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Center of Light Radio

Guest: Anastasia Netri

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
00:01:19,500 --> 00:01:16,540
heaven on earth your host Keith Anthony

9
00:01:22,890 --> 00:01:19,510
Blanchard send me an email at Keith

10
00:01:24,800 --> 00:01:22,900
Anthony Blanchett email Joe calm excuse

11
00:01:27,270 --> 00:01:24,810
me Keith Anthony Blanchard at gmail.com

12
00:01:29,520 --> 00:01:27,280
to book your free session with me 30

13
00:01:30,840 --> 00:01:29,530

minutes 45 minutes however long it takes

14

00:01:32,910 --> 00:01:30,850

there helping to move through an issue

15

00:01:35,670 --> 00:01:32,920

you may be having not that you've broken

16

00:01:37,499 --> 00:01:35,680

just because you want to expand to

17

00:01:41,430 --> 00:01:37,509

greater degrees of who you are and that

18

00:01:44,070 --> 00:01:41,440

is the bliss that is so wise for you

19

00:01:46,139 --> 00:01:44,080

again send me an email at Keith Anthony

20

00:01:49,770 --> 00:01:46,149

Blanchett at gmail.com and say hey mr.

21

00:01:51,900 --> 00:01:49,780

Blanchard I want my free session I want

22

00:01:54,719 --> 00:01:51,910

to get you moving into you rpm

23

00:01:58,410 --> 00:01:54,729

potential recognized plugin manifest

24

00:02:00,480 --> 00:01:58,420

your life recognize where all creation

25

00:02:02,670 --> 00:02:00,490

lives where God is what it is

26
00:02:04,050 --> 00:02:02,680
how to plug into that and how to begin

27
00:02:06,210 --> 00:02:04,060
to manifest your life because

28
00:02:08,190 --> 00:02:06,220
manifesting is the third component once

29
00:02:10,919 --> 00:02:08,200
you begin the recognition and the

30
00:02:12,930 --> 00:02:10,929
plugging in things get out of the way

31
00:02:16,770 --> 00:02:12,940
they get really really easy it becomes

32
00:02:19,770 --> 00:02:16,780
one of least effort if you've been

33
00:02:22,140 --> 00:02:19,780
following my work for a while go to

34
00:02:24,089 --> 00:02:22,150
sinner of light radio.com on the opening

35
00:02:26,250 --> 00:02:24,099
page you'll see two things you'll see a

36
00:02:28,680 --> 00:02:26,260
sign-up form fill it out you will get

37
00:02:30,780 --> 00:02:28,690
all my past works all my creations that

38
00:02:33,059 --> 00:02:30,790

I used to charge your money for up until

39

00:02:35,550 --> 00:02:33,069

this point for free and you will also

40

00:02:37,110 --> 00:02:35,560

begin to receive my newsletter program

41

00:02:38,490 --> 00:02:37,120

which I'm gonna start here shortly at

42

00:02:40,440 --> 00:02:38,500

the beginning of the year by the way

43

00:02:43,080 --> 00:02:40,450

Happy Holidays happy New Year to you

44

00:02:44,580 --> 00:02:43,090

also you see a red Ferrari on that

45

00:02:46,740 --> 00:02:44,590

screen once that car comes to a

46

00:02:49,020 --> 00:02:46,750

screeching halt click on it it will take

47

00:02:51,570 --> 00:02:49,030

you to the RPM program which will tell

48

00:02:54,089 --> 00:02:51,580

you what you get and what you will

49

00:02:55,740 --> 00:02:54,099

create contact me on these two for sure

50

00:02:57,449 --> 00:02:55,750

let's get you to the New Year moving

51
00:02:59,100 --> 00:02:57,459
nicely if there's something you want to

52
00:03:00,990 --> 00:02:59,110
bring it to your life something that

53
00:03:03,510 --> 00:03:01,000
might represent your happiness a car

54
00:03:05,160 --> 00:03:03,520
cars are allowed you want any job jobs

55
00:03:08,580 --> 00:03:05,170
are awesome you want to do what you love

56
00:03:11,160 --> 00:03:08,590
even better so make sure you contact me

57
00:03:14,400 --> 00:03:11,170
there and now it's time to get down the

58
00:03:15,570 --> 00:03:14,410
center of light radio business the

59
00:03:17,400 --> 00:03:15,580
number you doubted get on the

60
00:03:19,770 --> 00:03:17,410
eight eight eight nine one nine two

61
00:03:21,690 --> 00:03:19,780
three five five triple eight nine one

62
00:03:24,450 --> 00:03:21,700
nine two three five five to speak to

63
00:03:27,270 --> 00:03:24,460

myself or my guest today

64

00:03:29,550 --> 00:03:27,280

Anastasia mitri and the subject we're

65

00:03:32,520 --> 00:03:29,560

gonna be speaking about check this out

66

00:03:37,650 --> 00:03:32,530

sup realization the key to finding calm

67

00:03:41,340 --> 00:03:37,660

in turbulent times I saw a post about

68

00:03:43,980 --> 00:03:41,350

her book on social media recently my

69

00:03:45,510 --> 00:03:43,990

dear Lord all the best book covers I've

70

00:03:47,610 --> 00:03:45,520

ever seen good looking book covers is

71

00:03:49,290 --> 00:03:47,620

gorgeous and you can feel the energy of

72

00:03:51,780 --> 00:03:49,300

this book right away no kidding

73

00:03:53,220 --> 00:03:51,790

so much so I stopped what I was doing

74

00:03:54,930 --> 00:03:53,230

found her on the Internet

75

00:03:58,140 --> 00:03:54,940

sent her message right away let me tell

76
00:04:00,720 --> 00:03:58,150
you about my guest today in times that

77
00:04:04,140 --> 00:04:00,730
feel unsure there is a source of peace

78
00:04:07,140 --> 00:04:04,150
Oh Lord inside of us in this show we

79
00:04:10,380 --> 00:04:07,150
will explore how to access that knowing

80
00:04:12,660 --> 00:04:10,390
so you can contribute to the world's

81
00:04:16,039 --> 00:04:12,670
evolution instead of being in a state of

82
00:04:18,750 --> 00:04:16,049
fear reactivity or avoidance

83
00:04:21,449 --> 00:04:18,760
Anastacia nature is a transformational

84
00:04:24,050 --> 00:04:21,459
coach who doesn't sugarcoat spirituality

85
00:04:27,090 --> 00:04:24,060
and personal girls and fluffy new-age

86
00:04:29,100 --> 00:04:27,100
cliches dig that her first published

87
00:04:31,740 --> 00:04:29,110
book self-realization for regular people

88
00:04:35,190 --> 00:04:31,750

was birthed from her own awakening

89

00:04:37,800 --> 00:04:35,200

experience in which she lost her false

90

00:04:40,100 --> 00:04:37,810

ego as she calls it once she could see

91

00:04:43,440 --> 00:04:40,110

the truth the words in this book

92

00:04:47,640 --> 00:04:43,450

exploded from her her flagship product

93

00:04:51,600 --> 00:04:47,650

is the core genius map the foundation of

94

00:04:54,560 --> 00:04:51,610

her coaching services she is also the

95

00:04:56,670 --> 00:04:54,570

founder of Self Realization collective a

96

00:04:59,340 --> 00:04:56,680

membership group with teachings

97

00:05:02,190 --> 00:04:59,350

practices tools and community support

98

00:05:05,580 --> 00:05:02,200

grounded in her keen knack for business

99

00:05:08,430 --> 00:05:05,590

and lifted by her own journey towards

100

00:05:10,590 --> 00:05:08,440

self-realization Anastasia is gifted at

101
00:05:13,320 --> 00:05:10,600
seeing her clients through the darkest

102
00:05:15,570 --> 00:05:13,330
pain God where was she some years ago

103
00:05:19,890 --> 00:05:15,580
for me and the brightest light holding

104
00:05:22,440 --> 00:05:19,900
safe space from them to go deep that's

105
00:05:25,200 --> 00:05:22,450
where it's at and delivering measurable

106
00:05:27,180 --> 00:05:25,210
results and their personal and business

107
00:05:29,410 --> 00:05:27,190
lives you can find more about my guest

108
00:05:31,960 --> 00:05:29,420
today at

109
00:05:38,950 --> 00:05:31,970
Anastacia neat recom let me spell that

110
00:05:42,040 --> 00:05:38,960
for you triple w dot a in asta SI a in e

111
00:05:46,180 --> 00:05:42,050
TR i.com welcome to centre of light

112
00:05:54,300 --> 00:05:46,190
radio Anastacia pleasure to be here

113
00:05:59,590 --> 00:05:56,890

well we're gonna have we're gonna have

114

00:06:04,030 --> 00:05:59,600

some fun you can bet on that some new

115

00:06:06,100 --> 00:06:04,040

software putting you stay yeah so even

116

00:06:09,070 --> 00:06:06,110

though in your bio it gave us a little

117

00:06:10,870 --> 00:06:09,080

bit about your beginnings I want to know

118

00:06:15,490 --> 00:06:10,880

more about your beginnings because I

119

00:06:18,580 --> 00:06:15,500

always feel that when others can really

120

00:06:20,230 --> 00:06:18,590

see where we all come from the people

121

00:06:23,530 --> 00:06:20,240

who are doing the work and having such

122

00:06:25,570 --> 00:06:23,540

success at doing said work it makes it a

123

00:06:27,490 --> 00:06:25,580

little more tangible for them we can go

124

00:06:29,920 --> 00:06:27,500

out and see a public speaking of Deepak

125

00:06:31,510 --> 00:06:29,930

Chopra or Wayne Dyer Marian Woodson and

126

00:06:34,450 --> 00:06:31,520

we get the knowledge and we get the

127

00:06:37,300 --> 00:06:34,460

insights but that lifestyle seems like

128

00:06:40,450 --> 00:06:37,310

gazillion miles away there on this huge

129

00:06:42,430 --> 00:06:40,460

stage wearing all this nice clothes but

130

00:06:44,290 --> 00:06:42,440

I think when we learn the background and

131

00:06:46,930 --> 00:06:44,300

the bumps and bruises that everyone is

132

00:06:50,730 --> 00:06:46,940

obtained it comes a little more tangible

133

00:06:56,680 --> 00:06:50,740

how did this all get kicked off for you

134

00:07:00,340 --> 00:06:56,690

well um I'm gonna I'll I will start with

135

00:07:05,680 --> 00:07:00,350

like what I what I call the awakening

136

00:07:09,150 --> 00:07:05,690

before the awakening so I have been you

137

00:07:13,770 --> 00:07:09,160

know a kind of a creative person and an

138

00:07:15,880 --> 00:07:13,780

entrepreneur beats in my own drum

139

00:07:19,720 --> 00:07:15,890

couldn't understand why we were doing

140

00:07:24,880 --> 00:07:19,730

certain things on the planet young age

141

00:07:26,500 --> 00:07:24,890

like I remember when I was about 19 I

142

00:07:30,550 --> 00:07:26,510

was like wait a minute wait a minute

143

00:07:34,090 --> 00:07:30,560

wait a minute you want me to wait you're

144

00:07:37,390 --> 00:07:34,100

telling me to decide what I want now for

145

00:07:39,370 --> 00:07:37,400

the rest of my life go and get a job and

146

00:07:42,400 --> 00:07:39,380

wear pantyhose every day and work

147

00:07:43,210 --> 00:07:42,410

full-time and then when I'm like 60

148

00:07:45,880 --> 00:07:43,220

you're gonna

149

00:07:47,400 --> 00:07:45,890

my life back to me that that doesn't

150

00:07:50,200 --> 00:07:47,410

even make sense

151
00:07:54,010 --> 00:07:50,210
and it was just things like that that

152
00:07:56,320 --> 00:07:54,020
for a long time I felt those kinds of

153
00:07:57,730 --> 00:07:56,330
thoughts weren't easy because I didn't

154
00:08:01,270 --> 00:07:57,740
really have anyone around who could

155
00:08:03,670 --> 00:08:01,280
validate anything for me it was just a

156
00:08:06,070 --> 00:08:03,680
lot of people kind of doing this these

157
00:08:08,200 --> 00:08:06,080
you know rote decisions in life and I

158
00:08:10,230 --> 00:08:08,210
started to kind of question them

159
00:08:13,930 --> 00:08:10,240
so I began this life as an entrepreneur

160
00:08:15,370 --> 00:08:13,940
but I was doing kind of one thing after

161
00:08:16,750 --> 00:08:15,380
another I had several different

162
00:08:18,100 --> 00:08:16,760
businesses and I was always really

163
00:08:23,920 --> 00:08:18,110

successful and I was always very

164

00:08:25,690 --> 00:08:23,930

ambitious and very resourceful and I my

165

00:08:29,770 --> 00:08:25,700

last business that I started when I

166

00:08:32,380 --> 00:08:29,780

started coaching in 2008 things really

167

00:08:35,940 --> 00:08:32,390

exploded for me a couple years after I

168

00:08:39,719 --> 00:08:35,950

started and I I became very well-known

169

00:08:41,860 --> 00:08:39,729

started getting my practice filled

170

00:08:44,650 --> 00:08:41,870

started making more and more and more

171

00:08:48,910 --> 00:08:44,660

money and I reached this kind of

172

00:08:51,520 --> 00:08:48,920

pinnacle in 2014 where I had everything

173

00:08:54,910 --> 00:08:51,530

I had been dreaming out for years I

174

00:08:57,720 --> 00:08:54,920

lived in a big house had a big 3,500

175

00:09:01,630 --> 00:08:57,730

square foot house in the Bay Area of

176
00:09:02,980 --> 00:09:01,640
Northern California was making you know

177
00:09:07,240 --> 00:09:02,990
close to a couple hundred thousand

178
00:09:11,560 --> 00:09:07,250
dollars a year had a you know fancy

179
00:09:16,870 --> 00:09:11,570
group of friends and a lot of notoriety

180
00:09:21,420 --> 00:09:16,880
and you know little pockets of with air

181
00:09:29,110 --> 00:09:26,230
when I hit this point it was extend at

182
00:09:30,670 --> 00:09:29,120
that year I had all this all this stuff

183
00:09:32,560 --> 00:09:30,680
all this money and everything in a week

184
00:09:35,740 --> 00:09:32,570
off every month right so it was like I

185
00:09:37,650 --> 00:09:35,750
was living this very idyllic lifestyle

186
00:09:43,270 --> 00:09:37,660
one that I had been working towards for

187
00:09:45,700 --> 00:09:43,280
you know nearly 20 years and when I hit

188
00:09:48,940 --> 00:09:45,710

that point there was something really

189

00:09:52,900 --> 00:09:48,950

interesting that happened nothing had

190

00:09:56,770 --> 00:09:52,910

changed I wasn't any happier as a matter

191

00:09:59,680 --> 00:09:56,780

of fact I was more miserable

192

00:10:02,410 --> 00:09:59,690

more anxious than I had ever been it was

193

00:10:04,420 --> 00:10:02,420

like it was very disorienting because

194

00:10:08,040 --> 00:10:04,430

this thing I had been working towards my

195

00:10:12,730 --> 00:10:08,050

whole life didn't do it it didn't fill

196

00:10:15,790 --> 00:10:12,740

the void and now when I had hit it it

197

00:10:17,140 --> 00:10:15,800

was this very distressing time of going

198

00:10:20,290 --> 00:10:17,150

well now

199

00:10:24,730 --> 00:10:20,300

what like everything I had been focused

200

00:10:28,870 --> 00:10:24,740

on for so long just became meaningless

201

00:10:32,290 --> 00:10:28,880

and it wasn't an easy realization it's

202

00:10:35,800 --> 00:10:32,300

it was like that moment in which I don't

203

00:10:39,820 --> 00:10:35,810

even know where to go with my life and I

204

00:10:41,770 --> 00:10:39,830

have this kind of it wasn't it was an

205

00:10:45,210 --> 00:10:41,780

initial awakening because I feel like

206

00:10:48,580 --> 00:10:45,220

Awakening is not something that just

207

00:10:53,560 --> 00:10:48,590

especially with what I'm seeing today

208

00:10:57,130 --> 00:10:53,570

and every day for a while now awakening

209

00:11:00,970 --> 00:10:57,140

is not a something that like happens and

210

00:11:04,150 --> 00:11:00,980

then you're done there's there's if

211

00:11:05,650 --> 00:11:04,160

there's this kind of thing that sort of

212

00:11:08,710 --> 00:11:05,660

can happen for years and I'll talk more

213

00:11:12,310 --> 00:11:08,720

about that but it began this process

214

00:11:14,980 --> 00:11:12,320

this this awakening I had just said just

215

00:11:16,630 --> 00:11:14,990

be you and life will get easier and

216

00:11:21,160 --> 00:11:16,640

that's you know sounds simple enough

217

00:11:26,830 --> 00:11:21,170

right it's like okay okay I'll just be

218

00:11:29,260 --> 00:11:26,840

me and that began a journey of these

219

00:11:31,360 --> 00:11:29,270

things that I always described in the

220

00:11:34,210 --> 00:11:31,370

awakening process and I always say it's

221

00:11:38,050 --> 00:11:34,220

got these two main elements to it which

222

00:11:40,090 --> 00:11:38,060

are discovery and destruction like as

223

00:11:42,340 --> 00:11:40,100

the more that you discover about who you

224

00:11:44,800 --> 00:11:42,350

are the more something that that's who

225

00:11:49,360 --> 00:11:44,810

you're not falls apart simultaneously so

226

00:11:52,800 --> 00:11:49,370

it's always this kind of thing that when

227

00:11:56,410 --> 00:11:52,810

you the the more awareness that you gain

228

00:11:59,710 --> 00:11:56,420

often it comes with a loss of some kind

229

00:12:04,060 --> 00:11:59,720

and usually that losses well not usually

230

00:12:06,640 --> 00:12:04,070

always the loss is something that isn't

231

00:12:08,650 --> 00:12:06,650

worth hanging on to anyway

232

00:12:10,840 --> 00:12:08,660

it's not something that's really

233

00:12:13,210 --> 00:12:10,850

fulfilling you in some way it's just

234

00:12:15,130 --> 00:12:13,220

kind of something that's making more and

235

00:12:19,300 --> 00:12:15,140

more and more and more room you know

236

00:12:21,580 --> 00:12:19,310

inside and so this this process happened

237

00:12:25,000 --> 00:12:21,590

where I just sort of burned my business

238

00:12:28,750 --> 00:12:25,010

to the ground and was like you know what

239

00:12:31,060 --> 00:12:28,760

I I have to let go of all this that I've

240

00:12:34,960 --> 00:12:31,070

built because I've built it on top of

241

00:12:38,980 --> 00:12:34,970

this idea of feeling very unwanted and

242

00:12:43,450 --> 00:12:38,990

and using my business as a way to have

243

00:12:45,220 --> 00:12:43,460

people see me and it's I'm not able to

244

00:12:47,770 --> 00:12:45,230

let it in so I just need to let it go

245

00:12:51,240 --> 00:12:47,780

and that again that was a process that

246

00:12:53,950 --> 00:12:51,250

happened in a lot of steps and stages

247

00:12:56,410 --> 00:12:53,960

one little brick coming down at a time

248

00:13:01,510 --> 00:12:56,420

over you know a period of about three

249

00:13:05,190 --> 00:13:01,520

years and then I had a the what I call

250

00:13:09,930 --> 00:13:05,200

the dissolving of the false ego and that

251
00:13:14,140 --> 00:13:09,940
happened earlier this year it's like

252
00:13:18,820 --> 00:13:14,150
what I call the false ego is the

253
00:13:22,240 --> 00:13:18,830
identity that you build on top of some

254
00:13:24,340 --> 00:13:22,250
version of I'm not good enough right so

255
00:13:27,490 --> 00:13:24,350
you can believe that you're not good

256
00:13:29,590 --> 00:13:27,500
enough or you're unworthy or unwanted

257
00:13:32,230 --> 00:13:29,600
and then you begin to form an identity

258
00:13:35,680 --> 00:13:32,240
it could be a way to overcompensate for

259
00:13:37,870 --> 00:13:35,690
that in a way it's like a way to feel

260
00:13:42,210 --> 00:13:37,880
good enough even though it may not be

261
00:13:45,430 --> 00:13:42,220
you and once that false ego dissolves

262
00:13:48,810 --> 00:13:45,440
you're you know you're not done but it's

263
00:13:51,970 --> 00:13:48,820

that's I believe from what I've seen

264

00:13:56,100 --> 00:13:51,980

this year that's when a really much

265

00:13:58,750 --> 00:13:56,110

deeper layer of awakening can happen

266

00:14:02,410 --> 00:13:58,760

because as long as you're operating from

267

00:14:06,610 --> 00:14:02,420

I'm not good enough it's like wearing

268

00:14:08,770 --> 00:14:06,620

you know just a pair of you know really

269

00:14:11,290 --> 00:14:08,780

dark colored glasses over your eyes and

270

00:14:13,720 --> 00:14:11,300

once those come off then you start to

271

00:14:16,150 --> 00:14:13,730

see things more and more clear and many

272

00:14:20,670 --> 00:14:16,160

more things come up and many more things

273

00:14:22,889 --> 00:14:20,680

you know start to dissolve and it's just

274

00:14:25,530 --> 00:14:22,899

I'm in it and I'm seeing this sort of on

275

00:14:29,880 --> 00:14:25,540

the process let me ask you this

276

00:14:33,240 --> 00:14:29,890

okay so Anastasia some years ago realize

277

00:14:35,850 --> 00:14:33,250

that things have not changed and now you

278

00:14:39,449 --> 00:14:35,860

have this it would be an epiphany and

279

00:14:41,370 --> 00:14:39,459

now what so now you have this now what

280

00:14:43,769 --> 00:14:41,380

in your relinquishing and you're

281

00:14:49,019 --> 00:14:43,779

surrendering all of that stuff and

282

00:14:51,180 --> 00:14:49,029

becoming simply you did all this wisdom

283

00:14:53,670 --> 00:14:51,190

all this knowledge just begin to pour

284

00:14:55,620 --> 00:14:53,680

into you just by saying I'm just gonna

285

00:14:58,680 --> 00:14:55,630

be happy in the moment or did you

286

00:15:02,120 --> 00:14:58,690

actually learn this from a mentor or was

287

00:15:08,820 --> 00:15:05,370

overwhelmed let me put it this way Keith

288

00:15:10,320 --> 00:15:08,830

it wasn't that like when I when I sat

289

00:15:11,730 --> 00:15:10,330

down to write my book first of all I

290

00:15:15,360 --> 00:15:11,740

didn't sit down to write a book I just

291

00:15:17,820 --> 00:15:15,370

started I just started writing and and

292

00:15:20,430 --> 00:15:17,830

as things start to come out through the

293

00:15:25,320 --> 00:15:20,440

book which is some of the wisdom I had

294

00:15:29,940 --> 00:15:25,330

collected thus far it wasn't that it was

295

00:15:33,960 --> 00:15:29,950

all stuff that I wasn't able to share as

296

00:15:37,440 --> 00:15:33,970

long as see my particular flavor of

297

00:15:39,269 --> 00:15:37,450

false ego was I'm unwanted right so as

298

00:15:41,460 --> 00:15:39,279

long as I believed that I was unwanted

299

00:15:43,530 --> 00:15:41,470

and unwelcome and that the world didn't

300

00:15:45,900 --> 00:15:43,540

want anything from me and I wasn't even

301
00:15:50,490 --> 00:15:45,910
supposed to be here it just it was just

302
00:15:54,540 --> 00:15:50,500
this big block if you will to sharing

303
00:15:56,579 --> 00:15:54,550
this stuff and so yeah so it was like

304
00:15:59,610 --> 00:15:56,589
once that thing was lifted it was just

305
00:16:02,370 --> 00:15:59,620
like you know an initial dam broke so to

306
00:16:05,730 --> 00:16:02,380
speak so it was just sort of sharing a

307
00:16:08,519 --> 00:16:05,740
lot of the truths that I found in my own

308
00:16:11,760 --> 00:16:08,529
journey like you can't I have seen that

309
00:16:15,060 --> 00:16:11,770
there's a you know awakening is a big

310
00:16:16,980 --> 00:16:15,070
deal it's like you know it's the I think

311
00:16:20,730 --> 00:16:16,990
the movie The Matrix really sort of

312
00:16:22,769 --> 00:16:20,740
nails it when it's it you know he says

313
00:16:24,510 --> 00:16:22,779

do you want to know the truth or do you

314

00:16:28,110 --> 00:16:24,520

want it you know just go back to your

315

00:16:30,569 --> 00:16:28,120

life and it's not like when he woke up

316

00:16:33,120 --> 00:16:30,579

and saw that he was just a battery and

317

00:16:34,590 --> 00:16:33,130

that he was a slave like that wasn't an

318

00:16:36,660 --> 00:16:34,600

easy thing to see

319

00:16:39,480 --> 00:16:36,670

but you can't do anything about it

320

00:16:41,879 --> 00:16:39,490

you've got zero chance at freedom until

321

00:16:43,949 --> 00:16:41,889

you can start to see the truth and often

322

00:16:47,999 --> 00:16:43,959

that initial truth that you see is is

323

00:16:49,980 --> 00:16:48,009

like not fun it's like oh my god you see

324

00:16:51,240 --> 00:16:49,990

all the ways that you've been lying to

325

00:16:52,920 --> 00:16:51,250

yourself and all the ways that you've

326

00:16:54,600 --> 00:16:52,930

been blessing yourself and all this

327

00:16:59,129 --> 00:16:54,610

stuff that you believe that's not true

328

00:17:02,939 --> 00:16:59,139

and that is definitely overwhelming but

329

00:17:05,939 --> 00:17:02,949

it became it became like I think one of

330

00:17:09,860 --> 00:17:05,949

the things that was so wonderful about

331

00:17:12,809 --> 00:17:09,870

reaching a pinnacle of success external

332

00:17:14,939 --> 00:17:12,819

success is that I don't think I could

333

00:17:17,520 --> 00:17:14,949

have even started this awakening journey

334

00:17:20,520 --> 00:17:17,530

as long as I held the thought and the

335

00:17:23,340 --> 00:17:20,530

belief in my head that that stuff is

336

00:17:26,039 --> 00:17:23,350

gonna do it for me now that that stuff

337

00:17:27,899 --> 00:17:26,049

isn't great but often the reason that we

338

00:17:29,789 --> 00:17:27,909

want that stuff is because we think it's

339

00:17:33,419 --> 00:17:29,799

gonna fill us or make us good enough

340

00:17:37,289 --> 00:17:33,429

right and so that's when the jig was up

341

00:17:39,360 --> 00:17:37,299

I also tell people that I work with when

342

00:17:42,000 --> 00:17:39,370

I do the RPM program that I mentioned

343

00:17:44,159 --> 00:17:42,010

the beginning of the broadcast is stuff

344

00:17:47,220 --> 00:17:44,169

is cool it's fun let's use the analogy

345

00:17:49,710 --> 00:17:47,230

you want a red Ferrari you really don't

346

00:17:52,470 --> 00:17:49,720

want the car what you really want is the

347

00:17:54,659 --> 00:17:52,480

feeling that the car is going to bring

348

00:17:56,520 --> 00:17:54,669

you in your life so if we begin to play

349

00:17:59,430 --> 00:17:56,530

in the dynamic and the energy of the

350

00:18:01,140 --> 00:17:59,440

feeling the more we begin to vibrate to

351

00:18:03,029 --> 00:18:01,150

that which we think what we want it

352

00:18:04,350 --> 00:18:03,039

would be the car from the chat room

353

00:18:05,430 --> 00:18:04,360

there's a couple of questions out of

354

00:18:08,039 --> 00:18:05,440

being asked would you like to take a

355

00:18:10,980 --> 00:18:08,049

couple of questions absolutely oh let's

356

00:18:12,720 --> 00:18:10,990

see someone ask is Anastasia looking at

357

00:18:13,830 --> 00:18:12,730

this chat and I come in it I don't think

358

00:18:23,279 --> 00:18:13,840

so

359

00:18:25,590 --> 00:18:23,289

question devil in disguise he asks a

360

00:18:31,590 --> 00:18:25,600

question I have an alter ego is that the

361

00:18:33,870 --> 00:18:31,600

same okay let me let me see if I can

362

00:18:35,789 --> 00:18:33,880

find the chat so I could get in there

363

00:18:38,010 --> 00:18:35,799

with you and get a little visual here

364

00:18:39,360 --> 00:18:38,020

okay it's it's on the Facebook cuz

365

00:18:40,770 --> 00:18:39,370

welcome everyone in the chat room

366

00:18:41,220 --> 00:18:40,780

welcomes in of light radio thank you for

367

00:18:44,549 --> 00:18:41,230

being here

368

00:18:46,860 --> 00:18:44,559

yeah 6 p.m. Eastern Time you could find

369

00:18:47,660 --> 00:18:46,870

me here today my guess is Anastasia

370

00:18:49,360 --> 00:18:47,670

Mitra

371

00:18:54,290 --> 00:18:49,370

we are talking about self-realization

372

00:18:58,850 --> 00:18:54,300

how to be calm in turbulent times so I

373

00:19:04,540 --> 00:18:58,860

see this I have an alter ego is that the

374

00:19:06,560 --> 00:19:04,550

same so let me let me devil in disguise

375

00:19:08,330 --> 00:19:06,570

let's see what I can do with that

376

00:19:14,000 --> 00:19:08,340

question at all

377

00:19:17,120 --> 00:19:14,010

I wouldn't know enough about you to save

378

00:19:19,790 --> 00:19:17,130

one way or another but I can maybe give

379

00:19:21,350 --> 00:19:19,800

you a couple of little things to think

380

00:19:28,540 --> 00:19:21,360

about and you can see what comes up for

381

00:19:33,860 --> 00:19:28,550

you so the way that I like a go ego is

382

00:19:36,430 --> 00:19:33,870

an identity right it's like that just in

383

00:19:39,050 --> 00:19:36,440

its most basic form that's what it is

384

00:19:42,920 --> 00:19:39,060

without judgment of good or bad right or

385

00:19:49,090 --> 00:19:42,930

wrong identity is just who you are as a

386

00:19:52,640 --> 00:19:49,100

human even upon going to a place of

387

00:19:57,110 --> 00:19:52,650

where you can experience your oneness

388

00:20:01,760 --> 00:19:57,120

there will still be that like for

389

00:20:04,970 --> 00:20:01,770

instance super super God realized

390

00:20:07,190 --> 00:20:04,980

enlightened teachers still have a unique

391

00:20:09,890 --> 00:20:07,200

identity to them it's just that that's

392

00:20:11,930 --> 00:20:09,900

they're not they're not over identified

393

00:20:13,750 --> 00:20:11,940

with that they don't think that that's

394

00:20:17,810 --> 00:20:13,760

all there is right so they see

395

00:20:21,980 --> 00:20:17,820

themselves more as a puzzle piece if you

396

00:20:24,440 --> 00:20:21,990

will and that's kind of how our what our

397

00:20:26,810 --> 00:20:24,450

true ego what I call your true ego kind

398

00:20:29,920 --> 00:20:26,820

of is it's just your particular puzzle

399

00:20:32,690 --> 00:20:29,930

piece your particular unique expression

400

00:20:35,720 --> 00:20:32,700

then there's the false ego and that the

401
00:20:39,050 --> 00:20:35,730
false ego is built it's an identity of

402
00:20:40,550 --> 00:20:39,060
you that doesn't exist it's not real

403
00:20:43,670 --> 00:20:40,560
it's and let me give you a really

404
00:20:46,280 --> 00:20:43,680
practical example of this and keep

405
00:20:52,450 --> 00:20:46,290
jumping anytime if you've got something

406
00:20:56,690 --> 00:20:52,460
to someday out here so okay good so

407
00:21:01,550 --> 00:20:56,700
let's say that you are you are your true

408
00:21:11,540 --> 00:21:05,210
a very creative artistic type but you're

409
00:21:15,800 --> 00:21:11,550
born into a very left brain engineering

410
00:21:19,670 --> 00:21:15,810
business minded family and during your

411
00:21:25,160 --> 00:21:19,680
childhood you are slammed with the idea

412
00:21:27,140 --> 00:21:25,170
that artistic stuff is frivolous and the

413
00:21:29,000 --> 00:21:27,150

only thing that is going to make you

414

00:21:31,220 --> 00:21:29,010

safe in the world is knowing business

415

00:21:34,190 --> 00:21:31,230

and all this stuff and so you make this

416

00:21:36,860 --> 00:21:34,200

decision in your mind that being an

417

00:21:41,090 --> 00:21:36,870

artist is not good it's not good enough

418

00:21:43,280 --> 00:21:41,100

like in order to fit in feel safe belong

419

00:21:47,240 --> 00:21:43,290

in the world you need to be a business

420

00:21:49,520 --> 00:21:47,250

person so you start to make choice after

421

00:21:52,460 --> 00:21:49,530

choice after choice after choice after

422

00:21:54,350 --> 00:21:52,470

choice you find yourself maybe in

423

00:21:56,150 --> 00:21:54,360

certain kinds of relationships with

424

00:21:58,160 --> 00:21:56,160

certain kinds of jobs with a certain

425

00:22:00,200 --> 00:21:58,170

kind of house and a car and a life and a

426

00:22:03,620 --> 00:22:00,210

mortgage and all this stuff that

427

00:22:05,720 --> 00:22:03,630

reflects this thing that's not you

428

00:22:09,410 --> 00:22:05,730

that's never ever ever been you and then

429

00:22:11,870 --> 00:22:09,420

the glorious midlife crisis hits the

430

00:22:14,690 --> 00:22:11,880

glorious midlife crisis midlife is a

431

00:22:16,970 --> 00:22:14,700

time the midlife crisis is so famous

432

00:22:19,700 --> 00:22:16,980

because once we get like anywhere from

433

00:22:23,000 --> 00:22:19,710

like 35 to 55 somewhere in that area

434

00:22:24,830 --> 00:22:23,010

that's when the the novelty of being an

435

00:22:29,240 --> 00:22:24,840

adult sort of wears off and we're like

436

00:22:32,810 --> 00:22:29,250

wait a minute why am I just hating my

437

00:22:35,240 --> 00:22:32,820

life and especially if you've got some

438

00:22:40,550 --> 00:22:35,250

kind of outward everything's good

439

00:22:44,240 --> 00:22:40,560

so that's a false ego and that causes

440

00:22:46,970 --> 00:22:44,250

pain 100 percent of the time because as

441

00:22:50,600 --> 00:22:46,980

opposed to being you you're trying to be

442

00:22:53,510 --> 00:22:50,610

whatever you think you should be so you

443

00:22:57,290 --> 00:22:53,520

can maybe think about where your alter

444

00:23:00,880 --> 00:22:57,300

ego might kick in and yes maybe that is

445

00:23:04,400 --> 00:23:00,890

maybe it isn't so I hope that helps I

446

00:23:07,520 --> 00:23:04,410

love what you said about the analogy of

447

00:23:08,990 --> 00:23:07,530

if you one who are in relationship it's

448

00:23:10,550 --> 00:23:09,000

you didn't really say this but I kind of

449

00:23:13,040 --> 00:23:10,560

got the idea you alluding to the idea of

450

00:23:14,390 --> 00:23:13,050

that one a relationship and we don't

451

00:23:15,320 --> 00:23:14,400

resolve something in a relationship

452

00:23:16,670 --> 00:23:15,330

breaks up

453

00:23:19,190 --> 00:23:16,680

we get into another one somewhere down

454

00:23:20,630 --> 00:23:19,200

the road it's really the same energy

455

00:23:23,750 --> 00:23:20,640

with the different name in a different

456

00:23:27,440 --> 00:23:23,760

face it's the same job same dynamic

457

00:23:29,870 --> 00:23:27,450

happens but when we fought speaking for

458

00:23:31,550 --> 00:23:29,880

myself when I realize my mother too

459

00:23:33,350 --> 00:23:31,560

early Agent Keith cut your hair put the

460

00:23:35,090 --> 00:23:33,360

guitar down I'm sure you'd be really

461

00:23:38,870 --> 00:23:35,100

good at it go get a job and I ignored

462

00:23:41,060 --> 00:23:38,880

her and I stayed true and I'm able to

463

00:23:44,750 --> 00:23:41,070

play for a living I don't work for a

464

00:23:46,490 --> 00:23:44,760

living I play and and something happens

465

00:23:50,510 --> 00:23:46,500

when you begin to live in that dynamic

466

00:23:53,060 --> 00:23:50,520

and from that disposition effortless

467

00:23:55,670 --> 00:23:53,070

seems to it just doesn't exist anymore

468

00:23:59,960 --> 00:23:55,680

well and here's the thing about that

469

00:24:03,680 --> 00:23:59,970

Keith because that that's a you know it

470

00:24:06,740 --> 00:24:03,690

depends on who you are if it's I found

471

00:24:09,290 --> 00:24:06,750

for some people it's not quite just

472

00:24:12,290 --> 00:24:09,300

that's like that's it's a great in

473

00:24:14,270 --> 00:24:12,300

concept right but in practice you know

474

00:24:18,380 --> 00:24:14,280

this is like when let's just take an

475

00:24:20,450 --> 00:24:18,390

example of somebody who who you know

476
00:24:22,550 --> 00:24:20,460
maybe finds themselves with this whole

477
00:24:25,820 --> 00:24:22,560
life built on top of something that's

478
00:24:30,860 --> 00:24:25,830
not them which is so so so many people

479
00:24:33,200 --> 00:24:30,870
and you know letting it go and getting

480
00:24:37,850 --> 00:24:33,210
to know who you are and what you want is

481
00:24:42,800 --> 00:24:37,860
you know it can mean losing your home

482
00:24:44,750 --> 00:24:42,810
your spouse you know your relationship

483
00:24:46,910 --> 00:24:44,760
with your kids may go to crap for a

484
00:24:50,240 --> 00:24:46,920
while you may lose your job your money

485
00:24:53,960 --> 00:24:50,250
it's very scary right and so it just

486
00:24:58,430 --> 00:24:53,970
depends on how much you've got built up

487
00:25:00,380 --> 00:24:58,440
however I think the point the point in

488
00:25:03,290 --> 00:25:00,390

which somebody is kind of ready to look

489

00:25:05,930 --> 00:25:03,300

at this stuff is I have this quote that

490

00:25:06,830 --> 00:25:05,940

I said a while ago and I've found it to

491

00:25:09,470 --> 00:25:06,840

be true

492

00:25:11,510 --> 00:25:09,480

pretty much all the time as I've looked

493

00:25:14,840 --> 00:25:11,520

into my own like what is it that makes

494

00:25:16,970 --> 00:25:14,850

somebody change their route in life

495

00:25:21,110 --> 00:25:16,980

versus continue the one that makes them

496

00:25:24,200 --> 00:25:21,120

miserable and the the point is when the

497

00:25:27,020 --> 00:25:24,210

unknown future we I'm sorry when the

498

00:25:29,100 --> 00:25:27,030

known future when the known future

499

00:25:32,400 --> 00:25:29,110

becomes scarier

500

00:25:34,020 --> 00:25:32,410

than the unknown future that's the

501
00:25:36,390 --> 00:25:34,030
moment that you're ready to let it go

502
00:25:39,390 --> 00:25:36,400
like it's kind of like and again letting

503
00:25:41,730 --> 00:25:39,400
it go may be a process but it's like

504
00:25:43,920 --> 00:25:41,740
that's the moment in which something

505
00:25:45,420 --> 00:25:43,930
inside of you flips and it's like you

506
00:25:48,360 --> 00:25:45,430
know what I don't know what's out there

507
00:25:50,910 --> 00:25:48,370
but I know if I'm here in this place

508
00:25:53,640 --> 00:25:50,920
doing this crap a year from now I will

509
00:25:55,320 --> 00:25:53,650
jump off the bridge or some sentiment

510
00:25:57,720 --> 00:25:55,330
like that you know what I mean and it's

511
00:26:01,080 --> 00:25:57,730
like yeah so that's a moment that people

512
00:26:04,350 --> 00:26:01,090
hit and some people are lucky to hit it

513
00:26:06,330 --> 00:26:04,360

younger in life than others and some

514

00:26:09,330 --> 00:26:06,340

people you know when you're 40 or 50 or

515

00:26:13,260 --> 00:26:09,340

have a huge life amassed on top of this

516

00:26:16,410 --> 00:26:13,270

stuff I mean it gets tricky so I just

517

00:26:18,630 --> 00:26:16,420

what came to mind first of all I wonder

518

00:26:22,200 --> 00:26:18,640

I want to echo echo something you said

519

00:26:24,510 --> 00:26:22,210

differently Sadhguru says when you're

520

00:26:27,590 --> 00:26:24,520

alone and you're admitting you are

521

00:26:30,300 --> 00:26:27,600

miserable you are in terrible company

522

00:26:33,960 --> 00:26:30,310

but something you just said I swear to

523

00:26:36,570 --> 00:26:33,970

you it sounded like suicide someone is

524

00:26:39,900 --> 00:26:36,580

living such a distress of stressful life

525

00:26:41,450 --> 00:26:39,910

and the distraught and they they living

526

00:26:45,540 --> 00:26:41,460

in fear and they're living in darkness

527

00:26:49,410 --> 00:26:45,550

when they're presented with the idea to

528

00:26:52,190 --> 00:26:49,420

take themselves out to basically die to

529

00:26:55,470 --> 00:26:52,200

commit suicide or a spiritual suicide

530

00:26:56,940 --> 00:26:55,480

because what's next as my choice has to

531

00:26:59,330 --> 00:26:56,950

be greater than this

532

00:27:02,190 --> 00:26:59,340

it just dawned on me it's sort of a

533

00:27:03,810 --> 00:27:02,200

spiritual suicide because I was

534

00:27:06,120 --> 00:27:03,820

definitely in that place years ago to

535

00:27:08,160 --> 00:27:06,130

where yeah I was holding on holding on

536

00:27:10,260 --> 00:27:08,170

to this pain this girl that left this

537

00:27:14,160 --> 00:27:10,270

pain this pain is greater than I realize

538

00:27:16,710 --> 00:27:14,170

it dear Lord it's got to be better than

539

00:27:21,450 --> 00:27:16,720

mess and boy I said I move to the window

540

00:27:23,580 --> 00:27:21,460

just like that you know it's it's it's

541

00:27:28,020 --> 00:27:23,590

always a different process for everyone

542

00:27:30,770 --> 00:27:28,030

in the nature of how someone goes from a

543

00:27:34,920 --> 00:27:30,780

path in which they're walking where

544

00:27:40,170 --> 00:27:34,930

they're just kind of in this state of

545

00:27:42,659 --> 00:27:40,180

just very deep suffering and but the

546

00:27:45,259 --> 00:27:42,669

moment is kind of like that forever

547

00:27:49,379 --> 00:27:45,269

buddy in some way the moment is

548

00:27:51,840 --> 00:27:49,389

something to the effect of you know what

549

00:27:55,409 --> 00:27:51,850

the hell it's and it's a great moment

550

00:28:00,840 --> 00:27:55,419

because in that moment you snap yourself

551
00:28:04,009 --> 00:28:00,850
out of an autopilot loop of a that the

552
00:28:06,869 --> 00:28:04,019
mind prison loop I like to call it and

553
00:28:08,460 --> 00:28:06,879
you snap out and go into the observer

554
00:28:11,759 --> 00:28:08,470
wall where you can kind of see yourself

555
00:28:15,210 --> 00:28:11,769
even if it's just for a moment and in

556
00:28:18,180 --> 00:28:15,220
that observer role you have choices to

557
00:28:20,159 --> 00:28:18,190
make where when you're in that loop you

558
00:28:21,989 --> 00:28:20,169
don't have choices to make like there's

559
00:28:24,389 --> 00:28:21,999
there's a lot of talk out there about

560
00:28:26,909 --> 00:28:24,399
you know we'll just choose differently

561
00:28:29,460 --> 00:28:26,919
and I'm like but when you can't see that

562
00:28:30,690 --> 00:28:29,470
you're on the hamster wheel like when

563
00:28:31,739 --> 00:28:30,700

you're on the hamster whether you're

564

00:28:34,859 --> 00:28:31,749

just like I'm just running it I'm

565

00:28:37,289 --> 00:28:34,869

exhausted this never ends what is it but

566

00:28:39,210 --> 00:28:37,299

you don't know you're on it you can't

567

00:28:41,129 --> 00:28:39,220

make a choice to get off it's only when

568

00:28:44,999 --> 00:28:41,139

you stop and pull back and go oh my god

569

00:28:46,590 --> 00:28:45,009

I've been ready pretty powerful analogy

570

00:28:48,720 --> 00:28:46,600

that you're doing because I used that

571

00:28:51,060 --> 00:28:48,730

one all the time and I liken it to

572

00:28:53,249 --> 00:28:51,070

control and we call control a wheel in

573

00:28:54,869 --> 00:28:53,259

our chest that spins this way and if

574

00:28:55,619 --> 00:28:54,879

we're control fanatic that thing really

575

00:28:57,779 --> 00:28:55,629

really moves

576
00:28:59,909 --> 00:28:57,789
so here's control and Maury control eyes

577
00:29:03,599 --> 00:28:59,919
the faster the wheel spins but when we

578
00:29:05,279 --> 00:29:03,609
start to relinquish control the wheel

579
00:29:07,109 --> 00:29:05,289
stops and when it stops

580
00:29:08,729 --> 00:29:07,119
that's what things can begin to feel a

581
00:29:11,129 --> 00:29:08,739
little weird because there's no motion

582
00:29:13,470 --> 00:29:11,139
but if you hang tight the wheel begins

583
00:29:15,419 --> 00:29:13,480
to move this way and then we find

584
00:29:17,789 --> 00:29:15,429
ourselves being pushed by the cosmic

585
00:29:22,349 --> 00:29:17,799
live stream and we're in a space of no

586
00:29:25,649 --> 00:29:22,359
no effort so that yes yes I'm gonna yes

587
00:29:28,289 --> 00:29:25,659
and that and I'm so excited I've been

588
00:29:28,680 --> 00:29:28,299

bursting to to add this to what you're

589

00:29:31,289 --> 00:29:28,690

saying

590

00:29:32,580 --> 00:29:31,299

because this is it this is a really big

591

00:29:34,950 --> 00:29:32,590

thing for everyone that's listening

592

00:29:36,899 --> 00:29:34,960

right now I just invite you to take a

593

00:29:39,090 --> 00:29:36,909

deep breath and let this thing and what

594

00:29:41,669 --> 00:29:39,100

I'm about to tell you I'm gonna echo

595

00:29:43,619 --> 00:29:41,679

what Keith said and just add another

596

00:29:48,479 --> 00:29:43,629

seed to this so just breathe this out

597

00:29:51,419 --> 00:29:48,489

and take a good deep breath you've never

598

00:29:58,499 --> 00:29:51,429

been in control

599

00:30:04,979 --> 00:29:58,509

right ever it is a fantasy so when you

600

00:30:09,450 --> 00:30:04,989

are at war with reality reality is that

601
00:30:13,589 --> 00:30:09,460
you have never ever been able to control

602
00:30:15,810 --> 00:30:13,599
it the more you try to control it you

603
00:30:18,119 --> 00:30:15,820
are at war with reality and when you

604
00:30:20,369 --> 00:30:18,129
were at war with reality which is there

605
00:30:26,129 --> 00:30:20,379
is no such thing as controlled because

606
00:30:28,320 --> 00:30:26,139
control implies permanence there is no

607
00:30:30,029 --> 00:30:28,330
such thing as permanence when you try to

608
00:30:33,989 --> 00:30:30,039
create permanence when you try to hold

609
00:30:38,489 --> 00:30:33,999
on to a feeling to a state to a person

610
00:30:40,079 --> 00:30:38,499
to a lifestyle to your like everything

611
00:30:44,279 --> 00:30:40,089
the only constant in life is that

612
00:30:48,690 --> 00:30:44,289
everything changes impermanence is truth

613
00:30:51,599 --> 00:30:48,700

is reality trying to create permanence

614

00:30:54,479 --> 00:30:51,609

trying to create control trying to avoid

615

00:30:56,999 --> 00:30:54,489

the reality as the nature of imper

616

00:30:59,820 --> 00:30:57,009

mannan s' the flow of life you suffer

617

00:31:02,219 --> 00:30:59,830

all the time so just take that in

618

00:31:04,769 --> 00:31:02,229

because you're right you know the way

619

00:31:07,259 --> 00:31:04,779

you can stop trying to control is to

620

00:31:10,169 --> 00:31:07,269

realize right now you've never been able

621

00:31:16,200 --> 00:31:10,179

to do it it's you just never ever been

622

00:31:17,969 --> 00:31:16,210

able to do it successfully and I know

623

00:31:19,409 --> 00:31:17,979

the bursts of energy you feeling because

624

00:31:21,690 --> 00:31:19,419

sometimes when something comes through

625

00:31:24,629 --> 00:31:21,700

me so strong so naturally it's almost as

626

00:31:26,310 --> 00:31:24,639

if I'm gonna explode in fact I'll get it

627

00:31:28,169 --> 00:31:26,320

out we're at the bottom of the hour

628

00:31:29,940 --> 00:31:28,179

would you like to give out a shout out

629

00:31:32,070 --> 00:31:29,950

to the listening audience where they

630

00:31:33,959 --> 00:31:32,080

could find more about you any of your

631

00:31:35,700 --> 00:31:33,969

works in events you might be speaking

632

00:31:38,820 --> 00:31:35,710

about speaking at all that good stuff

633

00:31:41,060 --> 00:31:38,830

give out your info so this full chatroom

634

00:31:44,190 --> 00:31:41,070

can find out what you doing girl well

635

00:31:47,879 --> 00:31:44,200

the best way to kind of connect with me

636

00:31:49,529 --> 00:31:47,889

is just to go to my website it's the I I

637

00:31:54,509 --> 00:31:49,539

can type it into the chat I've got the

638

00:31:56,789 --> 00:31:54,519

chat up here and it's Anastacia neat

639

00:31:58,499 --> 00:31:56,799

recom you can just google me you can

640

00:32:01,440 --> 00:31:58,509

just google Anastasia nutri you'll see

641

00:32:05,160 --> 00:32:01,450

my website you can see the book on there

642

00:32:07,380 --> 00:32:05,170

I think the book the Self Realization

643

00:32:10,050 --> 00:32:07,390

for regular people and the tagline to

644

00:32:13,890 --> 00:32:10,060

the book is no chanting yoga pants or

645

00:32:16,470 --> 00:32:13,900

hard drugs required because this is

646

00:32:19,160 --> 00:32:16,480

really more about what what what really

647

00:32:24,060 --> 00:32:19,170

is involved in this journey of of

648

00:32:26,310 --> 00:32:24,070

freedom and truth and that's a great

649

00:32:27,450 --> 00:32:26,320

place to start if you want to if you

650

00:32:29,580 --> 00:32:27,460

want to learn more if you want to

651
00:32:31,860 --> 00:32:29,590
connect you know you can get the book

652
00:32:35,970 --> 00:32:31,870
and read the book and see where it leads

653
00:32:37,740 --> 00:32:35,980
from there centre of light radio every

654
00:32:39,030 --> 00:32:37,750
Monday night 6:00 p.m. Eastern Time my

655
00:32:42,240 --> 00:32:39,040
name is Keith Anthony Blanchard your

656
00:32:43,830 --> 00:32:42,250
host my guest today is Anastasia mitri

657
00:32:47,730 --> 00:32:43,840
and we're speaking about lots of really

658
00:32:52,130 --> 00:32:47,740
cool spiritual empowering things several

659
00:32:56,970 --> 00:32:52,140
is a ssin how to be calm in a chaotic

660
00:32:59,490 --> 00:32:56,980
stressful moving world from the from the

661
00:33:02,640 --> 00:32:59,500
chat room oculus asked a question hi in

662
00:33:07,020 --> 00:33:02,650
a station where do you think our place

663
00:33:09,270 --> 00:33:07,030

in the cosmos is are we on our own or do

664

00:33:11,730 --> 00:33:09,280

we have do we have kindred souls living

665

00:33:15,230 --> 00:33:11,740

in another galaxy I'm not sure that's

666

00:33:20,520 --> 00:33:15,240

your kind of field or is it it's not I

667

00:33:23,700 --> 00:33:20,530

I'm not I don't I don't know you know I

668

00:33:30,510 --> 00:33:23,710

I will answer the question as best as I

669

00:33:34,650 --> 00:33:30,520

can which is actually my my natural

670

00:33:36,720 --> 00:33:34,660

response to something like that is what

671

00:33:41,070 --> 00:33:36,730

do you what are you interested in

672

00:33:43,290 --> 00:33:41,080

knowing really is it is it just are you

673

00:33:45,540 --> 00:33:43,300

feeling like you want to see if you're

674

00:33:48,090 --> 00:33:45,550

alone you're wanting to understand

675

00:33:50,550 --> 00:33:48,100

yourself in a bigger sense you're

676
00:33:55,010 --> 00:33:50,560
wanting to understand more of your own

677
00:34:01,280 --> 00:33:55,020
spiritual nature what I have found is

678
00:34:04,680 --> 00:34:01,290
there is a mystery to things I have

679
00:34:10,970 --> 00:34:04,690
direct experience with something bigger

680
00:34:15,110 --> 00:34:10,980
I know I'm part of something bigger and

681
00:34:17,290 --> 00:34:15,120
then the nature of that keeps unfolding

682
00:34:20,590 --> 00:34:17,300
for me

683
00:34:22,060 --> 00:34:20,600
every day every day it just it just

684
00:34:24,340 --> 00:34:22,070
keeps unfolding because remember what I

685
00:34:27,550 --> 00:34:24,350
just said about nothing's permanent no

686
00:34:29,830 --> 00:34:27,560
not even at a particular state in my own

687
00:34:32,290 --> 00:34:29,840
awakening is permanent like what what I

688
00:34:35,820 --> 00:34:32,300

was awakened to yesterday it feels like

689

00:34:41,980 --> 00:34:35,830

a lifetime away and so there's just I

690

00:34:44,440 --> 00:34:41,990

think it's your answers are just inside

691

00:34:46,330 --> 00:34:44,450

somewhere and I'd be I'd be curious to

692

00:34:48,910 --> 00:34:46,340

know you know what you're really looking

693

00:34:51,730 --> 00:34:48,920

for with that question what what would

694

00:34:54,520 --> 00:34:51,740

if I said yes there's beings and yes

695

00:34:56,320 --> 00:34:54,530

we're not alone and the cosmos is this

696

00:34:58,570 --> 00:34:56,330

and this and it's divided into ten

697

00:35:00,790 --> 00:34:58,580

different dimensions my question is you

698

00:35:03,630 --> 00:35:00,800

know what would that do for you and

699

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

maybe that's a question to ask yourself

700

00:35:09,330 --> 00:35:06,230

love it and I will tell you yes there

701
00:35:13,030 --> 00:35:09,340
are others we are in a rock called Earth

702
00:35:15,460 --> 00:35:13,040
you can bet that the real you is not

703
00:35:18,580 --> 00:35:15,470
positioned on earth we are not separated

704
00:35:20,140 --> 00:35:18,590
from the Godhead or creation or there if

705
00:35:22,840 --> 00:35:20,150
you want to use that analogy that

706
00:35:24,790 --> 00:35:22,850
metaphor because if you remove yourself

707
00:35:26,860 --> 00:35:24,800
from your checking account your checking

708
00:35:29,410 --> 00:35:26,870
account collapses so if we would

709
00:35:31,780 --> 00:35:29,420
disconnect it from where we came from we

710
00:35:33,670 --> 00:35:31,790
cannot project ourselves here to be on

711
00:35:36,130 --> 00:35:33,680
the strata and you would just disappear

712
00:35:38,380 --> 00:35:36,140
that is an absolute fact so we're not

713
00:35:40,780 --> 00:35:38,390

disconnected from where we came from

714

00:35:43,030 --> 00:35:40,790

except consciously and that's my whole

715

00:35:45,220 --> 00:35:43,040

gig is to do the work required like

716

00:35:48,190 --> 00:35:45,230

Anastasia and I and many upon many other

717

00:35:50,800 --> 00:35:48,200

millions of people who get clear will

718

00:35:52,180 --> 00:35:50,810

remove the blinders you know we think

719

00:35:54,130 --> 00:35:52,190

this is seeing our whole life I could

720

00:35:56,290 --> 00:35:54,140

see pretty good until something happens

721

00:35:59,170 --> 00:35:56,300

that does this one go wow this is what

722

00:36:00,640 --> 00:35:59,180

seeing is the whole dynamic begins to

723

00:36:03,640 --> 00:36:00,650

change it's something I want to clear up

724

00:36:06,430 --> 00:36:03,650

that Katniss from the chat room said

725

00:36:08,860 --> 00:36:06,440

spiritual she's quoting me when I said

726

00:36:10,540 --> 00:36:08,870

spiritual suicide she says whoa that's

727

00:36:13,150 --> 00:36:10,550

heavy stuff let me rephrase that

728

00:36:15,970 --> 00:36:13,160

that's not spiritual suicide that is a

729

00:36:19,690 --> 00:36:15,980

divine birth that would be ego a false

730

00:36:23,260 --> 00:36:19,700

ego suicide there we go yeah false yeah

731

00:36:26,110 --> 00:36:23,270

and that's it's like the only thing that

732

00:36:29,170 --> 00:36:26,120

you no debt death and death and birth

733

00:36:31,030 --> 00:36:29,180

are part of your life right in this

734

00:36:32,500 --> 00:36:31,040

moment right right in this moment

735

00:36:36,330 --> 00:36:32,510

since we've been having this

736

00:36:38,590 --> 00:36:36,340

conversation on this in this wonderful

737

00:36:41,890 --> 00:36:38,600

space that we've all created together

738

00:36:44,860 --> 00:36:41,900

you have had thousands of cells in your

739

00:36:48,940 --> 00:36:44,870

body die and thousands of cells in your

740

00:36:53,380 --> 00:36:48,950

body be reborn you have taken in and out

741

00:36:55,630 --> 00:36:53,390

you know buckets of air inside of your

742

00:36:58,630 --> 00:36:55,640

lungs there has there's been you know

743

00:37:00,460 --> 00:36:58,640

movement and breath and and your blood

744

00:37:03,160 --> 00:37:00,470

is moving through your body and the air

745

00:37:08,830 --> 00:37:03,170

in the room has changed nothing is the

746

00:37:13,320 --> 00:37:08,840

same as it was a minute ago and so it's

747

00:37:18,730 --> 00:37:13,330

like the the idea that we want to avoid

748

00:37:21,340 --> 00:37:18,740

death death of you know certain beliefs

749

00:37:23,710 --> 00:37:21,350

certain you know identities that aren't

750

00:37:25,540 --> 00:37:23,720

working it's like whatever your hanging

751

00:37:28,570 --> 00:37:25,550

I can I can promise you all this

752

00:37:30,700 --> 00:37:28,580

whatever your clinging tightly to will

753

00:37:32,980 --> 00:37:30,710

cause you to suffer because you can't

754

00:37:36,070 --> 00:37:32,990

cling to it when you understand the

755

00:37:39,850 --> 00:37:36,080

nature of life is that it cycles in and

756

00:37:43,360 --> 00:37:39,860

out then your you can be in harmony with

757

00:37:45,490 --> 00:37:43,370

it and things can things can work better

758

00:37:47,950 --> 00:37:45,500

you know I put an example of this in my

759

00:37:50,380 --> 00:37:47,960

book where I say you know like it's a

760

00:37:53,200 --> 00:37:50,390

good time I I don't know where all your

761

00:37:57,730 --> 00:37:53,210

listeners are but I'm in Tennessee

762

00:37:59,530 --> 00:37:57,740

Memphis where keep lives and the trees

763

00:38:02,650 --> 00:37:59,540

the leaves are falling from the trees

764

00:38:05,860 --> 00:38:02,660

right now and if you saw someone I think

765

00:38:08,830 --> 00:38:05,870

out there frantically with a you know a

766

00:38:10,720 --> 00:38:08,840

ladder and glue trying to put the leaves

767

00:38:12,970 --> 00:38:10,730

back on the trees saying this is not the

768

00:38:14,890 --> 00:38:12,980

way the tree is supposed to be you would

769

00:38:16,390 --> 00:38:14,900

think that person isn't saying and I'm

770

00:38:18,730 --> 00:38:16,400

like well then what are you doing with

771

00:38:20,350 --> 00:38:18,740

your ideas your beliefs all the things

772

00:38:23,490 --> 00:38:20,360

that you're hanging on to it's just as

773

00:38:28,870 --> 00:38:26,290

yeah the only thing that will never

774

00:38:32,920 --> 00:38:28,880

change is that change is forever not

775

00:38:34,390 --> 00:38:32,930

what you cannot change that fact let me

776

00:38:36,820 --> 00:38:34,400

ask you this you said that we would

777

00:38:39,340 --> 00:38:36,830

never in control and I get exactly the

778

00:38:42,580 --> 00:38:39,350

the the inside of what you mean but do

779

00:38:44,840 --> 00:38:42,590

we sometimes do we sometimes have

780

00:38:47,600 --> 00:38:44,850

control meaning I am

781

00:38:51,320 --> 00:38:47,610

able to influence what I want because

782

00:38:53,690 --> 00:38:51,330

I'm now open and I could kind of nudge

783

00:38:54,740 --> 00:38:53,700

things to happen according to you know

784

00:38:56,750 --> 00:38:54,750

I'm here on the earth I'd like to

785

00:38:59,240 --> 00:38:56,760

experience some cool things or cool

786

00:39:01,520 --> 00:38:59,250

situations or whatever do I have any

787

00:39:05,720 --> 00:39:01,530

crave capacity within me to bring about

788

00:39:10,460 --> 00:39:05,730

some right it's it's there's a

789

00:39:11,630 --> 00:39:10,470

difference between let me then this is a

790

00:39:14,810 --> 00:39:11,640

really good question it's a lot of

791

00:39:16,370 --> 00:39:14,820

people ask this so there's there's

792

00:39:18,140 --> 00:39:16,380

different schools of thought but I want

793

00:39:19,370 --> 00:39:18,150

to speak to the one that you just talked

794

00:39:21,770 --> 00:39:19,380

about because a lot of people are

795

00:39:24,200 --> 00:39:21,780

interested in you know manifesting what

796

00:39:27,530 --> 00:39:24,210

they want and and part of the intention

797

00:39:29,240 --> 00:39:27,540

vibration conversation and the thing

798

00:39:34,160 --> 00:39:29,250

about it is is that there's a difference

799

00:39:37,010 --> 00:39:34,170

between intention and attachment right

800

00:39:39,200 --> 00:39:37,020

and so it's it's when you it's when you

801
00:39:42,410 --> 00:39:39,210
feel like these things that you're

802
00:39:44,900 --> 00:39:42,420
wanting to have or to do or to

803
00:39:46,940 --> 00:39:44,910
experience now of course there's nothing

804
00:39:49,550 --> 00:39:46,950
wrong with that and yes of course you

805
00:39:51,530 --> 00:39:49,560
know you can set intentions you can take

806
00:39:53,900 --> 00:39:51,540
particular actions you can do quite a

807
00:39:57,080 --> 00:39:53,910
lot to influence what happens in your

808
00:40:00,410 --> 00:39:57,090
life and you just have to keep kind of

809
00:40:03,490 --> 00:40:00,420
gut checking because if you're if you're

810
00:40:06,410 --> 00:40:03,500
trying to create things from a space of

811
00:40:08,420 --> 00:40:06,420
this thing in the future this salvation

812
00:40:11,440 --> 00:40:08,430
and the future will make me feel whole

813
00:40:14,030 --> 00:40:11,450

will make me feel happy will make me

814

00:40:16,370 --> 00:40:14,040

feel good

815

00:40:20,000 --> 00:40:16,380

and keep me in a state of feeling good

816

00:40:22,750 --> 00:40:20,010

then everything kind of frizz is being

817

00:40:26,090 --> 00:40:22,760

created from that point and

818

00:40:28,550 --> 00:40:26,100

interestingly enough I find that that's

819

00:40:31,250 --> 00:40:28,560

the reason why most people are so dead

820

00:40:33,290 --> 00:40:31,260

set on manifesting it's like they're

821

00:40:35,330 --> 00:40:33,300

they're still they won't say it out loud

822

00:40:37,340 --> 00:40:35,340

but what they're really doing is saying

823

00:40:41,990 --> 00:40:37,350

when I get this then I'm going to be

824

00:40:43,730 --> 00:40:42,000

happy so I say first of all I I would

825

00:40:45,470 --> 00:40:43,740

never try to talk somebody out of that

826

00:40:47,060 --> 00:40:45,480

for several reasons number one I don't

827

00:40:48,200 --> 00:40:47,070

know their life path and number two I

828

00:40:50,240 --> 00:40:48,210

think the best thing that can ever

829

00:40:52,550 --> 00:40:50,250

happen for you is to get everything that

830

00:40:54,710 --> 00:40:52,560

you externally want because everyone

831

00:40:56,600 --> 00:40:54,720

that has will tell you it will it will

832

00:40:58,430 --> 00:40:56,610

not fill you up and sometimes that's the

833

00:41:01,250 --> 00:40:58,440

only way to find out so manaphy

834

00:41:05,599 --> 00:41:01,260

away you know get there get all the

835

00:41:10,069 --> 00:41:05,609

stuff you want once you that the ironic

836

00:41:14,200 --> 00:41:10,079

fact is is that once you are coming from

837

00:41:18,349 --> 00:41:14,210

a place of not needing then you don't

838

00:41:21,020 --> 00:41:18,359

typically spend as much time focused on

839

00:41:23,150 --> 00:41:21,030

I need to manifest something so so the

840

00:41:25,069 --> 00:41:23,160

irony is the more you're focused on

841

00:41:29,329 --> 00:41:25,079

intending and manifesting and attending

842

00:41:31,640 --> 00:41:29,339

and manifesting it's a good stuff it's a

843

00:41:34,609 --> 00:41:31,650

good place to stop and just take a

844

00:41:36,740 --> 00:41:34,619

deeper look and go what am I really

845

00:41:39,589 --> 00:41:36,750

wanting from all this and use it as a as

846

00:41:41,780 --> 00:41:39,599

a good starting off point to a you know

847

00:41:43,550 --> 00:41:41,790

a deeper inquiry just to just to check

848

00:41:46,370 --> 00:41:43,560

in with yourself about it but make sure

849

00:41:49,190 --> 00:41:46,380

you're not on a hamster wheel but yeah

850

00:41:51,559 --> 00:41:49,200

of course you can influence your life

851
00:41:53,420 --> 00:41:51,569
and of course you can manifest stuff and

852
00:41:55,280 --> 00:41:53,430
there's certainly nothing there's

853
00:41:57,109 --> 00:41:55,290
certainly nothing wrong with that so

854
00:42:00,589 --> 00:41:57,119
it's just it's always about just taking

855
00:42:02,780 --> 00:42:00,599
it a look at the deeper reason for why

856
00:42:06,319 --> 00:42:02,790
you're doing what you're doing and doing

857
00:42:08,450 --> 00:42:06,329
that one begins to manifest what they

858
00:42:10,550 --> 00:42:08,460
really are who they really are inside

859
00:42:13,309 --> 00:42:10,560
and like you said those things you

860
00:42:15,500 --> 00:42:13,319
really don't want but if I get that that

861
00:42:17,900 --> 00:42:15,510
would be as cool as heck oh yeah there's

862
00:42:19,790 --> 00:42:17,910
a red Ferrari but if I don't see it it's

863
00:42:23,620 --> 00:42:19,800

not what I wanted so when I develop that

864

00:42:26,960 --> 00:42:23,630

space in me that is the joy of what I'm

865

00:42:29,030 --> 00:42:26,970

blaming as the excuse me at the car be

866

00:42:30,650 --> 00:42:29,040

it the loved one bit that this be it

867

00:42:32,569 --> 00:42:30,660

that that and if you get it fantastic

868

00:42:35,440 --> 00:42:32,579

and if you don't you are filled full of

869

00:42:39,620 --> 00:42:35,450

bliss regardless so it's a win-win

870

00:42:41,480 --> 00:42:39,630

exactly when will this Xena I guess

871

00:42:43,819 --> 00:42:41,490

that's how to pronounce it on the chat

872

00:42:45,500 --> 00:42:43,829

room she said like okay what are you

873

00:42:47,569 --> 00:42:45,510

gonna talk about the subject matter at

874

00:42:50,210 --> 00:42:47,579

hand which is how do you manage to stay

875

00:42:53,180 --> 00:42:50,220

positive Anastasia in terms of German

876

00:42:56,120 --> 00:42:53,190

tanks and I I think this is kind of

877

00:42:58,339 --> 00:42:56,130

piggybacking what I just said first of

878

00:43:01,670 --> 00:42:58,349

all I want to really make sure I

879

00:43:05,540 --> 00:43:01,680

emphasize this but I actually didn't say

880

00:43:08,599 --> 00:43:05,550

stay positive because positive is trying

881

00:43:12,170 --> 00:43:08,609

to create a state of permanence I said

882

00:43:13,690 --> 00:43:12,180

calm and I feel like what I

883

00:43:18,380 --> 00:43:13,700

probably should have said is peaceful

884

00:43:23,270 --> 00:43:18,390

let me let me give you the my particular

885

00:43:25,819 --> 00:43:23,280

experience of peace okay because yeah if

886

00:43:27,200 --> 00:43:25,829

I had to go back and and do the show

887

00:43:29,210 --> 00:43:27,210

title again I would have said how to

888

00:43:32,150 --> 00:43:29,220

stay peaceful in turbulent times and

889

00:43:34,730 --> 00:43:32,160

then I do want to answer this because I

890

00:43:36,260 --> 00:43:34,740

feel like there's a lot that's going on

891

00:43:37,549 --> 00:43:36,270

for people right now and it can be a

892

00:43:40,579 --> 00:43:37,559

very scary time we have a lot of

893

00:43:42,410 --> 00:43:40,589

unknowns ahead and a lot of the unknowns

894

00:43:48,500 --> 00:43:42,420

that we feel very out of control right

895

00:43:50,720 --> 00:43:48,510

so in a bad way like we have no say so

896

00:43:53,120 --> 00:43:50,730

in these bad forces that are going to

897

00:43:56,000 --> 00:43:53,130

come in and change our lives and and

898

00:43:58,099 --> 00:43:56,010

create something that we don't want and

899

00:44:00,470 --> 00:43:58,109

it's it's totally understandable

900

00:44:04,130 --> 00:44:00,480

especially depending on how plugged into

901
00:44:07,460 --> 00:44:04,140
the media you are it's very scary so

902
00:44:10,160 --> 00:44:07,470
when I say peace my my particular

903
00:44:12,920 --> 00:44:10,170
experience of peace is not actually not

904
00:44:14,630 --> 00:44:12,930
one where it's a constant state of calm

905
00:44:17,539 --> 00:44:14,640
which is why I feel like I've made a

906
00:44:21,500 --> 00:44:17,549
mistake with that word but it's more of

907
00:44:23,930 --> 00:44:21,510
a ability to be in whatever flow is

908
00:44:28,190 --> 00:44:23,940
happening at the moment so I kind of

909
00:44:31,099 --> 00:44:28,200
define peace as think of it like a river

910
00:44:33,049 --> 00:44:31,109
right like if you're going down a river

911
00:44:36,589 --> 00:44:33,059
there's certain spots that are very calm

912
00:44:40,069 --> 00:44:36,599
and cool and there's certain spots that

913
00:44:41,839 --> 00:44:40,079

are in level five Rapids and all of

914

00:44:45,260 --> 00:44:41,849

those things are necessary for that

915

00:44:47,660 --> 00:44:45,270

thing to move right sometimes you know

916

00:44:50,750 --> 00:44:47,670

sometimes in your life you do need to be

917

00:44:53,089 --> 00:44:50,760

you know you know smacked and jarred and

918

00:44:56,299 --> 00:44:53,099

woke it up and snapped out of your

919

00:44:59,210 --> 00:44:56,309

slumber so those turbulent times that

920

00:45:03,620 --> 00:44:59,220

are happening right now are having a

921

00:45:07,730 --> 00:45:03,630

very jarring effect and so part of the

922

00:45:11,059 --> 00:45:07,740

way to stay you know peaceful during

923

00:45:16,190 --> 00:45:11,069

these times is to to number one kind of

924

00:45:19,910 --> 00:45:16,200

look at what's getting jarred you know

925

00:45:22,309 --> 00:45:19,920

when I talked earlier about somewhere in

926

00:45:25,190 --> 00:45:22,319

the future holds my salvation or my

927

00:45:28,220 --> 00:45:25,200

happiness with whatever this thing is

928

00:45:30,560 --> 00:45:28,230

it's like a lot of times when we're when

929

00:45:32,599 --> 00:45:30,570

we're when we're feeling surrounded by

930

00:45:41,170 --> 00:45:32,609

forces that are that are making us feel

931

00:45:49,700 --> 00:45:45,040

the best place that you can turn is

932

00:45:52,040 --> 00:45:49,710

inside focused on your own realization

933

00:45:55,460 --> 00:45:52,050

of self that's really the only thing to

934

00:45:58,339 --> 00:45:55,470

ground on to because the less you know

935

00:46:00,890 --> 00:45:58,349

about who you are really the less you

936

00:46:03,950 --> 00:46:00,900

really know about who you are the more

937

00:46:07,280 --> 00:46:03,960

you're just being blown around and you

938

00:46:10,730 --> 00:46:07,290

can feel very lost during all this so

939

00:46:12,950 --> 00:46:10,740

you know the short answer we can flush

940

00:46:14,480 --> 00:46:12,960

this out more and I'd love to hear more

941

00:46:16,040 --> 00:46:14,490

of your questions and I'm sure you know

942

00:46:18,800 --> 00:46:16,050

Keith you have some input as well but

943

00:46:21,970 --> 00:46:18,810

the the more that you can sort of ground

944

00:46:24,319 --> 00:46:21,980

into what is this thing out there

945

00:46:26,540 --> 00:46:24,329

triggering inside of me what is that

946

00:46:29,060 --> 00:46:26,550

telling me what is the opportunity for

947

00:46:32,300 --> 00:46:29,070

me what can I see what can I learn

948

00:46:34,910 --> 00:46:32,310

that's the key right now we need that

949

00:46:37,400 --> 00:46:34,920

more than ever we need that more than

950

00:46:39,500 --> 00:46:37,410

you trying to be positive all the time

951
00:46:43,010 --> 00:46:39,510
because sometimes being positive all the

952
00:46:45,740 --> 00:46:43,020
time is trying to weight a way to ignore

953
00:46:47,780 --> 00:46:45,750
stuff that really needs to be looked at

954
00:46:50,420 --> 00:46:47,790
which will lead you to a place of

955
00:46:53,210 --> 00:46:50,430
feeling a lot more free and a lot more

956
00:46:56,000 --> 00:46:53,220
connected than just trying to be

957
00:46:58,790 --> 00:46:56,010
positive all the time so it's kind of

958
00:47:00,319 --> 00:46:58,800
like you know life has this flow to it

959
00:47:03,710 --> 00:47:00,329
there's ups and downs and there's good

960
00:47:05,450 --> 00:47:03,720
reasons for that but yeah I think I just

961
00:47:09,559 --> 00:47:05,460
want to start that conversation there

962
00:47:11,300 --> 00:47:09,569
which is to be using this time of all of

963
00:47:13,550 --> 00:47:11,310

these things being shaken up there's a

964

00:47:17,240 --> 00:47:13,560

lot being shaken up because that's what

965

00:47:19,730 --> 00:47:17,250

happens when the world shifts when the

966

00:47:23,059 --> 00:47:19,740

world shifts it's not pretty

967

00:47:25,849 --> 00:47:23,069

it's not pretty because our our ways of

968

00:47:30,170 --> 00:47:25,859

life are changing and in order for this

969

00:47:31,819 --> 00:47:30,180

change yes we have to we have to pull

970

00:47:34,990 --> 00:47:31,829

some of these things out of the shadows

971

00:47:37,010 --> 00:47:35,000

or we're not gonna get anywhere and

972

00:47:38,570 --> 00:47:37,020

looking pulling things out of the

973

00:47:40,370 --> 00:47:38,580

shadows

974

00:47:41,900 --> 00:47:40,380

there's absolutely nothing fun about it

975

00:47:44,330 --> 00:47:41,910

there's a reason that crap is in the

976

00:47:47,840 --> 00:47:44,340

shadows because we don't look at it

977

00:47:50,360 --> 00:47:47,850

because it's not fun but ironically the

978

00:47:52,490 --> 00:47:50,370

things that are in those shadows are the

979

00:47:55,910 --> 00:47:52,500

very things that are keeping us unhappy

980

00:47:57,860 --> 00:47:55,920

feeling stuck feeling scared so it's

981

00:48:00,380 --> 00:47:57,870

like as we turn to face them we feel

982

00:48:02,660 --> 00:48:00,390

less stuck less scared more empowered

983

00:48:04,550 --> 00:48:02,670

something I've said a bit ago I want to

984

00:48:06,140 --> 00:48:04,560

resound and I want to actually turn the

985

00:48:08,660 --> 00:48:06,150

volume up and turn the fire up a little

986

00:48:10,400 --> 00:48:08,670

bit more okay I did a burst of light

987

00:48:13,460 --> 00:48:10,410

live-feed the other night and I was

988

00:48:15,800 --> 00:48:13,470

talking about you just mentioned how the

989

00:48:18,980 --> 00:48:15,810

outside does this and we get moves side

990

00:48:20,570 --> 00:48:18,990

to side yeah of course we don't want to

991

00:48:24,200 --> 00:48:20,580

let the negative people the negative

992

00:48:24,890 --> 00:48:24,210

events in our lives move us great here's

993

00:48:26,990 --> 00:48:24,900

a new idea

994

00:48:29,570 --> 00:48:27,000

don't let the positive people move you

995

00:48:31,610 --> 00:48:29,580

either yes exactly when Anastasia just

996

00:48:33,260 --> 00:48:31,620

said don't be positive all the time

997

00:48:35,840 --> 00:48:33,270

because what you think it's positive I

998

00:48:37,970 --> 00:48:35,850

mean our negative mate and vice versa so

999

00:48:40,760 --> 00:48:37,980

if if you're hanging out with people and

1000

00:48:45,080 --> 00:48:40,770

it's a joyful crowd don't let them sway

1001
00:48:47,540 --> 00:48:45,090
you be more joyful be the dominant so to

1002
00:48:49,400 --> 00:48:47,550
speak tone and if you could find that

1003
00:48:51,410 --> 00:48:49,410
kind of Center and be the rock like

1004
00:48:53,180 --> 00:48:51,420
Peter get along you could turn up the

1005
00:48:56,000 --> 00:48:53,190
joy in that room even more powerful than

1006
00:48:58,520 --> 00:48:56,010
you just be swayed by everybody else so

1007
00:49:01,880 --> 00:48:58,530
don't be swayed period right left in out

1008
00:49:03,710 --> 00:49:01,890
up down good bad you be the plant you be

1009
00:49:07,010 --> 00:49:03,720
anchored you'd be the lightning rod then

1010
00:49:10,700 --> 00:49:07,020
watch what happens but yes and the key

1011
00:49:12,530 --> 00:49:10,710
to being able to do that is to know more

1012
00:49:15,950 --> 00:49:12,540
about who you actually are

1013
00:49:19,070 --> 00:49:15,960

it's like otherwise the world you know

1014

00:49:21,860 --> 00:49:19,080

like if you're walking through the world

1015

00:49:24,140 --> 00:49:21,870

looking for approval trying to fit in

1016

00:49:26,060 --> 00:49:24,150

trying to belong trying to feel safe

1017

00:49:29,690 --> 00:49:26,070

trying to get love trying to get

1018

00:49:32,780 --> 00:49:29,700

attention trying to aim this you're not

1019

00:49:35,660 --> 00:49:32,790

rooted you're looking for external stuff

1020

00:49:40,670 --> 00:49:35,670

and again it's not it's not a bad thing

1021

00:49:42,800 --> 00:49:40,680

like I think you know I had and still

1022

00:49:45,620 --> 00:49:42,810

have still have I don't want to make

1023

00:49:48,980 --> 00:49:45,630

this sound like all of my awakening is

1024

00:49:52,099 --> 00:49:48,990

in the past because that wouldn't be

1025

00:49:54,799 --> 00:49:52,109

awake to say that like oh my go

1026

00:50:00,229 --> 00:49:54,809

yeah it's an ongoing it's an ongoing

1027

00:50:02,989 --> 00:50:00,239

thing but you know what I found is that

1028

00:50:08,660 --> 00:50:02,999

I had to get in order for me to wake up

1029

00:50:09,259 --> 00:50:08,670

and find some some kind of peace where I

1030

00:50:11,809 --> 00:50:09,269

was

1031

00:50:13,940 --> 00:50:11,819

it's like the more I discovered the more

1032

00:50:16,249 --> 00:50:13,950

I was able to let stuff go and I was

1033

00:50:19,579 --> 00:50:16,259

able to be in the flow and does that

1034

00:50:23,359 --> 00:50:19,589

mean I'm always positive no because I

1035

00:50:25,039 --> 00:50:23,369

wouldn't even try to be right I I go

1036

00:50:27,349 --> 00:50:25,049

with what happens because sometimes

1037

00:50:29,209 --> 00:50:27,359

during periods of awakening I go I have

1038

00:50:33,829 --> 00:50:29,219

to go crawl in a hole for about three

1039

00:50:35,900 --> 00:50:33,839

days and just feel and anyway but not to

1040

00:50:42,140 --> 00:50:35,910

digress too much on that but it's just

1041

00:50:45,019 --> 00:50:42,150

this it's just this idea that sometimes

1042

00:50:49,640 --> 00:50:45,029

we have to get real with ourselves about

1043

00:50:52,339 --> 00:50:49,650

like it was a it was a shocker for me to

1044

00:50:54,799 --> 00:50:52,349

get real with myself about how much I

1045

00:50:57,199 --> 00:50:54,809

wanted approval and attention and how

1046

00:50:59,479 --> 00:50:57,209

everything in my life was just a way to

1047

00:51:03,229 --> 00:50:59,489

do that you know I look at videos of

1048

00:51:06,949 --> 00:51:03,239

myself years ago and it's just oh I just

1049

00:51:09,289 --> 00:51:06,959

I had I had slab I've taken so much down

1050

00:51:11,479 --> 00:51:09,299

off the you know I used to I've had

1051
00:51:14,539 --> 00:51:11,489
hundreds of videos that I used to put up

1052
00:51:16,160 --> 00:51:14,549
with my old business and you know

1053
00:51:18,920 --> 00:51:16,170
there's a whole bunch still out there

1054
00:51:22,309 --> 00:51:18,930
because I had so much content out on the

1055
00:51:26,359 --> 00:51:22,319
in the world and I was looking at this

1056
00:51:28,219 --> 00:51:26,369
other video was talking to this friend

1057
00:51:31,370 --> 00:51:28,229
of mine and I'm like yeah I'm just you

1058
00:51:37,630 --> 00:51:31,380
know so about authenticity and it's I

1059
00:51:42,319 --> 00:51:37,640
just look like oh my god it was so I

1060
00:51:45,349 --> 00:51:42,329
know it at the time but I had to waking

1061
00:51:48,469 --> 00:51:45,359
up for me it required a lot of crow

1062
00:51:52,729 --> 00:51:48,479
eating like I had to dine on a steady

1063
00:51:57,469 --> 00:51:52,739

diet of crow like a long time and I

1064

00:52:00,559 --> 00:51:57,479

still do like when I when my when those

1065

00:52:04,489 --> 00:52:00,569

old familiar things kind of pop up and

1066

00:52:05,540 --> 00:52:04,499

and grasp on you know I have to stop and

1067

00:52:07,870 --> 00:52:05,550

look at them

1068

00:52:10,280 --> 00:52:07,880

I usually have to say something out loud

1069

00:52:14,120 --> 00:52:10,290

because anytime that something's coming

1070

00:52:17,300 --> 00:52:14,130

up that I know is is gonna bring any

1071

00:52:19,400 --> 00:52:17,310

kind of shame or whatever it is I have

1072

00:52:21,980 --> 00:52:19,410

to say it out loud to somebody and it

1073

00:52:23,690 --> 00:52:21,990

diffuses it and in the moment that I say

1074

00:52:25,880 --> 00:52:23,700

it it just starts to get diffused and I

1075

00:52:30,130 --> 00:52:25,890

can see what's happening and then that

1076
00:52:32,780 --> 00:52:30,140
pull has less and less grip but you know

1077
00:52:34,880 --> 00:52:32,790
most awaken teachers will tell you this

1078
00:52:37,130 --> 00:52:34,890
like even when you start to really have

1079
00:52:39,920 --> 00:52:37,140
these big awakenings this stuff still

1080
00:52:43,280 --> 00:52:39,930
pops up it's just do you have the

1081
00:52:45,290 --> 00:52:43,290
ability to recognize it when it does so

1082
00:52:47,690 --> 00:52:45,300
that it can just continue its dissolving

1083
00:52:50,150 --> 00:52:47,700
process that's my dissolving process me

1084
00:52:53,840 --> 00:52:50,160
you know take years and years and years

1085
00:52:57,290 --> 00:52:53,850
but if that stuff doesn't grab on and

1086
00:52:59,570 --> 00:52:57,300
hold on in the same way that it used to

1087
00:53:01,340 --> 00:52:59,580
and because of that I'm not walking

1088
00:53:09,650 --> 00:53:01,350

around this state of just you know sure

1089

00:53:11,780 --> 00:53:09,660

suffering 25 which is great it's like it

1090

00:53:15,350 --> 00:53:11,790

comes in doses well obviously does but

1091

00:53:18,620 --> 00:53:15,360

it's levels for example I'm starting my

1092

00:53:20,780 --> 00:53:18,630

spiritual my conscious path now so I

1093

00:53:23,990 --> 00:53:20,790

have all this stuff and I do work for a

1094

00:53:27,050 --> 00:53:24,000

year and it seems like as you mentioned

1095

00:53:30,460 --> 00:53:27,060

while I'm done with it and it comes up

1096

00:53:33,650 --> 00:53:30,470

later it's because we we learn to become

1097

00:53:35,720 --> 00:53:33,660

familiar with what it feels like to be

1098

00:53:37,040 --> 00:53:35,730

the new us so the feeling gets more

1099

00:53:38,570 --> 00:53:37,050

subtle and subtle because now we're

1100

00:53:40,940 --> 00:53:38,580

integrated with it we don't know that

1101
00:53:44,060 --> 00:53:40,950
there's a dissonance happening so when

1102
00:53:45,830 --> 00:53:44,070
it comes up again sigh ah it's obvious

1103
00:53:48,110 --> 00:53:45,840
this is not part of what I've been doing

1104
00:53:50,210 --> 00:53:48,120
or Who I am for the moment so you think

1105
00:53:53,510 --> 00:53:50,220
it comes in waves obviously

1106
00:53:56,270 --> 00:53:53,520
I think it's yes and I definitely think

1107
00:53:57,800 --> 00:53:56,280
it comes in waves and and it comes a lot

1108
00:53:59,810 --> 00:53:57,810
of things come when they're ready to

1109
00:54:02,720 --> 00:53:59,820
come because they're there's a lot of

1110
00:54:05,840 --> 00:54:02,730
things I am able to see now like I

1111
00:54:07,700 --> 00:54:05,850
here's kind of my wrote an article about

1112
00:54:09,320 --> 00:54:07,710
this on my blog so if you want to go

1113
00:54:11,810 --> 00:54:09,330

look at my blog over at the four stages

1114

00:54:14,540 --> 00:54:11,820

of self-realization and it's kind of

1115

00:54:18,920 --> 00:54:14,550

like you know there's that there's that

1116

00:54:23,069 --> 00:54:18,930

oh you know first stage

1117

00:54:25,829 --> 00:54:23,079

and that's when you know but here's kind

1118

00:54:28,680 --> 00:54:25,839

of like my little short summary of this

1119

00:54:31,680 --> 00:54:28,690

it's like this is what this is what that

1120

00:54:36,809 --> 00:54:31,690

core genius math is it's like I kind of

1121

00:54:39,089 --> 00:54:36,819

dig around in somebody's life and really

1122

00:54:41,640 --> 00:54:39,099

listen to them and sort of I can reflect

1123

00:54:43,920 --> 00:54:41,650

this like here's who you are before your

1124

00:54:46,950 --> 00:54:43,930

imprinting and I find that sometimes

1125

00:54:50,780 --> 00:54:46,960

when you can get like really have that

1126

00:54:54,420 --> 00:54:50,790

witness and named and and know it and

1127

00:54:57,240 --> 00:54:54,430

start integrating that and going in that

1128

00:54:59,099 --> 00:54:57,250

direction like the artist who was the

1129

00:55:01,910 --> 00:54:59,109

business person it's like we get them

1130

00:55:05,010 --> 00:55:01,920

back on the track of being an artist

1131

00:55:07,470 --> 00:55:05,020

inside of that track sometimes at that

1132

00:55:10,740 --> 00:55:07,480

point that's when you're opening to

1133

00:55:12,839 --> 00:55:10,750

these deeper awakenings right like first

1134

00:55:16,799 --> 00:55:12,849

it's like let's get you out of this you

1135

00:55:19,440 --> 00:55:16,809

know totally wrong path for you because

1136

00:55:23,460 --> 00:55:19,450

I believe that somebody's core genius is

1137

00:55:25,670 --> 00:55:23,470

their path to those deeper connections

1138

00:55:29,220 --> 00:55:25,680

it's like the path back to oneness right

1139

00:55:31,319 --> 00:55:29,230

starts with your uniqueness I know it

1140

00:55:39,210 --> 00:55:31,329

sounds kind of paradoxical but it's not

1141

00:55:40,380 --> 00:55:39,220

really and yeah it's a I don't know I

1142

00:55:42,510 --> 00:55:40,390

don't know what else to say about that

1143

00:55:44,010 --> 00:55:42,520

well I'm glad you act a pause everyone

1144

00:55:46,440 --> 00:55:44,020

make sure you go check out that article

1145

00:55:55,079 --> 00:55:46,450

we're at the top of the hour thinking a

1146

00:55:57,089 --> 00:55:55,089

powerful would you like to leave a very

1147

00:55:59,880 --> 00:55:57,099

small closing comment a final thought

1148

00:56:01,890 --> 00:55:59,890

we've got one minute

1149

00:56:07,260 --> 00:56:01,900

the final thought I want to leave you

1150

00:56:12,900 --> 00:56:07,270

with is that remember don't believe your

1151
00:56:17,220 --> 00:56:12,910
thoughts hmm and keep looking inside all

1152
00:56:21,020 --> 00:56:17,230
of your answers are there and don't try

1153
00:56:23,730 --> 00:56:21,030
to do it alone I'll leave you with that

1154
00:56:26,160 --> 00:56:23,740
Anastasia meetry thank you so much Burt

1155
00:56:28,210 --> 00:56:26,170
you're welcome anytime dear thank you

1156
00:56:30,099 --> 00:56:28,220
everyone everyone probably standing up

1157
00:56:32,710 --> 00:56:30,109
the chatroom of beheading I will pull

1158
00:56:34,540 --> 00:56:32,720
chat room tonight Wow next week monsoon

1159
00:56:38,170 --> 00:56:34,550
of light radio check this up but all you

1160
00:56:40,440 --> 00:56:38,180
x-file people out there the real-life

1161
00:56:44,050 --> 00:56:40,450
[Music]

1162
00:56:47,920 --> 00:56:44,060
John de Susan he's got a brand new book

1163
00:56:51,130 --> 00:56:47,930

out called clear hearers what is a clear

1164

00:56:52,990 --> 00:56:51,140

hero wait do you hear the story this

1165

00:56:56,020 --> 00:56:53,000

chap is going to be laying on you next

1166

00:56:56,650 --> 00:56:56,030

week working as a special agent as an

1167

00:56:59,260 --> 00:56:56,660

FBI

1168

00:57:02,800 --> 00:56:59,270

he's got stories that I'm serious that

1169

00:57:04,750 --> 00:57:02,810

country that parallel with x-files as to

1170

00:57:06,550 --> 00:57:04,760

why he's had many coming together with

1171

00:57:08,020 --> 00:57:06,560

them so next week we should have light

1172

00:57:09,849 --> 00:57:08,030

radio 6 p.m. Eastern Time

1173

00:57:11,849 --> 00:57:09,859

John to suit is gonna be here I want to

1174

00:57:14,710 --> 00:57:11,859

say thank you all for being here again

1175

00:57:16,359 --> 00:57:14,720

again every Monday night 6 p.m. Eastern

1176

00:57:18,330 --> 00:57:16,369

time when you have nothing to do tonight

1177

00:57:21,430 --> 00:57:18,340

you're laying down you're going to bed

1178

00:57:24,250 --> 00:57:21,440

yeah nothing to do close your eyes and

1179

00:57:26,410 --> 00:57:24,260

breathe in and out breathe like you want

1180

00:57:30,670 --> 00:57:26,420

something far beyond you've ever known

1181

00:57:34,329 --> 00:57:30,680

see 10 to 15 minutes of that you'll find

1182

00:57:37,089 --> 00:57:34,339

yourself deafening silence and in that

1183

00:57:39,790 --> 00:57:37,099

space well here you were here yourself

1184

00:57:42,940 --> 00:57:39,800

and you define Kerry be well and always