27,570 --> 00:10:24,850

the essence of what economics was and

241

00:10:29,340 --> 00:10:27,580

what that meant about development and it

242

00:10:31,080 --> 00:10:29,350

was at this point when I I saw that

243

00:10:35,670 --> 00:10:31,090

economics was actually a game it was

244

00:10:38,970 --> 00:10:35,680

actually a begin basically so with the

245

00:10:42,510 --> 00:10:38,980

who are you scenario with the theater

246

00:10:44,640 --> 00:10:42,520

and in the economics when I when I left

247

00:10:46,890 --> 00:10:44,650

that I started work and that's when you

248

00:10:49,320 --> 00:10:46,900

were just reading about really lives

249

00:10:52,440 --> 00:10:49,330

long-term unemployed people in Brixton

250

00:10:56,190 --> 00:10:52,450

in London and from that moment probably

251
00:10:58,320 --> 00:10:56,200
for the next 10 12 years I started to

252
00:11:02,220 --> 00:10:58,330
see in people that I was working with

253
00:11:04,380 --> 00:11:02,230
how they actually were they actually

254
00:11:06,540 --> 00:11:04,390
were beautiful and they were they were

255
00:11:08,370 --> 00:11:06,550
they were just them their essence was

256
00:11:10,080 --> 00:11:08,380
them and they were just shining but they

257
00:11:11,940 --> 00:11:10,090
couldn't see that and no one could see

258
00:11:14,370 --> 00:11:11,950
that and they were they were given

259
00:11:17,610 --> 00:11:14,380
labels off of being angry or being

260
00:11:20,400 --> 00:11:17,620
difficult or or you know lots of

261
00:11:24,090 --> 00:11:20,410
different things and and what I did was

262
00:11:26,640 --> 00:11:24,100
I I realized that if I could nurture

263
00:11:29,010 --> 00:11:26,650

them in in the situation I was in given

264

00:11:30,360 --> 00:11:29,020

what situation I was like sometimes I

265

00:11:31,860 --> 00:11:30,370

was on the course sometimes I was

266

00:11:34,680 --> 00:11:31,870

supporting people with just learning

267

00:11:36,480 --> 00:11:34,690

difficulties in a job if I could get the

268

00:11:39,030 --> 00:11:36,490

hang of who they were and if I could get

269

00:11:41,430 --> 00:11:39,040

the hang of what gave them meaning

270

00:11:44,340 --> 00:11:41,440

purpose who they were and so they could

271

00:11:46,350 --> 00:11:44,350

do like create that and be that all

272

00:11:49,500 --> 00:11:46,360

their mental health problems and

273

00:11:53,280 --> 00:11:49,510

attitudes and anger and anxiety reduced

274

00:11:56,820 --> 00:11:53,290

and this carried on and carried on and

275

00:11:58,620 --> 00:11:56,830

by by ten and twelve years I was and

276

00:12:01,110 --> 00:11:58,630

quite senior position project managing

277

00:12:02,340 --> 00:12:01,120

staff moving people in London to the

278

00:12:05,520 --> 00:12:02,350

next step of training and there were

279

00:12:07,110 --> 00:12:05,530

some people that I I found in colleges

280

00:12:09,689 --> 00:12:07,120

that had been doing the same course for

281

00:12:12,090 --> 00:12:09,699

ten years same course over

282

00:12:13,530 --> 00:12:12,100

over again when I questioned this and I

283

00:12:16,229 --> 00:12:13,540

said well why why are they still doing

284

00:12:18,449 --> 00:12:16,239

the same course the the suitors would

285

00:12:21,809 --> 00:12:18,459

say no it couldn't be well-intentioned

286

00:12:23,309 --> 00:12:21,819

and lovely people they would say well

287

00:12:24,840 --> 00:12:23,319

they can't do anything else and I said

288

00:12:27,030 --> 00:12:24,850

well of course they can if they can do

289

00:12:28,349 --> 00:12:27,040

one course they can do any course and

290

00:12:29,369 --> 00:12:28,359

they were saying no they can't they've

291

00:12:31,559 --> 00:12:29,379

got this issue they've got that issue

292

00:12:33,059 --> 00:12:31,569

and I said but that they need sir if

293

00:12:35,249 --> 00:12:33,069

they understand who they are they'll be

294

00:12:36,689 --> 00:12:35,259

able to make informed choice and then do

295

00:12:38,280 --> 00:12:36,699

their thing and then they will feel

296

00:12:43,049 --> 00:12:38,290

better and then everything will get

297

00:12:45,269 --> 00:12:43,059

better and they said well mmm and I said

298

00:12:46,979 --> 00:12:45,279

okay I'll show you how so I started to

299

00:12:49,019 --> 00:12:46,989

live in my own course to people like

300

00:12:50,789 --> 00:12:49,029

that and at the end of the courses they

301

00:12:53,129 --> 00:12:50,799

all told me they gave me an informed

302

00:12:55,679 --> 00:12:53,139

choice and what they wanted to do and

303

00:13:00,439 --> 00:12:55,689

then I arranged them to do it and I had

304

00:13:03,329 --> 00:13:00,449

tens and tens of people transforming

305

00:13:05,909 --> 00:13:03,339

simply because they were removed from a

306

00:13:07,470 --> 00:13:05,919

situation that did not value or support

307

00:13:09,869 --> 00:13:07,480

them or allow them to manifest

308

00:13:13,019 --> 00:13:09,879

themselves into a situation where they

309

00:13:16,189 --> 00:13:13,029

could and they completely changed

310

00:13:18,029 --> 00:13:16,199

completely changed and then later on

311

00:13:19,710 --> 00:13:18,039

when I moved to Wales I went

312

00:13:23,429 --> 00:13:19,720

self-employed I work with families with

313

00:13:25,619 --> 00:13:23,439

abuse issues I worked with children I

314

00:13:27,479 --> 00:13:25,629

work with business coach and with

315

00:13:29,879 --> 00:13:27,489

businesses I went with spiritual people

316

00:13:32,369 --> 00:13:29,889

and I kind of started to see a huge

317

00:13:36,720 --> 00:13:32,379

pattern and I also had done some work

318

00:13:39,569 --> 00:13:36,730

with mental health in round about the

319

00:13:42,900 --> 00:13:39,579

time when I was probably 40 so that was

320

00:13:45,809 --> 00:13:42,910

what like 25 years I suddenly saw it all

321

00:13:50,189 --> 00:13:45,819

is a huge pattern and I suddenly saw

322

00:13:55,019 --> 00:13:50,199

what it was was where and how people got

323

00:13:57,569 --> 00:13:55,029

their energy from and I I kind of

324

00:13:58,650 --> 00:13:57,579

plotted it basically and I found that

325

00:14:01,919 --> 00:13:58,660

there was three different ways people

326

00:14:05,189 --> 00:14:01,929

get their energy from and two different

327

00:14:07,559 --> 00:14:05,199

kind of ways this is shown which I can

328

00:14:09,179 --> 00:14:07,569

tell you about if you like and and if

329

00:14:11,819 --> 00:14:09,189

you know and I called that your energy

330

00:14:16,979 --> 00:14:11,829

dynamic and if you know what your energy

331

00:14:19,949 --> 00:14:16,989

dynamic is you can then understand how

332

00:14:23,369 --> 00:14:19,959

you are understand who you are in a very

333

00:14:24,000 --> 00:14:23,379

practical way and then shift so you're

334

00:14:26,250 --> 00:14:24,010

getting your

335

00:14:29,880 --> 00:14:26,260

energy from what you were referring to

336

00:14:32,430 --> 00:14:29,890

work the keys from from the place that

337

00:14:35,220 --> 00:14:32,440

is who you are what you're created for

338

00:14:37,350 --> 00:14:35,230

and can start to to manifest that in a

339

00:14:40,560 --> 00:14:37,360

way where you're not trying you're being

340

00:14:43,530 --> 00:14:40,570

and you start to create that your mind

341

00:14:46,620 --> 00:14:43,540

comes down and everything becomes what I

342

00:14:48,840 --> 00:14:46,630

call quite magical so by knowing your

343

00:14:50,750 --> 00:14:48,850

energy dynamic you then understand and

344

00:14:54,240 --> 00:14:50,760

what was subconscious or possibly even

345

00:14:57,090 --> 00:14:54,250

unconscious becomes conscious and then

346

00:14:59,100 --> 00:14:57,100

q-tips can you give me an example a

347

00:15:00,390 --> 00:14:59,110

pseudo example metaphorical examples

348

00:15:02,880 --> 00:15:00,400

something that actually happened of

349

00:15:05,760 --> 00:15:02,890

course don't mention their name of how

350

00:15:08,400 --> 00:15:05,770

something was out of balance with

351

00:15:10,890 --> 00:15:08,410

someone and I see you and from what you

352

00:15:14,310 --> 00:15:10,900

described you're a catalyst you're the

353

00:15:16,470 --> 00:15:14,320

person as just being there allows others

354

00:15:18,990 --> 00:15:16,480

to make things happen so can you give me

355

00:15:22,350 --> 00:15:19,000

an idea of a scenario that you had with

356

00:15:24,680 --> 00:15:22,360

a client and brought them to full circle

357

00:15:27,420 --> 00:15:24,690

into moving their feet towards

358

00:15:29,190 --> 00:15:27,430

betterment yeah I said you know I'll

359

00:15:31,050 --> 00:15:29,200

tell you what I'll tell you was still I

360

00:15:34,200 --> 00:15:31,060

mean I've I have hundreds about any

361

00:15:35,910 --> 00:15:34,210

wonder that taught me a lot because one

362

00:15:38,460 --> 00:15:35,920

fantastic thing about working with

363

00:15:41,400 --> 00:15:38,470

people with an early difficulty was that

364

00:15:45,660 --> 00:15:41,410

they tell you as it is they tell you

365

00:15:48,480 --> 00:15:45,670

what it is and they just do and in this

366

00:15:50,310 --> 00:15:48,490

particular lady I was I was working in

367

00:15:52,440 --> 00:15:50,320

the in the social services department as

368

00:15:54,780 --> 00:15:52,450

a project manager and there was this

369

00:15:56,550 --> 00:15:54,790

lady in my job as I said was to to make

370

00:15:59,520 --> 00:15:56,560

sure people did well in employment and

371

00:16:01,950 --> 00:15:59,530

they had this lady in the council social

372

00:16:03,720 --> 00:16:01,960

services department and they said well

373

00:16:05,550 --> 00:16:03,730

you must come and sort her out and I

374

00:16:08,550 --> 00:16:05,560

said well what's happening and they said

375

00:16:10,680 --> 00:16:08,560

she's twirling she's twirling she's

376

00:16:12,420 --> 00:16:10,690

stressed she's noisy she won't do away

377

00:16:14,370 --> 00:16:12,430

and it's dreadful and you have to come

378

00:16:19,110 --> 00:16:14,380

and manage how you must kind of manage

379

00:16:22,860 --> 00:16:19,120

her so I said okay so I went down to

380

00:16:27,960 --> 00:16:22,870

have a look and this lady had the label

381

00:16:29,550 --> 00:16:27,970

description of autistic and and she also

382

00:16:31,470 --> 00:16:29,560

had a slight learning difficulty anyway

383

00:16:33,900 --> 00:16:31,480

I observed her for about I don't know 10

384

00:16:36,420 --> 00:16:33,910

minutes and obviously to me obviously

385

00:16:37,680 --> 00:16:36,430

the whole situation was wrong the whole

386

00:16:38,970 --> 00:16:37,690

situation was wrong

387

00:16:41,160 --> 00:16:38,980

there's open plan office everyone was

388

00:16:44,790 --> 00:16:41,170

behind the computer screen doing all

389

00:16:46,440 --> 00:16:44,800

this you know like this and and and she

390

00:16:48,180 --> 00:16:46,450

she just didn't like it and because she

391

00:16:53,070 --> 00:16:48,190

didn't like it she was twirling and all

392

00:16:55,110 --> 00:16:53,080

her mind and grief was taking over and

393

00:16:58,590 --> 00:16:55,120

it was all sort of quite quite

394

00:16:59,790 --> 00:16:58,600

disturbing for everyone so I said well

395

00:17:01,020 --> 00:16:59,800

I'm I'm going to change the placement

396

00:17:02,970 --> 00:17:01,030

and they said oh no you can't do that

397

00:17:04,830 --> 00:17:02,980

she's draw issues you must control her

398

00:17:06,900 --> 00:17:04,840

and I said well no I'm not going to do

399

00:17:08,820 --> 00:17:06,910

that because she's in her own place that

400

00:17:11,630 --> 00:17:08,830

is the problem and until you have her in

401
00:17:15,030 --> 00:17:11,640
a good place you can't even begin to see

402
00:17:16,290 --> 00:17:15,040
what's actually happening so anyway I

403
00:17:18,750 --> 00:17:16,300
was a bit of chewing throwing I managed

404
00:17:21,030 --> 00:17:18,760
to yank her out of there and I stuck her

405
00:17:24,690 --> 00:17:21,040
on this course I designed and found out

406
00:17:27,660 --> 00:17:24,700
about who she was found out she loved

407
00:17:29,700 --> 00:17:27,670
recycling found out she was very so sure

408
00:17:30,990 --> 00:17:29,710
and what she also used to do every time

409
00:17:32,760 --> 00:17:31,000
she used to come into the office used to

410
00:17:35,490 --> 00:17:32,770
go hello Jennifer

411
00:17:38,520 --> 00:17:35,500
how are you hello Jennifer how are you

412
00:17:39,930 --> 00:17:38,530
and then she told me a bad joke and then

413
00:17:43,170 --> 00:17:39,940

she'd go to the next person and this was

414

00:17:44,850 --> 00:17:43,180

her way of being and she was happy

415

00:17:48,420 --> 00:17:44,860

delightful and funny and friendly and

416

00:17:50,460 --> 00:17:48,430

all this so I found that at about her on

417

00:17:52,050 --> 00:17:50,470

this little course then we put her as we

418

00:17:54,390 --> 00:17:52,060

did everyone in a little voluntary

419

00:17:56,970 --> 00:17:54,400

voluntary job find out her learning

420

00:17:59,040 --> 00:17:56,980

style find out again exactly what what

421

00:18:01,230 --> 00:17:59,050

she liked and and and how she worked and

422

00:18:03,120 --> 00:18:01,240

then what we did was to find someone a

423

00:18:06,780 --> 00:18:03,130

suitable placement and we found the

424

00:18:10,710 --> 00:18:06,790

perfect placement which was working in

425

00:18:12,750 --> 00:18:10,720

the project in in Hackney where everyone

426

00:18:15,240 --> 00:18:12,760

was in pairs so because she needed

427

00:18:19,050 --> 00:18:15,250

support everyone was in a pair so she

428

00:18:20,940 --> 00:18:19,060

wasn't the odd one out the job was to

429

00:18:25,430 --> 00:18:20,950

knock on people's doors saying hello

430

00:18:30,320 --> 00:18:25,440

mrs. Jones can I have your recycling

431

00:18:32,340 --> 00:18:30,330

which he left so every day she was there

432

00:18:35,400 --> 00:18:32,350

knocking on the door with her partner

433

00:18:37,350 --> 00:18:35,410

who accepts her completely because

434

00:18:39,750 --> 00:18:37,360

everyone was in pairs knocking on those

435

00:18:41,940 --> 00:18:39,760

doors her learning style her who she was

436

00:18:44,250 --> 00:18:41,950

her how she expressed herself hello mrs.

437

00:18:46,740 --> 00:18:44,260

Jones come on be recycling torna bad

438

00:18:48,390 --> 00:18:46,750

joke moved on next door hello there you

439

00:18:51,180 --> 00:18:48,400

go happy is Larry

440

00:18:53,250 --> 00:18:51,190

wish you felt better and in

441

00:18:56,940 --> 00:18:53,260

my model she'd shifted into Phelan who

442

00:18:58,680 --> 00:18:56,950

you are yeah she'd shifted down because

443

00:19:00,630 --> 00:18:58,690

she was able to express that and she was

444

00:19:02,370 --> 00:19:00,640

be able to create that life around her

445

00:19:04,200 --> 00:19:02,380

which way she was valued no you say

446

00:19:06,630 --> 00:19:04,210

excuse me when you say shifted down do

447

00:19:09,780 --> 00:19:06,640

you mean she shifted from her mind

448

00:19:11,550 --> 00:19:09,790

the monkey mind the part of us that

449

00:19:13,350 --> 00:19:11,560

dictates us what we should shouldn't

450

00:19:15,120 --> 00:19:13,360

bear better not all those things and she

451
00:19:16,980 --> 00:19:15,130
actually fell into her heart space where

452
00:19:19,230 --> 00:19:16,990
all the good stuff is is that what you

453
00:19:21,090 --> 00:19:19,240
mean yeah I've got a little diagram I

454
00:19:22,560 --> 00:19:21,100
show you Keith can I show you my diagram

455
00:19:25,530 --> 00:19:22,570
that's nuclear love it

456
00:19:27,030 --> 00:19:25,540
right here we go little thing because

457
00:19:28,470 --> 00:19:27,040
this is easy for me I've did all this

458
00:19:30,990 --> 00:19:28,480
with stickman this is how I kind of

459
00:19:32,940 --> 00:19:31,000
worked out really if you go this is a

460
00:19:38,250 --> 00:19:32,950
person this is this lovely lady I can't

461
00:19:39,570 --> 00:19:38,260
Alex like me I worked out and we could

462
00:19:41,130 --> 00:19:39,580
talk about this endlessly and this is

463
00:19:44,430 --> 00:19:41,140

all in ebooks but basically there's

464

00:19:48,270 --> 00:19:44,440

three ways of finding your energy in

465

00:19:50,130 --> 00:19:48,280

your information spirit mind now I don't

466

00:19:53,550 --> 00:19:50,140

call it heart I couldn't feel it's like

467

00:19:55,950 --> 00:19:53,560

in your gut feel intuition love is in

468

00:19:58,200 --> 00:19:55,960

kind of dough with me go with me yeah

469

00:20:01,740 --> 00:19:58,210

in your field it's where you feel peace

470

00:20:04,170 --> 00:20:01,750

yeah mind is emotion and but you also

471

00:20:05,490 --> 00:20:04,180

carry grief in your feel which is

472

00:20:08,850 --> 00:20:05,500

connected to the mind but that's another

473

00:20:15,090 --> 00:20:08,860

story okay so if we assume there we are

474

00:20:17,520 --> 00:20:15,100

okay next step you up so this lady is

475

00:20:19,680 --> 00:20:17,530

that right could we read that right yeah

476

00:20:20,970 --> 00:20:19,690

this lady went into her field and that's

477

00:20:25,620 --> 00:20:20,980

where who you are lives

478

00:20:27,150 --> 00:20:25,630

that's where doing and being and and and

479

00:20:29,730 --> 00:20:27,160

just being an animal in this

480

00:20:32,310 --> 00:20:29,740

three-dimensional place lives so because

481

00:20:35,820 --> 00:20:32,320

that location right there is where the

482

00:20:39,390 --> 00:20:35,830

sacral chakra is really absolutely

483

00:20:42,930 --> 00:20:39,400

absolutely absolutely so completely

484

00:20:46,170 --> 00:20:42,940

agree so she had gone from mind to feel

485

00:20:47,910 --> 00:20:46,180

okay she started to feel stronger and

486

00:20:50,130 --> 00:20:47,920

because she was getting more energy from

487

00:20:52,110 --> 00:20:50,140

there guess what she didn't need so much

488

00:20:54,120 --> 00:20:52,120

mind she didn't need so much approval

489

00:20:56,220 --> 00:20:54,130

she didn't need so much status if she

490

00:20:57,680 --> 00:20:56,230

didn't she didn't need it because she

491

00:21:00,660 --> 00:20:57,690

felt better

492

00:21:02,010 --> 00:21:00,670

yeah and then the next thing I'll sleep

493

00:21:04,200 --> 00:21:02,020

I'll Parker for a minute but this is

494

00:21:05,820 --> 00:21:04,210

what we were talking about earlier

495

00:21:09,290 --> 00:21:05,830

the next step is which is all to do with

496

00:21:13,350 --> 00:21:09,300

alchemy the magic of the human being

497

00:21:13,740 --> 00:21:13,360

okay is when you bring your spirit there

498

00:21:17,160 --> 00:21:13,750

you go

499

00:21:20,010 --> 00:21:17,170

sorry your spirit okay into your field

500

00:21:21,660 --> 00:21:20,020

so you bring it down where there's no

501
00:21:23,640 --> 00:21:21,670
time no space because it's all

502
00:21:28,100 --> 00:21:23,650
everything everywhere yeah absolutely

503
00:21:31,500 --> 00:21:28,110
existing everywhere into 3d planet earth

504
00:21:34,860 --> 00:21:31,510
where there is time and space and how do

505
00:21:37,620 --> 00:21:34,870
you do that by being who you are and the

506
00:21:40,050 --> 00:21:37,630
following love and then your mind

507
00:21:42,600 --> 00:21:40,060
becomes irrelevant because you're

508
00:21:45,540 --> 00:21:42,610
getting your feel and your information

509
00:21:46,920 --> 00:21:45,550
from there okay I've got a little bit

510
00:21:48,840 --> 00:21:46,930
more on that but before I go into a

511
00:21:50,730 --> 00:21:48,850
lecture so what happens this lady was

512
00:21:52,560 --> 00:21:50,740
because she was allowed to be who she is

513
00:21:54,030 --> 00:21:52,570

she understood who she was and she kind

514

00:21:55,530 --> 00:21:54,040

of went down and you could call that

515

00:22:00,420 --> 00:21:55,540

spirit because that's what she was

516

00:22:02,730 --> 00:22:00,430

created for she was being that yeah yeah

517

00:22:04,800 --> 00:22:02,740

so rather than going up into the spirit

518

00:22:06,360 --> 00:22:04,810

you're bringing it right down bringing

519

00:22:09,650 --> 00:22:06,370

completely even though they sound

520

00:22:13,700 --> 00:22:09,660

they're saying they are not absolute

521

00:22:16,470 --> 00:22:13,710

yeah but you need to come down and be in

522

00:22:17,880 --> 00:22:16,480

show love and if you go up there's

523

00:22:20,550 --> 00:22:17,890

nothing wrong there's no right and wrong

524

00:22:22,800 --> 00:22:20,560

here but if you go up you leave here by

525

00:22:25,950 --> 00:22:22,810

definition and I've got another little

526

00:22:30,090 --> 00:22:25,960

little fun way of explaining that if you

527

00:22:33,090 --> 00:22:30,100

like yeah but back to that lady so she

528

00:22:35,190 --> 00:22:33,100

was happy as Larry family happy mental

529

00:22:38,430 --> 00:22:35,200

health got better not cured obviously

530

00:22:39,990 --> 00:22:38,440

but better and happy days and that that

531

00:22:43,070 --> 00:22:40,000

that's happened over and over and over

532

00:22:47,730 --> 00:22:43,080

again so I started to become very very

533

00:22:49,500 --> 00:22:47,740

aware and and and back to sort of me

534

00:22:50,640 --> 00:22:49,510

really what kept me doing all this

535

00:22:53,160 --> 00:22:50,650

because it you know it's been a very

536

00:22:55,350 --> 00:22:53,170

sort of long hard journey is because of

537

00:22:58,320 --> 00:22:55,360

the injustice really because I would

538

00:23:03,020 --> 00:22:58,330

just see these people and they were

539

00:23:06,020 --> 00:23:03,030

being treated for their mind issues by

540

00:23:09,600 --> 00:23:06,030

most mainstream when intention people

541

00:23:12,480 --> 00:23:09,610

and they weren't been shown who they who

542

00:23:16,230 --> 00:23:12,490

they were and allowed to to be and to

543

00:23:18,120 --> 00:23:16,240

follow love basically so that's an

544

00:23:20,160 --> 00:23:18,130

example I

545

00:23:21,420 --> 00:23:20,170

talk more about that but I couldn't tell

546

00:23:23,460 --> 00:23:21,430

you another little way of understanding

547

00:23:25,500 --> 00:23:23,470

their ideas by the way that was a very

548

00:23:27,750 --> 00:23:25,510

powerful example everything you said

549

00:23:31,260 --> 00:23:27,760

already know but seeing it in the form

550

00:23:33,420 --> 00:23:31,270

of this stickman and seeing the process

551
00:23:36,150 --> 00:23:33,430
with my eyes and taking it in that way

552
00:23:38,460 --> 00:23:36,160
even in a stickman form really did

553
00:23:40,590 --> 00:23:38,470
wonders to your explanation of that in

554
00:23:42,300 --> 00:23:40,600
fact it hit the chat room so well

555
00:23:43,200 --> 00:23:42,310
they're starting to throw questions up

556
00:23:44,340 --> 00:23:43,210
when people start throwing them

557
00:23:45,600 --> 00:23:44,350
questions in the chat room

558
00:23:47,310 --> 00:23:45,610
they're digging what you're bringing

559
00:23:49,070 --> 00:23:47,320
forth because now they want a milk if

560
00:23:51,600 --> 00:23:49,080
what you got to offer

561
00:23:53,310 --> 00:23:51,610
can we I love to ask you a question from

562
00:23:57,090 --> 00:23:53,320
Adriana in the chatroom is that okay

563
00:24:01,110 --> 00:23:57,100

with you Adriana asked a question does

564

00:24:02,880 --> 00:24:01,120

Jennifer feel does she feel her

565

00:24:04,680 --> 00:24:02,890

education gave her a better

566

00:24:09,260 --> 00:24:04,690

understanding of how to connect with

567

00:24:12,180 --> 00:24:09,270

people my education um

568

00:24:14,760 --> 00:24:12,190

not my education no to be honest and my

569

00:24:16,800 --> 00:24:14,770

education told me a lot about economics

570

00:24:19,290 --> 00:24:16,810

and philosophy which was so valuable

571

00:24:22,860 --> 00:24:19,300

because as soon as I understood that I

572

00:24:26,970 --> 00:24:22,870

saw if what it was I became aware of it

573

00:24:29,730 --> 00:24:26,980

so I understood that just because

574

00:24:31,620 --> 00:24:29,740

something had a value of a money price

575

00:24:34,260 --> 00:24:31,630

you know the money of the money money

576

00:24:36,660 --> 00:24:34,270

type thing I saw that it was a big game

577

00:24:38,940 --> 00:24:36,670

which which is quite hard to see in

578

00:24:41,490 --> 00:24:38,950

Western society but because I'd studied

579

00:24:42,870 --> 00:24:41,500

it at that level I was able to have the

580

00:24:46,140 --> 00:24:42,880

confidence because I had the knowledge

581

00:24:49,560 --> 00:24:46,150

to kind of like stand my ground and feel

582

00:24:51,740 --> 00:24:49,570

strong in the knowledge I had to back

583

00:24:55,080 --> 00:24:51,750

that up so I guess that did help me to

584

00:24:56,790 --> 00:24:55,090

communicate with people in that way yes

585

00:25:00,930 --> 00:24:56,800

so yes it did help me to really help

586

00:25:03,150 --> 00:25:00,940

people so that example you gave earlier

587

00:25:05,640 --> 00:25:03,160

and also going through the diagram on

588

00:25:08,640 --> 00:25:05,650

paper but also explaining where a person

589

00:25:11,070 --> 00:25:08,650

can sit in their consciousness yeah so

590

00:25:13,800 --> 00:25:11,080

when you help people we just call you

591

00:25:17,010 --> 00:25:13,810

the catalyst when you help eating shift

592

00:25:19,170 --> 00:25:17,020

into their essence or at least more into

593

00:25:21,660 --> 00:25:19,180

their essence it's not like you have to

594

00:25:23,010 --> 00:25:21,670

fix this problem with that person fix

595

00:25:25,050 --> 00:25:23,020

this problem it's not you have to

596

00:25:27,180 --> 00:25:25,060

address all these different things it's

597

00:25:29,580 --> 00:25:27,190

that when you help someone sit into the

598

00:25:31,010 --> 00:25:29,590

seat of who they really are the trickle

599

00:25:32,990 --> 00:25:31,020

effect begins to happen in every

600

00:25:34,700 --> 00:25:33,000

area of their life becomes affected by

601
00:25:37,160 --> 00:25:34,710
the one consciousness shift would that

602
00:25:41,300 --> 00:25:37,170
be correct absolutely because they can

603
00:25:43,850 --> 00:25:41,310
see they can see it's I used to say I am

604
00:25:46,670 --> 00:25:43,860
the framework I give you the framework

605
00:25:47,990 --> 00:25:46,680
and then they take that framework and

606
00:25:49,640 --> 00:25:48,000
it's like it's like peeling an onion

607
00:25:52,040 --> 00:25:49,650
because it's a quite I cannot to show

608
00:25:54,260 --> 00:25:52,050
you know Keith it's quite a it's quite a

609
00:25:56,750 --> 00:25:54,270
it's quite a grieving process because as

610
00:25:59,030 --> 00:25:56,760
people do shift and they go down and

611
00:26:01,280 --> 00:25:59,040
they start to feel better what happens

612
00:26:03,200 --> 00:26:01,290
is my eyes I say it's like a goldfish

613
00:26:05,660 --> 00:26:03,210

bowl sparkling water here in your

614

00:26:08,270 --> 00:26:05,670

stomach areas like the water sparkling

615

00:26:10,730 --> 00:26:08,280

water which is full of peace but in that

616

00:26:12,020 --> 00:26:10,740

you carry little bottles of grief and

617

00:26:15,290 --> 00:26:12,030

that's a little bit like coca-cola

618

00:26:17,510 --> 00:26:15,300

little bottles of grief you carry it now

619

00:26:19,640 --> 00:26:17,520

when you start to feel better you get

620

00:26:22,250 --> 00:26:19,650

more sparkling water and then the grief

621

00:26:26,030 --> 00:26:22,260

empties now in healing that's called

622

00:26:28,460 --> 00:26:26,040

letting go okay and the bottles of grief

623

00:26:30,980 --> 00:26:28,470

empty and there's the box of grief empty

624

00:26:33,050 --> 00:26:30,990

again your minds it comes down because

625

00:26:35,270 --> 00:26:33,060

you'll have a trigger up there because

626

00:26:37,880 --> 00:26:35,280

the bottles of grief empty your mind

627

00:26:41,050 --> 00:26:37,890

becomes less triggered but you

628

00:26:44,000 --> 00:26:41,060

experience grief because you're finally

629

00:26:47,510 --> 00:26:44,010

kind of crying out the the grief you're

630

00:26:49,880 --> 00:26:47,520

carrying so that would be kind of like

631

00:26:51,620 --> 00:26:49,890

round one you know and then they would

632

00:26:53,060 --> 00:26:51,630

ship then they would see then they'd do

633

00:26:55,300 --> 00:26:53,070

something else then they'd be around -

634

00:26:58,130 --> 00:26:55,310

and it takes up to what I found four

635

00:27:00,440 --> 00:26:58,140

rounds to actually kind of like start to

636

00:27:03,140 --> 00:27:00,450

and identify the rhythm it goes like

637

00:27:06,110 --> 00:27:03,150

this it goes it goes like that so

638

00:27:09,230 --> 00:27:06,120

although they're just you do feel better

639

00:27:11,750 --> 00:27:09,240

you do feel better emotionally you go up

640

00:27:14,230 --> 00:27:11,760

and down because every time you feel

641

00:27:18,410 --> 00:27:14,240

better your bottles with grief empty

642

00:27:21,230 --> 00:27:18,420

yeah you feel grief and you think oh no

643

00:27:24,530 --> 00:27:21,240

I know then it comes through it and then

644

00:27:26,930 --> 00:27:24,540

you can see even more clearly and that

645

00:27:28,790 --> 00:27:26,940

that's quite a quite an experience for

646

00:27:31,690 --> 00:27:28,800

someone so why do you think people

647

00:27:33,950 --> 00:27:31,700

grieve let me ask you this why do people

648

00:27:35,780 --> 00:27:33,960

consistently choose to grieve do you

649

00:27:38,780 --> 00:27:35,790

think it's because let's say for example

650

00:27:40,670 --> 00:27:38,790

they lost someone in their life be it in

651
00:27:43,610 --> 00:27:40,680
a loving relationship being in a

652
00:27:44,070 --> 00:27:43,620
relationship or someone in the family do

653
00:27:46,470 --> 00:27:44,080
you think

654
00:27:48,120 --> 00:27:46,480
they grieve because well one absolutely

655
00:27:49,799 --> 00:27:48,130
it hurts it's a kick in the groin it's a

656
00:27:52,769 --> 00:27:49,809
kick in the solar plexus it's a punch in

657
00:27:54,299 --> 00:27:52,779
art when life changes at a split but do

658
00:27:56,490 --> 00:27:54,309
you think it's because let's use an

659
00:27:59,399 --> 00:27:56,500
example the death of a loved one that if

660
00:28:04,919 --> 00:27:59,409
I don't allow myself to grieve in some

661
00:28:07,529 --> 00:28:04,929
way I'm insinuating that I don't care if

662
00:28:10,860 --> 00:28:07,539
we let that loved one go I'm no longer

663
00:28:14,210 --> 00:28:10,870

in I care about this a person mode what

664

00:28:17,070 --> 00:28:14,220

are your thoughts about that okay

665

00:28:19,100 --> 00:28:17,080

normally normally this is my know

666

00:28:23,250 --> 00:28:19,110

diagram this is your sparkling water

667

00:28:26,399 --> 00:28:23,260

okay normally people say say they have

668

00:28:28,350 --> 00:28:26,409

that much sparkling water okay now if

669

00:28:30,269 --> 00:28:28,360

they get lose a loved one that's a huge

670

00:28:33,840 --> 00:28:30,279

what I call mine is feel that's a big

671

00:28:36,180 --> 00:28:33,850

big feel bad bad field yeah now if that

672

00:28:40,080 --> 00:28:36,190

goes into your feelings if you haven't

673

00:28:42,120 --> 00:28:40,090

got enough sparkling water to turn to

674

00:28:45,180 --> 00:28:42,130

deal with that because your brain will

675

00:28:46,620 --> 00:28:45,190

have a set limit and everyone's limit is

676

00:28:49,169 --> 00:28:46,630

different so that's point number one

677

00:28:50,610 --> 00:28:49,179

everyone has a different set some people

678

00:28:53,700 --> 00:28:50,620

need that much some people need that

679

00:28:55,560 --> 00:28:53,710

much okay so it will be stored in a

680

00:28:57,539 --> 00:28:55,570

bottle so there's some bottles of grief

681

00:29:01,320 --> 00:28:57,549

oh sorry there's some bottles of grief

682

00:29:04,470 --> 00:29:01,330

okay now those bowls of grief will not

683

00:29:09,629 --> 00:29:04,480

empty until you are feeling strong

684

00:29:12,240 --> 00:29:09,639

enough to empty them okay and until

685

00:29:14,039 --> 00:29:12,250

someone feels better that that's also

686

00:29:18,149 --> 00:29:14,049

why time is said to be a great healer

687

00:29:20,639 --> 00:29:18,159

because over time you can build up your

688

00:29:22,740 --> 00:29:20,649

fields and eventually those bottles will

689

00:29:25,080 --> 00:29:22,750

empty or sometimes the bottles get

690

00:29:26,310 --> 00:29:25,090

buried in what I call the sand and then

691

00:29:28,529 --> 00:29:26,320

you're not aware of them anymore

692

00:29:31,950 --> 00:29:28,539

but that is the cause of lots of anger

693

00:29:33,600 --> 00:29:31,960

and anxiety and it's actually from a

694

00:29:35,129 --> 00:29:33,610

bottle of grief from a loved one but

695

00:29:37,980 --> 00:29:35,139

actually it's so hidden because it's so

696

00:29:41,009 --> 00:29:37,990

buried it affects the mind and it's

697

00:29:42,360 --> 00:29:41,019

anger in anxiety so the short answer is

698

00:29:44,370 --> 00:29:42,370

because they haven't got enough good

699

00:29:47,370 --> 00:29:44,380

feels they haven't got enough good feels

700

00:29:48,750 --> 00:29:47,380

and to see with Keith I've been

701
00:29:50,100 --> 00:29:48,760
listening to some of your shows and one

702
00:29:53,370 --> 00:29:50,110
of the thing that does give you a good

703
00:29:56,399 --> 00:29:53,380
feel is knowledge because if you know

704
00:29:57,750 --> 00:29:56,409
something you can then do it and be it

705
00:30:01,260 --> 00:29:57,760
and you feel better because you

706
00:30:03,330 --> 00:30:01,270
in your in the field zone yeah and if

707
00:30:05,340 --> 00:30:03,340
you know that your loved one is

708
00:30:06,530 --> 00:30:05,350
somewhere else and is safe that will

709
00:30:10,680 --> 00:30:06,540
make you feel better

710
00:30:16,670 --> 00:30:10,690
yeah so your fields will go up so you're

711
00:30:18,420 --> 00:30:16,680
more likely to allow that grief to empty

712
00:30:20,520 --> 00:30:18,430
does that make sense

713
00:30:22,980 --> 00:30:20,530

do you think it's a motivation factor

714

00:30:24,210 --> 00:30:22,990

kind of thing someone being motivated I

715

00:30:26,340 --> 00:30:24,220

lost my luck for example some people

716

00:30:28,050 --> 00:30:26,350

I've worked with in the past they lost

717

00:30:29,550 --> 00:30:28,060

someone and I get it I couldn't begin to

718

00:30:32,670 --> 00:30:29,560

imagine what it would like to be lose

719

00:30:34,170 --> 00:30:32,680

your child or anyone that's close to you

720

00:30:37,050 --> 00:30:34,180

and I understand like I mentioned before

721

00:30:38,130 --> 00:30:37,060

the impact of the initial news the news

722

00:30:40,410 --> 00:30:38,140

that comes to you when such a thing

723

00:30:43,050 --> 00:30:40,420

happens but the people I've worked with

724

00:30:44,820 --> 00:30:43,060

in the past Jennifer it's like they go

725

00:30:46,650 --> 00:30:44,830

through a grieving period and they may

726

00:30:48,510 --> 00:30:46,660

ask me Keith what can I do to move to

727

00:30:50,490 --> 00:30:48,520

this like like I mentioned first

728

00:30:54,200 --> 00:30:50,500

understand that they're not going they

729

00:30:56,730 --> 00:30:54,210

have not died they're not lost and that

730

00:30:58,590 --> 00:30:56,740

it's a bring to the table something that

731

00:31:00,030 --> 00:30:58,600

will motivate them do you really miss

732

00:31:02,580 --> 00:31:00,040

them of course Ignis and that's why this

733

00:31:04,830 --> 00:31:02,590

beer in this grieving period so now I

734

00:31:08,490 --> 00:31:04,840

offer them the idea that if you can let

735

00:31:10,380 --> 00:31:08,500

go or move through the grief what's on

736

00:31:13,290 --> 00:31:10,390

the other side for you is visiting with

737

00:31:15,630 --> 00:31:13,300

them consciously again so it seems to

738

00:31:17,460 --> 00:31:15,640

motivate some people just say oh my god

739

00:31:19,650 --> 00:31:17,470

you're saying that if I followed these

740

00:31:22,080 --> 00:31:19,660

ideas that you're offering then I can

741

00:31:24,360 --> 00:31:22,090

begin to connect consciously with the

742

00:31:26,820 --> 00:31:24,370

person that left as to why I'm grieving

743

00:31:28,350 --> 00:31:26,830

and I'll say absolutely and they

744

00:31:29,640 --> 00:31:28,360

implement some of the ideas I bring

745

00:31:32,160 --> 00:31:29,650

forth and they contact me in the future

746

00:31:33,780 --> 00:31:32,170

saying oh my gosh I had so-and-so visit

747

00:31:35,850 --> 00:31:33,790

me last night do you think it was reason

748

00:31:36,350 --> 00:31:35,860

do you think it was real that's the

749

00:31:38,610 --> 00:31:36,360

point

750

00:31:40,710 --> 00:31:38,620

absolutely I'm balista absolutely now

751

00:31:43,710 --> 00:31:40,720

you know my shows you this diagram here

752

00:31:46,410 --> 00:31:43,720

yeah with a spirit yeah yeah now it's

753

00:31:50,580 --> 00:31:46,420

someone if you if someone can connect to

754

00:31:54,360 --> 00:31:50,590

spirit and go up yeah what people let's

755

00:31:56,730 --> 00:31:54,370

pretend people need 10 units of energy a

756

00:31:58,680 --> 00:31:56,740

day to live off ok yeah

757

00:32:02,490 --> 00:31:58,690

now without feeling bad that would be a

758

00:32:04,950 --> 00:32:02,500

low score mind say I don't know say it

759

00:32:05,610 --> 00:32:04,960

says 5 yeah so they've gotten very low

760

00:32:09,180 --> 00:32:05,620

energy

761

00:32:11,320 --> 00:32:09,190

they've just got 5 feeling bad 5 from

762

00:32:13,930 --> 00:32:11,330

their minds so they need 10 now

763

00:32:18,130 --> 00:32:13,940

you can offer them a way of connecting

764

00:32:20,830 --> 00:32:18,140

to spirit yeah and then they get maybe

765

00:32:24,010 --> 00:32:20,840

one unit two units maybe three units

766

00:32:25,450 --> 00:32:24,020

from it they will immediately have more

767

00:32:27,910 --> 00:32:25,460

energy they will immediately have more

768

00:32:35,590 --> 00:32:27,920

spark because they've gone from five

769

00:32:38,140 --> 00:32:35,600

units to eight yeah yeah now there's two

770

00:32:42,820 --> 00:32:38,150

other ways people get energies from the

771

00:32:45,310 --> 00:32:42,830

field zone what is an escape world and

772

00:32:48,010 --> 00:32:45,320

one is other people okay

773

00:32:51,030 --> 00:32:48,020

now include beef right so sorry about is

774

00:32:54,040 --> 00:32:51,040

the Opie's are the other people and the

775

00:32:54,640 --> 00:32:54,050

escape is things I drink drugs all that

776

00:32:57,820 --> 00:32:54,650

sort of stuff

777

00:33:00,250 --> 00:32:57,830

but you can get Plus fuels from other

778

00:33:02,680 --> 00:33:00,260

people or animals or dogs or some things

779

00:33:05,940 --> 00:33:02,690

you know to me so you could also get

780

00:33:10,000 --> 00:33:05,950

your energy up by loving something else

781

00:33:12,130 --> 00:33:10,010

yeah and just be open to that idea then

782

00:33:15,610 --> 00:33:12,140

you can love your cuddle your dog cuddle

783

00:33:18,310 --> 00:33:15,620

your child you know so so it's about

784

00:33:19,930 --> 00:33:18,320

getting your energy levels up which

785

00:33:20,920 --> 00:33:19,940

you're telling them how to do it which

786

00:33:22,360 --> 00:33:20,930

is fantastic

787

00:33:24,370 --> 00:33:22,370

but the reason that they start to

788

00:33:27,550 --> 00:33:24,380

experience life in a better ways because

789

00:33:29,440 --> 00:33:27,560

they basically got more energy basically

790

00:33:31,120 --> 00:33:29,450

let's do it eight eight eight nine one

791

00:33:33,520 --> 00:33:31,130

nine two three five five Trouper eight

792

00:33:34,720 --> 00:33:33,530

nine one nine two three five five so

793

00:33:36,490 --> 00:33:34,730

number you dialed - come on centre of

794

00:33:39,520 --> 00:33:36,500

light radio in the air with myself and

795

00:33:41,410 --> 00:33:39,530

war was Jennifer Foster who I am it's

796

00:33:43,000 --> 00:33:41,420

conversation Jennifer with the bottom of

797

00:33:46,950 --> 00:33:43,010

the hour boy it's amazing how time does

798

00:33:51,790 --> 00:33:49,780

about your contact information to your

799

00:33:53,350 --> 00:33:51,800

listing our listening audience so they

800

00:33:54,910 --> 00:33:53,360

can find out more about you and those

801
00:33:57,220 --> 00:33:54,920
little stick people you got going on

802
00:34:00,580 --> 00:33:57,230
alright so I would you do what we do

803
00:34:02,500 --> 00:34:00,590
they announce how our listening audits

804
00:34:11,100 --> 00:34:02,510
can find you so they can get more on in

805
00:34:25,240 --> 00:34:23,950
www.frontsightchallenge.com line courses

806
00:34:27,210 --> 00:34:25,250
that you can join from my

807
00:34:30,040 --> 00:34:27,220
website - to find out more about

808
00:34:31,659 --> 00:34:30,050
understand the mind and also for

809
00:34:32,680 --> 00:34:31,669
children I've got lots of stuff to

810
00:34:35,409 --> 00:34:32,690
nurture children

811
00:34:39,129 --> 00:34:35,419
so it's [www dot n is e an Amex doctor](http://www.nisean.com)

812
00:34:41,560 --> 00:34:39,139
coat UK I have some questions in the

813
00:34:43,450 --> 00:34:41,570

chat room for you dear okay striker

814

00:34:44,919 --> 00:34:43,460

asked by the way everyone in the

815

00:34:46,180 --> 00:34:44,929

chatroom chapter on this fall thank you

816

00:34:48,220 --> 00:34:46,190

very much I appreciate you being here

817

00:34:49,330 --> 00:34:48,230

center of light radio for those who are

818

00:34:51,220 --> 00:34:49,340

new to the show

819

00:34:53,770 --> 00:34:51,230

the show airs every Monday night 6 p.m.

820

00:34:55,119 --> 00:34:53,780

Eastern Time so tell your loved ones

821

00:34:59,140 --> 00:34:55,129

everybody who needs a little bit of

822

00:35:00,220 --> 00:34:59,150

boost firm their Monday energy fix it

823

00:35:00,400 --> 00:35:00,230

would pretty much what we're talking

824

00:35:02,560 --> 00:35:00,410

about

825

00:35:03,880 --> 00:35:02,570

striker asked a question how do you

826

00:35:08,200 --> 00:35:03,890

recognize when you in a toxic

827

00:35:10,540 --> 00:35:08,210

environment ah right that is kind of

828

00:35:12,910 --> 00:35:10,550

like the question in it yeah

829

00:35:15,580 --> 00:35:12,920

now then and there's a few ways now it's

830

00:35:17,920 --> 00:35:15,590

a few ways the first way is if you're

831

00:35:19,780 --> 00:35:17,930

very mind orientated and I'm going to

832

00:35:24,060 --> 00:35:19,790

show you another time I graph is what

833

00:35:26,140 --> 00:35:24,070

I'm a DoDEA here you go right now then

834

00:35:30,420 --> 00:35:26,150

most people in this modern society

835

00:35:34,090 --> 00:35:30,430

because of various things like bad food

836

00:35:39,520 --> 00:35:34,100

television computers blardy blar right

837

00:35:41,770 --> 00:35:39,530

media get stuck in their mind yeah now

838

00:35:47,230 --> 00:35:41,780

when you get stuck in your mind you

839

00:35:49,570 --> 00:35:47,240

forget about who you are okay look

840

00:35:51,430 --> 00:35:49,580

people do tend to sort of pop up to

841

00:35:53,380 --> 00:35:51,440

spirit because they have to go up they

842

00:35:55,510 --> 00:35:53,390

can't kind of bring it down much so

843

00:36:00,250 --> 00:35:55,520

though it's okay it's not kind of like

844

00:36:02,320 --> 00:36:00,260

this sort of major oops this major is

845

00:36:05,590 --> 00:36:02,330

that right yeah this major experience so

846

00:36:07,780 --> 00:36:05,600

if you're very in your mind if you're

847

00:36:10,960 --> 00:36:07,790

very in your mind you're having to go

848

00:36:12,850 --> 00:36:10,970

into your mind to get good feels so

849

00:36:13,990 --> 00:36:12,860

that's one way of telling tell you if

850

00:36:15,520 --> 00:36:14,000

you don't talk to the environment and

851
00:36:18,160 --> 00:36:15,530
you know if you're in your mind because

852
00:36:20,350 --> 00:36:18,170
mind energy is like fire now do you

853
00:36:23,800 --> 00:36:20,360
remember I said feel energies like water

854
00:36:28,570 --> 00:36:23,810
yeah it's absolute it's either light or

855
00:36:30,550 --> 00:36:28,580
it's like dark piece grief that's it if

856
00:36:33,670 --> 00:36:30,560
you're in your mind it's like fire it's

857
00:36:36,940 --> 00:36:33,680
a very intense emotional experience

858
00:36:38,160 --> 00:36:36,950
it's very short-lived okay and you need

859
00:36:40,830 --> 00:36:38,170
more and more and more

860
00:36:43,110 --> 00:36:40,840
because it's relative is its relative so

861
00:36:46,440 --> 00:36:43,120
if you're always having to achieve

862
00:36:48,030 --> 00:36:46,450
something to sort of you just know he's

863
00:36:49,860 --> 00:36:48,040

just you just know you're here you could

864

00:36:51,570 --> 00:36:49,870

just its literally feels like that

865

00:36:55,910 --> 00:36:51,580

you're in here and you're sort of

866

00:36:58,200 --> 00:36:55,920

processing life rather than being life

867

00:36:59,880 --> 00:36:58,210

that's either because you've got a bad

868

00:37:02,220 --> 00:36:59,890

habit of being in your mind which is

869

00:37:04,800 --> 00:37:02,230

very very common but just knowing this

870

00:37:05,940 --> 00:37:04,810

can sort it out just knowing this can

871

00:37:09,180 --> 00:37:05,950

sort that out because you suddenly

872

00:37:10,800 --> 00:37:09,190

become aware of all I call it scoring a

873

00:37:12,690 --> 00:37:10,810

tick when you're in your head you score

874

00:37:15,600 --> 00:37:12,700

it's it yeah I've won it's like a fire

875

00:37:17,550 --> 00:37:15,610

bang yeah yeah so if you're having to

876

00:37:19,770 --> 00:37:17,560

school lots of ticks and you get a bit

877

00:37:23,250 --> 00:37:19,780

twitchy well you don't get a tick you're

878

00:37:26,100 --> 00:37:23,260

living through your mind okay now it's

879

00:37:29,640 --> 00:37:26,110

either as I said habit or it's because

880

00:37:31,440 --> 00:37:29,650

you're feeling a bit sad and because

881

00:37:34,830 --> 00:37:31,450

you're feeling sad you need to go in

882

00:37:37,410 --> 00:37:34,840

your mind and if you're feeling sad why

883

00:37:40,140 --> 00:37:37,420

suggest you do is have a look at who you

884

00:37:42,210 --> 00:37:40,150

are and what you feel in your immediate

885

00:37:46,050 --> 00:37:42,220

environment and see where you're getting

886

00:37:47,970 --> 00:37:46,060

your bad feels from and then once you

887

00:37:51,060 --> 00:37:47,980

know you're getting or bad feels from

888

00:37:51,690 --> 00:37:51,070

you can start to say no and a lot of the

889

00:37:53,970 --> 00:37:51,700

work I've done

890

00:37:55,860 --> 00:37:53,980

I found out over and over and over again

891

00:37:57,960 --> 00:37:55,870

it doesn't matter how many times you say

892

00:38:01,110 --> 00:37:57,970

yes it's not about saying yes it's about

893

00:38:04,980 --> 00:38:01,120

saying no because if you say no you then

894

00:38:06,900 --> 00:38:04,990

keep your energy in okay and once your

895

00:38:10,110 --> 00:38:06,910

energy is in because you're saying no

896

00:38:12,750 --> 00:38:10,120

that's not safe that's not safe it kind

897

00:38:15,450 --> 00:38:12,760

of builds up your goldfish bowl of

898

00:38:18,950 --> 00:38:15,460

sparkling feels fills up and you start

899

00:38:22,680 --> 00:38:18,960

to be able to create okay but if you

900

00:38:25,700 --> 00:38:22,690

keep saying yes to ticks you just get

901
00:38:28,740 --> 00:38:25,710
more and more cuts off does that help

902
00:38:31,170 --> 00:38:28,750
completely I love your examples I love

903
00:38:34,380 --> 00:38:31,180
the way you create an image even with

904
00:38:37,860 --> 00:38:34,390
your words it's very easy to take in is

905
00:38:40,230 --> 00:38:37,870
very easy to process and like really get

906
00:38:41,850 --> 00:38:40,240
it immediately from the chat room rates

907
00:38:44,700 --> 00:38:41,860
don't ask the question I hear that we

908
00:38:46,530 --> 00:38:44,710
use I hear that we use animals to help

909
00:38:50,480 --> 00:38:46,540
us emotionally cope with tough times

910
00:38:59,730 --> 00:38:52,200
interesting

911
00:39:02,460 --> 00:38:59,740
I suppose it depends how you are with

912
00:39:04,770 --> 00:39:02,470
your animal I mean if the animals happy

913
00:39:08,069 --> 00:39:04,780

I guess they're I guess the animals

914

00:39:10,049 --> 00:39:08,079

happy with maybe maybe animals are also

915

00:39:10,589 --> 00:39:10,059

being who they are is showing love and

916

00:39:14,190 --> 00:39:10,599

care

917

00:39:15,599 --> 00:39:14,200

maybe maybe animals are about to you

918

00:39:15,990 --> 00:39:15,609

know it maybe that's what they're here

919

00:39:23,370 --> 00:39:16,000

for

920

00:39:25,920 --> 00:39:23,380

help us as people do the alchemy that we

921

00:39:28,200 --> 00:39:25,930

can do with bringing the spirit into

922

00:39:29,760 --> 00:39:28,210

into ourselves and maybe the animals oh

923

00:39:32,640 --> 00:39:29,770

yeah you can bet that if you're a good

924

00:39:34,770 --> 00:39:32,650

owner of a pet or an animal or a fur

925

00:39:38,160 --> 00:39:34,780

baby as they called him you can bet that

926

00:39:40,620 --> 00:39:38,170

animal loves you greatly in a joyful to

927

00:39:42,030 --> 00:39:40,630

be of service to you you can that's what

928

00:39:43,920 --> 00:39:42,040

they get from it it's a shake hands deal

929

00:39:49,950 --> 00:39:43,930

I would I would think so yeah yeah yeah

930

00:39:52,530 --> 00:39:49,960

yeah so how did these images this this

931

00:39:53,760 --> 00:39:52,540

way of processing and distinct people

932

00:39:55,260 --> 00:39:53,770

how did this all come to you is just

933

00:39:57,390 --> 00:39:55,270

something that you sat down and figure

934

00:39:59,099 --> 00:39:57,400

it out and created these images and I'm

935

00:40:00,750 --> 00:39:59,109

assuming that the energy works this way

936

00:40:02,700 --> 00:40:00,760

so let's create this diagram or did this

937

00:40:05,309 --> 00:40:02,710

come to you and one big ball of wax and

938

00:40:07,740 --> 00:40:05,319

dissipate funny this aha dear Lord how

939

00:40:09,390 --> 00:40:07,750

did I stumble upon if I mean what was

940

00:40:11,309 --> 00:40:09,400

your way of discovering this well I

941

00:40:14,450 --> 00:40:11,319

don't know I think I was just a bit

942

00:40:17,190 --> 00:40:14,460

strange and I mean from the the

943

00:40:19,589 --> 00:40:17,200

five-year-old sort of you know who are

944

00:40:22,650 --> 00:40:19,599

you well you know am auntie Pat you know

945

00:40:24,510 --> 00:40:22,660

he was lovely like lovely lady okay I

946

00:40:26,520 --> 00:40:24,520

realized that I have I kind of had to

947

00:40:29,670 --> 00:40:26,530

figure things out and I remember as a

948

00:40:33,569 --> 00:40:29,680

teenager starting to draw to stick men

949

00:40:37,020 --> 00:40:33,579

to work how what was going on I you know

950

00:40:39,150 --> 00:40:37,030

um I suppose I would call myself if I'm

951
00:40:41,640 --> 00:40:39,160
anything is I'm an artist and that's how

952
00:40:46,470 --> 00:40:41,650
that's my art and like my art is life

953
00:40:49,530 --> 00:40:46,480
but that's my art you know I mean but

954
00:40:51,630 --> 00:40:49,540
it's sort of like a sex you got and in

955
00:40:54,299 --> 00:40:51,640
I've got a little shop and I use

956
00:40:56,880 --> 00:40:54,309
ping-pong balls I use candles I use I

957
00:40:58,380 --> 00:40:56,890
use them box of coca-cola to show people

958
00:41:01,319 --> 00:40:58,390
about how they're carrying their grief

959
00:41:04,620 --> 00:41:01,329
and then I pour water in it and stuff to

960
00:41:05,590 --> 00:41:04,630
show the process so so so I've always

961
00:41:07,240 --> 00:41:05,600
used the stick

962
00:41:08,740 --> 00:41:07,250
but I'll tell you how I work to anxiety

963
00:41:11,590 --> 00:41:08,750

because that that was a biggie

964

00:41:13,630 --> 00:41:11,600

that that was a biggie because it was

965

00:41:15,580 --> 00:41:13,640

after I saw people basically Keith to

966

00:41:16,930 --> 00:41:15,590

answer a question I did a very very

967

00:41:20,020 --> 00:41:16,940

gradually that's why it took me so long

968

00:41:21,580 --> 00:41:20,030

I think in every person I met I saw a

969

00:41:23,290 --> 00:41:21,590

different thing I saw a different

970

00:41:24,520 --> 00:41:23,300

element and the lowly difficulty people

971

00:41:25,660 --> 00:41:24,530

show me one thing

972

00:41:27,310 --> 00:41:25,670

mental health showed me another

973

00:41:29,530 --> 00:41:27,320

specially about the mind business

974

00:41:31,570 --> 00:41:29,540

coaching showed me another mind type of

975

00:41:35,470 --> 00:41:31,580

mind the spirit people showed me the

976

00:41:36,310 --> 00:41:35,480

spirit relationship and then I remember

977

00:41:38,290 --> 00:41:36,320

what it was when I was doing business

978

00:41:39,760 --> 00:41:38,300

coaching and I and there were some of my

979

00:41:40,180 --> 00:41:39,770

clients were anxious and some of them

980

00:41:44,140 --> 00:41:40,190

weren't

981

00:41:45,730 --> 00:41:44,150

and what I did is I went into my mind I

982

00:41:47,950 --> 00:41:45,740

went into my mind that I tried to be

983

00:41:49,690 --> 00:41:47,960

rational and I remember I got they're

984

00:41:51,610 --> 00:41:49,700

not on my case like because I kept

985

00:41:53,320 --> 00:41:51,620

everyone I kept every one I had a little

986

00:41:55,260 --> 00:41:53,330

fire for everyone over there that will

987

00:41:57,940 --> 00:41:55,270

stick men and all this sort of stuff and

988

00:41:59,890 --> 00:41:57,950

I got them all out I put them all out on

989

00:42:01,960 --> 00:41:59,900

the floor and I thought I'm gonna find

990

00:42:03,670 --> 00:42:01,970

the pattern I'm gonna find a pattern why

991

00:42:05,650 --> 00:42:03,680

is that person anxious and wise I'm

992

00:42:07,900 --> 00:42:05,660

gonna find it and I couldn't do it I

993

00:42:11,050 --> 00:42:07,910

couldn't do it I could not find the

994

00:42:16,990 --> 00:42:11,060

pattern and I left it and about a week

995

00:42:19,270 --> 00:42:17,000

later suddenly got it got it and I don't

996

00:42:21,880 --> 00:42:19,280

know did it come in one bang just one

997

00:42:26,230 --> 00:42:21,890

explosion of a light like wow or it was

998

00:42:28,000 --> 00:42:26,240

incoming yeah I saw that but that's how

999

00:42:30,220 --> 00:42:28,010

I'm with a lot of stuff like like the

1000

00:42:32,170 --> 00:42:30,230

abuse pattern that the when you've been

1001
00:42:35,500 --> 00:42:32,180
in an abusive relationship that's at me

1002
00:42:39,430 --> 00:42:35,510
quite a lot of time to work out every

1003
00:42:41,560 --> 00:42:39,440
single element of the whole work took me

1004
00:42:44,350 --> 00:42:41,570
a long time to work out you know because

1005
00:42:47,080 --> 00:42:44,360
there I had a rule I had a rule there

1006
00:42:50,410 --> 00:42:47,090
cannot be any exceptions there cannot be

1007
00:42:53,350 --> 00:42:50,420
any exception it always has to be true

1008
00:42:54,820 --> 00:42:53,360
always always always so every single is

1009
00:42:56,920 --> 00:42:54,830
about two and a half thousand people it

1010
00:43:00,880 --> 00:42:56,930
was in the end every single person I

1011
00:43:03,910 --> 00:43:00,890
ever studied in this way has to fit into

1012
00:43:06,190 --> 00:43:03,920
the pattern so it's a graduate by doing

1013
00:43:08,080 --> 00:43:06,200

maths let's be honest but the anxiety

1014

00:43:13,120 --> 00:43:08,090

was a big one when I when I found that

1015

00:43:14,620 --> 00:43:13,130

pattern that was a big one so even there

1016

00:43:18,010 --> 00:43:14,630

even though there are differences for

1017

00:43:19,549 --> 00:43:18,020

example in the mental arena this person

1018

00:43:21,650 --> 00:43:19,559

has this thing going on this

1019

00:43:23,749 --> 00:43:21,660

has this thing going on and that you

1020

00:43:26,890 --> 00:43:23,759

cater to each one differently or is

1021

00:43:29,209 --> 00:43:26,900

there a common denominator regardless of

1022

00:43:31,039 --> 00:43:29,219

what it is you treating in the mental

1023

00:43:34,849 --> 00:43:31,049

field with this person that person and

1024

00:43:37,249 --> 00:43:34,859

so on and so on there's a there's a the

1025

00:43:40,939 --> 00:43:37,259

energy dynamic model framework which is

1026

00:43:43,160 --> 00:43:40,949

always true but with anyone's mental

1027

00:43:47,150 --> 00:43:43,170

health there are three things I look at

1028

00:43:48,670 --> 00:43:47,160

I look at how is their feel getting on

1029

00:43:51,620 --> 00:43:48,680

where they're getting their feels from

1030

00:43:53,509 --> 00:43:51,630

okay who they are and that who they are

1031

00:43:55,339 --> 00:43:53,519

is at an element of that so someone is

1032

00:43:56,900 --> 00:43:55,349

who they are and they are not in that

1033

00:43:58,939 --> 00:43:56,910

arena where they can show that that's

1034

00:44:03,140 --> 00:43:58,949

the bad feel basically so I look at I

1035

00:44:04,699 --> 00:44:03,150

look at how they feel okay I look at the

1036

00:44:07,309 --> 00:44:04,709

relationship if they got with their mind

1037

00:44:11,089 --> 00:44:07,319

and that's really really important

1038

00:44:13,459 --> 00:44:11,099

because in this model it's a person in

1039

00:44:15,079 --> 00:44:13,469

his model there's an imaginary person

1040

00:44:16,900 --> 00:44:15,089

who lives in your mind now some people

1041

00:44:19,999 --> 00:44:16,910

have many people in their mind

1042

00:44:22,189 --> 00:44:20,009

interestingly especially business people

1043

00:44:24,439 --> 00:44:22,199

a lot of business people I've met have

1044

00:44:27,019 --> 00:44:24,449

very successful have about 25 people in

1045

00:44:29,089 --> 00:44:27,029

their head and I used to do a lot of

1046

00:44:31,910 --> 00:44:29,099

work there's a lot of noise yeah yeah

1047

00:44:33,140 --> 00:44:31,920

yeah but what I realized as well which

1048

00:44:35,059 --> 00:44:33,150

again is a little bit different to the

1049

00:44:36,620 --> 00:44:35,069

usual is that you need to work with your

1050

00:44:37,999 --> 00:44:36,630

mind you work with your minds you make

1051
00:44:41,749 --> 00:44:38,009
friends with them twenty-five people and

1052
00:44:44,029 --> 00:44:41,759
and one of my would like they are you

1053
00:44:45,890 --> 00:44:44,039
close family they are and one of my

1054
00:44:47,569 --> 00:44:45,900
business people what we did was we put

1055
00:44:49,819 --> 00:44:47,579
them into tables so I'd say had their

1056
00:44:51,469 --> 00:44:49,829
own little tables and because it was all

1057
00:44:54,709 --> 00:44:51,479
very busy very noisy what we did was

1058
00:44:57,969 --> 00:44:54,719
create another person a tea lady he used

1059
00:45:00,890 --> 00:44:57,979
to go round and give all these people

1060
00:45:02,630 --> 00:45:00,900
every powers and guess what his mind

1061
00:45:04,999 --> 00:45:02,640
calm down now I don't know how he worked

1062
00:45:06,259 --> 00:45:05,009
but it just works so so I think the

1063
00:45:08,719 --> 00:45:06,269

power of the imagination which is

1064

00:45:10,189 --> 00:45:08,729

another story but anyway and so a lot of

1065

00:45:11,839 --> 00:45:10,199

it is to do that relationship you got

1066

00:45:14,089 --> 00:45:11,849

with your mind and a lot of it is to do

1067

00:45:16,339 --> 00:45:14,099

with working with your mind and making

1068

00:45:20,179 --> 00:45:16,349

friends with whoever's in there you know

1069

00:45:22,609 --> 00:45:20,189

I actually had the same process occur to

1070

00:45:24,919 --> 00:45:22,619

me a few years ago I realized that my

1071

00:45:26,749 --> 00:45:24,929

egoic mind the cheetah chattering just

1072

00:45:29,299 --> 00:45:26,759

it wanted something it wants something

1073

00:45:31,370 --> 00:45:29,309

always wants something and so I decided

1074

00:45:32,959 --> 00:45:31,380

to befriend him and I actually went

1075

00:45:33,250 --> 00:45:32,969

through the process of shaking its hand

1076

00:45:35,410 --> 00:45:33,260

and

1077

00:45:37,120 --> 00:45:35,420

listen you've been asking for this for a

1078

00:45:39,520 --> 00:45:37,130

very long time and you've been driving

1079

00:45:42,880 --> 00:45:39,530

about it and until you give me silence

1080

00:45:45,400 --> 00:45:42,890

because obviously you can't get it so I

1081

00:45:47,650 --> 00:45:45,410

have to contact the spirit part of

1082

00:45:49,480 --> 00:45:47,660

myself to be able to do that because if

1083

00:45:51,340 --> 00:45:49,490

you could you wouldn't be yammering in

1084

00:45:52,930 --> 00:45:51,350

my ear all this time back off for a

1085

00:45:55,090 --> 00:45:52,940

little while let me figure out this

1086

00:45:56,710 --> 00:45:55,100

process and when I get what you want

1087

00:45:59,020 --> 00:45:56,720

I'll be more than happy to him and og

1088

00:46:01,150 --> 00:45:59,030

and I swear to you I had a shift using

1089

00:46:03,010 --> 00:46:01,160

this ritual a couple times here and

1090

00:46:06,220 --> 00:46:03,020

there off and on I would just go through

1091

00:46:07,840 --> 00:46:06,230

this meditation and just truly make

1092

00:46:10,450 --> 00:46:07,850

peace with that part of me that's just

1093

00:46:12,460 --> 00:46:10,460

been griping absolutely it was it's not

1094

00:46:14,440 --> 00:46:12,470

only the third stage of people and it's

1095

00:46:16,450 --> 00:46:14,450

so interesting because everyone has an

1096

00:46:20,230 --> 00:46:16,460

admin I call it your admin assistant

1097

00:46:21,880 --> 00:46:20,240

okay okay it will be it will be it's

1098

00:46:23,200 --> 00:46:21,890

completely separate to you it could be

1099

00:46:24,520 --> 00:46:23,210

if you're woman it can be a man if

1100

00:46:26,860 --> 00:46:24,530

you're a man it can be a woman

1101

00:46:29,260 --> 00:46:26,870

I've had people with animals in there

1102

00:46:31,840 --> 00:46:29,270

I've had one woman I work with a head

1103

00:46:33,820 --> 00:46:31,850

like a kind of diamond in there and we

1104

00:46:36,910 --> 00:46:33,830

work with that diamond and it turned

1105

00:46:38,740 --> 00:46:36,920

into a human being with with claws or

1106

00:46:42,940 --> 00:46:38,750

fingernails but they were communicating

1107

00:46:44,740 --> 00:46:42,950

and they started to get on now I tell

1108

00:46:47,590 --> 00:46:44,750

you is a really really really important

1109

00:46:49,870 --> 00:46:47,600

point here is that if if you were

1110

00:46:52,060 --> 00:46:49,880

getting your you know we say you have

1111

00:46:54,970 --> 00:46:52,070

ten units of energy if you're getting a

1112

00:46:58,240 --> 00:46:54,980

lot of energy from your mind okay your

1113

00:47:01,000 --> 00:46:58,250

admin will be in charge because they're

1114

00:47:04,630 --> 00:47:01,010

responsible to keep you going so they

1115

00:47:07,330 --> 00:47:04,640

will be quite naggy yeah because they

1116

00:47:09,880 --> 00:47:07,340

need to keep you going and if you don't

1117

00:47:12,700 --> 00:47:09,890

they will press a button and emotionally

1118

00:47:15,580 --> 00:47:12,710

control you normally through anxiety or

1119

00:47:19,240 --> 00:47:15,590

panic okay they also give you a buzz

1120

00:47:21,010 --> 00:47:19,250

when you score a tick get some fire yay

1121

00:47:23,080 --> 00:47:21,020

because that makes their job easier

1122

00:47:24,340 --> 00:47:23,090

because they've succeeded so what

1123

00:47:26,470 --> 00:47:24,350

happens and I talked about this in the

1124

00:47:28,870 --> 00:47:26,480

book a lot is when you all over feels

1125

00:47:31,900 --> 00:47:28,880

when you're feeling bad your brain

1126
00:47:33,400 --> 00:47:31,910
sucked you because you do not do very

1127
00:47:34,150 --> 00:47:33,410
well because you're feeling bad so

1128
00:47:36,910 --> 00:47:34,160
you're sacked

1129
00:47:40,000 --> 00:47:36,920
okay hey and it tells the mind your

1130
00:47:43,240 --> 00:47:40,010
admin assistant to take over control so

1131
00:47:46,390 --> 00:47:43,250
what should be a processor your admin

1132
00:47:47,030 --> 00:47:46,400
assistant should process information you

1133
00:47:48,620 --> 00:47:47,040
should be

1134
00:47:51,590 --> 00:47:48,630
making the decisions and their creation

1135
00:47:53,540 --> 00:47:51,600
they just processing but what that's how

1136
00:47:55,130 --> 00:47:53,550
we're supposed to be but what happens is

1137
00:47:58,400 --> 00:47:55,140
because we feel bad because we're not

1138
00:48:01,040 --> 00:47:58,410

manifesting our amazing stuff brain

1139

00:48:06,290 --> 00:48:01,050

tells our minds to gather up the energy

1140

00:48:09,650 --> 00:48:06,300

yeah your mind takes control and your

1141

00:48:12,680 --> 00:48:09,660

run by other people's rules because it's

1142

00:48:17,840 --> 00:48:12,690

all about achieving stuff from outside

1143

00:48:20,570 --> 00:48:17,850

sources totally get it so the outside

1144

00:48:24,470 --> 00:48:20,580

sources being instilled rights and

1145

00:48:26,630 --> 00:48:24,480

wrongs home is good bad in out the world

1146

00:48:28,480 --> 00:48:26,640

of duality we're not seeking to out in

1147

00:48:33,050 --> 00:48:28,490

fact we don't we don't to do anything

1148

00:48:37,640 --> 00:48:33,060

already in it expand into the this

1149

00:48:40,310 --> 00:48:37,650

broader place of being yeah if our brain

1150

00:48:41,720 --> 00:48:40,320

in our mind is our business partner we

1151

00:48:43,870 --> 00:48:41,730

need to find a way to make them the

1152

00:48:46,430 --> 00:48:43,880

silent partner right absolutely

1153

00:48:48,530 --> 00:48:46,440

absolutely if you do that by making

1154

00:48:51,050 --> 00:48:48,540

friends with your admin you make this

1155

00:48:52,880 --> 00:48:51,060

you said hello how are you hi come down

1156

00:48:54,980 --> 00:48:52,890

again that's what you don't do now

1157

00:48:58,660 --> 00:48:54,990

sometimes in sometimes and this is

1158

00:49:02,840 --> 00:48:58,670

really common there with me sometimes

1159

00:49:04,250 --> 00:49:02,850

people so like being up here yeah they

1160

00:49:07,070 --> 00:49:04,260

love all the achievement they love it

1161

00:49:10,090 --> 00:49:07,080

they move their admin out okay and lock

1162

00:49:12,140 --> 00:49:10,100

them in the cupboard so what happens is

1163

00:49:13,910 --> 00:49:12,150

someone will say well I haven't got an

1164

00:49:15,290 --> 00:49:13,920

admin because they're up there they are

1165

00:49:16,970 --> 00:49:15,300

up there so again we've got to bring

1166

00:49:18,740 --> 00:49:16,980

them down we've got to bring them down

1167

00:49:22,250 --> 00:49:18,750

and then what happened is that admin

1168

00:49:25,670 --> 00:49:22,260

comes out their admin comes out so often

1169

00:49:27,800 --> 00:49:25,680

when I work with a person they will be

1170

00:49:29,660 --> 00:49:27,810

their admin so they have to come down be

1171

00:49:31,370 --> 00:49:29,670

in the truth and who they are and calm

1172

00:49:33,530 --> 00:49:31,380

and humble I talk a lot about being kind

1173

00:49:35,990 --> 00:49:33,540

and humble really important but not just

1174

00:49:37,790 --> 00:49:36,000

to people but see a map to your admin

1175

00:49:40,700 --> 00:49:37,800

you need to be kind of humble and stop

1176
00:49:42,290 --> 00:49:40,710
shouting at them stop telling them to do

1177
00:49:47,000 --> 00:49:42,300
this do that and they'll stop shouting

1178
00:49:49,610 --> 00:49:47,010
at you it really makes a difference Wow

1179
00:49:52,430 --> 00:49:49,620
today my guest miss Jennifer Foster you

1180
00:49:54,080 --> 00:49:52,440
are illuminating me lady yeah I'm loving

1181
00:49:58,280 --> 00:49:54,090
the simple way that you've actually

1182
00:50:00,260 --> 00:49:58,290
figured out a way of connecting the

1183
00:50:00,670 --> 00:50:00,270
different parts of the cell and bringing

1184
00:50:04,510 --> 00:50:00,680
them

1185
00:50:06,069 --> 00:50:04,520
you said it's about getting I say this

1186
00:50:06,880 --> 00:50:06,079
all the time in many different ways for

1187
00:50:08,920 --> 00:50:06,890
many different reasons

1188
00:50:10,780 --> 00:50:08,930

and it's implied in many different ways

1189

00:50:12,339 --> 00:50:10,790

get out of the fight get out of the

1190

00:50:14,290 --> 00:50:12,349

fight with the world get get out of the

1191

00:50:16,089 --> 00:50:14,300

racism get out of the terrorism get out

1192

00:50:18,069 --> 00:50:16,099

of the politics get out of the drama get

1193

00:50:20,530 --> 00:50:18,079

out of being addicted to misery because

1194

00:50:23,160 --> 00:50:20,540

everything I said up to this point is

1195

00:50:25,809 --> 00:50:23,170

all just an internal bickering

1196

00:50:28,299 --> 00:50:25,819

absolutely that shattered Aryan creates

1197

00:50:36,069 --> 00:50:28,309

many different forms of just incessant

1198

00:50:38,140 --> 00:50:36,079

ongoing griping yeah people I think I

1199

00:50:41,170 --> 00:50:38,150

showed you is that when they do get

1200

00:50:42,819 --> 00:50:41,180

stuck in their mind they literally

1201
00:50:45,069 --> 00:50:42,829
because it's a different wavelength

1202
00:50:48,130 --> 00:50:45,079
I mean without getting too too deep into

1203
00:50:50,770 --> 00:50:48,140
it spirit and feel are the same

1204
00:50:53,020 --> 00:50:50,780
wavelength okay the so frequency and

1205
00:50:55,420 --> 00:50:53,030
mind is a different frequency and

1206
00:50:57,309 --> 00:50:55,430
because people so tuned in and we what

1207
00:50:59,380 --> 00:50:57,319
we've all experienced this if we've been

1208
00:51:03,370 --> 00:50:59,390
up won't busy busy busy busy busy it is

1209
00:51:05,650 --> 00:51:03,380
hard to switch off it's hard to to go

1210
00:51:07,539 --> 00:51:05,660
down you just held up this piece of

1211
00:51:10,180 --> 00:51:07,549
paper if you would hold it up and open

1212
00:51:12,250 --> 00:51:10,190
it yeah you pointed to the crown chakra

1213
00:51:13,900 --> 00:51:12,260

or the crown and you said spirit and you

1214

00:51:16,990 --> 00:51:13,910

also pointed to the feeling and you said

1215

00:51:18,309 --> 00:51:17,000

spirit that they're the same now when we

1216

00:51:19,720 --> 00:51:18,319

look for it when we're trying to find a

1217

00:51:21,280 --> 00:51:19,730

wormhole in time of space you know the

1218

00:51:22,750 --> 00:51:21,290

paper trick you full and a half you

1219

00:51:26,010 --> 00:51:22,760

stick an ink pen right through it look

1220

00:51:31,329 --> 00:51:26,020

what happens when you follow that paper

1221

00:51:37,329 --> 00:51:31,339

become join the solar plexus and the

1222

00:51:38,920 --> 00:51:37,339

crown becomes the Stargate yes that's

1223

00:51:43,829 --> 00:51:38,930

what I do you know in a workshop so if

1224

00:51:48,370 --> 00:51:45,579

your mind

1225

00:51:51,490 --> 00:51:48,380

you actually say it's like dimension

1226

00:51:54,700 --> 00:51:51,500

it's because in mind it's it's rational

1227

00:51:57,520 --> 00:51:54,710

it's it's just that's it that's it but

1228

00:52:02,740 --> 00:51:57,530

if you manage to do spirit in to feel it

1229

00:52:04,900 --> 00:52:02,750

goes v dimensional so it's in the way we

1230

00:52:09,490 --> 00:52:04,910

have to we can't really but you can't

1231

00:52:11,620 --> 00:52:09,500

bypass it you can only go through it you

1232

00:52:13,420 --> 00:52:11,630

have to move through it you can't bypass

1233

00:52:14,410 --> 00:52:13,430

any issue it's just gonna follow you

1234

00:52:16,630 --> 00:52:14,420

wherever you go

1235

00:52:18,849 --> 00:52:16,640

yeah the the answer to everything well

1236

00:52:20,530 --> 00:52:18,859

the solution the solution so everything

1237

00:52:21,910 --> 00:52:20,540

yeah no they aren't the answer one of

1238

00:52:23,530 --> 00:52:21,920

the books is called the arts a bit and

1239

00:52:24,190 --> 00:52:23,540

it's all about Minds you're told that's

1240

00:52:26,280 --> 00:52:24,200

the answer

1241

00:52:28,690 --> 00:52:26,290

we're told you know be successful

1242

00:52:31,809 --> 00:52:28,700

logical alright you're told that your

1243

00:52:34,329 --> 00:52:31,819

answer for the solution is to make peace

1244

00:52:36,849 --> 00:52:34,339

with your mind and it lab min but

1245

00:52:39,250 --> 00:52:36,859

basically to feel better because that

1246

00:52:41,799 --> 00:52:39,260

solves everything because your energy

1247

00:52:44,710 --> 00:52:41,809

goes up because you feel more you don't

1248

00:52:47,109 --> 00:52:44,720

need so many ticks once you reach a

1249

00:52:49,510 --> 00:52:47,119

certain level spirit automatically

1250

00:52:53,410 --> 00:52:49,520

becomes you it's an automatic process

1251
00:52:56,289 --> 00:52:53,420
yeah it's an automatic process and then

1252
00:52:58,690 --> 00:52:56,299
your bottles are grief empty because you

1253
00:53:03,039 --> 00:52:58,700
can because you you can take it you can

1254
00:53:05,650 --> 00:53:03,049
take it they can empty and it just goes

1255
00:53:07,270 --> 00:53:05,660
into a very positive positive cycle

1256
00:53:08,920 --> 00:53:07,280
because then other people see it they

1257
00:53:10,420 --> 00:53:08,930
come to you and that's sort of the law

1258
00:53:12,609 --> 00:53:10,430
of attraction and all that sort of stuff

1259
00:53:15,160 --> 00:53:12,619
but it's basically the law of attraction

1260
00:53:17,440 --> 00:53:15,170
is about your feel a lot of people think

1261
00:53:20,500 --> 00:53:17,450
it's about you think it's not it's about

1262
00:53:24,039 --> 00:53:20,510
your feel it's about your feel and if

1263
00:53:25,900 --> 00:53:24,049

you are in mind you'll get mind so

1264

00:53:27,339 --> 00:53:25,910

people say alright well I'd be really

1265

00:53:29,079 --> 00:53:27,349

positive and I'm getting all the success

1266

00:53:31,690 --> 00:53:29,089

but I still feel rubbish well yeah

1267

00:53:33,789 --> 00:53:31,700

because you're in that vibration whereas

1268

00:53:37,059 --> 00:53:33,799

if you concentrate on your field in a

1269

00:53:39,700 --> 00:53:37,069

kind and humble way and show love that

1270

00:53:42,730 --> 00:53:39,710

will get bigger that will vibrate and

1271

00:53:44,049 --> 00:53:42,740

shine and other people will come you

1272

00:53:45,700 --> 00:53:44,059

just got to be a little bit aware I've

1273

00:53:47,650 --> 00:53:45,710

been aware that it will also attract

1274

00:53:50,370 --> 00:53:47,660

sort of um other people either dark

1275

00:53:54,549 --> 00:53:50,380

possibly so you need to do the know bit

1276

00:53:57,250 --> 00:53:54,559

as well but generally speaking keep

1277

00:53:58,960 --> 00:53:57,260

yourself safe and just shine and then

1278

00:54:01,559 --> 00:53:58,970

all your energy comes from there and

1279

00:54:05,020 --> 00:54:01,569

your mind calms down but most people

1280

00:54:06,970 --> 00:54:05,030

unfortunately stuck in their minds and

1281

00:54:09,549 --> 00:54:06,980

as you say that I'm very impressed Keith

1282

00:54:11,640 --> 00:54:09,559

they're experiencing this with me

1283

00:54:15,010 --> 00:54:11,650

it's very sort of like you know

1284

00:54:21,809 --> 00:54:15,020

processing robotic way of life rather

1285

00:54:23,950 --> 00:54:21,819

than doing the magic alchemy of the tube

1286

00:54:26,190 --> 00:54:23,960

Wow and actually when you folded just

1287

00:54:28,740 --> 00:54:26,200

now and it did make a heart shape

1288

00:54:30,569 --> 00:54:28,750

abraham-hicks says that when you in the

1289

00:54:31,800 --> 00:54:30,579

process of wanting iron meditation that

1290

00:54:33,660 --> 00:54:31,810

you want to create something for

1291

00:54:35,579 --> 00:54:33,670

yourself or even as you go throughout

1292

00:54:36,870 --> 00:54:35,589

your day and you want to you just want

1293

00:54:38,190 --> 00:54:36,880

to leave this job you don't only want

1294

00:54:40,589 --> 00:54:38,200

this job you want something better that

1295

00:54:41,910 --> 00:54:40,599

fills your spirit so what you do is as

1296

00:54:45,589 --> 00:54:41,920

you go throughout your day and you're

1297

00:54:48,450 --> 00:54:45,599

holding this vision and also this space

1298

00:54:51,210 --> 00:54:48,460

its visualizing in intending to have

1299

00:54:53,099 --> 00:54:51,220

something better when you find yourself

1300

00:54:55,319 --> 00:54:53,109

going throughout your day it not in a

1301
00:54:57,480 --> 00:54:55,329
feel-good mode pull out a picture of

1302
00:54:59,819 --> 00:54:57,490
someone you love a child put on a piece

1303
00:55:02,370 --> 00:54:59,829
of music that just moves you find an

1304
00:55:05,190 --> 00:55:02,380
excuse to get back into feeling good and

1305
00:55:07,349 --> 00:55:05,200
then begin your vision process from that

1306
00:55:10,280 --> 00:55:07,359
place exactly what you're saying but

1307
00:55:11,400 --> 00:55:10,290
differently just at the top of the hour

1308
00:55:14,010 --> 00:55:11,410
Wow

1309
00:55:16,470 --> 00:55:14,020
would you give us a final thought and

1310
00:55:18,120 --> 00:55:16,480
also give us your contact information

1311
00:55:20,280 --> 00:55:18,130
once again start listening honest can

1312
00:55:21,450 --> 00:55:20,290
find you into the rabble probably into

1313
00:55:26,190 --> 00:55:21,460

the rabbit hole and find more about what

1314

00:55:27,870 --> 00:55:26,200

you're doing here final thought well the

1315

00:55:30,470 --> 00:55:27,880

final thought is I suppose is that you

1316

00:55:32,819 --> 00:55:30,480

can't go wrong if you're kind and humble

1317

00:55:35,910 --> 00:55:32,829

kinda humble is the key come and a

1318

00:55:38,700 --> 00:55:35,920

humble make friends with your mind start

1319

00:55:42,599 --> 00:55:38,710

to understand and who you are don't be

1320

00:55:44,280 --> 00:55:42,609

afraid to say no and create peace really

1321

00:55:45,839 --> 00:55:44,290

you you can't really go wrong and that's

1322

00:55:48,260 --> 00:55:45,849

how you make your decisions and just

1323

00:55:51,660 --> 00:55:48,270

keep going and keep going and keep going

1324

00:55:53,220 --> 00:55:51,670

that's what I would say that's powerful

1325

00:55:54,780 --> 00:55:53,230

give us you website darling and anything

1326

00:55:56,250 --> 00:55:54,790

you may be wanting to offer to the

1327

00:56:03,680 --> 00:55:56,260

listener and so they can find you and

1328

00:56:12,480 --> 00:56:10,290

www.youtube.com the answer and the other

1329

00:56:14,819 --> 00:56:12,490

one is a practical step-by-step how to

1330

00:56:17,099 --> 00:56:14,829

do it how to shift your energy dynamic

1331

00:56:19,319 --> 00:56:17,109

and it's called the eye in the storm and

1332

00:56:21,120 --> 00:56:19,329

there's some free online courses there

1333

00:56:23,700 --> 00:56:21,130

too which you may enjoy if you like the

1334

00:56:27,089 --> 00:56:23,710

stigma less online courses with lots and

1335

00:56:29,430 --> 00:56:27,099

lots of stickmen and water and kind of

1336

00:56:31,970 --> 00:56:29,440

fairly natural video so I do take a look

1337

00:56:34,530 --> 00:56:31,980

and it'd be great to meet you if you do

1338

00:56:36,960 --> 00:56:34,540

Jennifer what a phenomenal presentation

1339

00:56:39,599 --> 00:56:36,970

you laid out here dear I'm gonna listen

1340

00:56:39,960 --> 00:56:39,609

back to this absolutely there's a lots

1341

00:56:41,999 --> 00:56:39,970

of

1342

00:56:44,160 --> 00:56:42,009

juicy marshals on there and I'm gonna go

1343

00:56:45,720 --> 00:56:44,170

find them I'm the kind of guy that when

1344

00:56:47,700 --> 00:56:45,730

you say you saw something magnanimous

1345

00:56:49,319 --> 00:56:47,710

under a rock yesterday I'm not gonna go

1346

00:56:54,420 --> 00:56:49,329

look cuz I don't believe you

1347

00:56:56,670 --> 00:56:54,430

I'm going to go look as I want wonderful

1348

00:56:58,680 --> 00:56:56,680

presentation I'm really enjoyed it thank

1349

00:57:00,150 --> 00:56:58,690

you so much absolutely the doors open to

1350

00:57:04,200 --> 00:57:00,160

you anytime everyone miss Jennifer

1351
00:57:05,940 --> 00:57:04,210
Foster okay power powerful show next

1352
00:57:06,900 --> 00:57:05,950
week I will not be doing the show due to

1353
00:57:08,819 --> 00:57:06,910
the fact that I'm going to south

1354
00:57:10,410 --> 00:57:08,829
Louisiana to see family Christmas

1355
00:57:12,870 --> 00:57:10,420
holidays gonna be coming up as I do

1356
00:57:16,589 --> 00:57:12,880
every year I'm gonna very powerful

1357
00:57:18,930 --> 00:57:16,599
broadcast about my hyper lucid

1358
00:57:21,150 --> 00:57:18,940
experiences with Yeshua we know them as

1359
00:57:22,319 --> 00:57:21,160
Jesus and other things really cool music

1360
00:57:23,519 --> 00:57:22,329
it's gonna be make for a nice

1361
00:57:26,279 --> 00:57:23,529
presentation that's coming for the

1362
00:57:28,230 --> 00:57:26,289
holiday season also again go to art if

1363
00:57:29,999 --> 00:57:28,240

you want the RPM program go to sooner of

1364

00:57:32,309 --> 00:57:30,009

like video comm click on that riff for

1365

00:57:34,109 --> 00:57:32,319

RAF that settles down it'll take you to

1366

00:57:36,150 --> 00:57:34,119

the page of my lifelong work that you

1367

00:57:38,460 --> 00:57:36,160

get and what do you create a lot of the

1368

00:57:40,710 --> 00:57:38,470

same of what Jennifer's brought here but

1369

00:57:41,999 --> 00:57:40,720

differently I look forward to seeing you

1370

00:57:43,319 --> 00:57:42,009

in a couple of weeks my name is Keith

1371

00:57:44,940 --> 00:57:43,329

Anthony Blanchett your host the center

1372

00:57:47,660 --> 00:57:44,950

of light video every Monday night 6 p.m.

1373

00:57:50,999 --> 00:57:47,670

Eastern Time I'm the captain of this

1374

00:57:52,710 --> 00:57:51,009

master ship it sits in his chair that's

1375

00:57:55,049 --> 00:57:52,720

all the affairs of the heart training

1376

00:57:57,029 --> 00:57:55,059

all kinds of joining your life that's

1377

00:58:01,140 --> 00:57:57,039

what that's my gig I love seeing people

1378

00:58:02,789 --> 00:58:01,150

Ahlul peace well