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Center of Light Radio

Guest: JP Sears

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
00:01:19,050 --> 00:01:16,540
heaven on earth your host Keith Anthony

9
00:01:20,400 --> 00:01:19,060
Blanchard coast-to-coast pulled a poll

10
00:01:21,780 --> 00:01:20,410
all around the world on the Internet

11
00:01:24,030 --> 00:01:21,790
thanks to the marvel of technology I'm

12
00:01:26,280 --> 00:01:24,040
coming at you live from the inception

13
00:01:28,230 --> 00:01:26,290

radio network all around the world this

14

00:01:29,520 --> 00:01:28,240

is Keith Anthony Blanchard and you're

15

00:01:30,930 --> 00:01:29,530

listening to the center of light radio

16

00:01:33,420 --> 00:01:30,940

sort of divine unfoldment and

17

00:01:36,840 --> 00:01:33,430

reinforcement radio for the Soul strap

18

00:01:40,109 --> 00:01:36,850

in all my brother and sister astral not

19

00:01:41,880 --> 00:01:40,119

as we launched for inner space rpm

20

00:01:43,710 --> 00:01:41,890

recognizer plug-in and manifest your

21

00:01:46,080 --> 00:01:43,720

life or your spiritual seeker who's

22

00:01:47,460 --> 00:01:46,090

ready to move forward if you wanted to

23

00:01:50,249 --> 00:01:47,470

shift from struggling to feeling that

24

00:01:52,350 --> 00:01:50,259

life is effortless send me an email to

25

00:01:54,510 --> 00:01:52,360

book a free session with me 30 minutes

26
00:01:57,300 --> 00:01:54,520
45 minutes however long it takes to get

27
00:01:59,249 --> 00:01:57,310
you to begin to move into that window of

28
00:02:01,800 --> 00:01:59,259
your best life send me an email at Keith

29
00:02:03,660 --> 00:02:01,810
anthony blanchard at gmail.com and say

30
00:02:06,660 --> 00:02:03,670
mr. Blanchard I want that free session

31
00:02:09,540 --> 00:02:06,670
you promised me you can bet I will show

32
00:02:12,089 --> 00:02:09,550
you how you can move into your rpm

33
00:02:15,630 --> 00:02:12,099
program manifest your life effortlessly

34
00:02:18,570 --> 00:02:15,640
abundance spiritual awakening and my

35
00:02:19,890 --> 00:02:18,580
guest tonight mister Jerry says we can

36
00:02:21,600 --> 00:02:19,900
talk about a whole bunch of stuff about

37
00:02:23,820 --> 00:02:21,610
spirituality in a very different kind of

38
00:02:25,380 --> 00:02:23,830

way if you are a follower of sinner of

39

00:02:27,420 --> 00:02:25,390

light radio you can follow my work for a

40

00:02:30,110 --> 00:02:27,430

while good assertive light radio calm or

41

00:02:32,520 --> 00:02:30,120

Keith Anthony Blanchard comm same page

42

00:02:34,559 --> 00:02:32,530

you'll see a subscription form fill it

43

00:02:35,820 --> 00:02:34,569

out you'll have access to my monthly

44

00:02:36,990 --> 00:02:35,830

newsletter program which is going to

45

00:02:38,940 --> 00:02:37,000

start at the beginning of the year but

46

00:02:40,890 --> 00:02:38,950

also check this out you're gonna have

47

00:02:43,830 --> 00:02:40,900

access to everything I've created up

48

00:02:46,260 --> 00:02:43,840

into this point for free why would you

49

00:02:48,780 --> 00:02:46,270

do that Keith because my money does not

50

00:02:51,000 --> 00:02:48,790

come from me and my money does not come

51
00:02:52,650 --> 00:02:51,010
from me and it does not come from other

52
00:02:55,680 --> 00:02:52,660
people my money comes from me being

53
00:02:57,240 --> 00:02:55,690
grounded and connected to source so up

54
00:03:00,510 --> 00:02:57,250
until this point you could begin to

55
00:03:02,280 --> 00:03:00,520
receive bundles of my previous works and

56
00:03:04,410 --> 00:03:02,290
all it takes is for you to fill out that

57
00:03:06,240 --> 00:03:04,420
form also while you're there you'll see

58
00:03:07,920 --> 00:03:06,250
a red Ferrari on that opening page click

59
00:03:10,140 --> 00:03:07,930
on it I'll take you to the RPM program

60
00:03:12,120 --> 00:03:10,150
it will tell you what you get in it will

61
00:03:13,740 --> 00:03:12,130
tell you what you will be able to create

62
00:03:14,760 --> 00:03:13,750
once they hand you these tools of

63
00:03:16,440 --> 00:03:14,770

environment

64

00:03:20,550 --> 00:03:16,450

recognize plug-in and manifests

65

00:03:22,290 --> 00:03:20,560

recognize who and what God is you begin

66

00:03:24,240 --> 00:03:22,300

to tap into that after I start providing

67

00:03:27,000 --> 00:03:24,250

you some of the tools and once you make

68

00:03:29,910 --> 00:03:27,010

the connection with these two it's it

69

00:03:34,260 --> 00:03:29,920

gets really really easy really really

70

00:03:36,720 --> 00:03:34,270

quick go to go to youtube.com slash tune

71

00:03:38,220 --> 00:03:36,730

of light reading and subscribe give me

72

00:03:39,660 --> 00:03:38,230

some information about some of the

73

00:03:42,810 --> 00:03:39,670

interviews you're hearing leave me a

74

00:03:45,000 --> 00:03:42,820

comment give me a like let me know what

75

00:03:45,180 --> 00:03:45,010

it is you're wanting as guest on the

76

00:03:47,430 --> 00:03:45,190

show

77

00:03:50,100 --> 00:03:47,440

I'll be glad to do the research and eek

78

00:03:52,500 --> 00:03:50,110

out those people and make that happen

79

00:03:54,930 --> 00:03:52,510

now it's time to get down to sin over

80

00:03:55,710 --> 00:03:54,940

light radio business me tell you about

81

00:03:59,610 --> 00:03:55,720

my guest tonight

82

00:04:01,920 --> 00:03:59,620

JP Sears the show title is how to be

83

00:04:05,010 --> 00:04:01,930

ultra of spiritual better hang on for

84

00:04:06,480 --> 00:04:05,020

this one Yelp JP Sears is an emotional

85

00:04:09,060 --> 00:04:06,490

healing coach youtuber author

86

00:04:11,580 --> 00:04:09,070

international teacher speaker at events

87

00:04:14,430 --> 00:04:11,590

world traveler and curious student of

88

00:04:17,250 --> 00:04:14,440

life his work empowers people to live

89

00:04:21,300 --> 00:04:17,260

more meaningful lives JP is the author

90

00:04:23,940 --> 00:04:21,310

of how to be how to be ultra spiritual

91

00:04:26,070 --> 00:04:23,950

he is very active with his online videos

92

00:04:28,230 --> 00:04:26,080

where he encourages healing and growth

93

00:04:30,990 --> 00:04:28,240

through his humorous and entertaining

94

00:04:34,290 --> 00:04:31,000

informative videos including his hit

95

00:04:36,180 --> 00:04:34,300

ultra spiritual comedy series which

96

00:04:42,210 --> 00:04:36,190

check yourself which has accumulated

97

00:04:45,150 --> 00:04:42,220

over 100 million views you can find more

98

00:04:49,380 --> 00:04:45,160

of getting about my guest today and WWE

99

00:04:50,720 --> 00:04:49,390

wakin with JP calm welcome to sin of

100

00:04:53,670 --> 00:04:50,730

light sir it's good to have you here

101
00:04:55,890 --> 00:04:53,680
Keith thank you brother I'm happy to be

102
00:04:57,960 --> 00:04:55,900
here and that I think I might be having

103
00:04:59,820 --> 00:04:57,970
a little issue with my video but I just

104
00:05:03,330 --> 00:04:59,830
like to share everybody I'm insanely

105
00:05:06,360 --> 00:05:03,340
handsome but most importantly brother

106
00:05:07,830 --> 00:05:06,370
I'm so honored to be here with you you

107
00:05:09,150 --> 00:05:07,840
know and if your video seems to come

108
00:05:10,950 --> 00:05:09,160
back oh and feel free to go ahead and

109
00:05:13,890 --> 00:05:10,960
engage it guy know that you're in Costa

110
00:05:17,760 --> 00:05:13,900
Rica right now doing that guru thing is

111
00:05:20,670 --> 00:05:17,770
that right doing a little bit of a chill

112
00:05:23,880 --> 00:05:20,680
out thing actually having a little bit

113
00:05:28,110 --> 00:05:23,890

of a breather some time to exhale with

114

00:05:28,840 --> 00:05:28,120

my fiance amber and sweating my butt off

115

00:05:32,020 --> 00:05:28,850

too

116

00:05:33,730 --> 00:05:32,030

yeah JP thank you for being here sir

117

00:05:35,710 --> 00:05:33,740

listen I've been watching like everybody

118

00:05:37,060 --> 00:05:35,720

else has and you're growing like playing

119

00:05:39,190 --> 00:05:37,070

in a good way

120

00:05:41,560 --> 00:05:39,200

all these videos that you're doing and

121

00:05:43,840 --> 00:05:41,570

what I really like about what you're

122

00:05:45,550 --> 00:05:43,850

doing sir is that you are providing

123

00:05:47,380 --> 00:05:45,560

insight through humor and we know that

124

00:05:50,200 --> 00:05:47,390

humor in and of itself is a gateway to

125

00:05:56,290 --> 00:05:50,210

higher consciousness and somehow you are

126

00:05:57,880 --> 00:05:56,300

brain enough on purpose to be able to

127

00:06:01,330 --> 00:05:57,890

tap into this part of yourself that

128

00:06:03,130 --> 00:06:01,340

somehow through sarcasm seems to create

129

00:06:04,720 --> 00:06:03,140

a greater window for people to step

130

00:06:07,180 --> 00:06:04,730

through to touch an aspect through their

131

00:06:08,590 --> 00:06:07,190

self did this just come along naturally

132

00:06:10,840 --> 00:06:08,600

for you did you sit down and go you know

133

00:06:12,280 --> 00:06:10,850

I got to do something to do you know to

134

00:06:15,880 --> 00:06:12,290

become visible how did this take place

135

00:06:19,030 --> 00:06:15,890

for you sir well of one i appreciate

136

00:06:21,280 --> 00:06:19,040

here in that perspective and how you see

137

00:06:27,280 --> 00:06:21,290

my work and valuing the messages in it

138

00:06:30,630 --> 00:06:27,290

and you know the i would say my work has

139

00:06:32,980 --> 00:06:30,640

been a collage of me being the blind man

140

00:06:34,900 --> 00:06:32,990

not knowing where the hell he's going

141

00:06:38,560 --> 00:06:34,910

but somehow that helps me find my way

142

00:06:41,050 --> 00:06:38,570

and one thing that has come natural for

143

00:06:44,110 --> 00:06:41,060

me is a sense of humor that's you know I

144

00:06:46,870 --> 00:06:44,120

have that since my childhood as one of

145

00:06:49,750 --> 00:06:46,880

the ways that I dealt with pain as a kid

146

00:06:52,840 --> 00:06:49,760

also one of the ways I created joy but

147

00:06:56,550 --> 00:06:52,850

as far as bringing that to the light and

148

00:06:59,800 --> 00:06:56,560

you know called the professional realm I

149

00:07:02,950 --> 00:06:59,810

I didn't have like a premeditated like

150

00:07:04,870 --> 00:07:02,960

amazingly intelligent plan not at all I

151
00:07:08,980 --> 00:07:04,880
just so no let me make a comedy video

152
00:07:10,960 --> 00:07:08,990
let me talk about being spiritual and it

153
00:07:13,060 --> 00:07:10,970
essentially show people what I

154
00:07:15,940 --> 00:07:13,070
considered to be obstacles in the

155
00:07:21,430 --> 00:07:15,950
spiritual path that are but I'll just

156
00:07:24,030 --> 00:07:21,440
portray them as things to do so but here

157
00:07:26,080 --> 00:07:24,040
in hindsight I can very much see that

158
00:07:30,750 --> 00:07:26,090
expressing a concept through the

159
00:07:34,150 --> 00:07:30,760
language of humor really helps people

160
00:07:37,840 --> 00:07:34,160
consider the concept consider the deeper

161
00:07:40,120 --> 00:07:37,850
underlying message because something

162
00:07:40,810 --> 00:07:40,130
about humor you know because it's

163
00:07:42,670 --> 00:07:40,820

playful

164

00:07:45,610 --> 00:07:42,680

it doesn't evoke the neck

165

00:07:48,129 --> 00:07:45,620

we'll defense that our psyches normally

166

00:07:51,010 --> 00:07:48,139

have you know when we're rent when were

167

00:07:53,200 --> 00:07:51,020

challenged with a new perspective yeah

168

00:07:54,879 --> 00:07:53,210

we just like think it defended and fight

169

00:07:58,210 --> 00:07:54,889

the new perspective so we can maintain

170

00:08:00,879 --> 00:07:58,220

our sin our sense of balance or center

171

00:08:06,520 --> 00:08:00,889

of gravity and our psyche but because

172

00:08:07,659 --> 00:08:06,530

humor comes across as playful doesn't

173

00:08:10,680 --> 00:08:07,669

look like there's anything to defend

174

00:08:14,170 --> 00:08:10,690

against so our psyches and my experience

175

00:08:16,360 --> 00:08:14,180

stay relatively undefended so that you

176

00:08:19,810 --> 00:08:16,370

know a message can get in for

177

00:08:22,629 --> 00:08:19,820

consideration and and I think an analogy

178

00:08:24,969 --> 00:08:22,639

I love dogs so whole dog analogy is when

179

00:08:28,210 --> 00:08:24,979

my little guy Zephyr when when I've got

180

00:08:30,490 --> 00:08:28,220

to give him medicine like I wrapped the

181

00:08:33,040 --> 00:08:30,500

medicine and like a piece of cheese and

182

00:08:35,469 --> 00:08:33,050

it helps him swallow them at his sin but

183

00:08:38,170 --> 00:08:35,479

if I don't do that if I don't wrap the

184

00:08:40,630 --> 00:08:38,180

medicine in something something that's

185

00:08:43,449 --> 00:08:40,640

enticing for him he won't swallow it so

186

00:08:46,329 --> 00:08:43,459

I think humor is that the cheese if you

187

00:08:49,090 --> 00:08:46,339

will that helps us swallow something

188

00:08:50,530 --> 00:08:49,100

into our psyches for consideration you

189

00:08:53,920 --> 00:08:50,540

know not for the purpose of brainwashing

190

00:08:57,160 --> 00:08:53,930

but just for the purpose of inviting

191

00:08:59,829 --> 00:08:57,170

people to consider new perspectives I

192

00:09:02,490 --> 00:08:59,839

like that because I think in the way

193

00:09:05,890 --> 00:09:02,500

that you're doing this er it it

194

00:09:07,600 --> 00:09:05,900

diminishes the opportunity for cognitive

195

00:09:10,150 --> 00:09:07,610

dissonance to happen because you and I

196

00:09:12,610 --> 00:09:10,160

both know that when we bring something

197

00:09:14,890 --> 00:09:12,620

to the table no matter how loving it is

198

00:09:17,410 --> 00:09:14,900

and no matter how much the person may

199

00:09:19,780 --> 00:09:17,420

want to receive it if it creates a

200

00:09:22,360 --> 00:09:19,790

dissonance within them something that

201
00:09:24,490 --> 00:09:22,370
they are integrated in God knows how

202
00:09:27,910 --> 00:09:24,500
deep of a level that this is you know

203
00:09:29,829 --> 00:09:27,920
sticking to their core I think the humor

204
00:09:31,510 --> 00:09:29,839
allows that to just kind of get all

205
00:09:34,690 --> 00:09:31,520
bypassed and push out the way so it's

206
00:09:36,250 --> 00:09:34,700
easily to absorb in process and even be

207
00:09:39,190 --> 00:09:36,260
allowed into one's consciousness for

208
00:09:42,670 --> 00:09:39,200
consideration as you're saying yeah yeah

209
00:09:45,460 --> 00:09:42,680
I definitely believe that I I'm a firm

210
00:09:48,280 --> 00:09:45,470
believer that we don't always want what

211
00:09:51,699 --> 00:09:48,290
we need and I think often times we don't

212
00:09:53,620 --> 00:09:51,709
want what we need them most but I think

213
00:09:55,360 --> 00:09:53,630

humor can be a little bit of an

214

00:09:56,560 --> 00:09:55,370

alchemist that transforms the

215

00:09:58,660 --> 00:09:56,570

psychological

216

00:10:02,260 --> 00:09:58,670

defense um and you know I think the

217

00:10:05,200 --> 00:10:02,270

other thing about it is it's

218

00:10:07,540 --> 00:10:05,210

entertaining so by default it's gonna

219

00:10:10,180 --> 00:10:07,550

get more people's attention and what I

220

00:10:12,280 --> 00:10:10,190

found you know one of the really

221

00:10:15,790 --> 00:10:12,290

gratifying components of the work that

222

00:10:20,050 --> 00:10:15,800

I've been really privileged to bring to

223

00:10:22,870 --> 00:10:20,060

the world is people are paying attention

224

00:10:26,340 --> 00:10:22,880

to it some of these people are ones that

225

00:10:29,260 --> 00:10:26,350

would never otherwise be watching a

226

00:10:31,810 --> 00:10:29,270

sincere video of mine a serious video or

227

00:10:33,430 --> 00:10:31,820

a serious message er they never would be

228

00:10:36,190 --> 00:10:33,440

people who would be picking up a

229

00:10:40,320 --> 00:10:36,200

spiritual book and how they pick up

230

00:10:43,360 --> 00:10:40,330

spiritual books because humor was the

231

00:10:46,480 --> 00:10:43,370

gluten-free bread crumb that got them to

232

00:10:49,660 --> 00:10:46,490

start following the trail and get them

233

00:10:52,570 --> 00:10:49,670

in the door into a world that just

234

00:10:55,720 --> 00:10:52,580

didn't look enticing to them but there

235

00:10:59,350 --> 00:10:55,730

was there was a bridge created with

236

00:11:03,460 --> 00:10:59,360

humor so I think getting people into

237

00:11:06,070 --> 00:11:03,470

living their lives consciously is yeah

238

00:11:09,390 --> 00:11:06,080

man it's very meaningful and I'm

239

00:11:11,890 --> 00:11:09,400

grateful that humor can do that at times

240

00:11:13,870 --> 00:11:11,900

center of light radio Cantina Blanchard

241

00:11:15,130 --> 00:11:13,880

your host 6 p.m. Eastern Time Monday

242

00:11:16,750 --> 00:11:15,140

nights I'm always sitting in his

243

00:11:18,490 --> 00:11:16,760

captain's chair ducting conducting

244

00:11:20,200 --> 00:11:18,500

affairs of the heart my guest tonight is

245

00:11:23,080 --> 00:11:20,210

mr. JP Sears and we was speaking about

246

00:11:25,000 --> 00:11:23,090

how to be ultra spiritual JPL my

247

00:11:27,670 --> 00:11:25,010

producer sent me a message asking if you

248

00:11:29,440 --> 00:11:27,680

would be so kind to sign out and sign

249

00:11:31,690 --> 00:11:29,450

back into the room so we can get that

250

00:11:33,160 --> 00:11:31,700

video working because as you said we

251

00:11:36,400 --> 00:11:33,170

want people in the listeners to see

252

00:11:39,160 --> 00:11:36,410

exactly how handsome you are sir man for

253

00:11:41,260 --> 00:11:39,170

sure why not be right back on Keith

254

00:11:46,660 --> 00:11:41,270

don't talk about me behind my back

255

00:11:48,580 --> 00:11:46,670

okay everyone put my listeners in the

256

00:11:50,560 --> 00:11:48,590

chat room welcome welcome welcome to

257

00:11:52,090 --> 00:11:50,570

Sunnah of light radio while I have a

258

00:11:54,130 --> 00:11:52,100

moment before my guests signs back in

259

00:11:55,840 --> 00:11:54,140

next week Christmas night

260

00:11:57,490 --> 00:11:55,850

thank God Christmas is on the money this

261

00:11:59,140 --> 00:11:57,500

year I'm going to be doing a special

262

00:12:00,730 --> 00:11:59,150

it's a pre record and I'm going to be in

263

00:12:02,830 --> 00:12:00,740

his chat room and it's called a

264

00:12:06,040 --> 00:12:02,840

Christmas special special about the life

265

00:12:08,200 --> 00:12:06,050

of Christ my time with my personal

266

00:12:09,940 --> 00:12:08,210

spiritual experiences I've had with

267

00:12:10,420 --> 00:12:09,950

Christ when I went to India to see

268

00:12:12,610 --> 00:12:10,430

bargain

269

00:12:15,460 --> 00:12:12,620

Sri Sathya Sai Baba the man you see

270

00:12:18,610 --> 00:12:15,470

behind me in the picture I learned of

271

00:12:20,139 --> 00:12:18,620

the life of Yeshua Jesus from people who

272

00:12:22,840 --> 00:12:20,149

are closer to the proximity of where

273

00:12:25,329 --> 00:12:22,850

Jesus actually came from I met a

274

00:12:28,660 --> 00:12:25,339

gentleman once while I was there and he

275

00:12:30,610 --> 00:12:28,670

says Saddam meaning hello sir or ma'am

276

00:12:31,870 --> 00:12:30,620

or whatever and he said can I tell you

277

00:12:33,460 --> 00:12:31,880

about the Jesus we know here in my

278

00:12:34,750 --> 00:12:33,470

country I said absolutely he says trust

279

00:12:36,579 --> 00:12:34,760

me when I tell you you know nothing

280

00:12:38,139 --> 00:12:36,589

about the life of Christ I said how do

281

00:12:40,180 --> 00:12:38,149

you say that he says well if you

282

00:12:41,889 --> 00:12:40,190

experience something in if something

283

00:12:43,870 --> 00:12:41,899

happened in your neighborhood an event

284

00:12:45,940 --> 00:12:43,880

would you more likely believe the people

285

00:12:47,740 --> 00:12:45,950

in the neighborhood who know the story

286

00:12:49,780 --> 00:12:47,750

or a people across town and know the

287

00:12:51,280 --> 00:12:49,790

story and I said well likely the people

288

00:12:52,990 --> 00:12:51,290

in the neighborhood maybe but he said

289

00:12:54,070 --> 00:12:53,000

what trust me when I tell you the West

290

00:12:56,590 --> 00:12:54,080

has it all wrong

291

00:12:58,660 --> 00:12:56,600

boy that took me back and he began to

292

00:13:00,550 --> 00:12:58,670

tell me things so this broadcast for

293

00:13:03,130 --> 00:13:00,560

next Monday night Christmas night is

294

00:13:04,720 --> 00:13:03,140

going to be really really powerful a lot

295

00:13:06,300 --> 00:13:04,730

of information from my book the Divine

296

00:13:08,860 --> 00:13:06,310

Principle is going to be brought forth a

297

00:13:11,139 --> 00:13:08,870

vision that Yeshua took me out of my

298

00:13:13,269 --> 00:13:11,149

body many many years ago and showed me a

299

00:13:15,400 --> 00:13:13,279

vision of the future and this is called

300

00:13:17,530 --> 00:13:15,410

my revelation so make sure you tune in

301
00:13:19,240 --> 00:13:17,540
for that let me see what's going on with

302
00:13:24,430 --> 00:13:19,250
mr. JP seer so we can see this

303
00:13:25,990 --> 00:13:24,440
good-looking red haired man I guess

304
00:13:27,670 --> 00:13:26,000
they're working on so only friends in

305
00:13:30,670 --> 00:13:27,680
the chatroom thank you very much for

306
00:13:32,530 --> 00:13:30,680
being here chat room is nice and full I

307
00:13:34,269 --> 00:13:32,540
have so much technology in front of me

308
00:13:37,810 --> 00:13:34,279
and besides I'm on medicine so I'm not

309
00:13:39,490 --> 00:13:37,820
all here functioning in balance as you

310
00:13:40,780 --> 00:13:39,500
can hear it in my voice but thank you

311
00:13:42,970 --> 00:13:40,790
for being here I know there's questions

312
00:13:44,350 --> 00:13:42,980
that come through and if I pick a

313
00:13:46,480 --> 00:13:44,360

certain question because one that

314

00:13:48,250 --> 00:13:46,490

catches my eye on the spot and I'm not

315

00:13:49,750 --> 00:13:48,260

overlooking anybody intentionally and

316

00:13:51,760 --> 00:13:49,760

I'm not picking up the questions that I

317

00:13:54,970 --> 00:13:51,770

think are relevant because you to you

318

00:14:00,670 --> 00:13:54,980

they are very relevant very very

319

00:14:02,560 --> 00:14:00,680

relevant relevant huh relevant mr. JP

320

00:14:06,069 --> 00:14:02,570

shears are you back with a sir I think

321

00:14:07,780 --> 00:14:06,079

so can you hear me a key I hear your

322

00:14:10,210 --> 00:14:07,790

voice sure but I'm not seeing you so I

323

00:14:12,910 --> 00:14:10,220

do the archive video we're gonna have to

324

00:14:15,160 --> 00:14:12,920

put this really cool picture of you

325

00:14:17,350 --> 00:14:15,170

which you're a flower child clothes on

326

00:14:20,680 --> 00:14:17,360

and then wonderful thing you have in

327

00:14:22,960 --> 00:14:20,690

your hand yeah yeah I apologize the

328

00:14:24,190 --> 00:14:22,970

videos still not working but I guess

329

00:14:27,250 --> 00:14:24,200

maybe what's what

330

00:14:30,820 --> 00:14:27,260

bettens people's imaginations about I'm

331

00:14:32,560 --> 00:14:30,830

wearing what I'm not wearing JP why are

332

00:14:34,000 --> 00:14:32,570

we still talking about the camera once

333

00:14:35,920 --> 00:14:34,010

you look at that little camera icon

334

00:14:38,850 --> 00:14:35,930

you'll see a little square that says

335

00:14:41,800 --> 00:14:38,860

start your video check that out see yeah

336

00:14:43,300 --> 00:14:41,810

yeah done that a couple times but let me

337

00:14:45,040 --> 00:14:43,310

get that again

338

00:14:55,990 --> 00:14:45,050

and if not we'll just continue to move

339

00:14:59,890 --> 00:14:56,000

forward sir yes sir yeah looks like no

340

00:15:02,440 --> 00:14:59,900

no stellar excess all you people out in

341

00:15:05,230 --> 00:15:02,450

listening land go to Google and look up

342

00:15:06,850 --> 00:15:05,240

images look up JP Sears find one of

343

00:15:08,170 --> 00:15:06,860

those cool-looking groovy images he's

344

00:15:12,720 --> 00:15:08,180

got and just imagine that's who I'm

345

00:15:17,620 --> 00:15:12,730

talking to right so JP we talked about

346

00:15:19,360 --> 00:15:17,630

the birth of this way of teaching and I

347

00:15:21,280 --> 00:15:19,370

asked you the question but I'm not sure

348

00:15:23,020 --> 00:15:21,290

what's so direct with my question did

349

00:15:25,000 --> 00:15:23,030

you actually sit down and say hmm

350

00:15:27,670 --> 00:15:25,010

tomorrow I'm gonna try this new approach

351
00:15:29,530 --> 00:15:27,680
or while you were doing these videos did

352
00:15:31,270 --> 00:15:29,540
something just take over you and you

353
00:15:33,040 --> 00:15:31,280
just went with it and saw the effect and

354
00:15:34,200 --> 00:15:33,050
you move that to wind the window even

355
00:15:39,640 --> 00:15:34,210
greater

356
00:15:42,430 --> 00:15:39,650
yeah the principally the ladder when I

357
00:15:44,320 --> 00:15:42,440
started the videos I thought at the time

358
00:15:47,100 --> 00:15:44,330
it's just gonna be a one-time thing let

359
00:15:50,530 --> 00:15:47,110
me make a comedy video on spirituality

360
00:15:53,140 --> 00:15:50,540
but once that was released I said with

361
00:15:55,090 --> 00:15:53,150
it for a little while you know I realize

362
00:15:57,640 --> 00:15:55,100
like wow this is this is pretty

363
00:15:59,830 --> 00:15:57,650

satisfying creatively let me let me do

364

00:16:02,050 --> 00:15:59,840

another one or two and and then after

365

00:16:04,090 --> 00:16:02,060

doing a few videos you know I really got

366

00:16:06,940 --> 00:16:04,100

the chance to see like there's there's a

367

00:16:10,360 --> 00:16:06,950

very purposeful effect happening here

368

00:16:12,460 --> 00:16:10,370

and I really enjoy it and and I'm not

369

00:16:14,470 --> 00:16:12,470

the type of person where I I figure

370

00:16:16,270 --> 00:16:14,480

something out and then do it I don't

371

00:16:19,000 --> 00:16:16,280

like figure out how something should

372

00:16:21,190 --> 00:16:19,010

work and then do it I do it and then I

373

00:16:24,250 --> 00:16:21,200

figure out how it works once I'm already

374

00:16:27,130 --> 00:16:24,260

doing it so I typically learn through

375

00:16:31,300 --> 00:16:27,140

hindsight like I just kind of ready fire

376

00:16:32,830 --> 00:16:31,310

aim it's my my way of doing things so

377

00:16:35,110 --> 00:16:32,840

yeah with the video there's just like oh

378

00:16:36,460 --> 00:16:35,120

I'm kind of Forrest Gump II my way

379

00:16:40,300 --> 00:16:36,470

through it whereas

380

00:16:42,970 --> 00:16:40,310

one day feels exciting to make a comedy

381

00:16:44,920 --> 00:16:42,980

video let me do that and then the next

382

00:16:46,560 --> 00:16:44,930

day like oh yeah but let's do another

383

00:16:51,030 --> 00:16:46,570

one

384

00:16:53,560 --> 00:16:51,040

JP did you find yourself in your youth

385

00:16:55,930 --> 00:16:53,570

knowing there was something greater than

386

00:16:57,400 --> 00:16:55,940

what you were experiencing I'm sure I

387

00:17:00,010 --> 00:16:57,410

would think to the level of your

388

00:17:01,510 --> 00:17:00,020

spiritual endowment that you knew there

389

00:17:03,160 --> 00:17:01,520

was something else but when did this

390

00:17:05,319 --> 00:17:03,170

this started taking place may not

391

00:17:07,079 --> 00:17:05,329

necessarily be humorous videos but you

392

00:17:12,460 --> 00:17:07,089

actually consciously deliberately

393

00:17:14,559 --> 00:17:12,470

walking the path to expansion got you

394

00:17:17,260 --> 00:17:14,569

into that in what field did you find

395

00:17:19,809 --> 00:17:17,270

yourself you are you practice yoga is

396

00:17:22,900 --> 00:17:19,819

that what you gonna do right away yeah

397

00:17:25,870 --> 00:17:22,910

do you practice yoga consistently

398

00:17:28,420 --> 00:17:25,880

unfortunately but that wasn't my field I

399

00:17:31,210 --> 00:17:28,430

went into and and I think the first part

400

00:17:36,130 --> 00:17:31,220

of your question yeah as a kid I don't

401
00:17:37,930 --> 00:17:36,140
know how old but you know preteen I you

402
00:17:40,150 --> 00:17:37,940
know I I did feel like there yeah

403
00:17:41,800 --> 00:17:40,160
there's something more going on here you

404
00:17:45,040 --> 00:17:41,810
know and I was kind of raised a little

405
00:17:47,050 --> 00:17:45,050
bit pretend Catholic and in like I never

406
00:17:48,490 --> 00:17:47,060
felt any kind of connection to that just

407
00:17:51,670 --> 00:17:48,500
felt like there's something more than

408
00:17:53,320 --> 00:17:51,680
this and something more than how people

409
00:17:57,370 --> 00:17:53,330
seem to be living their lives something

410
00:17:59,590 --> 00:17:57,380
more than how I'm living my life you

411
00:18:03,310 --> 00:17:59,600
know what that it was but then the the

412
00:18:05,230 --> 00:18:03,320
conscious expansion came or the

413
00:18:08,740 --> 00:18:05,240

beginning of it came years later I would

414

00:18:10,660 --> 00:18:08,750

have been in my early 20s and got

415

00:18:12,670 --> 00:18:10,670

connected with a man who's become just

416

00:18:16,420 --> 00:18:12,680

an amazing mentor guy named John

417

00:18:19,390 --> 00:18:16,430

McMullen of journeys of wisdom so I

418

00:18:22,210 --> 00:18:19,400

started to do my own self growth

419

00:18:25,660 --> 00:18:22,220

practice my own healing my own spiritual

420

00:18:30,160 --> 00:18:25,670

connection and evolution practice with

421

00:18:32,620 --> 00:18:30,170

him in a very intentional way so it

422

00:18:35,260 --> 00:18:32,630

would have been I think I was about 22

423

00:18:36,580 --> 00:18:35,270

so what got me in that door is they

424

00:18:39,970 --> 00:18:36,590

connect to the other part of your

425

00:18:41,800 --> 00:18:39,980

question I in my you know was 18 I

426
00:18:43,240 --> 00:18:41,810
dropped out of college like didn't know

427
00:18:44,590 --> 00:18:43,250
what the heck I wanted to do but I

428
00:18:48,070 --> 00:18:44,600
definitely know that going to college

429
00:18:50,259 --> 00:18:48,080
was not what I wanted to do so but I

430
00:18:52,690 --> 00:18:50,269
didn't know what I wanted to do is

431
00:18:54,969 --> 00:18:52,700
scared and insecure so I got into

432
00:18:56,919 --> 00:18:54,979
personal training like exercise wise

433
00:18:57,579 --> 00:18:56,929
helping people and better lives through

434
00:18:59,289 --> 00:18:57,589
exercise

435
00:19:03,279 --> 00:18:59,299
there's school like it really great work

436
00:19:05,109 --> 00:19:03,289
but that that got me in the door it yeah

437
00:19:07,930 --> 00:19:05,119
my interest there opened the door into

438
00:19:10,680 --> 00:19:07,940

something deeper which is nutrition oh

439

00:19:13,869 --> 00:19:10,690

cool Wow learning about people's insides

440

00:19:15,820 --> 00:19:13,879

how food can positively negatively in

441

00:19:17,320 --> 00:19:15,830

fact impact the body but also the mind

442

00:19:20,649 --> 00:19:17,330

like wow that's amazing

443

00:19:24,039 --> 00:19:20,659

and then that door of nutrition opened

444

00:19:25,810 --> 00:19:24,049

up another door of stress reduction and

445

00:19:28,269 --> 00:19:25,820

pretty much a generic sense of the term

446

00:19:30,849 --> 00:19:28,279

but that door of stress reduction then

447

00:19:33,099 --> 00:19:30,859

opened up another door of what I would

448

00:19:35,440 --> 00:19:33,109

call emotional healing you know the deep

449

00:19:40,239 --> 00:19:35,450

workings of the human heart and psyche

450

00:19:42,190 --> 00:19:40,249

and then soul so you know following that

451
00:19:44,919 --> 00:19:42,200
gluten-free bread crumb trail of

452
00:19:48,609 --> 00:19:44,929
interest in exercise got me interested

453
00:19:52,479 --> 00:19:48,619
into in the deaths of the human heart

454
00:19:55,649 --> 00:19:52,489
and soul in this mentor John McMullen I

455
00:19:58,180 --> 00:19:55,659
just learned immense amounts from him

456
00:20:01,089 --> 00:19:58,190
with regard to working with myself my

457
00:20:02,799 --> 00:20:01,099
own human my own practice but also as a

458
00:20:04,629 --> 00:20:02,809
coach for other people because remember

459
00:20:06,940 --> 00:20:04,639
you know I started off coaching people

460
00:20:09,930 --> 00:20:06,950
and exercise that gradually just

461
00:20:12,849 --> 00:20:09,940
transitioned over to coaching people

462
00:20:15,549 --> 00:20:12,859
their inner life you know certainly not

463
00:20:17,289 --> 00:20:15,559

telling them what to do but helping them

464

00:20:20,079 --> 00:20:17,299

connect to their own in their wisdom

465

00:20:22,899 --> 00:20:20,089

their own intuition and their I say

466

00:20:25,479 --> 00:20:22,909

their own higher self so that they could

467

00:20:27,430 --> 00:20:25,489

you know heal their blockages and step

468

00:20:28,739 --> 00:20:27,440

into more meaning and fulfillment in

469

00:20:32,319 --> 00:20:28,749

their lives

470

00:20:33,579 --> 00:20:32,329

JP do you help them unemotional clients

471

00:20:35,289 --> 00:20:33,589

and when you're working with in this way

472

00:20:37,329 --> 00:20:35,299

do you help them by bringing something

473

00:20:39,669 --> 00:20:37,339

to light that they may be close so close

474

00:20:42,369 --> 00:20:39,679

to their life which we all often are

475

00:20:44,560 --> 00:20:42,379

that we can't see and as the observer

476

00:20:46,269 --> 00:20:44,570

you say hey John Doe this is what I'm

477

00:20:48,249 --> 00:20:46,279

saying could be you know happening with

478

00:20:50,349 --> 00:20:48,259

you do you bring it to a state of

479

00:20:54,789 --> 00:20:50,359

awareness for them to get the AHA and

480

00:20:56,919 --> 00:20:54,799

then you know it allows them to take in

481

00:20:58,450 --> 00:20:56,929

any sort of insight you may be offering

482

00:21:00,369 --> 00:20:58,460

how they could connect more to their

483

00:21:02,829 --> 00:21:00,379

authentic self is that how you go about

484

00:21:03,730 --> 00:21:02,839

the dance yeah I think that's certainly

485

00:21:05,890 --> 00:21:03,740

a part of it

486

00:21:07,930 --> 00:21:05,900

helping people see the obvious because

487

00:21:10,210 --> 00:21:07,940

oftentimes the obvious is the hardest

488

00:21:12,730 --> 00:21:10,220

thing to see at least hiding in plain

489

00:21:15,400 --> 00:21:12,740

sight huh for sure because it's our own

490

00:21:18,010 --> 00:21:15,410

life so of course we're biased we have

491

00:21:21,669 --> 00:21:18,020

our blind spots which is most places

492

00:21:23,169 --> 00:21:21,679

most of the time so but also helping

493

00:21:25,480 --> 00:21:23,179

people look under the obvious so you

494

00:21:27,490 --> 00:21:25,490

know when there's a obvious challenge in

495

00:21:29,950 --> 00:21:27,500

their life might be self-sabotage your

496

00:21:33,910 --> 00:21:29,960

finances or relationships or just a

497

00:21:36,760 --> 00:21:33,920

blatant dissatisfaction depression also

498

00:21:40,270 --> 00:21:36,770

helping people look underneath that to

499

00:21:43,060 --> 00:21:40,280

see what's driving that is it unresolved

500

00:21:45,970 --> 00:21:43,070

stuff from childhood is there hidden

501
00:21:48,700 --> 00:21:45,980
benefit where if someone identifies as a

502
00:21:50,980 --> 00:21:48,710
victim and they get to feel the illusion

503
00:21:55,180 --> 00:21:50,990
of empowerment by getting more control

504
00:21:57,660 --> 00:21:55,190
as a victim so helping people explore

505
00:22:00,580 --> 00:21:57,670
those kinds of possibilities through

506
00:22:03,900 --> 00:22:00,590
questions and and I think the question

507
00:22:08,200 --> 00:22:03,910
is never meant to be a diagnosis but a

508
00:22:11,080 --> 00:22:08,210
an open door into new self-awareness and

509
00:22:13,630 --> 00:22:11,090
then you know from there there's their

510
00:22:15,760 --> 00:22:13,640
specific you know healing practices I

511
00:22:18,340 --> 00:22:15,770
might guide a person through I do a lot

512
00:22:22,090 --> 00:22:18,350
of inner child work I just happen to

513
00:22:28,200 --> 00:22:22,100

find it as a wonderful metaphor to

514

00:22:31,750 --> 00:22:28,210

facilitate abstract energy movement so

515

00:22:33,610 --> 00:22:31,760

from your experience and I I'm not sure

516

00:22:36,330 --> 00:22:33,620

if I couldn't even say that this is true

517

00:22:39,160 --> 00:22:36,340

across the board is there one particular

518

00:22:43,150 --> 00:22:39,170

emotion that drives self sabotage

519

00:22:45,340 --> 00:22:43,160

behavior well you know I'm gonna get a

520

00:22:47,560 --> 00:22:45,350

little risky here you know like I I

521

00:22:50,530 --> 00:22:47,570

think there can be many but I I would

522

00:22:52,360 --> 00:22:50,540

dare say the most common emotion that

523

00:22:55,169 --> 00:22:52,370

drives self sabotage behavior at my

524

00:22:58,600 --> 00:22:55,179

experience is shame you know I think

525

00:23:03,280 --> 00:22:58,610

shame is you know it's an emotion that

526

00:23:05,950 --> 00:23:03,290

says I feel worthless basically and and

527

00:23:08,850 --> 00:23:05,960

therefore it's not comfortable therefore

528

00:23:12,790 --> 00:23:08,860

a lot of us unconsciously try to avoid

529

00:23:14,500 --> 00:23:12,800

the unresolved shame that we carry but

530

00:23:16,419 --> 00:23:14,510

if it's inside of us even though we

531

00:23:17,289 --> 00:23:16,429

might not be aware of it we're avoiding

532

00:23:20,440 --> 00:23:17,299

it

533

00:23:22,840 --> 00:23:20,450

that vibrational energy of shame will

534

00:23:25,869 --> 00:23:22,850

seek to validate itself in other words

535

00:23:27,999 --> 00:23:25,879

that the mirror will reflect to us the

536

00:23:31,239 --> 00:23:28,009

mirror of our life will reflect to us

537

00:23:33,669 --> 00:23:31,249

what we are and what we carry not what

538

00:23:35,619 --> 00:23:33,679

we want to be not what we think we'll

539

00:23:37,659 --> 00:23:35,629

hear about what we oftentimes carry and

540

00:23:38,499 --> 00:23:37,669

I consider self-sabotage to be a

541

00:23:42,249 --> 00:23:38,509

wonderful teacher

542

00:23:44,470 --> 00:23:42,259

so sabotage is an obnoxious messenger

543

00:23:47,499 --> 00:23:44,480

that's bringing a sacred message of

544

00:23:50,109 --> 00:23:47,509

ourselves and in often times that sacred

545

00:23:53,619 --> 00:23:50,119

message of our self is you know

546

00:23:55,239 --> 00:23:53,629

metaphorically a wounded inner child who

547

00:23:57,310 --> 00:23:55,249

desperately needs our help

548

00:23:58,810 --> 00:23:57,320

they might be real with shame yet

549

00:24:00,999 --> 00:23:58,820

they've been locked in the basement of

550

00:24:04,570 --> 00:24:01,009

our unconscious and it needs our help so

551
00:24:07,450 --> 00:24:04,580
luckily our self-sabotage it can be

552
00:24:10,450 --> 00:24:07,460
obnoxious enough that it eventually gets

553
00:24:13,930 --> 00:24:10,460
our attention to take a look deeper into

554
00:24:16,479 --> 00:24:13,940
our life which ultimately helps us take

555
00:24:18,970 --> 00:24:16,489
a look deeper into our self to find the

556
00:24:21,639 --> 00:24:18,980
part of us that needs our help so I

557
00:24:23,710 --> 00:24:21,649
think often times shame is unresolved

558
00:24:26,950 --> 00:24:23,720
shame is a driving force of

559
00:24:29,320 --> 00:24:26,960
self-sabotage what type of yoga are you

560
00:24:30,909 --> 00:24:29,330
doing sir and one of the benefits you

561
00:24:32,859 --> 00:24:30,919
have experienced from that and I know

562
00:24:35,499 --> 00:24:32,869
most people think that Yoga is about

563
00:24:38,399 --> 00:24:35,509

relaxing and stretching and it is about

564

00:24:42,249 --> 00:24:38,409

all but what are some of those true

565

00:24:44,019 --> 00:24:42,259

ultra spiritual benefits that you are

566

00:24:46,320 --> 00:24:44,029

getting from this practicer and how long

567

00:24:52,389 --> 00:24:46,330

have you been doing it yeah I've been

568

00:24:55,029 --> 00:24:52,399

doing yoga in consistently for man I

569

00:24:57,879 --> 00:24:55,039

mean I started with a yoga DVD probably

570

00:25:00,519 --> 00:24:57,889

eight years ago really helped me recover

571

00:25:02,979 --> 00:25:00,529

from a knee injury and then but more

572

00:25:05,049 --> 00:25:02,989

recently the past year that I've been

573

00:25:09,909 --> 00:25:05,059

with my fiancee and she's a yoga teacher

574

00:25:11,830 --> 00:25:09,919

she teaches yoga teacher trainings she's

575

00:25:14,320 --> 00:25:11,840

really been a great motivating force to

576

00:25:17,830 --> 00:25:14,330

do more yoga so going to yoga classes is

577

00:25:21,389 --> 00:25:17,840

something like we'll do together when

578

00:25:24,220 --> 00:25:21,399

we're in a town that has yoga which I

579

00:25:28,570 --> 00:25:24,230

luckily as most times so the you know

580

00:25:31,240 --> 00:25:28,580

the benefit that I get is I would dare

581

00:25:34,570 --> 00:25:31,250

say the training to bridge

582

00:25:38,080 --> 00:25:34,580

discomfort and be with this comfort and

583

00:25:40,180 --> 00:25:38,090

embrace discomfort rather than avoid it

584

00:25:42,700 --> 00:25:40,190

rather than hold my breath lean away

585

00:25:45,490 --> 00:25:42,710

from it so I find that that creates like

586

00:25:48,970 --> 00:25:45,500

a nice functional training carry over

587

00:25:51,039 --> 00:25:48,980

into real daylight or real life where I

588

00:25:52,930 --> 00:25:51,049

look at something that's challenging

589

00:25:56,140 --> 00:25:52,940

instead of like reactively just trying

590

00:25:58,870 --> 00:25:56,150

to avoid it tense up to be defended

591

00:26:02,950 --> 00:25:58,880

against it because something I can

592

00:26:06,159 --> 00:26:02,960

embrace take more risk on and when when

593

00:26:10,149 --> 00:26:06,169

the flames of it whether it's fears or

594

00:26:13,419 --> 00:26:10,159

challenges when the flames get high it's

595

00:26:16,240 --> 00:26:13,429

just it's easier to be okay with the

596

00:26:20,350 --> 00:26:16,250

discomfort so I think one of the great

597

00:26:23,049 --> 00:26:20,360

teachings that I get from a yoga that

598

00:26:25,060 --> 00:26:23,059

I've done is just because something's

599

00:26:27,399 --> 00:26:25,070

painful doesn't mean it's going to kill

600

00:26:29,799 --> 00:26:27,409

you just because part of me wants to

601
00:26:31,600 --> 00:26:29,809
react like my life is in danger

602
00:26:34,060 --> 00:26:31,610
doesn't mean my life is in danger in

603
00:26:36,490 --> 00:26:34,070
fact I would dare say the opposite is

604
00:26:39,279 --> 00:26:36,500
true where my life becomes more alive

605
00:26:41,919 --> 00:26:39,289
when I embrace the discomfort and the

606
00:26:45,340 --> 00:26:41,929
feelings of it by breathing with it and

607
00:26:48,370 --> 00:26:45,350
the you know there's various types of

608
00:26:53,789 --> 00:26:48,380
yoga but I think predominantly the type

609
00:26:57,909 --> 00:26:55,990
jakie you said a couple of things that

610
00:26:59,740 --> 00:26:57,919
are really powerful for me it helps you

611
00:27:03,940 --> 00:26:59,750
and I to connect on the same wavelength

612
00:27:05,560 --> 00:27:03,950
as far as some years ago lord I hope I

613
00:27:11,049 --> 00:27:05,570

never have this experience again I had a

614

00:27:13,720 --> 00:27:11,059

kidney stone making me cringe and I went

615

00:27:15,039 --> 00:27:13,730

to the right I went to the doctor and I

616

00:27:17,590 --> 00:27:15,049

said I think I got a kidney stone he

617

00:27:19,270 --> 00:27:17,600

says are you a doctor this is a lead me

618

00:27:20,500 --> 00:27:19,280

to the diagnosis in about two seconds

619

00:27:21,460 --> 00:27:20,510

ladies you got a kidney stone said what

620

00:27:24,990 --> 00:27:21,470

can have my money back he said

621

00:27:26,919 --> 00:27:25,000

absolutely not and so I went home I had

622

00:27:29,409 --> 00:27:26,929

percocet or whatever they gave me did

623

00:27:31,120 --> 00:27:29,419

not work and this was after I began to

624

00:27:33,159 --> 00:27:31,130

walk my spiritual path consciously and I

625

00:27:35,080 --> 00:27:33,169

had a mentor and mentor I had did not

626

00:27:37,210 --> 00:27:35,090

jack around he's one of those type of

627

00:27:38,980 --> 00:27:37,220

people if you stand at you I and my

628

00:27:40,750 --> 00:27:38,990

friend staying next to a river and you

629

00:27:42,760 --> 00:27:40,760

mentioned that you have a fear of water

630

00:27:45,310 --> 00:27:42,770

he's type of guy and throw you in the

631

00:27:48,040 --> 00:27:45,320

river right

632

00:27:50,049 --> 00:27:48,050

and after he began to school me and I

633

00:27:52,000 --> 00:27:50,059

started sort of getting my feet moving

634

00:27:55,600 --> 00:27:52,010

forward about this spiritual practice on

635

00:27:58,419 --> 00:27:55,610

how to find the disposition to begin to

636

00:28:02,590 --> 00:27:58,429

move I am laying on the bed with this

637

00:28:05,590 --> 00:28:02,600

bout of pain for 11 hours oh my god and

638

00:28:07,990 --> 00:28:05,600

finally I said I had enough of this and

639

00:28:10,030 --> 00:28:08,000

I begin to realize something you said I

640

00:28:12,340 --> 00:28:10,040

begin to realize yes this is painful

641

00:28:14,260 --> 00:28:12,350

except it Keith it's pain now take away

642

00:28:16,299 --> 00:28:14,270

the idea of pain is just very intense

643

00:28:19,450 --> 00:28:16,309

feeling change it right away and then I

644

00:28:21,520 --> 00:28:19,460

realized in that moment we equate pain

645

00:28:26,590 --> 00:28:21,530

to suffering and suffering to death and

646

00:28:29,680 --> 00:28:26,600

death yeah boy when I had that shift it

647

00:28:31,030 --> 00:28:29,690

was gone I didn't ever pass a stone but

648

00:28:33,310 --> 00:28:31,040

the other thing I was hitting up to you

649

00:28:35,620 --> 00:28:33,320

know sorry good hit sir you said you

650

00:28:36,700 --> 00:28:35,630

never passed the stone I never pass the

651
00:28:39,549 --> 00:28:36,710
stone I be

652
00:28:42,100 --> 00:28:39,559
I completely dissolved each the darkness

653
00:28:45,310 --> 00:28:42,110
of the stone because it was an emotional

654
00:28:47,049 --> 00:28:45,320
thing that solidified into a shard my

655
00:28:49,030 --> 00:28:47,059
emotional feelings got stuck it was an

656
00:28:51,190 --> 00:28:49,040
appellate but something else I want to

657
00:28:53,770 --> 00:28:51,200
ask you sir you had mentioned about when

658
00:28:55,750 --> 00:28:53,780
your people you work with or anyone in

659
00:28:58,690 --> 00:28:55,760
general when they have emotional trauma

660
00:29:01,360 --> 00:28:58,700
emotional pain one way is to stay with

661
00:29:03,490 --> 00:29:01,370
the breath or you as I mentioned my

662
00:29:04,870 --> 00:29:03,500
mentor he's the guy that so people throw

663
00:29:07,120 --> 00:29:04,880

you in the river if you say to him you

664

00:29:09,400 --> 00:29:07,130

know fear of water have you heard of

665

00:29:11,500 --> 00:29:09,410

this technique I don't know if there's a

666

00:29:15,310 --> 00:29:11,510

name for it okay I don't know if you can

667

00:29:17,020 --> 00:29:15,320

see me can you see me oh you're the good

668

00:29:19,540 --> 00:29:17,030

looking guy okay I'm the better looking

669

00:29:21,549 --> 00:29:19,550

one of the two here's your emotional

670

00:29:23,350 --> 00:29:21,559

trauma right you're looking at it and

671

00:29:25,270 --> 00:29:23,360

you don't name it you look at it and

672

00:29:25,750 --> 00:29:25,280

appreciate it you rub it you name it

673

00:29:27,549 --> 00:29:25,760

George

674

00:29:29,940 --> 00:29:27,559

massage it and you thinking all that

675

00:29:33,780 --> 00:29:29,950

cool cliched spiritual stuff right yeah

676

00:29:41,140 --> 00:29:33,790

here's where the real work begins stuff

677

00:29:43,210 --> 00:29:41,150

here I go what happens is and I've

678

00:29:45,640 --> 00:29:43,220

experienced this meaning upon many many

679

00:29:47,470 --> 00:29:45,650

times in my life through all you people

680

00:29:50,110 --> 00:29:47,480

out there if something just happened to

681

00:29:52,000 --> 00:29:50,120

you in your life your dog died something

682

00:29:53,890 --> 00:29:52,010

traumatic happened and it got you and it

683

00:29:56,470 --> 00:29:53,900

really really got you and understandably

684

00:29:57,840 --> 00:29:56,480

so it got you take it and you look at it

685

00:30:00,690 --> 00:29:57,850

and you caress it and you hold

686

00:30:03,029 --> 00:30:00,700

and you begin to breathe your way

687

00:30:05,310 --> 00:30:03,039

through it because the light will begin

688

00:30:07,729 --> 00:30:05,320

to dissipate this darkness that so wants

689

00:30:11,219 --> 00:30:07,739

to grab onto you because if you let it

690

00:30:13,950 --> 00:30:11,229

stick if you let it integrate and stick

691

00:30:15,779 --> 00:30:13,960

then presumably you have much more work

692

00:30:19,469 --> 00:30:15,789

to do on the backside have you ever

693

00:30:21,779 --> 00:30:19,479

heard of this technique sir I know but I

694

00:30:26,549 --> 00:30:21,789

love it I mean that kind of pieces

695

00:30:30,509 --> 00:30:26,559

together a couple of I would call it

696

00:30:32,549 --> 00:30:30,519

equations that are in my wheelhouse but

697

00:30:34,950 --> 00:30:32,559

ultimately you know bringing the breath

698

00:30:36,690 --> 00:30:34,960

to discomfort is something I'm a huge

699

00:30:39,479 --> 00:30:36,700

fan I'm sorry I like that just that

700

00:30:41,519 --> 00:30:39,489

deliberate direct way in there the

701
00:30:43,349 --> 00:30:41,529
technique you mentioned so yeah I'm

702
00:30:44,820 --> 00:30:43,359
gonna give that a test drive are you

703
00:30:48,149 --> 00:30:44,830
familiar with the process of rebirthing

704
00:30:50,549 --> 00:30:48,159
sir yeah it's sort of the same idea but

705
00:30:52,979 --> 00:30:50,559
spontaneously versus for those out there

706
00:30:54,810 --> 00:30:52,989
who are not familiar with the practice

707
00:30:59,039 --> 00:30:54,820
of rebirth it's literally breathing like

708
00:31:01,379 --> 00:30:59,049
I mentioned 25 30 45 minutes an hour and

709
00:31:03,180 --> 00:31:01,389
a half how long I never however long it

710
00:31:05,940 --> 00:31:03,190
takes you will not guess you question

711
00:31:14,969 --> 00:31:05,950
beat well what's the reward when you do

712
00:31:16,169 --> 00:31:14,979
it correctly you will fly everyone to

713
00:31:17,909 --> 00:31:16,179

than--than Blanche she hosts the center

714

00:31:19,859 --> 00:31:17,919

of light radio Monday night 6 p.m.

715

00:31:21,749 --> 00:31:19,869

Eastern Time tonight my guess is JP

716

00:31:25,589 --> 00:31:21,759

Sears and we're talking about how to be

717

00:31:28,789 --> 00:31:25,599

ultra spiritual JP has over a hundred

718

00:31:32,159 --> 00:31:28,799

million views and this satire this

719

00:31:34,139 --> 00:31:32,169

humorous enlightening program he's doing

720

00:31:36,539 --> 00:31:34,149

called how to be ultra spiritual comedy

721

00:31:37,680 --> 00:31:36,549

series JP we're at the bottom of er

722

00:31:39,210 --> 00:31:37,690

would you give up your contact

723

00:31:41,039 --> 00:31:39,220

information anything you want an ounce -

724

00:31:42,570 --> 00:31:41,049

I was sitting on it how they can find

725

00:31:44,999 --> 00:31:42,580

out more about you in the awesomeness

726

00:31:48,149 --> 00:31:45,009

that you were giving you the world sir

727

00:31:51,419 --> 00:31:48,159

yeah yeah if any of you lovely people

728

00:31:55,379 --> 00:31:51,429

care to connect with me my social media

729

00:31:57,149 --> 00:31:55,389

handles are awakened with JP that's my

730

00:31:58,830 --> 00:31:57,159

handle all across the board so if you

731

00:32:03,089 --> 00:31:58,840

all would care to connect with me there

732

00:32:04,409 --> 00:32:03,099

I'd love to make the connection JP or

733

00:32:05,580 --> 00:32:04,419

you open to a few questions from the

734

00:32:07,289 --> 00:32:05,590

chat room because I'm sure they probably

735

00:32:10,109 --> 00:32:07,299

they're just ringing they're juicing

736

00:32:11,270 --> 00:32:10,119

hands man I I think we better get on

737

00:32:13,640 --> 00:32:11,280

that Paul for sure

738

00:32:14,960 --> 00:32:13,650

later grogg asked the question and I

739

00:32:17,750 --> 00:32:14,970

think it's a pertinent question some

740

00:32:20,090 --> 00:32:17,760

guests get put questions to and from my

741

00:32:21,710 --> 00:32:20,100

chatroom night I sometimes you want to

742

00:32:24,140 --> 00:32:21,720

overlook them because they guess we

743

00:32:31,850 --> 00:32:24,150

might be talking about Reiki and someone

744

00:32:32,660 --> 00:32:31,860

was to talk about aliens I asked the

745

00:32:35,330 --> 00:32:32,670

question

746

00:32:38,060 --> 00:32:35,340

meaning you is he into the beliefs of

747

00:32:39,980 --> 00:32:38,070

alternate planes in the idea of star

748

00:32:42,710 --> 00:32:39,990

families outside of Earth and I asked

749

00:32:44,540 --> 00:32:42,720

that question not because we're talking

750

00:32:46,580 --> 00:32:44,550

about that and you or the Reiki person

751
00:32:49,370 --> 00:32:46,590
because I know that when you begin to do

752
00:32:52,040 --> 00:32:49,380
a very intense spiritual practice be it

753
00:32:54,770 --> 00:32:52,050
yoga be it meditation be it whatever it

754
00:32:56,930 --> 00:32:54,780
is when you are passionate those inner

755
00:32:59,810 --> 00:32:56,940
doors to inner planes begin to open up

756
00:33:02,060 --> 00:32:59,820
yeah so that being said the question is

757
00:33:03,830 --> 00:33:02,070
are you into alternate planes I mean do

758
00:33:05,390 --> 00:33:03,840
you like playing with those ideas and

759
00:33:07,520 --> 00:33:05,400
chatting with some of your buddies hey

760
00:33:10,280 --> 00:33:07,530
man I want you this plateau deal night I

761
00:33:13,280 --> 00:33:10,290
hung out with this kind of thing yeah I

762
00:33:14,630 --> 00:33:13,290
am and I'm a big fan of believing

763
00:33:18,020 --> 00:33:14,640

nothing is as it seems

764

00:33:20,900 --> 00:33:18,030

so you know life as it seems court our

765

00:33:24,490 --> 00:33:20,910

five senses seems like this is the plane

766

00:33:26,450 --> 00:33:24,500

of existence but I think there's always

767

00:33:28,760 --> 00:33:26,460

significantly more that we don't know

768

00:33:30,890 --> 00:33:28,770

compared to what we do know especially

769

00:33:32,810 --> 00:33:30,900

it's dictated by the five senses so yeah

770

00:33:36,110 --> 00:33:32,820

you know and I and I won't pretend to

771

00:33:37,850 --> 00:33:36,120

have first-hand conscious experience and

772

00:33:41,390 --> 00:33:37,860

interface with the different planes of

773

00:33:43,610 --> 00:33:41,400

existence and but it's something I fast

774

00:33:46,970 --> 00:33:43,620

and I'm fascinated by and I firmly

775

00:33:48,560 --> 00:33:46,980

believe stuff is out there it's just

776

00:33:52,070 --> 00:33:48,570

like a mystery to me like I don't know

777

00:33:53,930 --> 00:33:52,080

any of the definites but yeah like you

778

00:33:56,990 --> 00:33:53,940

know my fiance amber I'll talk to me

779

00:34:00,230 --> 00:33:57,000

about the pleadians and say Oh awesome

780

00:34:03,110 --> 00:34:00,240

like yeah and when I think about you

781

00:34:06,260 --> 00:34:03,120

know the other day and the idea of are

782

00:34:08,780 --> 00:34:06,270

there aliens out there like I just think

783

00:34:11,450 --> 00:34:08,790

like there's got to be a leans out there

784

00:34:13,580 --> 00:34:11,460

and they might be asking themselves are

785

00:34:16,310 --> 00:34:13,590

there aliens out there so I think the

786

00:34:19,550 --> 00:34:16,320

fact that were fear is the answer to the

787

00:34:22,430 --> 00:34:19,560

question you know we live in a little

788

00:34:24,980 --> 00:34:22,440

blue marble God knows how many galaxies

789

00:34:27,020 --> 00:34:24,990

there galaxies they are in

790

00:34:29,030 --> 00:34:27,030

local star cluster but that being said

791

00:34:31,909 --> 00:34:29,040

we haven't finished discovering

792

00:34:38,659 --> 00:34:31,919

everything that's in the ocean nor even

793

00:34:40,700 --> 00:34:38,669

in the human body before yesterday

794

00:34:42,290 --> 00:34:40,710

before we knew that that thing that was

795

00:34:43,790 --> 00:34:42,300

recently discovered under the ocean and

796

00:34:46,909 --> 00:34:43,800

the human body we never thought it to

797

00:34:49,159 --> 00:34:46,919

exist until someone says excuse me we

798

00:34:51,290 --> 00:34:49,169

just found something and we would

799

00:34:54,440 --> 00:34:51,300

guarantee it didn't exist because we

800

00:34:56,750 --> 00:34:54,450

didn't know about it so man but I think

801
00:34:58,850 --> 00:34:56,760
a principle control mechanism of our

802
00:35:01,580 --> 00:34:58,860
egos is anything that it can't

803
00:35:03,980 --> 00:35:01,590
comprehend it will not only pretend it

804
00:35:06,140 --> 00:35:03,990
doesn't exist it'll have a relative

805
00:35:07,940 --> 00:35:06,150
sense of certainty it doesn't exist and

806
00:35:09,950 --> 00:35:07,950
and I think certainty is never

807
00:35:13,180 --> 00:35:09,960
correlated to truth certainty is just

808
00:35:17,750 --> 00:35:13,190
correlated to having a sense of safety

809
00:35:19,640 --> 00:35:17,760
hmm UFO nut from the chat room says does

810
00:35:21,650 --> 00:35:19,650
JP get any negative feedback about

811
00:35:27,080 --> 00:35:21,660
injecting humor into this type of

812
00:35:29,300 --> 00:35:27,090
subject man very rarely anymore when I

813
00:35:32,810 --> 00:35:29,310

first started making spiritual comedy

814

00:35:34,400 --> 00:35:32,820

videos there was more I mean it's I mean

815

00:35:37,070 --> 00:35:34,410

it's still a small percentage but there

816

00:35:39,170 --> 00:35:37,080

there was more of it then and I think

817

00:35:41,210 --> 00:35:39,180

that's maybe because there weren't many

818

00:35:43,070 --> 00:35:41,220

people doing that like I guess I'm sure

819

00:35:46,810 --> 00:35:43,080

there were some people doing it I just

820

00:35:51,050 --> 00:35:46,820

didn't know of them so but I think the

821

00:35:53,330 --> 00:35:51,060

there's less of it now probably because

822

00:35:55,700 --> 00:35:53,340

people have realized like I'm coming

823

00:35:58,870 --> 00:35:55,710

from a good place I'm doing comedy and

824

00:36:02,990 --> 00:35:58,880

things that I highly respect rather than

825

00:36:05,290 --> 00:36:03,000

criticizing it but there's also the

826

00:36:09,530 --> 00:36:05,300

element I think where know that I'm

827

00:36:11,780 --> 00:36:09,540

close to 100 videos deep into it where

828

00:36:13,900 --> 00:36:11,790

maybe people realize like yeah not gonna

829

00:36:16,310 --> 00:36:13,910

stop because people criticize me so

830

00:36:22,450 --> 00:36:16,320

maybe what's right that would make a

831

00:36:31,490 --> 00:36:25,670

yeah how to live your life while you

832

00:36:34,040 --> 00:36:31,500

worship criticism live your life time

833

00:36:36,640 --> 00:36:34,050

traveler asked a question does JP have a

834

00:36:38,530 --> 00:36:36,650

spiritual guide that he personally turns

835

00:36:42,430 --> 00:36:38,540

keyword

836

00:36:45,400 --> 00:36:42,440

when he feels out of sort do you just

837

00:36:48,100 --> 00:36:45,410

turn inward and let that happen or do

838

00:36:54,609 --> 00:36:48,110

you need a sounding board yeah you know

839

00:36:56,830 --> 00:36:54,619

I my my fiancée amber is my principal

840

00:37:00,640 --> 00:36:56,840

sounding board so I think she would be

841

00:37:04,980 --> 00:37:00,650

the guide in this case and she's a great

842

00:37:08,290 --> 00:37:04,990

one and in me turning inward is also

843

00:37:12,130 --> 00:37:08,300

important as well where when I'm out of

844

00:37:12,940 --> 00:37:12,140

balance getting caught up and some kind

845

00:37:15,460 --> 00:37:12,950

of drama

846

00:37:19,000 --> 00:37:15,470

usually it's of my own creation probably

847

00:37:21,990 --> 00:37:19,010

always is there's usually feelings I

848

00:37:25,510 --> 00:37:22,000

need to feel that I need to breathe into

849

00:37:28,000 --> 00:37:25,520

some man and some stories I need to

850

00:37:30,940 --> 00:37:28,010

disconnect from it's like man's some

851

00:37:34,060 --> 00:37:30,950

part of me is taking something so

852

00:37:36,850 --> 00:37:34,070

seriously right now what story have I

853

00:37:38,830 --> 00:37:36,860

bought into so much that I don't even

854

00:37:41,620 --> 00:37:38,840

see that it's a story it's like I'm

855

00:37:43,840 --> 00:37:41,630

living at first person so there's

856

00:37:47,130 --> 00:37:43,850

definitely some introspection that needs

857

00:37:50,830 --> 00:37:47,140

to happen and in a lot of times

858

00:37:53,140 --> 00:37:50,840

yeah the outer sounding board of amber

859

00:37:56,109 --> 00:37:53,150

and you know a couple other close

860

00:38:00,240 --> 00:37:56,119

friends of mine will help direct me into

861

00:38:02,620 --> 00:38:00,250

my wiser parts that can help me out

862

00:38:05,740 --> 00:38:02,630

Patrice from the chat room asked a

863

00:38:07,630 --> 00:38:05,750

question how do you help get over grief

864

00:38:10,830 --> 00:38:07,640

of a lost pet Patrice I would like to

865

00:38:13,270 --> 00:38:10,840

offer this to you and then JP can

866

00:38:15,970 --> 00:38:13,280

support or go in any direction he likes

867

00:38:17,650 --> 00:38:15,980

about that very question Patrice the

868

00:38:21,340 --> 00:38:17,660

first thing I would like you to do I

869

00:38:23,859 --> 00:38:21,350

understand the process of grief but are

870

00:38:27,370 --> 00:38:23,869

you of the mindset that you have lost

871

00:38:30,460 --> 00:38:27,380

something because in the idea of losing

872

00:38:33,220 --> 00:38:30,470

something keeps you and your conscious

873

00:38:35,620 --> 00:38:33,230

connection to your loved one be it a

874

00:38:38,349 --> 00:38:35,630

parent be it a human being be it your

875

00:38:40,750 --> 00:38:38,359

fur babies is what will create the rift

876

00:38:44,190 --> 00:38:40,760

it's the first wall as if something has

877

00:38:46,590 --> 00:38:44,200

left what I invite for you to do is

878

00:38:49,930 --> 00:38:46,600

allowed their passing to be and

879

00:38:51,770 --> 00:38:49,940

appreciate it love it for what it is you

880

00:38:54,290 --> 00:38:51,780

know in short

881

00:38:56,000 --> 00:38:54,300

my mother she's me Alma use a different

882

00:38:57,560 --> 00:38:56,010

analogy I had a friend of mine who was

883

00:39:00,440 --> 00:38:57,570

shot in front of me in a bar when I was

884

00:39:05,330 --> 00:39:00,450

playing music right and when I ran up to

885

00:39:07,370 --> 00:39:05,340

her during the break I put my hand I

886

00:39:10,760 --> 00:39:07,380

held her hand in one hand in her hand in

887

00:39:13,910 --> 00:39:10,770

the other and strangely magically

888

00:39:15,800 --> 00:39:13,920

beautifully when I began to say the act

889

00:39:18,770 --> 00:39:15,810

of contrition in my own way in her ear

890

00:39:20,480 --> 00:39:18,780

the horrible thing that happened the

891

00:39:22,010 --> 00:39:20,490

negative powerful negative thing had

892

00:39:23,930 --> 00:39:22,020

happened the evil thing that happened

893

00:39:26,690 --> 00:39:23,940

the fear-based thing that happened in

894

00:39:28,010 --> 00:39:26,700

all went away just magically I saw

895

00:39:29,900 --> 00:39:28,020

something something passed through me

896

00:39:31,910 --> 00:39:29,910

that was so beautiful that it was able

897

00:39:34,880 --> 00:39:31,920

to be a part of someone's experience

898

00:39:36,710 --> 00:39:34,890

birth experience and it changed the

899

00:39:40,580 --> 00:39:36,720

whole dynamic for me and I used that

900

00:39:43,010 --> 00:39:40,590

very same practice disposition when my

901
00:39:45,290 --> 00:39:43,020
mother passed I had allowed myself to

902
00:39:47,840 --> 00:39:45,300
not move into grief of course doesn't it

903
00:39:49,610 --> 00:39:47,850
be some missing that happens but if you

904
00:39:53,240 --> 00:39:49,620
can help yourself move through the

905
00:39:55,760 --> 00:39:53,250
illusion of having lost something I call

906
00:39:57,950 --> 00:39:55,770
them just invisible people now JP your

907
00:40:01,070 --> 00:39:57,960
thoughts and yeah a lot of that

908
00:40:03,110 --> 00:40:01,080
perspective rather and just adding a

909
00:40:07,810 --> 00:40:03,120
little bit of additional food for

910
00:40:13,160 --> 00:40:07,820
thought to the table yeah I think I

911
00:40:17,090 --> 00:40:13,170
would add feeling your feelings is is

912
00:40:19,820 --> 00:40:17,100
important and you know I think letting

913
00:40:22,880 --> 00:40:19,830

oneself letting yourself go into the

914

00:40:24,830 --> 00:40:22,890

grieving process of the pad by feeling

915

00:40:27,740 --> 00:40:24,840

your feelings letting yourself feel like

916

00:40:30,380 --> 00:40:27,750

you're falling apart is helpful so

917

00:40:33,380 --> 00:40:30,390

you're not resisting it anymore and then

918

00:40:35,840 --> 00:40:33,390

also I I have the belief that our our

919

00:40:40,040 --> 00:40:35,850

pets essentially love us enough that

920

00:40:43,070 --> 00:40:40,050

they will eventually leave leave us for

921

00:40:46,780 --> 00:40:43,080

our benefit and I think our pets often

922

00:40:50,680 --> 00:40:46,790

times will be little mirrors for us

923

00:40:55,340 --> 00:40:50,690

showing us a piece of our beautiful pure

924

00:40:57,800 --> 00:40:55,350

innocent inner child and and we see it

925

00:41:00,380 --> 00:40:57,810

in the pet and we love it and we need

926

00:41:02,000 --> 00:41:00,390

the pet to reflect it to us because we

927

00:41:04,970 --> 00:41:02,010

don't otherwise know how to connect to

928

00:41:05,720 --> 00:41:04,980

it inside of us of our own accord so

929

00:41:09,560 --> 00:41:05,730

there's this

930

00:41:11,870 --> 00:41:09,570

little mirror your dog your cat and and

931

00:41:13,880 --> 00:41:11,880

you see it you love it feels like home

932

00:41:16,400 --> 00:41:13,890

because it is home and I think what we

933

00:41:18,710 --> 00:41:16,410

love is the piece of us that we project

934

00:41:20,420 --> 00:41:18,720

onto our animal but we deem the mirror

935

00:41:23,300 --> 00:41:20,430

of them or else that piece would be so

936

00:41:26,120 --> 00:41:23,310

deep inside of us we'd never see it so

937

00:41:29,120 --> 00:41:26,130

once that piece of us has been brought

938

00:41:32,840 --> 00:41:29,130

to the surface enough the dirt's been

939

00:41:35,420 --> 00:41:32,850

brushed away there our pet goes loving

940

00:41:39,410 --> 00:41:35,430

us enough that they leave us now I think

941

00:41:41,359 --> 00:41:39,420

we do their life a great service and we

942

00:41:45,260 --> 00:41:41,369

really respect them and we really show

943

00:41:48,980 --> 00:41:45,270

them love when we begin really searching

944

00:41:51,530 --> 00:41:48,990

for what about myself was my puppy dog

945

00:41:55,790 --> 00:41:51,540

was my kitty cat showing me if we're

946

00:41:57,140 --> 00:41:55,800

willing to find it and reclaim this lost

947

00:42:00,500 --> 00:41:57,150

innocent part of us

948

00:42:03,470 --> 00:42:00,510

I dare say our pet's life will have been

949

00:42:05,480 --> 00:42:03,480

more than purposeful and in that is the

950

00:42:07,790 --> 00:42:05,490

connection I just mentioned there is no

951
00:42:10,670 --> 00:42:07,800
loss because when you capture that part

952
00:42:12,530 --> 00:42:10,680
of yourself that seemingly has left you

953
00:42:14,540 --> 00:42:12,540
are now back consciously connected to

954
00:42:15,800 --> 00:42:14,550
that aspect that it's came to earth to

955
00:42:18,770 --> 00:42:15,810
spend a little bit of time with you yeah

956
00:42:20,540 --> 00:42:18,780
yeah absolutely it's like you know if

957
00:42:22,040 --> 00:42:20,550
you're just you're looking in the mirror

958
00:42:25,370 --> 00:42:22,050
and you've been looking in the mirror

959
00:42:28,400 --> 00:42:25,380
for 10 years you're all googly-eyed and

960
00:42:30,320 --> 00:42:28,410
just so you know smitten with who you're

961
00:42:32,450 --> 00:42:30,330
looking at in the mirror and then

962
00:42:34,760 --> 00:42:32,460
someone takes the mirror of course we're

963
00:42:36,710 --> 00:42:34,770

gonna have grief we will think we lost

964

00:42:40,010 --> 00:42:36,720

something that as you're saying keep

965

00:42:44,900 --> 00:42:40,020

it's still there so it's like learning

966

00:42:47,030 --> 00:42:44,910

to to see and feel our innocence even

967

00:42:48,950 --> 00:42:47,040

though we don't have the mirror in front

968

00:42:51,410 --> 00:42:48,960

of us it's still there

969

00:42:53,870 --> 00:42:51,420

so it's like now we have to see it with

970

00:42:57,040 --> 00:42:53,880

our feelings rather than seeing it with

971

00:43:00,859 --> 00:42:57,050

our eyeballs that were in a selection

972

00:43:02,870 --> 00:43:00,869

Wow I felt that one who Henry Oh from

973

00:43:04,970 --> 00:43:02,880

the chat room says Keith I'd imagine

974

00:43:06,440 --> 00:43:04,980

that type of stuff never leaves you how

975

00:43:08,930 --> 00:43:06,450

do you forgive an act like that I'm

976
00:43:10,730 --> 00:43:08,940
assuming you're referring to the person

977
00:43:12,950 --> 00:43:10,740
who murdered a friend of mine in front

978
00:43:14,900 --> 00:43:12,960
of my face like I mentioned I had the

979
00:43:16,640 --> 00:43:14,910
fear I had the anger I had the grief I

980
00:43:19,109 --> 00:43:16,650
had all that but as soon as I touched it

981
00:43:20,789 --> 00:43:19,119
it went away in that moment

982
00:43:23,880 --> 00:43:20,799
I realized that there was a greater

983
00:43:24,930 --> 00:43:23,890
force at work than what I was assuming

984
00:43:27,180 --> 00:43:24,940
was taking place

985
00:43:29,160 --> 00:43:27,190
long story short two weeks before they

986
00:43:30,839 --> 00:43:29,170
cement I saw handlebar I was eating food

987
00:43:32,160 --> 00:43:30,849
because I got there early because I

988
00:43:33,239 --> 00:43:32,170

don't like to set up and have a time

989

00:43:35,130 --> 00:43:33,249

crunch to soundcheck

990

00:43:36,690 --> 00:43:35,140

she put me in to tell me how much she

991

00:43:39,120 --> 00:43:36,700

wants to die because she misses her

992

00:43:40,620 --> 00:43:39,130

ex-boyfriend who had died and I warned

993

00:43:42,569 --> 00:43:40,630

her I said amber you need to be careful

994

00:43:43,049 --> 00:43:42,579

about what years of farming to the

995

00:43:44,789 --> 00:43:43,059

universe

996

00:43:47,480 --> 00:43:44,799

Keith you to understand I miss him so

997

00:43:50,489 --> 00:43:47,490

much next week the same process happened

998

00:43:52,559 --> 00:43:50,499

that night out of nowhere before I left

999

00:43:53,910 --> 00:43:52,569

her presence I said does your ex-husband

1000

00:43:55,769 --> 00:43:53,920

body-image Oh strange we keep you know

1001
00:43:56,339 --> 00:43:55,779
but eight months ago he left me alone so

1002
00:43:59,910 --> 00:43:56,349
well that's awesome

1003
00:44:02,099 --> 00:43:59,920
I got to go set up that night he during

1004
00:44:04,230 --> 00:44:02,109
the break he found \$2 to scratch for

1005
00:44:06,150 --> 00:44:04,240
change paid his way into the door looked

1006
00:44:08,309 --> 00:44:06,160
around the room found her walked up to

1007
00:44:10,739 --> 00:44:08,319
her and shot her in the back dead so

1008
00:44:12,230 --> 00:44:10,749
this being said how can I hold anger and

1009
00:44:14,730 --> 00:44:12,240
not have an act of forgiveness

1010
00:44:16,049 --> 00:44:14,740
this was orchestrated in front of my

1011
00:44:18,480 --> 00:44:16,059
face for two weeks

1012
00:44:20,579 --> 00:44:18,490
Wow she was going to pass and she

1013
00:44:24,029 --> 00:44:20,589

professed that to me even though she was

1014

00:44:26,339 --> 00:44:24,039

not aware of it so because of the beauty

1015

00:44:28,410 --> 00:44:26,349

that I was able to ride like a conscious

1016

00:44:31,289 --> 00:44:28,420

life stream in a raft to touch an

1017

00:44:34,319 --> 00:44:31,299

essence of myself and her and spirit I

1018

00:44:36,299 --> 00:44:34,329

was I was elated in the blessing that

1019

00:44:38,609 --> 00:44:36,309

was given to me Keith you have been

1020

00:44:41,099 --> 00:44:38,619

chosen to say the last loving words in

1021

00:44:42,720 --> 00:44:41,109

this person's conscious ear this is a

1022

00:44:44,999 --> 00:44:42,730

gift given to you by amber into my

1023

00:44:47,670 --> 00:44:45,009

spirit how could I be angry

1024

00:44:49,589 --> 00:44:47,680

he was a catalyst for something beyond

1025

00:44:54,029 --> 00:44:49,599

my own understanding Tilted till this

1026

00:44:57,950 --> 00:44:54,039

day well how that is fascinating

1027

00:45:01,400 --> 00:44:57,960

Keith could I just follow up to that

1028

00:45:08,039 --> 00:45:01,410

form how how would you define

1029

00:45:09,660 --> 00:45:08,049

forgiveness in a nutshell realizing that

1030

00:45:14,069 --> 00:45:09,670

nobody is a victim and nobody is a

1031

00:45:21,079 --> 00:45:14,079

perpetrator mmm it's all divinely

1032

00:45:26,130 --> 00:45:21,089

orchestrated solely sol y so ly s o u l

1033

00:45:28,140 --> 00:45:26,140

yeah one's expansion into expansion into

1034

00:45:30,900 --> 00:45:28,150

expansion into expansion we repeat the

1035

00:45:32,460 --> 00:45:30,910

cycle into we find ourselves so hyper

1036

00:45:33,750 --> 00:45:32,470

expanded all

1037

00:45:35,339 --> 00:45:33,760

of those things we thought we would

1038

00:45:38,640 --> 00:45:35,349

disconnect it from not just

1039

00:45:40,080 --> 00:45:38,650

intellectually here we know it we don't

1040

00:45:41,599 --> 00:45:40,090

know it because we read something we're

1041

00:45:43,800 --> 00:45:41,609

kind of really starting to believe it

1042

00:45:46,200 --> 00:45:43,810

just because my eyes are closed right

1043

00:45:47,460 --> 00:45:46,210

now you can bet I am aware of all these

1044

00:45:49,320 --> 00:45:47,470

things that are surrounding me they

1045

00:45:51,390 --> 00:45:49,330

taste in my mouth the feeling on my skin

1046

00:45:52,980 --> 00:45:51,400

the fact that I'm talking peripherally

1047

00:45:57,720 --> 00:45:52,990

where when you live in that kind of

1048

00:46:02,460 --> 00:45:57,730

expansion you're on your way home in the

1049

00:46:05,400 --> 00:46:02,470

body what do you have thought sir what

1050

00:46:07,609 --> 00:46:05,410

is your take on your truth about

1051
00:46:11,520 --> 00:46:07,619
forgiveness and how that works for you

1052
00:46:13,710 --> 00:46:11,530
and you know it I love your your

1053
00:46:16,980 --> 00:46:13,720
definition of it your perspective of it

1054
00:46:23,099 --> 00:46:16,990
it's I think it's very very parallel

1055
00:46:25,820 --> 00:46:23,109
with my I think my typically how I

1056
00:46:29,580 --> 00:46:25,830
define forgiveness is understanding

1057
00:46:31,800 --> 00:46:29,590
understanding ourselves understanding

1058
00:46:34,560 --> 00:46:31,810
the other person and I think true

1059
00:46:37,349 --> 00:46:34,570
forgiveness is truly understanding

1060
00:46:39,660 --> 00:46:37,359
ourselves where where I think the

1061
00:46:42,150 --> 00:46:39,670
illusion of forgiveness is when we're

1062
00:46:45,390 --> 00:46:42,160
trying to forgive another person which

1063
00:46:48,359 --> 00:46:45,400

can absolutely keep us locked into a

1064

00:46:51,079 --> 00:46:48,369

phase of victimization so I I just

1065

00:46:53,940 --> 00:46:51,089

absolutely loved it when you said

1066

00:46:57,270 --> 00:46:53,950

forgiveness is understanding there's no

1067

00:46:59,790 --> 00:46:57,280

victim there's no perpetrator it's a

1068

00:47:03,570 --> 00:46:59,800

probably an awareness beyond the

1069

00:47:06,540 --> 00:47:03,580

illusion of what happened and I I think

1070

00:47:08,220 --> 00:47:06,550

that's a beautiful place to get to now

1071

00:47:11,030 --> 00:47:08,230

mind you listening audience a place that

1072

00:47:13,890 --> 00:47:11,040

I am very steadfast and very firm in

1073

00:47:16,950 --> 00:47:13,900

forgiveness is an accent to the fact

1074

00:47:18,990 --> 00:47:16,960

thing right yeah but that being said if

1075

00:47:22,560 --> 00:47:19,000

you're somewhere and someone is

1076
00:47:24,510 --> 00:47:22,570
violating your perimeter forgiveness has

1077
00:47:26,310 --> 00:47:24,520
nothing to do with tolerating bad

1078
00:47:29,310 --> 00:47:26,320
people's beat people's behavior

1079
00:47:32,250 --> 00:47:29,320
what so ever and in that moment if you

1080
00:47:35,640 --> 00:47:32,260
have to quote fire back however that

1081
00:47:39,270 --> 00:47:35,650
needs to be to right quote the situation

1082
00:47:41,970 --> 00:47:39,280
it is allowed without karma but all that

1083
00:47:44,910 --> 00:47:41,980
being said after the event transpires if

1084
00:47:46,289 --> 00:47:44,920
you had to defend yourself however there

1085
00:47:48,660 --> 00:47:46,299
is work

1086
00:47:51,359 --> 00:47:48,670
needs to be done as to why one brought

1087
00:47:53,309 --> 00:47:51,369
this unconsciously into one's experience

1088
00:47:56,069 --> 00:47:53,319

in the first place you dissipate that

1089

00:47:57,900 --> 00:47:56,079

work run and then in there it's gone but

1090

00:48:00,499 --> 00:47:57,910

if you let it sit and sit and sit and

1091

00:48:02,219 --> 00:48:00,509

sit and fester and fester and fester

1092

00:48:03,900 --> 00:48:02,229

unconsciously or not this begins to

1093

00:48:06,569 --> 00:48:03,910

bring back your experience what do you

1094

00:48:08,279 --> 00:48:06,579

think so chippy man yeah a hundred

1095

00:48:11,579 --> 00:48:08,289

percent I love that I mean what I heard

1096

00:48:14,729 --> 00:48:11,589

you say is you have to have a backbone

1097

00:48:17,999 --> 00:48:14,739

you have to serve boundaries you know

1098

00:48:19,829 --> 00:48:18,009

otherwise we're essentially victimizing

1099

00:48:21,749 --> 00:48:19,839

ourselves under the guise of someone else

1100

00:48:23,370 --> 00:48:21,759

is victimizing us but if you know if we

1101

00:48:27,599 --> 00:48:23,380

become the passive doormat

1102

00:48:29,789 --> 00:48:27,609

and allow it then man then truly our

1103

00:48:31,499 --> 00:48:29,799

self is the only person to forgive and I

1104

00:48:34,709 --> 00:48:31,509

dare say we're mounting bad karma

1105

00:48:37,529 --> 00:48:34,719

against ourselves there so you have

1106

00:48:39,359 --> 00:48:37,539

rather I absolutely love that yeah if we

1107

00:48:41,640 --> 00:48:39,369

become a passive doormat you can bet

1108

00:48:45,719 --> 00:48:41,650

there are many upon many people who will

1109

00:48:50,160 --> 00:48:45,729

come ring your doorbell yeah I I agree

1110

00:48:52,469 --> 00:48:50,170

and you know the even when the quote

1111

00:48:53,849 --> 00:48:52,479

unquote atrocities happened to us

1112

00:48:57,509 --> 00:48:53,859

whatever they might be

1113

00:49:00,179 --> 00:48:57,519

man it is radical self responsibility in

1114

00:49:02,999 --> 00:49:00,189

the best sense of the term to after the

1115

00:49:05,939 --> 00:49:03,009

fact take a look at what was my role in

1116

00:49:08,849 --> 00:49:05,949

this like what was this to teach me how

1117

00:49:11,609 --> 00:49:08,859

did I unconsciously create this how was

1118

00:49:14,699 --> 00:49:11,619

this for my benefit even though it was

1119

00:49:17,759 --> 00:49:14,709

obviously at least perceptually against

1120

00:49:19,799 --> 00:49:17,769

me in the moment but I think that

1121

00:49:22,049 --> 00:49:19,809

radical self responsibility really

1122

00:49:25,890 --> 00:49:22,059

allows us to drink in the lessons that

1123

00:49:29,189 --> 00:49:25,900

life serves up JP I know you do a lot of

1124

00:49:31,620 --> 00:49:29,199

speaking publicly when you speak for

1125

00:49:34,259 --> 00:49:31,630

example don't don't remember that cold

1126

00:49:35,999 --> 00:49:34,269

medicine is like the ayahuasca it's

1127

00:49:37,589 --> 00:49:36,009

taking me to another level but all that

1128

00:49:39,029 --> 00:49:37,599

being said when you speak do you

1129

00:49:41,370 --> 00:49:39,039

normally speak about one particular

1130

00:49:43,829 --> 00:49:41,380

topic for example emotionally healing or

1131

00:49:45,419 --> 00:49:43,839

do you move around depending on the

1132

00:49:47,999 --> 00:49:45,429

event or is that kind of like your tour

1133

00:49:51,209 --> 00:49:48,009

right now yeah you know I'll move around

1134

00:49:54,809 --> 00:49:51,219

depending on the event you know the most

1135

00:49:57,809 --> 00:49:54,819

recent event I was speaking at I spoke

1136

00:49:59,670 --> 00:49:57,819

on the topic called creating an

1137

00:50:03,359 --> 00:49:59,680

unbeatable heart so

1138

00:50:06,990 --> 00:50:03,369

Yunis how to get in touch with your

1139

00:50:09,530 --> 00:50:07,000

heart and follow it as the north north

1140

00:50:14,670 --> 00:50:09,540

star of your life and then yeah the

1141

00:50:16,620 --> 00:50:14,680

three shows I did before that were just

1142

00:50:20,640 --> 00:50:16,630

comedy shows so I'm doing a lot of

1143

00:50:23,040 --> 00:50:20,650

material on different topics and in also

1144

00:50:25,829 --> 00:50:23,050

wasting insincere perspectives in there

1145

00:50:30,569 --> 00:50:25,839

so yeah a lot of times it's in it's

1146

00:50:35,069 --> 00:50:30,579

dependent on the the the gig if you will

1147

00:50:37,109 --> 00:50:35,079

but it's always within the realm of self

1148

00:50:39,569 --> 00:50:37,119

growth and self-realization which by the

1149

00:50:42,210 --> 00:50:39,579

way I mean what isn't within those

1150

00:50:45,329 --> 00:50:42,220

realms if you get into anything deep

1151
00:50:48,299 --> 00:50:45,339
enough so anything with the movie stand

1152
00:50:52,950 --> 00:50:48,309
up are you doing any stand-up yeah I am

1153
00:50:55,020 --> 00:50:52,960
I for me for my you know I did three

1154
00:50:57,750 --> 00:50:55,030
three comedy shows in three different

1155
00:51:02,220 --> 00:50:57,760
cities three days last week or the week

1156
00:51:04,470 --> 00:51:02,230
before and then it was great and I think

1157
00:51:07,430 --> 00:51:04,480
what I liked best about that was I

1158
00:51:10,410 --> 00:51:07,440
didn't put myself into the quote unquote

1159
00:51:12,390 --> 00:51:10,420
stand-up box where is Leo stand-up

1160
00:51:14,400 --> 00:51:12,400
comedy it's a great art form in and of

1161
00:51:17,010 --> 00:51:14,410
itself but there's a little bit of a box

1162
00:51:20,270 --> 00:51:17,020
but I said you know what I'm gonna do is

1163
00:51:24,960 --> 00:51:20,280

I'll stand up but I'll be JP Sears and

1164

00:51:27,539 --> 00:51:24,970

and if I have a sincere perspective to

1165

00:51:29,880 --> 00:51:27,549

lace into the subject matter of this

1166

00:51:32,579 --> 00:51:29,890

joke I'm gonna do it even though that's

1167

00:51:34,770 --> 00:51:32,589

not quote unquote stand-up so you know

1168

00:51:38,339 --> 00:51:34,780

for lack of a better term yes I've been

1169

00:51:39,809 --> 00:51:38,349

doing stand-up and but I like what I

1170

00:51:43,349 --> 00:51:39,819

like best about is me giving me

1171

00:51:45,059 --> 00:51:43,359

permission to be JP not just a stand-up

1172

00:51:47,549 --> 00:51:45,069

comedian while I'm doing stand-up and

1173

00:51:50,039 --> 00:51:47,559

and yeah I'll be doing a lot more I bet

1174

00:51:52,440 --> 00:51:50,049

you honestly be honest or you can you

1175

00:51:54,120 --> 00:51:52,450

can brag I mean did it work that did you

1176

00:51:56,760 --> 00:51:54,130

pull it off effortlessly was it good

1177

00:51:59,640 --> 00:51:56,770

well well yeah yeah and I'm gonna give

1178

00:52:03,000 --> 00:51:59,650

you a confession Keith it first off yeah

1179

00:52:05,370 --> 00:52:03,010

the show's went grey I I was thrilled

1180

00:52:08,520 --> 00:52:05,380

great response with the audience but

1181

00:52:11,819 --> 00:52:08,530

here's the confession you know I had it

1182

00:52:13,080 --> 00:52:11,829

easy where the the theaters we did the

1183

00:52:15,510 --> 00:52:13,090

shows in

1184

00:52:18,390 --> 00:52:15,520

you know the that was my audience they

1185

00:52:21,480 --> 00:52:18,400

were coming to see me so with normal

1186

00:52:24,180 --> 00:52:21,490

stand-up comedy you know it kind of gets

1187

00:52:25,830 --> 00:52:24,190

onstage just a comedy club full of

1188

00:52:27,300 --> 00:52:25,840

people drinking they don't know him or

1189

00:52:29,160 --> 00:52:27,310

her from anybody else

1190

00:52:32,640 --> 00:52:29,170

so the comic has to win the audience

1191

00:52:34,800 --> 00:52:32,650

over real quick or they don't want the

1192

00:52:36,600 --> 00:52:34,810

audience over but that's a big part of

1193

00:52:39,480 --> 00:52:36,610

that pure art form is winning the

1194

00:52:41,970 --> 00:52:39,490

audience over so in a way I had it easy

1195

00:52:43,830 --> 00:52:41,980

because through my videos and you know

1196

00:52:46,650 --> 00:52:43,840

enticing people to come and see me alive

1197

00:52:49,740 --> 00:52:46,660

you know people wouldn't have have come

1198

00:52:51,720 --> 00:52:49,750

saw me if I hadn't already won them over

1199

00:52:53,430 --> 00:52:51,730

in some regard so in other words I was

1200

00:52:55,380 --> 00:52:53,440

already in with people we already had

1201
00:52:58,770 --> 00:52:55,390
rapport so it's like we didn't have to

1202
00:53:00,960 --> 00:52:58,780
stand on ceremony and and you know get

1203
00:53:04,040 --> 00:53:00,970
to know each other is just like yeah

1204
00:53:07,320 --> 00:53:04,050
let's dive in and have a good time here

1205
00:53:08,730 --> 00:53:07,330
so JP you're not doing work among panels

1206
00:53:10,920 --> 00:53:08,740
picture you're not doing the per se

1207
00:53:14,280 --> 00:53:10,930
spiritual work but you're doing a public

1208
00:53:17,090 --> 00:53:14,290
speaking gig what would be your topic of

1209
00:53:20,190 --> 00:53:17,100
choice throughout the entire spiritual

1210
00:53:21,420 --> 00:53:20,200
subject book what would be your thing to

1211
00:53:28,650 --> 00:53:21,430
get up there and talk about just because

1212
00:53:31,650 --> 00:53:28,660
yeah it makes you wet one of my most wet

1213
00:53:36,030 --> 00:53:31,660

topics there is a saying yes to your

1214

00:53:38,280 --> 00:53:36,040

weirdness and I I think you know

1215

00:53:40,470 --> 00:53:38,290

speaking on the topic of weirdness I'm

1216

00:53:42,510 --> 00:53:40,480

very passionate about that because I

1217

00:53:44,910 --> 00:53:42,520

think weirdness you know weirdness up in

1218

00:53:48,360 --> 00:53:44,920

and of itself that's not the passion but

1219

00:53:50,190 --> 00:53:48,370

we're weirdness leads us that's what I'm

1220

00:53:52,110 --> 00:53:50,200

passionate about which is always to our

1221

00:53:54,510 --> 00:53:52,120

authenticity and I think where

1222

00:53:56,790 --> 00:53:54,520

authenticity leads us that's the real

1223

00:54:00,840 --> 00:53:56,800

passion and I think that's connection to

1224

00:54:04,770 --> 00:54:00,850

our higher self so but I think weirdness

1225

00:54:07,620 --> 00:54:04,780

is a very intriguing bridge subject

1226

00:54:09,390 --> 00:54:07,630

matter to speak on so it does light me

1227

00:54:12,150 --> 00:54:09,400

up and make me a little bit wet as you

1228

00:54:15,960 --> 00:54:12,160

mentioned and I love that you mentioned

1229

00:54:18,000 --> 00:54:15,970

passion passion is a fire it consumes it

1230

00:54:18,510 --> 00:54:18,010

takes no for an antigen well not take no

1231

00:54:21,990 --> 00:54:18,520

for an answer

1232

00:54:24,060 --> 00:54:22,000

it burns it burns reality into an

1233

00:54:25,530 --> 00:54:24,070

experience and the other side and that's

1234

00:54:26,670 --> 00:54:25,540

that's the roll up your sleeves get your

1235

00:54:29,040 --> 00:54:26,680

hands dirty kind of thing

1236

00:54:30,570 --> 00:54:29,050

and it may take a thousand years and it

1237

00:54:32,040 --> 00:54:30,580

takes a thousand years I'm gonna start

1238

00:54:34,680 --> 00:54:32,050

the project now and I'm gonna move

1239

00:54:36,390 --> 00:54:34,690

forward into I achieve the goal go

1240

00:54:37,830 --> 00:54:36,400

meaning the journey of course but I'm

1241

00:54:40,020 --> 00:54:37,840

doing this journey for a reason to

1242

00:54:41,490 --> 00:54:40,030

achieve my objective and passion is the

1243

00:54:44,820 --> 00:54:41,500

other side of the cornets that I'm

1244

00:54:46,680 --> 00:54:44,830

serious I mean it yeah if the

1245

00:54:49,980 --> 00:54:46,690

grandmothers bosom it's that place where

1246

00:54:53,010 --> 00:54:49,990

there's no thought it's just the the joy

1247

00:54:54,540 --> 00:54:53,020

the simplicity of it all can you tell me

1248

00:54:56,130 --> 00:54:54,550

a little bit before do you ignore with

1249

00:54:58,290 --> 00:54:56,140

the top of the hour a little bit about

1250

00:55:01,220 --> 00:54:58,300

passion your thoughts about how it works

1251
00:55:04,290 --> 00:55:01,230
to make things move in one person's life

1252
00:55:07,530 --> 00:55:04,300
yeah you know I think passion is the raw

1253
00:55:10,200 --> 00:55:07,540
energy of our heart and I think our

1254
00:55:12,570 --> 00:55:10,210
heart is one of our greatest assets here

1255
00:55:14,550 --> 00:55:12,580
on this human plane and your research

1256
00:55:16,140 --> 00:55:14,560
has been done that shows electromagnetic

1257
00:55:18,030 --> 00:55:16,150
field of the heart is 5,000 times

1258
00:55:20,370 --> 00:55:18,040
stronger than the electromagnetic field

1259
00:55:22,470 --> 00:55:20,380
of our head our heads awesome but it's

1260
00:55:25,820 --> 00:55:22,480
not to be worshipped so if we're not in

1261
00:55:28,530 --> 00:55:25,830
touch with our passion we don't have a

1262
00:55:30,780 --> 00:55:28,540
source of fuel that's five thousand

1263
00:55:33,210 --> 00:55:30,790

times stronger than our head so I think

1264

00:55:35,460 --> 00:55:33,220

you know none of us would say like it's

1265

00:55:37,560 --> 00:55:35,470

a bad idea to get passionate oh we all

1266

00:55:39,600 --> 00:55:37,570

know it's a great thing but the question

1267

00:55:42,120 --> 00:55:39,610

is how do we get in touch with our

1268

00:55:43,920 --> 00:55:42,130

passion how did that visceral fume

1269

00:55:45,900 --> 00:55:43,930

that's in our body it comes from our

1270

00:55:48,000 --> 00:55:45,910

heart and I think in order to get

1271

00:55:49,890 --> 00:55:48,010

passionate about something it's not

1272

00:55:51,660 --> 00:55:49,900

really a matter of finding that there's

1273

00:55:54,750 --> 00:55:51,670

something but it's a matter of finding

1274

00:55:57,390 --> 00:55:54,760

the feeling and and I think whatever our

1275

00:56:00,150 --> 00:55:57,400

circumstance is how we can find the

1276

00:56:03,750 --> 00:56:00,160

feeling of passion is get deeply in

1277

00:56:05,940 --> 00:56:03,760

touch with our Y our purpose so you're

1278

00:56:07,560 --> 00:56:05,950

doing this show Keith and I can tell you

1279

00:56:09,000 --> 00:56:07,570

have passion for I can tell you have a

1280

00:56:11,610 --> 00:56:09,010

lot of passion for your work

1281

00:56:14,310 --> 00:56:11,620

so I'm guessing you're a guy who feels

1282

00:56:16,110 --> 00:56:14,320

great purpose in your work you're a guy

1283

00:56:17,640 --> 00:56:16,120

who in you know for us to find our

1284

00:56:20,460 --> 00:56:17,650

purpose we can just really get in touch

1285

00:56:22,770 --> 00:56:20,470

with our why why do I do this why should

1286

00:56:24,660 --> 00:56:22,780

I do this why am I really called to do

1287

00:56:26,820 --> 00:56:24,670

this that gets us in touch with our

1288

00:56:29,790 --> 00:56:26,830

purpose which i think is beyond our

1289

00:56:32,640 --> 00:56:29,800

small little human cells and and I think

1290

00:56:36,570 --> 00:56:32,650

our purpose is then the funnel that

1291

00:56:38,100 --> 00:56:36,580

brings passion into our being JP we have

1292

00:56:39,220 --> 00:56:38,110

two minutes can you give us a final

1293

00:56:44,030 --> 00:56:39,230

thought sir

1294

00:56:46,160 --> 00:56:44,040

man I think life is too short too too

1295

00:56:48,770 --> 00:56:46,170

short and too important to take

1296

00:56:52,010 --> 00:56:48,780

seriously and I mean that in the best

1297

00:56:56,089 --> 00:56:52,020

sense of the term of importance I think

1298

00:56:57,710 --> 00:56:56,099

oftentimes we we disrespect our life by

1299

00:56:59,770 --> 00:56:57,720

getting serious about it and I think

1300

00:57:02,480 --> 00:56:59,780

seriousness is a fear-based

1301

00:57:04,970 --> 00:57:02,490

consciousness seriousness is a

1302

00:57:08,720 --> 00:57:04,980

constricted controlling consciousness of

1303

00:57:10,490 --> 00:57:08,730

our psyche so you know that that's not

1304

00:57:11,750 --> 00:57:10,500

to say we shouldn't take thing we

1305

00:57:13,609 --> 00:57:11,760

shouldn't look at things as important

1306

00:57:15,710 --> 00:57:13,619

it's like I think they're so important

1307

00:57:18,559 --> 00:57:15,720

that we shouldn't be serious about it we

1308

00:57:20,980 --> 00:57:18,569

can be sincere we can be playful but

1309

00:57:24,049 --> 00:57:20,990

seriousness I think is a fear-based

1310

00:57:27,349 --> 00:57:24,059

mechanism that's very seductive it's

1311

00:57:29,660 --> 00:57:27,359

very limiting and it's not expansive

1312

00:57:32,299 --> 00:57:29,670

it's constricting it's controlling so I

1313

00:57:34,910 --> 00:57:32,309

think a great opportunity for growth

1314

00:57:36,380 --> 00:57:34,920

that any one of us has is we can take a

1315

00:57:38,599 --> 00:57:36,390

look at our lives and ask ourselves what

1316

00:57:41,359 --> 00:57:38,609

do I take too seriously is it money

1317

00:57:43,460 --> 00:57:41,369

their relationship is that our kids what

1318

00:57:45,650 --> 00:57:43,470

is it is that like this deadline I have

1319

00:57:47,660 --> 00:57:45,660

at work tomorrow so whatever it is we

1320

00:57:52,250 --> 00:57:47,670

take two seriously once we identify it

1321

00:57:54,470 --> 00:57:52,260

we can we're looking at something that

1322

00:57:55,880 --> 00:57:54,480

we're afraid of or else we wouldn't have

1323

00:57:57,740 --> 00:57:55,890

the fear-based consciousness of

1324

00:57:59,059 --> 00:57:57,750

seriousness come up so that we can then

1325

00:58:01,849 --> 00:57:59,069

ask her so I was like what am I afraid

1326

00:58:04,609 --> 00:58:01,859

of here and like let's listen for our

1327

00:58:07,400 --> 00:58:04,619

answer rather than avoiding our answer

1328

00:58:11,359 --> 00:58:07,410

by compensating for it by dwelling in

1329

00:58:12,589 --> 00:58:11,369

the land of seriousness Jake be serious

1330

00:58:14,299 --> 00:58:12,599

thank you for being a humorous

1331

00:58:16,099 --> 00:58:14,309

insightful guest here instead of light

1332

00:58:18,829 --> 00:58:16,109

radio you're welcome here anytime sir

1333

00:58:22,370 --> 00:58:18,839

okay thank you brother for being your

1334

00:58:24,289 --> 00:58:22,380

weird self and for having me right okay

1335

00:58:25,549 --> 00:58:24,299

I'll be in touch with you soon sir

1336

00:58:27,530 --> 00:58:25,559

we'll do some chit chatting I got some

1337

00:58:29,270 --> 00:58:27,540

things I want to send you and much love

1338

00:58:30,530 --> 00:58:29,280

to you buddy I really respect and

1339

00:58:33,349 --> 00:58:30,540

appreciate what you're doing very

1340

00:58:35,329 --> 00:58:33,359

powerfully if that sounds great kids

1341

00:58:37,309 --> 00:58:35,339

much love back at you buddy

1342

00:58:39,680 --> 00:58:37,319

everyone JP Sears you could find more

1343

00:58:41,539 --> 00:58:39,690

about this phenomenal funny individual

1344

00:58:44,089 --> 00:58:41,549

he will enlighten you with sake dear

1345

00:58:48,620 --> 00:58:44,099

Lord East is amazing find more about him

1346

00:58:49,850 --> 00:58:48,630

at WWE weekend with JP comm next week

1347

00:58:51,800 --> 00:58:49,860

off centre of light radio

1348

00:58:55,070 --> 00:58:51,810

money 6:00 p.m. Eastern Standard Time

1349

00:58:56,450 --> 00:58:55,080

I'm always in this chair usually nice

1350

00:58:58,520 --> 00:58:56,460

children to be a buck is a Christmas

1351
00:59:00,080 --> 00:58:58,530
special information that came through

1352
00:59:01,850 --> 00:59:00,090
the Divine Principle devote that channel

1353
00:59:04,880 --> 00:59:01,860
4 channel Iron Man and like that word

1354
00:59:06,620 --> 00:59:04,890
for anyway for eight years but the life

1355
00:59:08,600 --> 00:59:06,630
of Christ and my personal experience

1356
00:59:10,610 --> 00:59:08,610
with Yeshua in a dreamscape that he took

1357
00:59:14,290 --> 00:59:10,620
me out and I spent two weeks in an

1358
00:59:19,640 --> 00:59:14,300
800-seat period surely and metaphorical

1359
00:59:21,320 --> 00:59:19,650
vision of humanity's future be here for

1360
00:59:23,150 --> 00:59:21,330
that you keep a fatigue when she hosts

1361
00:59:24,380 --> 00:59:23,160
the sin of light radio I love you I love

1362
00:59:27,200 --> 00:59:24,390
you I love you remember when you lay

1363
00:59:28,520 --> 00:59:27,210

down at that you have nothing to do you

1364

00:59:30,230 --> 00:59:28,530

might as well be feeling something and

1365

00:59:31,820 --> 00:59:30,240

that something is breathing breathing

1366

00:59:34,130 --> 00:59:31,830

with passion breathing with sincerity

1367

00:59:36,110 --> 00:59:34,140

fall into that space ball of fun to the

1368

00:59:42,590 --> 00:59:36,120

Stargate if you breathe because you

1369

00:59:44,840 --> 00:59:42,600

really need 10 minutes later this

1370

00:59:47,540 --> 00:59:44,850

breathing you will touch the cosmic life

1371

00:59:50,180 --> 00:59:47,550

stream and in that profound deafening

1372

00:59:53,520 --> 00:59:50,190

silences everything