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Center of Light Radio

Guest: Charis Malina Brown

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
00:01:19,950 --> 00:01:16,540
heaven on earth your host Keith Anthony

9
00:01:21,300 --> 00:01:19,960
Blanchard Wow welcome to the show

10
00:01:23,790 --> 00:01:21,310
everybody Keith Anthony Blanchett you're

11
00:01:28,170 --> 00:01:23,800
a host here center of light radio every

12
00:01:29,490 --> 00:01:28,180
Monday night 6 p.m. eastern time or your

13
00:01:31,230 --> 00:01:29,500

spiritual seekers ready to move forward

14

00:01:33,330 --> 00:01:31,240

in your life and telling you about my

15

00:01:36,840 --> 00:01:33,340

rpm program recognize plug in and

16

00:01:40,260 --> 00:01:36,850

manifest your life this is my life long

17

00:01:42,210 --> 00:01:40,270

work 25 plus years in the making for me

18

00:01:43,830 --> 00:01:42,220

to release this to the public I'm very

19

00:01:45,510 --> 00:01:43,840

confident about the power tools that I

20

00:01:47,400 --> 00:01:45,520

have in this program recognize plug in

21

00:01:49,469 --> 00:01:47,410

and manifest your life go to sinner of

22

00:01:51,389 --> 00:01:49,479

light radio calm at the bottom of the

23

00:01:53,790 --> 00:01:51,399

page you will see a fast moving Ferrari

24

00:01:55,680 --> 00:01:53,800

Ferrari meaning power that which is

25

00:01:58,130 --> 00:01:55,690

sleek that which represents something

26

00:02:02,180 --> 00:01:58,140

just really really cool and full of mmm

27

00:02:04,260 --> 00:02:02,190

deliciousness as my guest Karras say

28

00:02:07,169 --> 00:02:04,270

click on that link and it'll take you to

29

00:02:08,969 --> 00:02:07,179

another page for rpm program you there

30

00:02:10,859 --> 00:02:08,979

you will discover what you will get and

31

00:02:12,510 --> 00:02:10,869

what you will be able to create again my

32

00:02:14,130 --> 00:02:12,520

lifelong work you can also send me an

33

00:02:16,980 --> 00:02:14,140

email at Keith Anthony Blanchett at

34

00:02:18,900 --> 00:02:16,990

gmail.com and say mr. Blanchard and skip

35

00:02:20,760 --> 00:02:18,910

the mr. plane just call me Keith I want

36

00:02:22,559 --> 00:02:20,770

my free session sign you up get you

37

00:02:24,690 --> 00:02:22,569

going to moving in to greater degrees of

38

00:02:26,940 --> 00:02:24,700

people is if you have a blocking line I

39

00:02:28,170 --> 00:02:26,950

am the go-to guy I can help you move

40

00:02:29,850 --> 00:02:28,180

through that not because you're broken

41

00:02:31,170 --> 00:02:29,860

I'm gonna power empower you with the

42

00:02:33,660 --> 00:02:31,180

tools that you can just kind of

43

00:02:36,390 --> 00:02:33,670

dismantle that block but also a great

44

00:02:38,190 --> 00:02:36,400

intuition you want you want to expand in

45

00:02:40,320 --> 00:02:38,200

your awareness learn how to be a

46

00:02:42,120 --> 00:02:40,330

conscious deliberate creator all that

47

00:02:44,640 --> 00:02:42,130

cool spiritual stuff this is not in

48

00:02:46,800 --> 00:02:44,650

cliche trust me when I J well Keith

49

00:02:48,449 --> 00:02:46,810

anybody would say that no I am Telling

50

00:02:50,309 --> 00:02:48,459

You this is not cliché I have put this

51
00:02:51,809 --> 00:02:50,319
into practice for many many many years

52
00:02:53,550 --> 00:02:51,819
and the people who are taking on this

53
00:02:57,120 --> 00:02:53,560
work or responding to me with this big

54
00:02:57,690 --> 00:02:57,130
all capital letters Wow underlined three

55
00:03:00,119 --> 00:02:57,700
times

56
00:03:01,199 --> 00:03:00,129
triple bolded and all that cool stuff I

57
00:03:03,150 --> 00:03:01,209
promise you

58
00:03:04,920 --> 00:03:03,160
rpm is the way to go contact me and

59
00:03:07,110 --> 00:03:04,930
Keith Anthony Blanchett at gmail and ask

60
00:03:08,610 --> 00:03:07,120
for your free session also why it's sort

61
00:03:10,440 --> 00:03:08,620
of like radio opening page you'll see a

62
00:03:11,820 --> 00:03:10,450
signup form fill it out you'll get my

63
00:03:14,270 --> 00:03:11,830

ongoing newsletter when I haven't

64

00:03:16,010 --> 00:03:14,280

started yet but hopefully soon

65

00:03:17,570 --> 00:03:16,020

but you will begin to receive all of my

66

00:03:19,699 --> 00:03:17,580

creations that which I used to charge

67

00:03:22,130 --> 00:03:19,709

money for for free

68

00:03:24,199 --> 00:03:22,140

say what that's exactly right for free I

69

00:03:25,970 --> 00:03:24,209

woke up one morning in spirit spirit 9th

70

00:03:29,210 --> 00:03:25,980

grade a little separation there I heard

71

00:03:31,240 --> 00:03:29,220

a voice inside that said Keith give your

72

00:03:33,559 --> 00:03:31,250

stuff away and I said give my stuff away

73

00:03:35,630 --> 00:03:33,569

where am I gonna get my money and then

74

00:03:38,390 --> 00:03:35,640

it sort of metaphorically chapt in my

75

00:03:40,070 --> 00:03:38,400

shoulder said your money does not come

76

00:03:42,050 --> 00:03:40,080

to you in the way that you think in that

77

00:03:43,790 --> 00:03:42,060

stuff that you have created is not yours

78

00:03:45,920 --> 00:03:43,800

and it's not right for you to hoard it

79

00:03:47,720 --> 00:03:45,930

give it away so that's what I'm doing

80

00:03:49,190 --> 00:03:47,730

sign up in that form on the center of

81

00:03:51,050 --> 00:03:49,200

light opening page and we'll get you

82

00:03:53,270 --> 00:03:51,060

going that's for sure

83

00:03:55,160 --> 00:03:53,280

are you a sinner of light radio listener

84

00:03:56,930 --> 00:03:55,170

I'm glad you here the chat room has been

85

00:03:58,880 --> 00:03:56,940

full lately everything were steaming out

86

00:04:02,840 --> 00:03:58,890

I'm appreciating you greatly couple of

87

00:04:04,880 --> 00:04:02,850

more announcements really quick so many

88

00:04:06,440 --> 00:04:04,890

services I provide speaking services I

89

00:04:07,970 --> 00:04:06,450

can cater to your theme I can travel

90

00:04:10,160 --> 00:04:07,980

anywhere in the United States anywhere

91

00:04:12,410 --> 00:04:10,170

outside the United States it all depends

92

00:04:14,180 --> 00:04:12,420

on you I can talk about life-changing

93

00:04:16,490 --> 00:04:14,190

presentations divine incarnations that

94

00:04:18,560 --> 00:04:16,500

I've been fortunate in my lifetime this

95

00:04:20,840 --> 00:04:18,570

lifetime to hang out with bergamot sri

96

00:04:23,719 --> 00:04:20,850

sathya sai sai baba behind me as well as

97

00:04:26,750 --> 00:04:23,729

swami vog who are hung out with hung out

98

00:04:28,520 --> 00:04:26,760

with recently presentational

99

00:04:30,770 --> 00:04:28,530

extraterrestrials many many different

100

00:04:33,440 --> 00:04:30,780

types of themes and subjects if you have

101
00:04:35,480 --> 00:04:33,450
spiritual squatters in your house we're

102
00:04:36,560 --> 00:04:35,490
talking about ghosts is's and they're

103
00:04:38,420 --> 00:04:36,570
bothering you and they're not paying

104
00:04:40,400 --> 00:04:38,430
rent and you want them gone because it

105
00:04:42,740 --> 00:04:40,410
causing you trouble I will be with you

106
00:04:45,230 --> 00:04:42,750
to the end I know what it's like to be

107
00:04:46,940 --> 00:04:45,240
in a situation that is just not fun and

108
00:04:49,279 --> 00:04:46,950
I will give you power tools I won't give

109
00:04:50,960 --> 00:04:49,289
you ideas I will give you a bag of

110
00:04:53,840 --> 00:04:50,970
tricks I'll bring you a spiritual

111
00:04:55,760 --> 00:04:53,850
arsenal then I promise you if you begin

112
00:04:58,610 --> 00:04:55,770
to implement this in your life they will

113
00:05:00,800 --> 00:04:58,620

disappear just as fast as they came in

114

00:05:03,409 --> 00:05:00,810

you can contact me at Keith Anthony

115

00:05:05,029 --> 00:05:03,419

Blanchard at gmail for that and now it's

116

00:05:09,170 --> 00:05:05,039

time to get down the center of light

117

00:05:12,560 --> 00:05:09,180

radio business today I'm center of light

118

00:05:14,510 --> 00:05:12,570

radio my guest is Karis vilena Malia

119

00:05:15,940 --> 00:05:14,520

brown and we're going to be talking

120

00:05:18,590 --> 00:05:15,950

about I love this title

121

00:05:19,700 --> 00:05:18,600

ascension through deliciousness let me

122

00:05:21,560 --> 00:05:19,710

tell you a little bit about the show

123

00:05:23,870 --> 00:05:21,570

carrots will enhance the serve light

124

00:05:26,210 --> 00:05:23,880

radio audience connection with the

125

00:05:27,260 --> 00:05:26,220

unseat world unseen world that is a

126

00:05:29,750 --> 00:05:27,270

hallmark of human

127

00:05:33,020 --> 00:05:29,760

life and consciousness as well as every

128

00:05:35,240 --> 00:05:33,030

spiritual tradition in the world trained

129

00:05:38,180 --> 00:05:35,250

in conventional as well as new innovates

130

00:05:40,430 --> 00:05:38,190

innovative methods Karras is a pillar of

131

00:05:42,410 --> 00:05:40,440

the new golden paradigm of grounded

132

00:05:45,050 --> 00:05:42,420

embodied relevant consciousness in the

133

00:05:47,390 --> 00:05:45,060

world today combining ancient traditions

134

00:05:49,100 --> 00:05:47,400

with modern technology caris is

135

00:05:51,860 --> 00:05:49,110

dedicated to the path of Ascension

136

00:05:54,530 --> 00:05:51,870

through deliciousness into work whether

137

00:05:56,860 --> 00:05:54,540

individually or in group settings you

138

00:06:00,620 --> 00:05:56,870

can find more about my guest today at

139

00:06:04,580 --> 00:06:00,630

wws molina calm and you spell that ch8

140

00:06:06,140 --> 00:06:04,590

or i smel in a.com

141

00:06:12,050 --> 00:06:06,150

welcome to soon of light radio dear

142

00:06:15,890 --> 00:06:12,060

thank you I'm happy you here you came by

143

00:06:18,890 --> 00:06:15,900

a referral of my producer mr. Joe and so

144

00:06:21,050 --> 00:06:18,900

here we are tell me a little bit let's

145

00:06:27,980 --> 00:06:21,060

just dive right in about ascension

146

00:06:30,530 --> 00:06:27,990

through deliciousness yeah well it's all

147

00:06:32,870 --> 00:06:30,540

about doing the work of course but I

148

00:06:34,550 --> 00:06:32,880

really believe and have experienced that

149

00:06:36,530 --> 00:06:34,560

we're at this time in human evolution

150

00:06:38,390 --> 00:06:36,540

where we're bringing the lower and upper

151
00:06:41,900 --> 00:06:38,400
chakras together of course which a lot

152
00:06:45,050 --> 00:06:41,910
of people know but there have to be

153
00:06:46,940 --> 00:06:45,060
people on the planet who hold the light

154
00:06:49,190 --> 00:06:46,950
in a different way that's not battle

155
00:06:50,690 --> 00:06:49,200
oriented and I think that's a new that's

156
00:06:53,060 --> 00:06:50,700
a new thing and I came through the light

157
00:06:56,420 --> 00:06:53,070
warrior path I've definitely done that

158
00:06:59,030 --> 00:06:56,430
and then I just got these slow versions

159
00:07:01,070 --> 00:06:59,040
the sequence of epiphanies saying that

160
00:07:03,260 --> 00:07:01,080
yeah when it's time to do the work do

161
00:07:06,530 --> 00:07:03,270
the work but when you're not having to

162
00:07:08,720 --> 00:07:06,540
face the the struggle and the pushing

163
00:07:10,460 --> 00:07:08,730

you're towing the line of evolution one

164

00:07:12,230 --> 00:07:10,470

of the ways to do that is by focusing on

165

00:07:14,630 --> 00:07:12,240

the good good good good good good and

166

00:07:17,990 --> 00:07:14,640

really like harmonizing that and and

167

00:07:19,700 --> 00:07:18,000

honing it and mastering it because for

168

00:07:21,260 --> 00:07:19,710

all of the humans who are suffering in

169

00:07:23,000 --> 00:07:21,270

the world and beings who are suffering

170

00:07:25,580 --> 00:07:23,010

in the world it's so important that we

171

00:07:27,350 --> 00:07:25,590

hold the other end of it so somebody is

172

00:07:28,760 --> 00:07:27,360

one of the things that I often found

173

00:07:29,990 --> 00:07:28,770

myself saying when I first started

174

00:07:32,420 --> 00:07:30,000

coming into the Ascension through

175

00:07:33,860 --> 00:07:32,430

deliciousness paradigm was you know a

176

00:07:36,440 --> 00:07:33,870

lot of people are praying to have the

177

00:07:38,510 --> 00:07:36,450

life that we live I've heard that if you

178

00:07:40,110 --> 00:07:38,520

even own a computer you already are the

179

00:07:42,780 --> 00:07:40,120

one person so

180

00:07:45,120 --> 00:07:42,790

if people are praying to live your life

181

00:07:46,950 --> 00:07:45,130

and you're not enjoying it then what are

182

00:07:49,170 --> 00:07:46,960

they praying for so somebody's got to

183

00:07:50,610 --> 00:07:49,180

hold down heaven and the way that I

184

00:07:52,350 --> 00:07:50,620

think of ascension to deliciousness and

185

00:07:53,700 --> 00:07:52,360

just in those tiny moments I mean when

186

00:07:55,170 --> 00:07:53,710

you're in the shower washing your hair

187

00:07:57,240 --> 00:07:55,180

when you're eating some really good food

188

00:07:59,010 --> 00:07:57,250

just allowing that to come and expand

189

00:08:02,400 --> 00:07:59,020

and expand and expand and expand so you

190

00:08:05,610 --> 00:08:02,410

create this purifying field of positive

191

00:08:06,990 --> 00:08:05,620

energy and body not just popping out of

192

00:08:09,450 --> 00:08:07,000

your body and working on your light

193

00:08:11,640 --> 00:08:09,460

field but embodying it and coursing it

194

00:08:14,040 --> 00:08:11,650

through and allowing yourself to be like

195

00:08:15,900 --> 00:08:14,050

I said a purifying generative force in

196

00:08:18,660 --> 00:08:15,910

the world and people can feel it you'd

197

00:08:19,740 --> 00:08:18,670

be amazed to hear the responses from

198

00:08:21,180 --> 00:08:19,750

people who don't even believe in

199

00:08:22,980 --> 00:08:21,190

spiritual stuff feels like you came in

200

00:08:24,930 --> 00:08:22,990

the room and I felt amazing and I can't

201

00:08:26,910 --> 00:08:24,940

stop thinking about like well cool it's

202

00:08:28,710 --> 00:08:26,920

because I do all these things every day

203

00:08:30,780 --> 00:08:28,720

and have for a decade and a half at this

204

00:08:34,620 --> 00:08:30,790

but yeah it definitely works and I think

205

00:08:37,500 --> 00:08:34,630

it's fun I love what you said by holding

206

00:08:39,690 --> 00:08:37,510

heaven down and for those out there

207

00:08:42,270 --> 00:08:39,700

she's not mean like holding it at bay

208

00:08:44,340 --> 00:08:42,280

she's meaning being the anchor being the

209

00:08:46,680 --> 00:08:44,350

lightning rod very firmly planted like

210

00:08:49,080 --> 00:08:46,690

Peter the rock and being unmovable and

211

00:08:50,910 --> 00:08:49,090

unsalable I'm not influenced or swayed

212

00:08:53,550 --> 00:08:50,920

by the definitely not the negative and

213

00:08:55,620 --> 00:08:53,560

maybe somewhat but also not the positive

214

00:08:57,000 --> 00:08:55,630

because there's another paradigm another

215

00:08:59,070 --> 00:08:57,010

thing that happens when you are

216

00:09:01,650 --> 00:08:59,080

unmovable because you become the

217

00:09:03,510 --> 00:09:01,660

dominant tone if you have that kind of

218

00:09:05,280 --> 00:09:03,520

spirituality about you to hold that kind

219

00:09:06,570 --> 00:09:05,290

of light and anchor down dear Lord watch

220

00:09:10,650 --> 00:09:06,580

what happens to the room of the people

221

00:09:13,770 --> 00:09:10,660

that you with yeah definitely true yeah

222

00:09:15,120 --> 00:09:13,780

and I think that it's it's a concept

223

00:09:16,560 --> 00:09:15,130

that other people teach I mean for

224

00:09:18,030 --> 00:09:16,570

instance Abraham Hicks is really great

225

00:09:21,630 --> 00:09:18,040

at that follow the yummy follow the

226

00:09:24,030 --> 00:09:21,640

yummy but the thing that I think is is

227

00:09:26,040 --> 00:09:24,040

missing sometimes is also the ability to

228

00:09:28,080 --> 00:09:26,050

do shadow work because shadow works so

229

00:09:31,250 --> 00:09:28,090

important and also knowing because I

230

00:09:33,420 --> 00:09:31,260

really do believe that we are in the

231

00:09:35,460 --> 00:09:33,430

emergence of the Golden Age were in a

232

00:09:36,930 --> 00:09:35,470

renaissance of thought I think a couple

233

00:09:39,030 --> 00:09:36,940

generations down the line they're gonna

234

00:09:40,770 --> 00:09:39,040

look back right here right now and say

235

00:09:43,380 --> 00:09:40,780

that was the beginning of when the world

236

00:09:45,510 --> 00:09:43,390

became a unified place thanks to the

237

00:09:46,800 --> 00:09:45,520

internet and the possibility of

238

00:09:49,320 --> 00:09:46,810

traveling that happen they were the

239

00:09:51,810 --> 00:09:49,330

innovators they were the pioneers yeah

240

00:09:53,199 --> 00:09:51,820

and all people lots of people around the

241

00:09:56,169 --> 00:09:53,209

world the like yeah

242

00:09:58,449 --> 00:09:56,179

love it and if we've been blessed enough

243

00:09:59,889 --> 00:09:58,459

to be in a situation where you can then

244

00:10:01,869 --> 00:09:59,899

I think you have to it's your

245

00:10:03,369 --> 00:10:01,879

responsibility to if you have been born

246

00:10:04,720 --> 00:10:03,379

in a world where you're not starving and

247

00:10:06,100 --> 00:10:04,730

where there's not disease all around you

248

00:10:08,799 --> 00:10:06,110

where there's not war all around you and

249

00:10:11,199 --> 00:10:08,809

where you have enough then it's I think

250

00:10:13,090 --> 00:10:11,209

it's our responsibility to shine that

251

00:10:15,160 --> 00:10:13,100

and to be proud of it I think a lot of

252

00:10:17,379 --> 00:10:15,170

especially white workers feel bad that

253

00:10:18,850 --> 00:10:17,389

they're not in more difficult times and

254

00:10:20,439 --> 00:10:18,860

it's hard for them to enjoy it but I

255

00:10:22,269 --> 00:10:20,449

think and I think this is kind of

256

00:10:23,859 --> 00:10:22,279

revolutionary too from what other people

257

00:10:26,109 --> 00:10:23,869

are sometimes saying is that it's your

258

00:10:27,549 --> 00:10:26,119

responsibility to say no I have to

259

00:10:29,290 --> 00:10:27,559

anchor this and I have to shine it

260

00:10:31,239 --> 00:10:29,300

because that's how we create these

261

00:10:33,069 --> 00:10:31,249

generative fields that lets more people

262

00:10:35,949 --> 00:10:33,079

come and magnetize Florida and that's

263

00:10:38,699 --> 00:10:35,959

how you can heal the world - what do you

264

00:10:41,139 --> 00:10:38,709

think about these spiritualists who say

265

00:10:43,749 --> 00:10:41,149

you know someone so has a Messiah

266

00:10:46,059 --> 00:10:43,759

Complex I have a Messiah Complex

267

00:10:48,910 --> 00:10:46,069

I enjoy my Messiah Complex I wish there

268

00:10:52,989 --> 00:10:48,920

were more you had Messiah complexes

269

00:10:55,749 --> 00:10:52,999

because the first place to bring about

270

00:10:58,090 --> 00:10:55,759

change in the world and do it with such

271

00:11:00,129 --> 00:10:58,100

a way that you know if you can take

272

00:11:02,379 --> 00:11:00,139

responsibility for the whole world

273

00:11:04,389 --> 00:11:02,389

you know guess what happens the world

274

00:11:08,710 --> 00:11:04,399

becomes a lumen in all this craziness

275

00:11:10,989 --> 00:11:08,720

this unbalanced energy just stops yeah I

276

00:11:11,980 --> 00:11:10,999

definitely that's one of the I was just

277

00:11:13,749 --> 00:11:11,990

talking about this the other day

278

00:11:15,340 --> 00:11:13,759

actually great synchronicity that it's

279

00:11:17,319 --> 00:11:15,350

important to see our to see our own

280

00:11:19,119 --> 00:11:17,329

shadows so we can deal with it and also

281

00:11:21,249 --> 00:11:19,129

a lot of our superpowers hide in our

282

00:11:24,100 --> 00:11:21,259

shadow and one of the things I was

283

00:11:25,900 --> 00:11:24,110

saying was yeah I definitely am guilty

284

00:11:27,429 --> 00:11:25,910

of having a Messiah Complex I was

285

00:11:30,220 --> 00:11:27,439

thinking that do we have to save

286

00:11:33,009 --> 00:11:30,230

everyone but as long as you don't let it

287

00:11:35,049 --> 00:11:33,019

tie you down and make you tired and

288

00:11:36,910 --> 00:11:35,059

exhaust you and make you lose faith and

289

00:11:39,100 --> 00:11:36,920

I think that's okay because everything

290

00:11:41,439 --> 00:11:39,110

is connected and if you are thinking

291

00:11:44,139 --> 00:11:41,449

about helping the people around you by

292

00:11:46,329 --> 00:11:44,149

the vibe that you hold then all the more

293

00:11:47,710 --> 00:11:46,339

reason to keep going strong and that

294

00:11:49,030 --> 00:11:47,720

sometimes the thing that gets you out of

295

00:11:50,410 --> 00:11:49,040

bed in the morning and get you to do

296

00:11:51,939 --> 00:11:50,420

your spiritual practice and get you to

297

00:12:07,480 --> 00:11:51,949

grumble through your yoga and whatever

298

00:12:08,049 --> 00:12:07,490

it is is no tell me more about this work

299

00:12:09,639 --> 00:12:08,059

that you do

300

00:12:12,460 --> 00:12:09,649

ascension through delicious and the word

301

00:12:14,019 --> 00:12:12,470

that the title is pretty descriptive but

302

00:12:14,499 --> 00:12:14,029

let's get into the meat and tie turtle

303

00:12:16,600 --> 00:12:14,509

at all

304

00:12:19,150 --> 00:12:16,610

what is this ascension through

305

00:12:28,689 --> 00:12:19,160

deliciousness take me through a Karass

306

00:12:31,179 --> 00:12:28,699

day okay so well first off the the term

307

00:12:33,879 --> 00:12:31,189

ascension means kind of evolution into

308

00:12:35,919 --> 00:12:33,889

our light being cells I'm I'm been

309

00:12:38,259 --> 00:12:35,929

experimenting now for about a decade on

310

00:12:41,139 --> 00:12:38,269

things like biohacking and super food

311

00:12:43,239 --> 00:12:41,149

nutrition and and pranic techniques I'm

312

00:12:46,980 --> 00:12:43,249

about a year into chronic breathing on

313

00:12:50,859 --> 00:12:46,990

the daily and so it's my it's my goal to

314

00:12:53,379 --> 00:12:50,869

keep this body as top running as it can

315

00:12:55,809 --> 00:12:53,389

be for for as long as it can be and then

316

00:12:57,340 --> 00:12:55,819

some people might laugh at this but I'm

317

00:12:58,539 --> 00:12:57,350

kind of going I mean we'll see if I do

318

00:13:00,939 --> 00:12:58,549

it or not but I'm going to the whole

319

00:13:03,189 --> 00:13:00,949

dissolve into light thing I don't really

320

00:13:04,749 --> 00:13:03,199

want my body decomposed around me I'm

321

00:13:06,189 --> 00:13:04,759

kind of going well maybe one day I'll

322

00:13:09,340 --> 00:13:06,199

walk into a tree and disappear and I

323

00:13:12,819 --> 00:13:09,350

know that's very sci-fi fantasy aim high

324

00:13:16,929 --> 00:13:12,829

you know so so a day a day of mine is

325

00:13:19,269 --> 00:13:16,939

usually on a work day not a chillin

326

00:13:21,009 --> 00:13:19,279

round rounding I usually set my alarm

327

00:13:23,859 --> 00:13:21,019

clock a few times I said it for three I

328

00:13:25,509 --> 00:13:23,869

said it for four and I set for 444 and

329

00:13:27,579 --> 00:13:25,519

then I get up at four forty four and

330

00:13:31,090 --> 00:13:27,589

write down my dreams if I had any and

331

00:13:33,639 --> 00:13:31,100

then have a cup of hot water and go to

332

00:13:36,340 --> 00:13:33,649

the gym and do weight training and then

333

00:13:37,780 --> 00:13:36,350

and the gym going the steam room and

334

00:13:40,030 --> 00:13:37,790

meditate and then in the meditation

335

00:13:42,460 --> 00:13:40,040

align all chakras I work from the top

336

00:13:43,840 --> 00:13:42,470

down rather than the bottom up a lot of

337

00:13:49,449 --> 00:13:43,850

teachers will teach you from the bottom

338

00:13:51,850 --> 00:13:49,459

up but I like I like it it makes sense

339

00:13:54,100 --> 00:13:51,860

to me that even though heaven or God or

340

00:13:55,749 --> 00:13:54,110

source is not really up there it is so

341

00:13:58,239 --> 00:13:55,759

ingrained in our consciousness that it's

342

00:14:00,970 --> 00:13:58,249

up there and though our crown chakra is

343

00:14:02,710 --> 00:14:00,980

somewhat up here it does make sense to

344

00:14:05,230 --> 00:14:02,720

me that you would be pulling light down

345

00:14:07,210 --> 00:14:05,240

too grounded into the earth versus you

346

00:14:10,360 --> 00:14:07,220

know Mother Earth has a Gaia has an own

347

00:14:12,939 --> 00:14:10,370

energy but you know without source it

348

00:14:15,129 --> 00:14:12,949

just makes more sense to me I think so

349

00:14:17,350 --> 00:14:15,139

too and I think that I know that when I

350

00:14:18,940 --> 00:14:17,360

start at the upper chakras and then you

351

00:14:21,090 --> 00:14:18,950

know start with meditating on

352

00:14:23,410 --> 00:14:21,100

Lyde and bring it down through intuition

353

00:14:24,970 --> 00:14:23,420

speaking and then do the hard and then

354

00:14:27,130 --> 00:14:24,980

do the will and then do the connection

355

00:14:29,350 --> 00:14:27,140

and then finally down to the earth and

356

00:14:32,500 --> 00:14:29,360

anchoring into the heart of the planet

357

00:14:34,540 --> 00:14:32,510

there's this moment where you're feeling

358

00:14:37,360 --> 00:14:34,550

your physicalness you're feeling your

359

00:14:39,280 --> 00:14:37,370

humanity and at the same time you're

360

00:14:40,630 --> 00:14:39,290

coursing all this divine light through

361

00:14:42,180 --> 00:14:40,640

your being and also sending it down to

362

00:14:45,130 --> 00:14:42,190

the earth and it's a really delicious

363

00:14:46,900 --> 00:14:45,140

moment it's a really beautiful kind of

364

00:14:48,820 --> 00:14:46,910

decadent kind of kind of luscious and

365

00:14:50,590 --> 00:14:48,830

scrumptious moment of saying and that in

366

00:14:52,570 --> 00:14:50,600

that moment you can say I am doing what

367

00:14:55,330 --> 00:14:52,580

I'm here to do I'm holding right I am

368

00:14:58,270 --> 00:14:55,340

being incarnate whatever you want to say

369

00:15:00,850 --> 00:14:58,280

in those moments and then the next parts

370

00:15:02,380 --> 00:15:00,860

of my meditation are I activate

371

00:15:03,970 --> 00:15:02,390

well first you work on your little

372

00:15:05,590 --> 00:15:03,980

bubble you're at the earth bubble make

373

00:15:07,690 --> 00:15:05,600

sure there are no tears the net ribs in

374

00:15:09,790 --> 00:15:07,700

it holds in at weak spots you know buff

375

00:15:12,700 --> 00:15:09,800

it up with some pronouns and Chi and

376

00:15:15,160 --> 00:15:12,710

then I spin a Merkabah which is a

377

00:15:17,560 --> 00:15:15,170

technique that's ancient they've been

378

00:15:18,790 --> 00:15:17,570

used for a long time and then I usually

379

00:15:20,650 --> 00:15:18,800

interact with whatever guides I'm

380

00:15:22,270 --> 00:15:20,660

working with at the time and they come

381

00:15:23,980 --> 00:15:22,280

and go over the years I have some that

382

00:15:25,660 --> 00:15:23,990

have stayed with me since I was little

383

00:15:26,740 --> 00:15:25,670

you know I had noticed their voice when

384

00:15:28,450 --> 00:15:26,750

I was an adult and I was like hey

385

00:15:30,310 --> 00:15:28,460

they're the same guys that said perhaps

386

00:15:32,820 --> 00:15:30,320

you should use the yellow crayon when I

387

00:15:35,620 --> 00:15:32,830

was when I was little it I just

388

00:15:37,690 --> 00:15:35,630

realizing how to consciously do it but

389

00:15:39,550 --> 00:15:37,700

and then after that my favorite thing is

390

00:15:40,960 --> 00:15:39,560

doing to meditate and you can and this

391

00:15:42,490 --> 00:15:40,970

is easier if you are in kind of an

392

00:15:45,370 --> 00:15:42,500

extreme condition so if you're in a hot

393

00:15:48,520 --> 00:15:45,380

spring or steam room or sauna where

394

00:15:50,980 --> 00:15:48,530

where your body is kind of put to put to

395

00:15:53,560 --> 00:15:50,990

a to pressure so that it alters your

396

00:15:56,500 --> 00:15:53,570

mind state to meditate until you're so

397

00:15:58,870 --> 00:15:56,510

aware of being consciousness in the game

398

00:16:00,370 --> 00:15:58,880

in the physical game that when you come

399

00:16:01,810 --> 00:16:00,380

back into your body you feel like you're

400

00:16:03,310 --> 00:16:01,820

in kind of a virtual reality state

401
00:16:05,770 --> 00:16:03,320
that's my favorite and I don't get to it

402
00:16:09,750 --> 00:16:05,780
every day but when you do it's super fun

403
00:16:12,730 --> 00:16:09,760
I love the fact that you shared your

404
00:16:14,440 --> 00:16:12,740
meditation about spinning the Merkabah

405
00:16:16,390 --> 00:16:14,450
meaning many years ago I used to do

406
00:16:18,160 --> 00:16:16,400
Markham of meditations and what I would

407
00:16:21,010 --> 00:16:18,170
do have you seen the movie contact with

408
00:16:22,780 --> 00:16:21,020
Jodie Foster yeah okay you remember at

409
00:16:24,670 --> 00:16:22,790
the end when they finally got the

410
00:16:26,470 --> 00:16:24,680
apparatus working and that thing was

411
00:16:28,210 --> 00:16:26,480
spinning and it was like a gyroscope

412
00:16:29,560 --> 00:16:28,220
that one particular ring that would go

413
00:16:30,970 --> 00:16:29,570

this way and another particularly that

414

00:16:32,470 --> 00:16:30,980

would go this way and the one on the

415

00:16:34,749 --> 00:16:32,480

outside would just freely do

416

00:16:36,369 --> 00:16:34,759

exactly what it want boy let me tell you

417

00:16:38,829 --> 00:16:36,379

some of the experiences I had doing this

418

00:16:41,799 --> 00:16:38,839

type of macabre meditation I was

419

00:16:43,569 --> 00:16:41,809

launched through suck the crown chakra

420

00:16:45,309 --> 00:16:43,579

and ended up in a pyramid launched

421

00:16:46,629 --> 00:16:45,319

through the apex of the pyramid and then

422

00:16:49,499 --> 00:16:46,639

the pyramid begins to resume

423

00:16:52,599 --> 00:16:49,509

long story short very very powerful

424

00:16:53,769 --> 00:16:52,609

meditation and so and also you'd

425

00:16:55,509 --> 00:16:53,779

mentioned a little bit ago that you

426

00:16:57,220 --> 00:16:55,519

would do pranic breath could you give us

427

00:16:59,439 --> 00:16:57,230

an example or would you tell us exactly

428

00:17:03,789 --> 00:16:59,449

for those who are not for me with what

429

00:17:05,769 --> 00:17:03,799

is pranic breath okay so prana is it's

430

00:17:08,019 --> 00:17:05,779

another word for kind of divine source

431

00:17:11,049 --> 00:17:08,029

energy or Chi the way I usually

432

00:17:14,049 --> 00:17:11,059

visualize it is a kind of like white

433

00:17:15,549 --> 00:17:14,059

glowing plasma with rainbow glimpse so

434

00:17:18,279 --> 00:17:15,559

that it has all the colors of the

435

00:17:20,049 --> 00:17:18,289

spectrum and the Queen the way I see it

436

00:17:21,909 --> 00:17:20,059

the queen of chronic breathing and

437

00:17:25,120 --> 00:17:21,919

breatharianism is this woman named

438

00:17:26,889 --> 00:17:25,130

Jasmine and she has so many meditations

439

00:17:30,340 --> 00:17:26,899

on YouTube that you can look up her name

440

00:17:32,350 --> 00:17:30,350

is Jas muh e and and that's where I

441

00:17:35,560 --> 00:17:32,360

learned a lot of what I do now and so

442

00:17:38,740 --> 00:17:35,570

really the way that it works is you as

443

00:17:41,740 --> 00:17:38,750

you slow your breathing and with her

444

00:17:43,690 --> 00:17:41,750

technique you merge your inhales into

445

00:17:45,340 --> 00:17:43,700

your exhales so there's never that pause

446

00:17:47,139 --> 00:17:45,350

when your lungs are full or empty the

447

00:17:48,879 --> 00:17:47,149

moment that your lungs get empty you

448

00:17:50,200 --> 00:17:48,889

start breathing in again a moment they

449

00:17:51,370 --> 00:17:50,210

get full you start emptying again so

450

00:17:55,360 --> 00:17:51,380

it's kind of a circular breathing

451
00:17:58,570 --> 00:17:55,370
circular yeah mm-hmm and then you

452
00:18:01,060 --> 00:17:58,580
meditate so that you're imagining that

453
00:18:02,860 --> 00:18:01,070
each of your atomic situations in your

454
00:18:05,470 --> 00:18:02,870
body each of your atoms turn into a

455
00:18:07,659 --> 00:18:05,480
doorway which they are and that with

456
00:18:10,360 --> 00:18:07,669
your meditation you are bringing and

457
00:18:13,360 --> 00:18:10,370
you're pulling in divine source energy

458
00:18:15,029 --> 00:18:13,370
so it's basically the ultimate love the

459
00:18:18,519 --> 00:18:15,039
ultimate nourishment that divine

460
00:18:19,990 --> 00:18:18,529
non-dualistic pure parental god love

461
00:18:22,090 --> 00:18:20,000
that wants you nourish and that also

462
00:18:24,700 --> 00:18:22,100
makes up everything in reality so it

463
00:18:26,860 --> 00:18:24,710

also makes up the physical body and it

464

00:18:28,149 --> 00:18:26,870

can nourish you and you intend that when

465

00:18:30,340 --> 00:18:28,159

you're pulling in that energy you're

466

00:18:32,169 --> 00:18:30,350

being perfectly nourished by this pranic

467

00:18:33,909 --> 00:18:32,179

force and you pull it in on the inhale

468

00:18:36,100 --> 00:18:33,919

and then on the exhale you send it to

469

00:18:38,560 --> 00:18:36,110

all the cells of your body through your

470

00:18:40,930 --> 00:18:38,570

central nervous system to your bones and

471

00:18:43,210 --> 00:18:40,940

your muscles and your lymphatic system

472

00:18:45,070 --> 00:18:43,220

endocrine whatever all these glands and

473

00:18:46,240 --> 00:18:45,080

stuff and then once your body gets full

474

00:18:47,830 --> 00:18:46,250

you keep going

475

00:18:49,600 --> 00:18:47,840

when you inhale you pull it in from your

476

00:18:51,730 --> 00:18:49,610

atomic structure when you exhale you

477

00:18:54,550 --> 00:18:51,740

send it out to your aura and then once

478

00:18:55,960 --> 00:18:54,560

that's full you inhale again and into

479

00:18:57,910 --> 00:18:55,970

your atomic structure and send it out to

480

00:19:00,100 --> 00:18:57,920

the world so you actually become a

481

00:19:02,920 --> 00:19:00,110

source of nourishment for the world

482

00:19:04,450 --> 00:19:02,930

which is also how breatharians some of

483

00:19:06,040 --> 00:19:04,460

them can go without eating and the

484

00:19:07,210 --> 00:19:06,050

number the last I heard on that one the

485

00:19:08,710 --> 00:19:07,220

number of people who can go without

486

00:19:11,650 --> 00:19:08,720

eating in this world is about fifty

487

00:19:13,330 --> 00:19:11,660

thousand so it's more than Wow - yeah

488

00:19:15,190 --> 00:19:13,340

it's it's it's small when you're in the

489

00:19:16,300 --> 00:19:15,200

billions but still there are people

490

00:19:18,010 --> 00:19:16,310

doing it right now

491

00:19:20,680 --> 00:19:18,020

absolutely and I've experimented with it

492

00:19:22,750 --> 00:19:20,690

a little I think I think you know the

493

00:19:24,040 --> 00:19:22,760

body goes in like seven years cycles and

494

00:19:25,750 --> 00:19:24,050

seven years before I found out about

495

00:19:28,390 --> 00:19:25,760

Puranas when I start sungazing and went

496

00:19:30,490 --> 00:19:28,400

raw vegan and then I'm pretty sure I'm

497

00:19:32,110 --> 00:19:30,500

hoping and in about seven years from now

498

00:19:33,550 --> 00:19:32,120

I'll probably be able to actually choose

499

00:19:35,080 --> 00:19:33,560

to go with or without food I like to

500

00:19:36,940 --> 00:19:35,090

play with it a little and I can do it

501
00:19:38,290 --> 00:19:36,950
for short periods but then you know if I

502
00:19:40,870 --> 00:19:38,300
get a signal from my body hey it's

503
00:19:43,390 --> 00:19:40,880
anything but I just do so it are you

504
00:19:45,610 --> 00:19:43,400
familiar with Gerald Brin down brain

505
00:19:46,930 --> 00:19:45,620
really really being in stargazing as

506
00:19:48,460 --> 00:19:46,940
well as breatharianism I just thought

507
00:19:49,780 --> 00:19:48,470
you might know let me ask you this

508
00:19:51,490 --> 00:19:49,790
without being too personal you don't

509
00:19:54,580 --> 00:19:51,500
think it's what decade were you born in

510
00:19:56,500 --> 00:19:54,590
I was born in 1983 reason I'm asking is

511
00:19:58,060 --> 00:19:56,510
because I definitely see the indigo in

512
00:20:00,100 --> 00:19:58,070
you and the reason I'm saying I would

513
00:20:02,560 --> 00:20:00,110

assume in bet that you didn't come

514

00:20:04,630 --> 00:20:02,570

through the spiritual path doing what

515

00:20:07,120 --> 00:20:04,640

you're doing by way of in its pain like

516

00:20:09,400 --> 00:20:07,130

many people this is something you chose

517

00:20:11,730 --> 00:20:09,410

versus being painting in a corner no way

518

00:20:15,670 --> 00:20:11,740

out except to do this particular work

519

00:20:18,160 --> 00:20:15,680

well I think it was just so intense when

520

00:20:20,560 --> 00:20:18,170

it started so it wasn't brought about by

521

00:20:22,120 --> 00:20:20,570

some big tragedy but I didn't believe in

522

00:20:22,870 --> 00:20:22,130

any of it and I did think I was losing

523

00:20:27,550 --> 00:20:22,880

the damn mind

524

00:20:30,580 --> 00:20:27,560

I thought I was going and then I and

525

00:20:32,230 --> 00:20:30,590

then I had a bunch of validation and

526

00:20:33,550 --> 00:20:32,240

synchronicity and stuff come from the

527

00:20:35,350 --> 00:20:33,560

outside world it made me realize that I

528

00:20:37,570 --> 00:20:35,360

wasn't imagining it which thank goodness

529

00:20:39,340 --> 00:20:37,580

and I've even been giving thanks in the

530

00:20:40,990 --> 00:20:39,350

recent years so that thank goodness I

531

00:20:42,790 --> 00:20:41,000

wasn't born into a family that was

532

00:20:45,010 --> 00:20:42,800

afraid of it that would commit me stuff

533

00:20:46,360 --> 00:20:45,020

like that so that I've had this time to

534

00:20:48,010 --> 00:20:46,370

figure out how it works and how to use

535

00:20:49,420 --> 00:20:48,020

it and not constantly fighting with the

536

00:20:51,100 --> 00:20:49,430

people around me saying no it's real

537

00:20:52,720 --> 00:20:51,110

it's real because they've all had enough

538

00:20:55,090 --> 00:20:52,730

of their own experiences and it kind of

539

00:20:56,410 --> 00:20:55,100

runs in my family subtly that they say

540

00:20:58,390 --> 00:20:56,420

okay that's fine and also I've been

541

00:20:59,400 --> 00:20:58,400

proven right so many times by the world

542

00:21:01,290 --> 00:20:59,410

around

543

00:21:03,330 --> 00:21:01,300

they know ok well I'm not delusional and

544

00:21:05,100 --> 00:21:03,340

I'm not making things up and it's just a

545

00:21:07,310 --> 00:21:05,110

specialization like any specialization

546

00:21:09,360 --> 00:21:07,320

just a little bit more rare than some

547

00:21:11,700 --> 00:21:09,370

some people ask me all the time and

548

00:21:13,410 --> 00:21:11,710

Keith how do you know you're right and I

549

00:21:14,550 --> 00:21:13,420

said well first of all understand it's

550

00:21:18,660 --> 00:21:14,560

not an arrogance

551
00:21:21,330 --> 00:21:18,670
sense that you will know them by the

552
00:21:24,900 --> 00:21:21,340
fruit that they bear so if I'm looking

553
00:21:27,360 --> 00:21:24,910
for a life of bliss effortless ease and

554
00:21:29,700 --> 00:21:27,370
you're looking for a life of bliss and

555
00:21:32,100 --> 00:21:29,710
effortless ease it's right in the sense

556
00:21:34,320 --> 00:21:32,110
that if you want to be like those before

557
00:21:36,960 --> 00:21:34,330
you you do the things like those before

558
00:21:38,790 --> 00:21:36,970
you do and so it's right as you are

559
00:21:40,140 --> 00:21:38,800
saying the validation of the outside

560
00:21:41,460 --> 00:21:40,150
were a lot of spirit I said this the

561
00:21:43,620 --> 00:21:41,470
other night dear Lord and a burst of

562
00:21:46,920 --> 00:21:43,630
light live on my wall I do these live

563
00:21:48,330 --> 00:21:46,930

bursts often just live on video feed and

564

00:21:51,360 --> 00:21:48,340

I said this the other night that a lot

565

00:21:52,740 --> 00:21:51,370

of spirituals think that you know stay

566

00:21:54,510 --> 00:21:52,750

away from the outside it's all about the

567

00:21:55,680 --> 00:21:54,520

inside it's all about the inside no I'm

568

00:21:57,780 --> 00:21:55,690

gonna say it right here night right now

569

00:21:59,670 --> 00:21:57,790

I like having a good time and that

570

00:22:02,100 --> 00:21:59,680

outside world provides me to hold what

571

00:22:04,020 --> 00:22:02,110

you find but actually that's only half

572

00:22:06,750 --> 00:22:04,030

of the coin because the inside in the

573

00:22:09,390 --> 00:22:06,760

outside is the whole pie because the

574

00:22:11,730 --> 00:22:09,400

outside universe is reflective and it

575

00:22:12,930 --> 00:22:11,740

validates to us where we are in the

576

00:22:15,570 --> 00:22:12,940

process would you agree with that

577

00:22:17,790 --> 00:22:15,580

statement dear absolutely absolutely

578

00:22:19,710 --> 00:22:17,800

this world is a reflection of who we are

579

00:22:22,980 --> 00:22:19,720

and it's a reflection of what we're

580

00:22:25,260 --> 00:22:22,990

doing so if you if you I think if you do

581

00:22:27,690 --> 00:22:25,270

the work and and the main thing is

582

00:22:29,760 --> 00:22:27,700

noticing those bright moments because

583

00:22:31,320 --> 00:22:29,770

everyone has them but also with the way

584

00:22:33,480 --> 00:22:31,330

that we've been taught spirituality is

585

00:22:36,030 --> 00:22:33,490

and to the traditions that have had us

586

00:22:37,770 --> 00:22:36,040

for hundreds of years now you're often

587

00:22:39,030 --> 00:22:37,780

we're taught to not pay attention to the

588

00:22:40,710 --> 00:22:39,040

good things we're taught that the only

589

00:22:43,110 --> 00:22:40,720

way with virtuous is if we're struggling

590

00:22:45,600 --> 00:22:43,120

is if we're as if we're not having

591

00:22:47,010 --> 00:22:45,610

enough the only way we know that we're

592

00:22:49,110 --> 00:22:47,020

giving enough to other people is if we

593

00:22:50,790 --> 00:22:49,120

don't ever have enough and I just don't

594

00:22:53,010 --> 00:22:50,800

think I think that that was true for a

595

00:22:54,300 --> 00:22:53,020

while sure this earth has been through

596

00:22:55,980 --> 00:22:54,310

many ages but I think that right now

597

00:22:58,440 --> 00:22:55,990

we're on the cusp of saying no we give

598

00:23:00,210 --> 00:22:58,450

from the overflow we fill ourselves and

599

00:23:01,950 --> 00:23:00,220

then give what overflows and then it's a

600

00:23:03,510 --> 00:23:01,960

better code anyway that's one of the

601
00:23:05,250 --> 00:23:03,520
reasons I mean I do teach people to do

602
00:23:07,200 --> 00:23:05,260
this I have a class up right now called

603
00:23:09,360 --> 00:23:07,210
the art of the mystic which is kind of

604
00:23:10,620 --> 00:23:09,370
how to how to embrace the mystical side

605
00:23:12,360 --> 00:23:10,630
of yourself and a bunch of little

606
00:23:13,180 --> 00:23:12,370
techniques and practices and stuff but

607
00:23:15,160 --> 00:23:13,190
we are living

608
00:23:17,620 --> 00:23:15,170
new time now where things are easier for

609
00:23:19,690 --> 00:23:17,630
many of us and we might as well use it

610
00:23:22,150 --> 00:23:19,700
because I think that's the job I think

611
00:23:25,000 --> 00:23:22,160
that's the assignment yeah a lot of our

612
00:23:27,430 --> 00:23:25,010
parents say work hard you have

613
00:23:28,780 --> 00:23:27,440

everything you need you know and I was

614

00:23:30,550 --> 00:23:28,790

instilled with that and thank God I've

615

00:23:32,260 --> 00:23:30,560

broken through and got rid of those

616

00:23:34,240 --> 00:23:32,270

residual well I'd say they might still

617

00:23:35,770 --> 00:23:34,250

no I'm not gonna affirm that I've broken

618

00:23:40,600 --> 00:23:35,780

through those residual energies I'm done

619

00:23:42,280 --> 00:23:40,610

with that I agree with you you know

620

00:23:43,660 --> 00:23:42,290

things are moving at such a pace now in

621

00:23:45,700 --> 00:23:43,670

this time that we're living in

622

00:23:47,380 --> 00:23:45,710

for most people a lot of people things

623

00:23:49,290 --> 00:23:47,390

are getting really easy and for others

624

00:23:51,820 --> 00:23:49,300

things are getting really really hard

625

00:23:53,470 --> 00:23:51,830

yeah and embracing your path is a big

626

00:23:55,030 --> 00:23:53,480

part of it and one thing and this is a

627

00:23:56,740 --> 00:23:55,040

big part of the Ascension so delicious

628

00:23:58,420 --> 00:23:56,750

in this thing too because you know we're

629

00:24:00,310 --> 00:23:58,430

here to experience the full spectrum of

630

00:24:02,740 --> 00:24:00,320

emotion we're not here to just be happy

631

00:24:04,180 --> 00:24:02,750

all the time and I'm fully confident in

632

00:24:06,340 --> 00:24:04,190

saying that at the end of their life

633

00:24:07,900 --> 00:24:06,350

wherever you go when they do when

634

00:24:09,370 --> 00:24:07,910

they're doing that highlights real of

635

00:24:10,990 --> 00:24:09,380

what you experience and you're there

636

00:24:13,720 --> 00:24:11,000

with your little council saying okay how

637

00:24:15,250 --> 00:24:13,730

to do what's going on the times that

638

00:24:17,290 --> 00:24:15,260

make the highlights real of your life

639

00:24:19,120 --> 00:24:17,300

those those important important times

640

00:24:20,650 --> 00:24:19,130

are not always when you look bleep oh

641

00:24:25,240 --> 00:24:20,660

sometimes it's when you were dissolving

642

00:24:28,240 --> 00:24:25,250

on the floor the deep feeling and the

643

00:24:29,890 --> 00:24:28,250

embodiment of the intensity and so what

644

00:24:31,210 --> 00:24:29,900

I often tell people when things are

645

00:24:32,830 --> 00:24:31,220

going hard I mean we have we have a

646

00:24:34,330 --> 00:24:32,840

super moon eclipse going on after

647

00:24:36,220 --> 00:24:34,340

tomorrow so a lot of people haven't

648

00:24:38,860 --> 00:24:36,230

feels right now and so what I say is if

649

00:24:39,940 --> 00:24:38,870

you don't feel amazing if it's not that

650

00:24:42,940 --> 00:24:39,950

you're feeling good if you're going

651
00:24:46,300 --> 00:24:42,950
through hard stuff then you revel in the

652
00:24:48,940 --> 00:24:46,310
feeling the the the feeling of having

653
00:24:51,130 --> 00:24:48,950
that emotion not the emotion itself the

654
00:24:54,220 --> 00:24:51,140
emotion itself might be cranky and

655
00:24:56,110 --> 00:24:54,230
crusty and and grindy but the fact that

656
00:24:58,450 --> 00:24:56,120
you can feel that much is beautiful in

657
00:25:01,510 --> 00:24:58,460
itself and then if you can get into that

658
00:25:03,730 --> 00:25:01,520
and be like okay you know I'm like the

659
00:25:04,900 --> 00:25:03,740
beautiful tragedy is that Shakespeare

660
00:25:07,060 --> 00:25:04,910
wrote and all that kind of stuff it's a

661
00:25:08,680 --> 00:25:07,070
whole art form so you can enjoy it in

662
00:25:09,640 --> 00:25:08,690
those moments as best you can and then

663
00:25:11,620 --> 00:25:09,650

before you know it you're your

664

00:25:13,360 --> 00:25:11,630

background again to the positive end and

665

00:25:15,120 --> 00:25:13,370

you can dive into that more opportunity

666

00:25:18,310 --> 00:25:15,130

when you've worked for it

667

00:25:22,990 --> 00:25:18,320

caris we on cosmic time the first half

668

00:25:24,040 --> 00:25:23,000

of the show with the bottom of the hour

669

00:25:25,750 --> 00:25:24,050

would you give out your contact

670

00:25:26,970 --> 00:25:25,760

information your website Facebook pages

671

00:25:28,620 --> 00:25:26,980

anything you want

672

00:25:30,120 --> 00:25:28,630

our listening I understand more about

673

00:25:33,450 --> 00:25:30,130

you and how they can find out what you

674

00:25:35,600 --> 00:25:33,460

doing and get a hold of you sure yeah

675

00:25:40,710 --> 00:25:35,610

well my website is Karis Molina comm

676

00:25:42,630 --> 00:25:40,720

ghar ili and a.com my facebook they can

677

00:25:46,260 --> 00:25:42,640

find me at carolina brown brown's my

678

00:25:48,210 --> 00:25:46,270

last name i do a lot on instagram too

679

00:25:49,350 --> 00:25:48,220

and it's one of my favorites lately and

680

00:25:51,360 --> 00:25:49,360

there are these little stories you can

681

00:25:53,039 --> 00:25:51,370

do that only store for about 24 hours so

682

00:25:55,350 --> 00:25:53,049

you see a lot of little weird weird

683

00:25:56,760 --> 00:25:55,360

things in in my life i usually will pull

684

00:25:58,650 --> 00:25:56,770

a card of the day and stuff like that

685

00:26:01,230 --> 00:25:58,660

and that's my name there's Karis milena

686

00:26:02,880 --> 00:26:01,240

on Instagram and I have a youtube

687

00:26:04,500 --> 00:26:02,890

channel too and all those other places

688

00:26:07,110 --> 00:26:04,510

my website will link to the YouTube

689

00:26:08,400 --> 00:26:07,120

channel so yeah and I put out YouTube

690

00:26:10,560 --> 00:26:08,410

videos every so often but at this point

691

00:26:12,180 --> 00:26:10,570

I have several hundred up I mean there

692

00:26:13,650 --> 00:26:12,190

are hours and hours and hours of content

693

00:26:14,970 --> 00:26:13,660

up there so people can kind of dive down

694

00:26:16,380 --> 00:26:14,980

those rabbit holes if they want I've

695

00:26:21,299 --> 00:26:16,390

gone through various ones over the

696

00:26:23,070 --> 00:26:21,309

course I love just before the break of

697

00:26:24,799 --> 00:26:23,080

you announcing uh how people can find

698

00:26:26,789 --> 00:26:24,809

you is you were talking about feeling

699

00:26:29,549 --> 00:26:26,799

something transpired with me many years

700

00:26:31,080 --> 00:26:29,559

ago 1998 to be exact about 8 o'clock in

701
00:26:33,419 --> 00:26:31,090
the morning I was waking out of my sleep

702
00:26:34,950 --> 00:26:33,429
but this little pain in my side and I

703
00:26:36,480 --> 00:26:34,960
decided what Keith just roll over and

704
00:26:40,230 --> 00:26:36,490
it's gonna go away boy when I rolled

705
00:26:41,190 --> 00:26:40,240
over I was wrong it engaged fully and it

706
00:26:43,289 --> 00:26:41,200
was a kidney stone

707
00:26:45,900 --> 00:26:43,299
oh dear Lord let me tell you how bad

708
00:26:50,010 --> 00:26:45,910
that was so after a few weeks of having

709
00:26:52,200 --> 00:26:50,020
these many hours bouts just excruciating

710
00:26:53,610 --> 00:26:52,210
pain went to the doctor finally said yes

711
00:26:55,500 --> 00:26:53,620
mister Blanche ever kidney still go back

712
00:26:56,940 --> 00:26:55,510
on the game some percocet and alot into

713
00:27:02,010 --> 00:26:56,950

whatever it is they gave me that did not

714

00:27:03,570 --> 00:27:02,020

work and so I'm laying in my bed he says

715

00:27:07,200 --> 00:27:03,580

when I first started my spiritual walk

716

00:27:09,330 --> 00:27:07,210

and AD I knew enough just start practice

717

00:27:11,039 --> 00:27:09,340

some things my mentor told me and I'm

718

00:27:13,560 --> 00:27:11,049

laying on the bed while this kidney

719

00:27:14,820 --> 00:27:13,570

stone is just ripping me apart so

720

00:27:16,740 --> 00:27:14,830

instead of going into oh my god

721

00:27:17,190 --> 00:27:16,750

resistance resistance resistance please

722

00:27:20,250 --> 00:27:17,200

go away

723

00:27:23,130 --> 00:27:20,260

look I decided to let it be I just let

724

00:27:27,360 --> 00:27:23,140

it happen and I let go into it far

725

00:27:30,120 --> 00:27:27,370

enough to where I just let it be and I

726

00:27:32,190 --> 00:27:30,130

realized in that moment I am the one

727

00:27:34,080 --> 00:27:32,200

that is equating pain to suffering and

728

00:27:36,210 --> 00:27:34,090

suffering to death and death being the

729

00:27:39,630 --> 00:27:36,220

end and when I came to this realization

730

00:27:42,120 --> 00:27:39,640

it stopped me this wasn't just like a

731

00:27:43,860 --> 00:27:42,130

moment this was a serious aha moment so

732

00:27:46,170 --> 00:27:43,870

much so it dissolved at the stone and I

733

00:27:47,070 --> 00:27:46,180

never used a string I use the screaming

734

00:27:48,930 --> 00:27:47,080

I never found one

735

00:27:50,070 --> 00:27:48,940

the point is me saying this is because

736

00:27:52,830 --> 00:27:50,080

something you said right before the

737

00:27:56,160 --> 00:27:52,840

break which is when you find yourself in

738

00:27:57,600 --> 00:27:56,170

a situation of very intense feeling you

739

00:27:59,070 --> 00:27:57,610

know something really got you they got

740

00:28:01,310 --> 00:27:59,080

you good and it's holding on and it can

741

00:28:05,310 --> 00:28:01,320

hold on to you very tight depending on

742

00:28:08,220 --> 00:28:05,320

what you do with it in the moment is not

743

00:28:10,470 --> 00:28:08,230

labeled your feeling as if oh my god

744

00:28:12,210 --> 00:28:10,480

this is bad oh my god this is this oh my

745

00:28:14,850 --> 00:28:12,220

god this is that because when you do it

746

00:28:17,490 --> 00:28:14,860

begins to stick what you tell yourself

747

00:28:19,890 --> 00:28:17,500

is this is just intense feeling that's

748

00:28:22,140 --> 00:28:19,900

all yeah it's just feeling and it gets

749

00:28:25,110 --> 00:28:22,150

the negative spin completely offer it

750

00:28:27,300 --> 00:28:25,120

off of it totally and it won't it won't

751

00:28:29,880 --> 00:28:27,310

have anything to be able to stick

752

00:28:32,130 --> 00:28:29,890

what do you thought about that I think

753

00:28:34,110 --> 00:28:32,140

that is absolutely right there's a

754

00:28:35,730 --> 00:28:34,120

there's an energy healing technique that

755

00:28:36,810 --> 00:28:35,740

I learned a few years ago and it's one

756

00:28:37,920 --> 00:28:36,820

of those that I'll forget and then

757

00:28:39,300 --> 00:28:37,930

remember and then forgetting then

758

00:28:42,510 --> 00:28:39,310

remembering how that kind of stuff fades

759

00:28:43,800 --> 00:28:42,520

but it's when so say you you see a good

760

00:28:45,510 --> 00:28:43,810

paper cut on your finger you know paper

761

00:28:47,160 --> 00:28:45,520

cuts are example of those tiny little

762

00:28:52,440 --> 00:28:47,170

things that can make your whole day

763

00:28:54,480 --> 00:28:52,450

different it's a good example because

764

00:28:56,160 --> 00:28:54,490

it's a pinpoint of pain or like you

765

00:28:57,780 --> 00:28:56,170

break a finger or toe or even something

766

00:29:00,510 --> 00:28:57,790

internal whatever right there's a spot

767

00:29:03,720 --> 00:29:00,520

that is hurting on your body what we

768

00:29:05,550 --> 00:29:03,730

normally do especially if those those

769

00:29:07,800 --> 00:29:05,560

listeners and Watchers who are familiar

770

00:29:09,300 --> 00:29:07,810

with energy work what Archie what our

771

00:29:11,130 --> 00:29:09,310

life force usually does is pulls back

772

00:29:12,480 --> 00:29:11,140

from the edge of the pain because it's

773

00:29:14,130 --> 00:29:12,490

like I don't want to experience that and

774

00:29:17,790 --> 00:29:14,140

you kind of try to pull back from it and

775

00:29:20,010 --> 00:29:17,800

so the thing the the different thing to

776

00:29:21,090 --> 00:29:20,020

do is rather than pull back from the

777

00:29:22,230 --> 00:29:21,100

edge of the pain this works with

778

00:29:26,790 --> 00:29:22,240

headaches to you by the way really well

779

00:29:28,980 --> 00:29:26,800

is you go into it because you think the

780

00:29:31,350 --> 00:29:28,990

natural thought is that if I go into it

781

00:29:33,840 --> 00:29:31,360

more it's gonna hurt worse but actually

782

00:29:35,460 --> 00:29:33,850

what happens is if you go into it and

783

00:29:37,350 --> 00:29:35,470

you go past the edge of it and try to

784

00:29:39,450 --> 00:29:37,360

find the center of it try to find the

785

00:29:40,920 --> 00:29:39,460

seed of it the gem of it first it'll

786

00:29:42,090 --> 00:29:40,930

often move around a little bit you'll

787

00:29:43,050 --> 00:29:42,100

think it's here and then I'll move over

788

00:29:44,670 --> 00:29:43,060

there you'll go over there you'll go

789

00:29:47,340 --> 00:29:44,680

over there but once you can finally get

790

00:29:50,160 --> 00:29:47,350

it and simply put your attention your

791

00:29:53,889 --> 00:29:50,170

divine presence attention on it it

792

00:29:56,720 --> 00:29:53,899

blossoms away it goes away

793

00:29:59,990 --> 00:29:56,730

totally because I've used this analogy

794

00:30:01,250 --> 00:30:00,000

often let's say some painters came over

795

00:30:03,169 --> 00:30:01,260

to your house and they painted the

796

00:30:06,169 --> 00:30:03,179

inside of your living room and the color

797

00:30:08,180 --> 00:30:06,179

is annoying you don't like the color

798

00:30:09,350 --> 00:30:08,190

you're not going to be able to change

799

00:30:11,299 --> 00:30:09,360

the color of that room

800

00:30:13,820 --> 00:30:11,309

if you standing outside of the room you

801
00:30:17,269 --> 00:30:13,830
have to go into the experience into the

802
00:30:18,830 --> 00:30:17,279
room to be able to change it same with

803
00:30:21,139 --> 00:30:18,840
the kidney stones same with the paper

804
00:30:23,840 --> 00:30:21,149
cut you go inside if you bring your

805
00:30:25,970 --> 00:30:23,850
you're God's gift of awareness to it and

806
00:30:27,799 --> 00:30:25,980
you see it from a whole different

807
00:30:29,419 --> 00:30:27,809
perspective and then you begin to change

808
00:30:32,299 --> 00:30:29,429
things on a quantum level and next thing

809
00:30:35,120 --> 00:30:32,309
you know domino effect things get really

810
00:30:37,250 --> 00:30:35,130
groovy really quickly yes absolutely and

811
00:30:38,690 --> 00:30:37,260
I mean all of us has a thing that we

812
00:30:40,789 --> 00:30:38,700
struggle with in our lives or a few of

813
00:30:42,320 --> 00:30:40,799

them all of us has an Achilles heel that

814

00:30:44,240 --> 00:30:42,330

gets us from time to time and it usually

815

00:30:47,389 --> 00:30:44,250

comes back and it'll change and whatever

816

00:30:48,860 --> 00:30:47,399

but especially times like that spots on

817

00:30:50,690 --> 00:30:48,870

our aura that are weak either from

818

00:30:53,480 --> 00:30:50,700

traumas this life or other lives or all

819

00:30:55,610 --> 00:30:53,490

the above all the more reason because

820

00:30:57,110 --> 00:30:55,620

you've been given it to experience it so

821

00:30:58,129 --> 00:30:57,120

all the more reason to go into it and

822

00:30:59,870 --> 00:30:58,139

that's how you can get these epiphanies

823

00:31:02,240 --> 00:30:59,880

and things that do give you miraculous

824

00:31:03,710 --> 00:31:02,250

healing without needing to necessarily

825

00:31:05,480 --> 00:31:03,720

go through all the dragging yourself

826

00:31:06,649 --> 00:31:05,490

through the mud if you're resisting it

827

00:31:09,649 --> 00:31:06,659

and kicking and screaming and throwing

828

00:31:11,210 --> 00:31:09,659

tantrums about it from the chat room

829

00:31:12,769 --> 00:31:11,220

Adriana asked a question how did you

830

00:31:14,419 --> 00:31:12,779

come up with the concept I'm assuming

831

00:31:19,930 --> 00:31:14,429

she's meeting ascension through

832

00:31:19,940 --> 00:31:24,909

maybe it's your vibrational signature

833

00:31:31,340 --> 00:31:28,789

yeah well it was it was kind of

834

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

rebellious when I started because I kind

835

00:31:35,450 --> 00:31:33,570

of got sick of what I felt like was a

836

00:31:37,159 --> 00:31:35,460

rhetoric over and over of people holding

837

00:31:38,870 --> 00:31:37,169

themselves back who I was seeing in the

838

00:31:41,090 --> 00:31:38,880

same field as me and thinking that they

839

00:31:42,830 --> 00:31:41,100

were virtuous of doing it and so I I

840

00:31:44,240 --> 00:31:42,840

started just practicing here and there

841

00:31:48,200 --> 00:31:44,250

and then eventually blossomed into a

842

00:31:53,139 --> 00:31:48,210

whole practice Ursula from the chat room

843

00:31:55,879 --> 00:31:53,149

asked how to make things efficient focus

844

00:31:59,360 --> 00:31:55,889

streamline get the gunk out clear your

845

00:32:01,100 --> 00:31:59,370

space meditate exercise how do you get

846

00:32:02,629 --> 00:32:01,110

the gunk out how does one go about

847

00:32:04,190 --> 00:32:02,639

getting the gunk out obviously

848

00:32:06,370 --> 00:32:04,200

meditation is there anything else any

849

00:32:08,560 --> 00:32:06,380

other models you can offer exercise

850

00:32:10,810 --> 00:32:08,570

absolutely that is exercise is one of

851

00:32:12,940 --> 00:32:10,820

the most underrated practices in the

852

00:32:14,440 --> 00:32:12,950

spiritual community I think I would say

853

00:32:15,940 --> 00:32:14,450

when I was doing readings more often

854

00:32:17,740 --> 00:32:15,950

because now I'll do readings every now

855

00:32:18,820 --> 00:32:17,750

and then but for a lot for a year or two

856

00:32:22,720 --> 00:32:18,830

there I was doing why don't you readings

857

00:32:24,100 --> 00:32:22,730

a day probably the absolute most common

858

00:32:26,830 --> 00:32:24,110

thing that people's guides would say to

859

00:32:29,350 --> 00:32:26,840

me to tell them was to work out your

860

00:32:30,550 --> 00:32:29,360

body everything's just easier when

861

00:32:32,110 --> 00:32:30,560

you're in physical when you're in better

862

00:32:33,930 --> 00:32:32,120

physical shape when your muscles are

863

00:32:36,850 --> 00:32:33,940

stronger you're always literally turning

864

00:32:38,350 --> 00:32:36,860

life force into physicality in every

865

00:32:40,060 --> 00:32:38,360

moment and so when you're trying to

866

00:32:41,770 --> 00:32:40,070

manifest things you're changed just a

867

00:32:43,990 --> 00:32:41,780

little more powerful it's easier to do

868

00:32:46,060 --> 00:32:44,000

and also exercise is a great time that

869

00:32:47,620 --> 00:32:46,070

you can process that you can that you

870

00:32:49,000 --> 00:32:47,630

can just allow things to come through

871

00:32:51,880 --> 00:32:49,010

your field and you're working out stress

872

00:32:53,080 --> 00:32:51,890

and you're working out whatever blocks

873

00:32:55,930 --> 00:32:53,090

that you've gotten so it's kind of a

874

00:32:58,120 --> 00:32:55,940

golden golden key exercises for for

875

00:33:00,250 --> 00:32:58,130

spiritual folk to to come into the body

876

00:33:03,160 --> 00:33:00,260

and I like it here and to understand how

877

00:33:05,410 --> 00:33:03,170

to deal with this pressure and and just

878

00:33:09,070 --> 00:33:05,420

the pressure of the world like that so

879

00:33:10,180 --> 00:33:09,080

meditation exercise and you know there

880

00:33:12,760 --> 00:33:10,190

are a bunch of little techniques like

881

00:33:15,190 --> 00:33:12,770

smudging like like lighting stage and

882

00:33:17,530 --> 00:33:15,200

working it through and also part

883

00:33:19,090 --> 00:33:17,540

partnership is great like friends people

884

00:33:21,250 --> 00:33:19,100

you can talk to and a lot of spiritual

885

00:33:24,220 --> 00:33:21,260

folks feel really isolated and alone and

886

00:33:25,900 --> 00:33:24,230

that's why they are so great but one

887

00:33:27,130 --> 00:33:25,910

thing I will say from all my travels

888

00:33:28,630 --> 00:33:27,140

because I've traveled all over this

889

00:33:30,040 --> 00:33:28,640

nation and then I've you that's very

890

00:33:31,800 --> 00:33:30,050

often but I've been all over this

891

00:33:35,830 --> 00:33:31,810

country and what I've found is that

892

00:33:37,150 --> 00:33:35,840

there are many of us we're just so

893

00:33:38,530 --> 00:33:37,160

sensitive and so we hang out in our

894

00:33:46,060 --> 00:33:38,540

house with our plants and our pets and

895

00:33:48,310 --> 00:33:46,070

our crystals because thinning up your

896

00:33:49,480 --> 00:33:48,320

little energetic beacon and then you go

897

00:33:50,890 --> 00:33:49,490

to things that call you and they will be

898

00:33:54,760 --> 00:33:50,900

there you'll meet you'll meet friends

899

00:33:57,460 --> 00:33:54,770

and that's really nice I like you fishin

900

00:33:59,080 --> 00:33:57,470

see you know we often are in our own way

901
00:34:00,910 --> 00:33:59,090
and I understand the fact that you would

902
00:34:03,370 --> 00:34:00,920
pose or anyone pose such a question how

903
00:34:06,160 --> 00:34:03,380
do I get back into effortlesslessness well

904
00:34:09,940 --> 00:34:06,170
that's just it by taking on the idea of

905
00:34:12,250 --> 00:34:09,950
wanting are choosing to begin to play in

906
00:34:15,520 --> 00:34:12,260
the arena of effortlesslessness is the

907
00:34:17,320 --> 00:34:15,530
halfway point because you can never get

908
00:34:19,840 --> 00:34:17,330
the other half of the work done into one

909
00:34:20,200 --> 00:34:19,850
chooses in this moment I'm going to

910
00:34:22,329 --> 00:34:20,210
choose

911
00:34:24,099 --> 00:34:22,339
the rest of my life effortless ease and

912
00:34:25,180 --> 00:34:24,109
until you make that declaration you

913
00:34:28,329 --> 00:34:25,190

ain't going anywhere

914

00:34:30,430 --> 00:34:28,339

true and another big thing is putting

915

00:34:32,290 --> 00:34:30,440

that putting that practice in I mean

916

00:34:34,089 --> 00:34:32,300

when when you get it up in the morning

917

00:34:35,470 --> 00:34:34,099

and you don't have to choose to meditate

918

00:34:36,909 --> 00:34:35,480

just cuz you meditate every day and you

919

00:34:38,980 --> 00:34:36,919

don't have to think about it you don't

920

00:34:41,530 --> 00:34:38,990

have to decide and use that use that big

921

00:34:43,389 --> 00:34:41,540

willpower and it takes it takes that big

922

00:34:45,490 --> 00:34:43,399

about a week to turn over if you make

923

00:34:47,290 --> 00:34:45,500

yourself do something for about seven

924

00:34:49,389 --> 00:34:47,300

days it's just two minutes three minutes

925

00:34:51,099 --> 00:34:49,399

I'm just sitting there and breathing and

926
00:34:54,010 --> 00:34:51,109
letting your inner world harmonize

927
00:34:56,020 --> 00:34:54,020
itself I routine is one of the things

928
00:34:57,339 --> 00:34:56,030
that saves me for sure because I could

929
00:34:59,859 --> 00:34:57,349
be going through whatever I'm going

930
00:35:01,660 --> 00:34:59,869
through but then I have the routine in

931
00:35:03,280 --> 00:35:01,670
place but then just also clears you out

932
00:35:05,230 --> 00:35:03,290
dust you off and then you don't have to

933
00:35:08,280 --> 00:35:05,240
really choose it just helps you run it

934
00:35:11,800 --> 00:35:08,290
kind of a kind of a higher state of

935
00:35:12,130 --> 00:35:11,810
efficiency and smoothness yeah I love

936
00:35:14,380 --> 00:35:12,140
that

937
00:35:17,320 --> 00:35:14,390
you know meditation if you can liken

938
00:35:20,470 --> 00:35:17,330

sometimes the turbulent water is here on

939

00:35:24,280 --> 00:35:20,480

earth meditation brings the divine ocean

940

00:35:26,770 --> 00:35:24,290

it calms the water it calms the water so

941

00:35:29,380 --> 00:35:26,780

we're not so jittery not so jumpy not so

942

00:35:31,089 --> 00:35:29,390

reactive in fact when you punch your way

943

00:35:32,770 --> 00:35:31,099

through the ceiling of thought through

944

00:35:35,040 --> 00:35:32,780

meditation and you find yourself and

945

00:35:37,950 --> 00:35:35,050

that divine ocean of deafening silence

946

00:35:40,599 --> 00:35:37,960

everything is not only possible but

947

00:35:42,670 --> 00:35:40,609

you're able to hear your divine parent

948

00:35:45,609 --> 00:35:42,680

whisper sweet something's in your ear in

949

00:35:47,140 --> 00:35:45,619

your heart because we got a monkey mind

950

00:35:49,000 --> 00:35:47,150

devil on his shoulder and an angel on

951
00:35:50,560 --> 00:35:49,010
this shoulder we know this is a demo but

952
00:35:51,940 --> 00:35:50,570
are we absolutely sure that this angel

953
00:35:54,030 --> 00:35:51,950
in this show does not the same devil in

954
00:35:56,770 --> 00:35:54,040
disguise it's just noise it's all just

955
00:35:59,349 --> 00:35:56,780
incessant griping bitching mind noise

956
00:36:01,870 --> 00:35:59,359
and when we get out of that you know

957
00:36:04,210 --> 00:36:01,880
duality we're not seeking to alland we

958
00:36:05,920 --> 00:36:04,220
here we're looking for wholeness so

959
00:36:07,870 --> 00:36:05,930
meditation is that which will take you

960
00:36:10,000 --> 00:36:07,880
to the cosmic take it'll take you beyond

961
00:36:11,740 --> 00:36:10,010
the cup it will take you beyond it'll

962
00:36:13,240 --> 00:36:11,750
help you to tap into the divine source

963
00:36:15,040 --> 00:36:13,250

which is infinite that that is an

964

00:36:17,380 --> 00:36:15,050

absolute fact so people think that

965

00:36:18,460 --> 00:36:17,390

Tibetan movers are doing meditation and

966

00:36:21,609 --> 00:36:18,470

prayer all day because they want to

967

00:36:23,800 --> 00:36:21,619

relax these people are quite relaxed

968

00:36:28,810 --> 00:36:23,810

already they're dropping into the cosmic

969

00:36:30,380 --> 00:36:28,820

dialogue yeah yeah one of the things

970

00:36:32,270 --> 00:36:30,390

that I found recently

971

00:36:34,070 --> 00:36:32,280

in that art of the mystic craft that I

972

00:36:35,360 --> 00:36:34,080

taught because like I told you my

973

00:36:37,730 --> 00:36:35,370

meditation my meditation is full of

974

00:36:39,020 --> 00:36:37,740

stuff I don't I don't usually sit in the

975

00:36:40,610 --> 00:36:39,030

end the silence for all that long

976
00:36:41,870 --> 00:36:40,620
because I just I just like to go and

977
00:36:43,730 --> 00:36:41,880
fiddle with a bunch of energetic things

978
00:36:45,410 --> 00:36:43,740
but when I was teaching this class I was

979
00:36:46,940 --> 00:36:45,420
going back to the rudimentary like okay

980
00:36:48,620 --> 00:36:46,950
first thing you can do if you're just

981
00:36:50,420 --> 00:36:48,630
starting on spiritual path because the

982
00:36:52,190 --> 00:36:50,430
techniques I use have used for years and

983
00:36:53,270 --> 00:36:52,200
years so it takes a little while to get

984
00:36:55,550 --> 00:36:53,280
them all put together the way you like

985
00:36:57,800 --> 00:36:55,560
it but what you can absolutely do first

986
00:36:59,150 --> 00:36:57,810
first day they set your alarm on your

987
00:37:00,560 --> 00:36:59,160
phone put your phone on airplane mode

988
00:37:02,300 --> 00:37:00,570

first then set your alarm on your phone

989

00:37:03,500 --> 00:37:02,310

for two minutes and just there and

990

00:37:05,330 --> 00:37:03,510

breathe for two minutes and try to

991

00:37:07,940 --> 00:37:05,340

listen to the space between the thoughts

992

00:37:09,350 --> 00:37:07,950

and behind the thought let's try to try

993

00:37:11,870 --> 00:37:09,360

to stretch out that time between your

994

00:37:13,340 --> 00:37:11,880

thoughts as much as you can and I hadn't

995

00:37:14,600 --> 00:37:13,350

done that in a long time because it's

996

00:37:16,190 --> 00:37:14,610

just been a while since I had what I

997

00:37:17,630 --> 00:37:16,200

thought but I was making myself do it

998

00:37:19,430 --> 00:37:17,640

because I was making my students do and

999

00:37:23,270 --> 00:37:19,440

that was fair too to stay on track with

1000

00:37:26,690 --> 00:37:23,280

them and the thing that I found that was

1001
00:37:28,400 --> 00:37:26,700
so lovely was that once I got used to it

1002
00:37:30,200 --> 00:37:28,410
too a few days in and again this is two

1003
00:37:31,760 --> 00:37:30,210
or three minutes does not take everyone

1004
00:37:33,860 --> 00:37:31,770
has two or three minutes to do this no

1005
00:37:36,500 --> 00:37:33,870
matter how busy or you can always jump

1006
00:37:38,720 --> 00:37:36,510
out for two or three minutes and what I

1007
00:37:40,340 --> 00:37:38,730
found was when I was in that place when

1008
00:37:42,500 --> 00:37:40,350
I reached that spot and when I wear my

1009
00:37:44,420 --> 00:37:42,510
mind got used to it so I wasn't fighting

1010
00:37:46,850 --> 00:37:44,430
for it anymore I was just able to go in

1011
00:37:48,590 --> 00:37:46,860
like hot air balloon up there what

1012
00:37:50,990 --> 00:37:48,600
happened was this amazing sense of

1013
00:37:53,900 --> 00:37:51,000

nourishment I felt like I was having

1014

00:37:56,150 --> 00:37:53,910

divine energy just pour into me just up

1015

00:37:58,640 --> 00:37:56,160

well through me and bouncing up through

1016

00:37:59,600 --> 00:37:58,650

me in a way that I did not expect and it

1017

00:38:01,280 --> 00:37:59,610

felt amazing

1018

00:38:02,540 --> 00:38:01,290

and it felt so empowering and then

1019

00:38:04,040 --> 00:38:02,550

you're stronger throughout the day

1020

00:38:05,900 --> 00:38:04,050

because it's like you're you're doing

1021

00:38:08,390 --> 00:38:05,910

that inner scaffolding you're making

1022

00:38:09,860 --> 00:38:08,400

sure that inner energetic field is

1023

00:38:11,030 --> 00:38:09,870

strong so then everything that comes at

1024

00:38:12,920 --> 00:38:11,040

you is just easier because you've got on

1025

00:38:17,210 --> 00:38:12,930

a suit of armor on the inside made of

1026

00:38:20,900 --> 00:38:17,220

divine force love I love that you said

1027

00:38:23,030 --> 00:38:20,910

about meditation is to focus on the

1028

00:38:23,660 --> 00:38:23,040

thought of the the empty space between

1029

00:38:24,770 --> 00:38:23,670

the thoughts

1030

00:38:26,860 --> 00:38:24,780

listen meeting on its if you're out

1031

00:38:29,480 --> 00:38:26,870

there feel free to try this now or later

1032

00:38:31,310 --> 00:38:29,490

when you are consciously breathing you

1033

00:38:32,630 --> 00:38:31,320

are not thinking okay I'm trying to

1034

00:38:34,820 --> 00:38:32,640

consciously breathe and think of thought

1035

00:38:37,160 --> 00:38:34,830

it's very very hard to do in fact it's

1036

00:38:38,570 --> 00:38:37,170

probably impossible but also when you're

1037

00:38:39,140 --> 00:38:38,580

thinking you are not consciously

1038

00:38:41,570 --> 00:38:39,150

breathing

1039

00:38:43,370 --> 00:38:41,580

so what Kerris is saying is as we do

1040

00:38:48,260 --> 00:38:43,380

meditation and as we do in 10

1041

00:38:50,090 --> 00:38:48,270

for conscious breath deliberately the

1042

00:38:52,280 --> 00:38:50,100

dynamic of your life begins to change

1043

00:38:54,590 --> 00:38:52,290

it's not only I'm supplying my body with

1044

00:38:56,750 --> 00:38:54,600

the oxygen it needs to stay alive no no

1045

00:38:58,970 --> 00:38:56,760

no no no something else in a grand

1046

00:39:00,980 --> 00:38:58,980

magnificent way begins to happen if God

1047

00:39:03,530 --> 00:39:00,990

breathes life into man as we breathe

1048

00:39:06,230 --> 00:39:03,540

consciously because God is conscious and

1049

00:39:09,680 --> 00:39:06,240

it is the breath giver you begin to see

1050

00:39:15,080 --> 00:39:09,690

your body with light in all troubles you

1051
00:39:16,850 --> 00:39:15,090
say bye-bye well we have stuff to deal

1052
00:39:18,590 --> 00:39:16,860
with it comes up and it finds us so we

1053
00:39:20,660 --> 00:39:18,600
don't have to go find it we can focus on

1054
00:39:22,490 --> 00:39:20,670
the happy and the yummy and so it's time

1055
00:39:24,530 --> 00:39:22,500
to open something because there's no

1056
00:39:26,360 --> 00:39:24,540
running away from it and then it what if

1057
00:39:27,590 --> 00:39:26,370
you are having these practices then it

1058
00:39:31,010 --> 00:39:27,600
makes it easier to deal with when it

1059
00:39:33,200 --> 00:39:31,020
does come you know in like she's saying

1060
00:39:35,000 --> 00:39:33,210
when you find something just happen in

1061
00:39:36,890 --> 00:39:35,010
your life and it has to protect you to

1062
00:39:40,370 --> 00:39:36,900
really really get you what I invite you

1063
00:39:42,890 --> 00:39:40,380

to do let's say your beloved fir baby

1064

00:39:45,050 --> 00:39:42,900

your pet just died get hit by whatever

1065

00:39:46,280 --> 00:39:45,060

the scenario may be in its gachi and

1066

00:39:47,450 --> 00:39:46,290

it's really weighing on your heart I

1067

00:39:48,470 --> 00:39:47,460

understand it's weighing on your heart

1068

00:39:50,600 --> 00:39:48,480

and it's weighing on your heart because

1069

00:39:53,180 --> 00:39:50,610

you care just because you love because

1070

00:39:54,650 --> 00:39:53,190

your heart is open to the scenario but

1071

00:39:56,630 --> 00:39:54,660

now that your hearts open instead of

1072

00:39:58,580 --> 00:39:56,640

closing it to the ideas and the models

1073

00:40:00,200 --> 00:39:58,590

of what we think is happening if you set

1074

00:40:02,120 --> 00:40:00,210

that thing right in your hands just like

1075

00:40:04,700 --> 00:40:02,130

this and you begin to look at it without

1076
00:40:06,500 --> 00:40:04,710
judgment step back from it of what you

1077
00:40:10,190 --> 00:40:06,510
think it is and look at it and admire

1078
00:40:12,950 --> 00:40:10,200
and appreciate it the whole idea that

1079
00:40:16,190 --> 00:40:12,960
all begins to change and what you can do

1080
00:40:21,560 --> 00:40:16,200
is breathe your breath into the

1081
00:40:23,540 --> 00:40:21,570
situation like a madman because what

1082
00:40:25,700 --> 00:40:23,550
happens is if you're the one deeming

1083
00:40:28,550 --> 00:40:25,710
this situation to be that which is dark

1084
00:40:31,310 --> 00:40:28,560
by breathing the light into the

1085
00:40:32,420 --> 00:40:31,320
situation it takes on a new tone and

1086
00:40:34,700 --> 00:40:32,430
again back to what we talked about

1087
00:40:37,100 --> 00:40:34,710
earlier it will not be able to stick

1088
00:40:39,230 --> 00:40:37,110

into your life and your perception of

1089

00:40:45,140 --> 00:40:39,240

what you think is happening completely

1090

00:40:47,000 --> 00:40:45,150

changes completely changes yeah it's

1091

00:40:49,640 --> 00:40:47,010

it's sometimes easy to forget when

1092

00:40:52,010 --> 00:40:49,650

you're in the ins and outs of life that

1093

00:40:54,800 --> 00:40:52,020

we chose to come here you hear a lot of

1094

00:40:57,010 --> 00:40:54,810

people especially highly sensitive and

1095

00:40:58,570 --> 00:40:57,020

you know the Indigo's the crystal

1096

00:41:00,490 --> 00:40:58,580

well the rainbow children I think

1097

00:41:02,830 --> 00:41:00,500

there's a new I've been feeling a new a

1098

00:41:04,660 --> 00:41:02,840

new crop coming through that's like the

1099

00:41:06,660 --> 00:41:04,670

diamond or the opalescent some some new

1100

00:41:08,860 --> 00:41:06,670

kind of energy coming through and

1101
00:41:10,330 --> 00:41:08,870
there's this song that's been sung that

1102
00:41:12,370 --> 00:41:10,340
I think is just incorrect I think it's

1103
00:41:14,260 --> 00:41:12,380
just a misunderstanding that I didn't

1104
00:41:16,870 --> 00:41:14,270
want to come here well why did I come

1105
00:41:18,790 --> 00:41:16,880
here oh no we were chomping at the bit

1106
00:41:20,860 --> 00:41:18,800
to come here we all wanted to come here

1107
00:41:23,410 --> 00:41:20,870
because this is the party this is where

1108
00:41:25,030 --> 00:41:23,420
that you know 2012 going through the

1109
00:41:27,970 --> 00:41:25,040
galactic rift and all that kind of stuff

1110
00:41:29,890 --> 00:41:27,980
we were alive for that and now it's

1111
00:41:31,180 --> 00:41:29,900
comparatively supposed to be smooth

1112
00:41:32,860 --> 00:41:31,190
sailing from here because we were

1113
00:41:34,750 --> 00:41:32,870

farthest away we could get from divine

1114

00:41:37,540 --> 00:41:34,760

source and now we're going back in and

1115

00:41:40,750 --> 00:41:37,550

so I have found a huge differences and

1116

00:41:42,340 --> 00:41:40,760

again I really believe that my little

1117

00:41:46,150 --> 00:41:42,350

wor yourself a part of me that does like

1118

00:41:48,070 --> 00:41:46,160

to R get up in there believes that it's

1119

00:41:49,600 --> 00:41:48,080

our responsibility to shine if we have

1120

00:41:51,760 --> 00:41:49,610

the opportunity to shine we have to

1121

00:41:55,060 --> 00:41:51,770

shine because if not we're not giving

1122

00:41:57,100 --> 00:41:55,070

credit to our Creator I totally agree

1123

00:42:01,630 --> 00:41:57,110

there is new children coming in all the

1124

00:42:04,240 --> 00:42:01,640

time and speaking reading a lot of books

1125

00:42:05,560 --> 00:42:04,250

and I spoke to many people and you can't

1126

00:42:07,180 --> 00:42:05,570

see it right now there's a picture of an

1127

00:42:10,090 --> 00:42:07,190

avatar behind me by the name of Southie

1128

00:42:11,830 --> 00:42:10,100

Saibaba he says that that's why we

1129

00:42:15,040 --> 00:42:11,840

should not take this human life for

1130

00:42:19,120 --> 00:42:15,050

granted that there are souls waiting in

1131

00:42:22,060 --> 00:42:19,130

a cosmic queue a cosmic line to be born

1132

00:42:25,300 --> 00:42:22,070

on earth to participate in the human

1133

00:42:27,340 --> 00:42:25,310

dynamic and dance and that there are

1134

00:42:30,850 --> 00:42:27,350

there is no other being throughout the

1135

00:42:34,300 --> 00:42:30,860

entire universe and or omniverse --is

1136

00:42:35,860 --> 00:42:34,310

that can aspire to God except human but

1137

00:42:38,050 --> 00:42:35,870

other beings throughout the universe can

1138

00:42:39,730 --> 00:42:38,060

aspire to human hood and that's that

1139

00:42:42,130 --> 00:42:39,740

cosmic queue that I'm telling you about

1140

00:42:49,120 --> 00:42:42,140

everyone is anxiously waiting in line to

1141

00:42:51,340 --> 00:42:49,130

get here yeah you know he led that Ash

1142

00:42:53,230 --> 00:42:51,350

fall from his hands that magic ash we

1143

00:42:55,180 --> 00:42:53,240

just fall from his hands and when I was

1144

00:42:58,000 --> 00:42:55,190

first learning Reiki when I was first

1145

00:42:59,950 --> 00:42:58,010

having my spiritual awakening about at

1146

00:43:04,150 --> 00:42:59,960

this point last gosh how long ago is

1147

00:43:05,920 --> 00:43:04,160

that maybe 16 years or so 1516 my Reiki

1148

00:43:07,660 --> 00:43:05,930

teacher I didn't know what I believed in

1149

00:43:10,120 --> 00:43:07,670

I didn't necessarily believe in anything

1150

00:43:14,259 --> 00:43:10,130

I had no idea but during my tune

1151
00:43:16,809 --> 00:43:14,269
she uh-huh yes that's it she took some

1152
00:43:18,279 --> 00:43:16,819
ash and put it she usually puts it on

1153
00:43:19,900 --> 00:43:18,289
the third eye but she said that I was

1154
00:43:22,359 --> 00:43:19,910
too sensitive she's like I'm not gonna

1155
00:43:25,870 --> 00:43:22,369
so she put it on my palms during the

1156
00:43:27,279 --> 00:43:25,880
attunement and this is me again I didn't

1157
00:43:28,539 --> 00:43:27,289
know energy work at the time I didn't

1158
00:43:31,059 --> 00:43:28,549
understand anything but I felt like

1159
00:43:32,620 --> 00:43:31,069
there were holes being burned through my

1160
00:43:34,269 --> 00:43:32,630
palms and it wasn't painful but it was

1161
00:43:35,470 --> 00:43:34,279
intense and later I asked her what the

1162
00:43:37,269 --> 00:43:35,480
heck that was and she said it was just

1163
00:43:38,829 --> 00:43:37,279

my chakras opening my palm chakras

1164

00:43:40,960 --> 00:43:38,839

opening but I remember at the time

1165

00:43:43,210 --> 00:43:40,970

side-to-side Bob the ashes were one of

1166

00:43:44,200 --> 00:43:43,220

those things that made it so real for me

1167

00:43:45,819 --> 00:43:44,210

when I wasn't sure what I believe

1168

00:43:47,710 --> 00:43:45,829

sometimes you need that reality

1169

00:43:50,380 --> 00:43:47,720

experience you can feel in your body and

1170

00:43:53,400 --> 00:43:50,390

you can't deny and that was one when you

1171

00:44:02,230 --> 00:43:53,410

palm chakra opened up did you hear pop

1172

00:44:03,460 --> 00:44:02,240

no but there was a lot going on it

1173

00:44:07,109 --> 00:44:03,470

probably took a couple of minutes to

1174

00:44:10,150 --> 00:44:07,119

kind of expand open so you like this

1175

00:44:12,700 --> 00:44:10,160

modern-day mystic I love it so do you

1176

00:44:15,430 --> 00:44:12,710

have lots of mystical experiences in the

1177

00:44:17,349 --> 00:44:15,440

sense of everything is mystical but in

1178

00:44:18,700 --> 00:44:17,359

the sense of the world that we know it

1179

00:44:20,289 --> 00:44:18,710

to be mystical like when you lay down

1180

00:44:22,960 --> 00:44:20,299

and go to sleep at night or do you find

1181

00:44:24,910 --> 00:44:22,970

yourself and so dear Lord dimension

1182

00:44:33,809 --> 00:44:24,920

where you know the streets are made of

1183

00:44:40,779 --> 00:44:38,200

that now I can kind of do it on call but

1184

00:44:42,519 --> 00:44:40,789

in the beginning and part part of my

1185

00:44:45,309 --> 00:44:42,529

life has been figuring out how to do

1186

00:44:47,200 --> 00:44:45,319

this I mean I I wasn't my path to jump

1187

00:44:49,299 --> 00:44:47,210

over to an ashram or to go out but I've

1188

00:44:51,999 --> 00:44:49,309

taken I've studied a bunch of different

1189

00:44:54,009 --> 00:44:52,009

paths throughout throughout my time but

1190

00:45:02,140 --> 00:44:54,019

one of the things that I've often said

1191

00:45:03,910 --> 00:45:02,150

is in the olden days someone like Oracle

1192

00:45:05,349 --> 00:45:03,920

it's outfi you know like all those

1193

00:45:07,240 --> 00:45:05,359

things you just go live in a God as

1194

00:45:09,099 --> 00:45:07,250

simple and you would understand how to

1195

00:45:10,690 --> 00:45:09,109

do this stuff but now they don't exist

1196

00:45:13,240 --> 00:45:10,700

the way they did but I do believe that

1197

00:45:14,980 --> 00:45:13,250

in my long view is bringing them back to

1198

00:45:16,390 --> 00:45:14,990

some to some extent I do want to

1199

00:45:18,190 --> 00:45:16,400

essentially do that because they're like

1200

00:45:19,630 --> 00:45:18,200

I said there are many of us but just

1201
00:45:21,700 --> 00:45:19,640
quit yeah and and it's nice because

1202
00:45:22,370 --> 00:45:21,710
sometimes unexpected stuff comes on

1203
00:45:24,200 --> 00:45:22,380
espera

1204
00:45:25,850 --> 00:45:24,210
actually when I'm visiting a new area of

1205
00:45:27,680 --> 00:45:25,860
the earth that I haven't been to before

1206
00:45:29,300 --> 00:45:27,690
a lot of times the land Guardians will

1207
00:45:31,520 --> 00:45:29,310
come to me elementals will come to me I

1208
00:45:34,130 --> 00:45:31,530
can talk to angels whenever you know

1209
00:45:36,140 --> 00:45:34,140
they're always around use calm in also

1210
00:45:38,660 --> 00:45:36,150
ETS I have big connections with them and

1211
00:45:40,490 --> 00:45:38,670
people who died it's not something that

1212
00:45:42,110 --> 00:45:40,500
I usually do and I have some really

1213
00:45:43,820 --> 00:45:42,120

hilarious stories about that I mean I

1214

00:45:45,860 --> 00:45:43,830

was staying in a hotel in Memphis that's

1215

00:45:53,110 --> 00:45:45,870

Elvis themed and Elvis totally came to

1216

00:45:59,630 --> 00:45:57,380

tuck it away in my brain and move on but

1217

00:46:00,890 --> 00:45:59,640

yeah yeah very mystical and so what

1218

00:46:05,810 --> 00:46:00,900

we're doing in Memphis visiting

1219

00:46:09,380 --> 00:46:07,700

yeah well now that I'm anchored in

1220

00:46:11,420 --> 00:46:09,390

Greenville out of the time when I hopped

1221

00:46:12,950 --> 00:46:11,430

from Greenville through to Sedona and

1222

00:46:15,260 --> 00:46:12,960

over to Los Angeles which are some of my

1223

00:46:16,880 --> 00:46:15,270

made great spots I often come through

1224

00:46:18,380 --> 00:46:16,890

Memphis depending on which road I'm

1225

00:46:21,200 --> 00:46:18,390

taking so that was one of the times that

1226

00:46:23,810 --> 00:46:21,210

I came there during the course of my

1227

00:46:25,220 --> 00:46:23,820

dialogue I I hear that I can hear you

1228

00:46:26,900 --> 00:46:25,230

and I can hear you in many different

1229

00:46:29,120 --> 00:46:26,910

levels you're a very well diverse you're

1230

00:46:31,760 --> 00:46:29,130

very well rounded in the spiritual Reena

1231

00:46:33,500 --> 00:46:31,770

I mean you know you can go in any radio

1232

00:46:35,090 --> 00:46:33,510

show talk about elementals and fairies

1233

00:46:37,280 --> 00:46:35,100

and angels and then you can go and talk

1234

00:46:39,590 --> 00:46:37,290

about UFOs and aliens of meeting I mean

1235

00:46:47,930 --> 00:46:39,600

you'd have a plethora on you play grow

1236

00:46:50,300 --> 00:46:47,940

it's really really cool thank you and I

1237

00:46:52,790 --> 00:46:50,310

have to figure it out and and masterful

1238

00:46:54,350 --> 00:46:52,800

mastery and grace and dignity are some

1239

00:46:56,030 --> 00:46:54,360

things that I really respect and others

1240

00:46:57,290 --> 00:46:56,040

and myself you know I often say if

1241

00:46:59,120 --> 00:46:57,300

someone if a grown-up starts throwing a

1242

00:47:01,190 --> 00:46:59,130

temper tantrum my respect for them

1243

00:47:03,740 --> 00:47:01,200

starts going down a little because I

1244

00:47:05,990 --> 00:47:03,750

really respect dignity and I really

1245

00:47:07,580 --> 00:47:06,000

respect grace and so it's important for

1246

00:47:09,710 --> 00:47:07,590

me when I get jumped into a new world

1247

00:47:10,940 --> 00:47:09,720

like if I friends and scary things

1248

00:47:12,530 --> 00:47:10,950

happen sometimes you know sometimes

1249

00:47:13,640 --> 00:47:12,540

there are unhappy spirits like you were

1250

00:47:15,260 --> 00:47:13,650

staying with the ghosts I've definitely

1251

00:47:16,730 --> 00:47:15,270

D haunted people have definitely been

1252

00:47:18,200 --> 00:47:16,740

around for some exorcisms and helped

1253

00:47:20,270 --> 00:47:18,210

with some things sometimes it's scary

1254

00:47:22,010 --> 00:47:20,280

sometimes it's gnarly and I feel like

1255

00:47:23,660 --> 00:47:22,020

it's important to me to be able to

1256

00:47:25,340 --> 00:47:23,670

handle the [h__h] when that happens to be

1257

00:47:27,200 --> 00:47:25,350

able to be someone who's like no I got

1258

00:47:29,210 --> 00:47:27,210

it and in order to do that you know you

1259

00:47:30,680 --> 00:47:29,220

got it you got a workout to be strong so

1260

00:47:32,180 --> 00:47:30,690

that's why I feel like I've been through

1261

00:47:33,680 --> 00:47:32,190

so many things cuz when they come to me

1262

00:47:34,130 --> 00:47:33,690

I want to be able to deal I don't want

1263

00:47:36,259 --> 00:47:34,140

to run a

1264

00:47:38,509 --> 00:47:36,269

I want to be able to see okay and

1265

00:47:39,380 --> 00:47:38,519

sometimes I can in more recent years I

1266

00:47:40,970 --> 00:47:39,390

can handle it on my own

1267

00:47:43,700 --> 00:47:40,980

but in the beginning I had mentors and

1268

00:47:45,410 --> 00:47:43,710

and cohorts and people that I would call

1269

00:47:46,789 --> 00:47:45,420

and ask what to do but now I feel like

1270

00:47:49,099 --> 00:47:46,799

I've got my hand in enough pots but

1271

00:47:50,690 --> 00:47:49,109

usually I can figure it out or I can

1272

00:47:53,900 --> 00:47:50,700

call in a spirit guide that knows how to

1273

00:47:55,370 --> 00:47:53,910

do it and I can ask them yeah it give me

1274

00:47:57,140 --> 00:47:55,380

a little trying on you if you walk into

1275

00:47:58,519 --> 00:47:57,150

a situation with some boogie men there

1276

00:48:00,500 --> 00:47:58,529

and you're not really sure what's going

1277

00:48:03,529 --> 00:48:00,510

on and I often and I do this on purpose

1278

00:48:04,849 --> 00:48:03,539

I walk in very confident because that's

1279

00:48:07,819 --> 00:48:04,859

the energy I want to portray when I'm

1280

00:48:09,430 --> 00:48:07,829

walking into said experience to impress

1281

00:48:12,410 --> 00:48:09,440

whatever is in the house

1282

00:48:14,630 --> 00:48:12,420

you know I'm need to exit and sometimes

1283

00:48:15,289 --> 00:48:14,640

they just laugh I can say do you think

1284

00:48:22,849 --> 00:48:15,299

so

1285

00:48:24,920 --> 00:48:22,859

asked me to go to the house and I did

1286

00:48:26,269 --> 00:48:24,930

and went to the house and as soon as I'm

1287

00:48:28,370 --> 00:48:26,279

across the threshold of the bedroom I

1288

00:48:30,079 --> 00:48:28,380

can feel it it was all over me like

1289

00:48:32,000 --> 00:48:30,089

walking into her spiderweb and it was

1290

00:48:33,650 --> 00:48:32,010

icky and it was sticky and it wasn't fun

1291

00:48:35,509 --> 00:48:33,660

and it wasn't cool I didn't really go

1292

00:48:38,930 --> 00:48:35,519

into fear mode I was just like an all

1293

00:48:41,390 --> 00:48:38,940

right Keith better put you up so I did

1294

00:48:41,630 --> 00:48:41,400

and I did not notice where it was coming

1295

00:48:43,160 --> 00:48:41,640

from

1296

00:48:46,990 --> 00:48:43,170

until my way out of the room and there

1297

00:48:49,549 --> 00:48:47,000

was this old mirror made of wrought iron

1298

00:48:58,549 --> 00:48:49,559

and they got this from supposedly

1299

00:49:00,980 --> 00:48:58,559

antique shop and so it can be trying you

1300

00:49:03,890 --> 00:49:00,990

know I don't know I would probably in

1301
00:49:05,690 --> 00:49:03,900
fact I probably would because one I'm

1302
00:49:07,609 --> 00:49:05,700
declaring this publicly so I know the

1303
00:49:09,140 --> 00:49:07,619
choice now if there was something in

1304
00:49:11,720 --> 00:49:09,150
someone's house that was truly of a

1305
00:49:14,029 --> 00:49:11,730
demonic nature I would probably I would

1306
00:49:15,319 --> 00:49:14,039
prepare myself not to show off to see

1307
00:49:17,420 --> 00:49:15,329
that I can do it but it would be a

1308
00:49:19,370 --> 00:49:17,430
challenge for me to walk through my fear

1309
00:49:21,859 --> 00:49:19,380
because I'm the type of guy that when I

1310
00:49:24,200 --> 00:49:21,869
have a fear I'm jumping off the high

1311
00:49:26,059 --> 00:49:24,210
diving board headfirst into it so again

1312
00:49:28,099 --> 00:49:26,069
like we talked about how moving to the

1313
00:49:32,089 --> 00:49:28,109

situation so I can go in it to dissipate

1314

00:49:38,120 --> 00:49:32,099

it yes yes maybe I may be crazy but I'm

1315

00:49:41,180 --> 00:49:38,130

not a fool yeah straddle integration is

1316

00:49:43,759 --> 00:49:41,190

something that really helped me work

1317

00:49:46,190 --> 00:49:43,769

with the darker entities because now I

1318

00:49:47,370 --> 00:49:46,200

mean granted it would be different if

1319

00:49:48,960 --> 00:49:47,380

someone's like hey this thing

1320

00:49:50,610 --> 00:49:48,970

tormenting my kid will you help me clear

1321

00:49:51,930 --> 00:49:50,620

what has happened before but it's been a

1322

00:49:55,110 --> 00:49:51,940

few years since I've done that kind of

1323

00:49:56,820 --> 00:49:55,120

work now I feel like I work more with

1324

00:49:58,710 --> 00:49:56,830

what it's called the grid like the land

1325

00:50:00,600 --> 00:49:58,720

itself the city the town the

1326

00:50:02,930 --> 00:50:00,610

neighborhood the nature or whatever it

1327

00:50:07,020 --> 00:50:02,940

is so it's kind of a different realm and

1328

00:50:09,150 --> 00:50:07,030

I I had some very shadowy beings come to

1329

00:50:10,680 --> 00:50:09,160

me a couple years ago who needed help

1330

00:50:13,230 --> 00:50:10,690

they needed help with what they were

1331

00:50:15,030 --> 00:50:13,240

dealing with and so that really kind of

1332

00:50:18,660 --> 00:50:15,040

spun my whole little light warrior I

1333

00:50:20,610 --> 00:50:18,670

bash up things on its head because I had

1334

00:50:22,890 --> 00:50:20,620

to examine and say wait a minute do I

1335

00:50:25,110 --> 00:50:22,900

truly believe that all beings are

1336

00:50:26,580 --> 00:50:25,120

deserving of luck or do I believe that

1337

00:50:29,340 --> 00:50:26,590

the ones that agree with me are

1338

00:50:31,710 --> 00:50:29,350

deserving of love and so then I started

1339

00:50:33,210 --> 00:50:31,720

to but you got to draw strong boundaries

1340

00:50:34,470 --> 00:50:33,220

because it's all about will parents like

1341

00:50:36,420 --> 00:50:34,480

okay no I'll talk to you but you can't

1342

00:50:38,850 --> 00:50:36,430

take anything from me I'm not giving you

1343

00:50:41,250 --> 00:50:38,860

anything but we can meet and so now so

1344

00:50:43,650 --> 00:50:41,260

so now usually when I meet a big scary

1345

00:50:45,660 --> 00:50:43,660

saying you if I'm driving across a huge

1346

00:50:46,560 --> 00:50:45,670

elemental comes up it and one thing I've

1347

00:50:48,060 --> 00:50:46,570

learned with a lot of especially

1348

00:50:50,130 --> 00:50:48,070

shadowed beings like you take this ferry

1349

00:50:52,230 --> 00:50:50,140

around they're a beautiful sweet little

1350

00:50:54,630 --> 00:50:52,240

flower fairy and then there are big

1351
00:50:56,610 --> 00:50:54,640
scary like cave things live down there

1352
00:51:01,440 --> 00:50:56,620
and they might not mean any harm but the

1353
00:51:03,780 --> 00:51:01,450
way they say hi is language so you know

1354
00:51:05,670 --> 00:51:03,790
when I find them usually now that of

1355
00:51:07,740 --> 00:51:05,680
course we're each the hub of our own

1356
00:51:10,350 --> 00:51:07,750
universe no one's more powerful than you

1357
00:51:11,730 --> 00:51:10,360
in your universe you're the god point so

1358
00:51:12,840 --> 00:51:11,740
that's what I always come back to is

1359
00:51:15,840 --> 00:51:12,850
nothing is more strong with me and also

1360
00:51:18,000 --> 00:51:15,850
I have a body and so I already know how

1361
00:51:20,820 --> 00:51:18,010
to generate matter better than whatever

1362
00:51:23,780 --> 00:51:20,830
this thing is but now there yeah you

1363
00:51:25,980 --> 00:51:23,790

know it's like okay leverage so so now

1364

00:51:27,540 --> 00:51:25,990

when I meet something big and scary

1365

00:51:29,640 --> 00:51:27,550

usually it might give me a jolt but then

1366

00:51:34,650 --> 00:51:29,650

I'm like oh hey you're cool I'm like how

1367

00:51:37,110 --> 00:51:34,660

do you do what you do I like and I've

1368

00:51:39,030 --> 00:51:37,120

learned so many cool things and also it

1369

00:51:40,980 --> 00:51:39,040

brings you because one of the things

1370

00:51:43,740 --> 00:51:40,990

that shadow being told me once that

1371

00:51:44,880 --> 00:51:43,750

really gave me pause because sometimes

1372

00:51:46,320 --> 00:51:44,890

they'd say something I could answer a

1373

00:51:48,150 --> 00:51:46,330

boob job the answer got the answer but

1374

00:51:49,710 --> 00:51:48,160

once in a while they would bring me back

1375

00:51:51,720 --> 00:51:49,720

an argument that I had to think about

1376
00:51:53,610 --> 00:51:51,730
for days like wait a minute you're right

1377
00:51:54,990 --> 00:51:53,620
like one of them was one time one of

1378
00:51:56,850 --> 00:51:55,000
them said you don't wanna help us you

1379
00:51:58,860 --> 00:51:56,860
just want us to be like you and I was

1380
00:52:00,420 --> 00:51:58,870
like wait you might be right let me

1381
00:52:01,140 --> 00:52:00,430
think about this what can we keep from

1382
00:52:02,849 --> 00:52:01,150
your paradigm

1383
00:52:03,960 --> 00:52:02,859
at school that's not there's a gnarly

1384
00:52:05,910 --> 00:52:03,970
thing that you do that we don't want to

1385
00:52:07,620 --> 00:52:05,920
keep what what can I respect and honor

1386
00:52:09,839 --> 00:52:07,630
about you and so one of the cool things

1387
00:52:11,400 --> 00:52:09,849
that I learned about shadow this is that

1388
00:52:14,160 --> 00:52:11,410

it's it again it's still essentially a

1389

00:52:16,079 --> 00:52:14,170

few deliciousness because it's finding

1390

00:52:19,079 --> 00:52:16,089

the stuff that you like it's so the

1391

00:52:21,510 --> 00:52:19,089

light represents goodness I mean it

1392

00:52:24,779 --> 00:52:21,520

respects rather goodness and kindness

1393

00:52:26,940 --> 00:52:24,789

and and love the shadow represents

1394

00:52:28,260 --> 00:52:26,950

strength does not care if you're nice

1395

00:52:30,750 --> 00:52:28,270

does not care if you're kinda it cares

1396

00:52:32,609 --> 00:52:30,760

if you are strong so the thing I like to

1397

00:52:34,230 --> 00:52:32,619

do is be strong and nice not nice

1398

00:52:36,299 --> 00:52:34,240

because I want to like be cool in a

1399

00:52:39,240 --> 00:52:36,309

hierarchy nice because I like to be nice

1400

00:52:40,980 --> 00:52:39,250

it's more fun so for me so so it's

1401

00:52:43,109 --> 00:52:40,990

really interesting to deal with beings

1402

00:52:45,089 --> 00:52:43,119

that might look scary but just because

1403

00:52:48,269 --> 00:52:45,099

something looks scary doesn't mean it is

1404

00:52:50,789 --> 00:52:48,279

mean so and especially in the beginning

1405

00:52:52,079 --> 00:52:50,799

though I would say don't necessarily

1406

00:52:53,460 --> 00:52:52,089

experiment with as if you're not sure

1407

00:52:56,190 --> 00:52:53,470

this is something I've learned over a

1408

00:52:57,510 --> 00:52:56,200

long time so so if you're if you're

1409

00:52:59,609 --> 00:52:57,520

worried just throw up your like bubble

1410

00:53:00,900 --> 00:52:59,619

ask angels to come in ask Archangel

1411

00:53:03,510 --> 00:53:00,910

Michael to come clear out whatever needs

1412

00:53:05,400 --> 00:53:03,520

to be clear that etc etc but now now

1413

00:53:06,990 --> 00:53:05,410

that I know I can do that at any time I

1414

00:53:11,640 --> 00:53:07,000

feel a little stay for having dialogue

1415

00:53:13,589 --> 00:53:11,650

okay oh you got me yes we're at the top

1416

00:53:15,299 --> 00:53:13,599

of I hate to cut you at the top of a

1417

00:53:17,130 --> 00:53:15,309

hard hour we are like one minute away

1418

00:53:18,839 --> 00:53:17,140

from sign-off thank you very much for

1419

00:53:20,010 --> 00:53:18,849

being an empowering guessing on center

1420

00:53:24,240 --> 00:53:20,020

of light radio you are always welcome

1421

00:53:25,680 --> 00:53:24,250

back here I'll be chatting with you soon

1422

00:53:27,779 --> 00:53:25,690

take care everyone

1423

00:53:32,910 --> 00:53:27,789

caris Melina you can find more about her

1424

00:53:34,680 --> 00:53:32,920

and ch8 or is Melina in E I in a calm

1425

00:53:36,299 --> 00:53:34,690

next week the center of light radio my

1426

00:53:38,579 --> 00:53:36,309

guest is going to be mr. Michael my dad

1427

00:53:39,839 --> 00:53:38,589

and he is very powerful the spirits

1428

00:53:41,039 --> 00:53:39,849

remain all around the world I look

1429

00:53:42,539 --> 00:53:41,049

forward to seeing you Keith Anton

1430

00:53:44,309 --> 00:53:42,549

matching your host of cinema light radio

1431

00:53:46,019 --> 00:53:44,319

every Monday night 6 p.m. Eastern Time

1432

00:53:52,000 --> 00:53:46,029

peace love and always remember to stay

1433

00:53:57,210 --> 00:53:56,810

[Music]

1434

00:54:39,480 --> 00:53:57,220

[Applause]