

www.irnchat.com



Center of Light Radio

Guest: Madeleine Newkirk

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
00:01:19,109 --> 00:01:16,540
heaven on earth your host Keith Anthony

9
00:01:20,490 --> 00:01:19,119
Blanchard hi yeah it's Monday coast to

10
00:01:21,870 --> 00:01:20,500
coast pulled a pull all around the world

11
00:01:24,060 --> 00:01:21,880
on the internet thanks to the marvel of

12
00:01:25,440 --> 00:01:24,070
Technology I am coming at you live from

13
00:01:27,600 --> 00:01:25,450

a little guest house in Memphis

14

00:01:29,160 --> 00:01:27,610

Tennessee and the inception radio

15

00:01:30,690 --> 00:01:29,170

network this is Keith Anthony Blanche

16

00:01:32,670 --> 00:01:30,700

and you listen to sinner of light radio

17

00:01:34,680 --> 00:01:32,680

Center of divine unfoldment and

18

00:01:36,870 --> 00:01:34,690

reinforcements radio for the soul and

19

00:01:38,609 --> 00:01:36,880

the transformation station or your

20

00:01:40,080 --> 00:01:38,619

spiritual seeker who is ready to move

21

00:01:42,540 --> 00:01:40,090

forward let me tell you about my

22

00:01:44,820 --> 00:01:42,550

lifelong work rpm recognized plug in and

23

00:01:46,800 --> 00:01:44,830

manifest your life if you wanting a

24

00:01:48,210 --> 00:01:46,810

shift from struggling oh dear Lord we

25

00:01:50,340 --> 00:01:48,220

know what that's like to feeling that

26

00:01:52,380 --> 00:01:50,350

life is effortless you can send me an

27

00:01:54,480 --> 00:01:52,390

email to book a free session Keith

28

00:01:57,270 --> 00:01:54,490

Anthony Blanchett at gmail.com title

29

00:01:58,650 --> 00:01:57,280

that email subject mr. Keith Blanchard I

30

00:02:00,120 --> 00:01:58,660

have to use the mister but Keith

31

00:02:02,219 --> 00:02:00,130

Blanchard I want that free session we'll

32

00:02:03,930 --> 00:02:02,229

get you squared away whether you want to

33

00:02:05,370 --> 00:02:03,940

develop intuition to greater degrees

34

00:02:07,800 --> 00:02:05,380

whether you want to move through a block

35

00:02:09,749 --> 00:02:07,810

you want greater abundance really just

36

00:02:12,750 --> 00:02:09,759

all that cool stuff in and out that we

37

00:02:14,670 --> 00:02:12,760

all just like to play with in our lives

38

00:02:17,070 --> 00:02:14,680

we have a we're in the arena of

39

00:02:18,480 --> 00:02:17,080

everything here on earth so if you have

40

00:02:20,670 --> 00:02:18,490

in trouble or if you want to just expand

41

00:02:22,050 --> 00:02:20,680

further into some of your your gifts you

42

00:02:24,600 --> 00:02:22,060

can contact me at Keith Anthony

43

00:02:26,850 --> 00:02:24,610

Blanchett at gmail send me a request for

44

00:02:28,350 --> 00:02:26,860

a free session but if you go to sinner

45

00:02:29,940 --> 00:02:28,360

of light radio calm at the bottom of the

46

00:02:32,010 --> 00:02:29,950

page you'll see a red Ferrari click on

47

00:02:33,510 --> 00:02:32,020

that Ferrari it'll take you to the RPM

48

00:02:34,890 --> 00:02:33,520

page it will tell you what you get and

49

00:02:37,110 --> 00:02:34,900

what you will be able to create and then

50

00:02:38,400 --> 00:02:37,120

again you get more one-on-one sessions

51
00:02:39,900 --> 00:02:38,410
with me so we can help you to get

52
00:02:42,000 --> 00:02:39,910
clearer about some things if that is the

53
00:02:44,610 --> 00:02:42,010
case and get you well on your way to

54
00:02:47,280 --> 00:02:44,620
living your bliss that you desire and

55
00:02:49,020 --> 00:02:47,290
deserve if you are been listening a

56
00:02:50,430 --> 00:02:49,030
sinner of light radio for a while you

57
00:02:52,350 --> 00:02:50,440
know that I'm all about creating and a

58
00:02:54,510 --> 00:02:52,360
put out of abundance of information to

59
00:02:57,270 --> 00:02:54,520
help one expand their life including my

60
00:02:58,949 --> 00:02:57,280
own my life expands every time I create

61
00:03:01,410 --> 00:02:58,959
something but if you fill out that

62
00:03:03,900 --> 00:03:01,420
signup form on the opening page at

63
00:03:05,880 --> 00:03:03,910

center of light radio not only will you

64

00:03:08,190 --> 00:03:05,890

begin to get all of my creations to

65

00:03:10,680 --> 00:03:08,200

present a it'll come in bundles free

66

00:03:12,940 --> 00:03:10,690

mind you as soon as I start this

67

00:03:14,710 --> 00:03:12,950

newsletter program very very soon you

68

00:03:16,900 --> 00:03:14,720

have access to it again fill out that

69

00:03:19,690 --> 00:03:16,910

signup form and the opening page for

70

00:03:23,170 --> 00:03:19,700

your free stuff as well as to connect

71

00:03:25,210 --> 00:03:23,180

with me via the news letter for those

72

00:03:26,440 --> 00:03:25,220

out there who are having spiritual

73

00:03:29,229 --> 00:03:26,450

squatters let me tell you what a

74

00:03:30,250 --> 00:03:29,239

spiritual squatter is those bad beings

75

00:03:31,780 --> 00:03:30,260

that are hanging out in your house

76

00:03:33,640 --> 00:03:31,790

causing you nothing but trouble and

77

00:03:35,350 --> 00:03:33,650

making you panicky yeah we're talking

78

00:03:37,479 --> 00:03:35,360

about ghosts and dark energies and dark

79

00:03:39,339 --> 00:03:37,489

entities if you have that going on in

80

00:03:41,160 --> 00:03:39,349

your house you can contact me Keith

81

00:03:43,780 --> 00:03:41,170

Anthony Blanchett at gmail and tell me

82

00:03:45,759 --> 00:03:43,790

what's going on with that and I'll be

83

00:03:47,470 --> 00:03:45,769

glad to help you and I will be in it

84

00:03:49,990 --> 00:03:47,480

check yourself I would be in it with you

85

00:03:52,059 --> 00:03:50,000

all the way until it's complete I come

86

00:03:55,089 --> 00:03:52,069

with a spiritual arsenal of montrose

87

00:03:56,920 --> 00:03:55,099

pictures that will and many other things

88

00:03:59,110 --> 00:03:56,930

that will raise the vibration of you and

89

00:04:01,150 --> 00:03:59,120

in turn rise raise the vibration of your

90

00:04:02,890 --> 00:04:01,160

house and they will disappear just like

91

00:04:04,839 --> 00:04:02,900

that as fast as they came in and again

92

00:04:07,569 --> 00:04:04,849

it's important I tell you I would be

93

00:04:09,610 --> 00:04:07,579

with you in it all the way I will not

94

00:04:11,500 --> 00:04:09,620

leave you hanging because I know the

95

00:04:14,170 --> 00:04:11,510

importance of having peace in your home

96

00:04:15,940 --> 00:04:14,180

I've been in many houses where the Lord

97

00:04:19,240 --> 00:04:15,950

you walk in and it feels like you walk

98

00:04:21,460 --> 00:04:19,250

into a spider web it's time here with

99

00:04:23,620 --> 00:04:21,470

you in that regard to make you your home

100

00:04:25,930 --> 00:04:23,630

what's intended to be happy and peaceful

101
00:04:27,629 --> 00:04:25,940
and loving for those that you care about

102
00:04:29,800 --> 00:04:27,639
and that would be your family unit or

103
00:04:30,940 --> 00:04:29,810
meaning me if I come over and hang out

104
00:04:34,719 --> 00:04:30,950
and eat some food with you I don't want

105
00:04:36,219 --> 00:04:34,729
no good right now it's time to get down

106
00:04:37,420 --> 00:04:36,229
the center of light radio business all

107
00:04:38,580 --> 00:04:37,430
before we do that a couple of quick

108
00:04:41,100 --> 00:04:38,590
announcements

109
00:04:43,600 --> 00:04:41,110
this Wednesday night if you go to

110
00:04:46,570 --> 00:04:43,610
facebook.com slash Keith Anthony

111
00:04:49,170 --> 00:04:46,580
Blanchard Wednesday at 3 o'clock Central

112
00:04:52,240 --> 00:04:49,180
Time we're going to be having a

113
00:04:54,879 --> 00:04:52,250

self-love symposium for Valentine's Day

114

00:04:58,300 --> 00:04:54,889

becoming the greatest love of your life

115

00:05:00,760 --> 00:04:58,310

also March 11th 5 o'clock at Unity

116

00:05:03,640 --> 00:05:00,770

Church on Walnut Grove here in Memphis

117

00:05:04,930 --> 00:05:03,650

or cardova Tennessee I'm gonna be doing

118

00:05:06,100 --> 00:05:04,940

my first presentation a long time

119

00:05:08,650 --> 00:05:06,110

hopefully the beginning of a speaking

120

00:05:10,300 --> 00:05:08,660

tour tidal radical transformation

121

00:05:12,279 --> 00:05:10,310

getting inside of you and making some

122

00:05:14,469 --> 00:05:12,289

things pop open and having changes

123

00:05:16,120 --> 00:05:14,479

happen right here and right now mind you

124

00:05:17,950 --> 00:05:16,130

it does not overlook the work that needs

125

00:05:20,200 --> 00:05:17,960

to be done but it's more about a

126

00:05:23,170 --> 00:05:20,210

shifting and I will help you do that and

127

00:05:25,899 --> 00:05:23,180

for this presentation at Unity Church 5

128

00:05:26,740 --> 00:05:25,909

o'clock March 11th and also we're going

129

00:05:28,750 --> 00:05:26,750

to create a

130

00:05:31,020 --> 00:05:28,760

scape forming the piano play you heard

131

00:05:33,990 --> 00:05:31,030

in the opening music of lavender soul

132

00:05:35,800 --> 00:05:34,000

classical award-winning world-renowned

133

00:05:37,360 --> 00:05:35,810

pianist of the Memphis Symphony

134

00:05:40,720 --> 00:05:37,370

Orchestra he's going to be creating a

135

00:05:42,460 --> 00:05:40,730

soundscape under my presentation so I'm

136

00:05:44,050 --> 00:05:42,470

honored this should be really really

137

00:05:46,060 --> 00:05:44,060

cool and now it's time to get down to

138

00:05:48,130 --> 00:05:46,070

center of light radio business today's

139

00:05:50,290 --> 00:05:48,140

show was art body and soul we're

140

00:05:53,140 --> 00:05:50,300

painting yoga meditation and healing

141

00:05:54,940 --> 00:05:53,150

merge heart body and soul is a new

142

00:05:56,920 --> 00:05:54,950

studio opening up in East Memphis that

143

00:05:59,800 --> 00:05:56,930

combines the work of painting yoga

144

00:06:02,290 --> 00:05:59,810

meditation and healing to help people

145

00:06:04,690 --> 00:06:02,300

emerge through art emotion and self

146

00:06:06,220 --> 00:06:04,700

healing techniques this is the first of

147

00:06:08,800 --> 00:06:06,230

its kind in Memphis because of the art

148

00:06:11,500 --> 00:06:08,810

studio inclusion Madeline will talk

149

00:06:15,220 --> 00:06:11,510

about painting out loud the Delian

150

00:06:18,040 --> 00:06:15,230

method self healing modality and he

151
00:06:20,020 --> 00:06:18,050
experiences with active meditation that

152
00:06:22,750 --> 00:06:20,030
will come alive in her series of classes

153
00:06:25,750 --> 00:06:22,760
available starting March 20th enrollment

154
00:06:28,270 --> 00:06:25,760
is open for each of the classes in grand

155
00:06:31,630 --> 00:06:28,280
opening celebration details are coming

156
00:06:33,219 --> 00:06:31,640
soon as a seeker Madeline has been

157
00:06:35,620 --> 00:06:33,229
exposed to numerous self healing

158
00:06:37,000 --> 00:06:35,630
modalities including healing touch the

159
00:06:40,060 --> 00:06:37,010
body code I've never heard of that I'm

160
00:06:42,580 --> 00:06:40,070
curious about that psyche absolutely and

161
00:06:44,950 --> 00:06:42,590
emotional freedom techniques or known as

162
00:06:50,290 --> 00:06:44,960
EFT you can find more about my guest

163
00:06:53,560 --> 00:06:50,300

today at wwhd soul studio.com welcome to

164

00:06:56,110 --> 00:06:53,570

sinner of light radio Madeline thank you

165

00:06:57,550 --> 00:06:56,120

I'm glad to be here Madeline please

166

00:06:59,640 --> 00:06:57,560

forgive me and remind me of your last

167

00:07:01,690 --> 00:06:59,650

name it's Newkirk is it Madeline Newkirk

168

00:07:04,120 --> 00:07:01,700

that's right welcome to sort of like

169

00:07:08,409 --> 00:07:04,130

radio do one thing I always ask my guest

170

00:07:10,960 --> 00:07:08,419

predominantly is when did you begin to

171

00:07:13,180 --> 00:07:10,970

move into the field of spirituality in

172

00:07:14,830 --> 00:07:13,190

any form and how did that come about did

173

00:07:19,860 --> 00:07:14,840

you feel that you were just led into it

174

00:07:24,030 --> 00:07:19,870

or like many of us was it from pain I

175

00:07:26,640 --> 00:07:24,040

was in a period of great confusion and

176

00:07:30,700 --> 00:07:26,650

in my life and there was a lot of drama

177

00:07:35,400 --> 00:07:30,710

going on in my relationships and so I

178

00:07:38,560 --> 00:07:35,410

decided I needed a break and I went to a

179

00:07:39,570 --> 00:07:38,570

retreat center and up in upstate New

180

00:07:43,469 --> 00:07:39,580

York

181

00:07:46,409 --> 00:07:43,479

and I was there for about five weeks and

182

00:07:51,899 --> 00:07:46,419

it changed my life and set me on the

183

00:07:53,700 --> 00:07:51,909

path of a seeker and so if you don't

184

00:07:58,290 --> 00:07:53,710

mind me asking what age was this for you

185

00:08:01,200 --> 00:07:58,300

about it was about I think I was fifty

186

00:08:03,360 --> 00:08:01,210

so about eight years ago it's quite

187

00:08:05,820 --> 00:08:03,370

amazing to me actually it seems more

188

00:08:08,540 --> 00:08:05,830

natural than unnatural a lot of spirits

189

00:08:12,119 --> 00:08:08,550

was gather and collect and move into the

190

00:08:13,649 --> 00:08:12,129

self development mode after a long night

191

00:08:15,110 --> 00:08:13,659

of the soul do you find that to be true

192

00:08:21,689 --> 00:08:15,120

in what you're doing

193

00:08:23,610 --> 00:08:21,699

yes I do definitely it's I think that

194

00:08:28,110 --> 00:08:23,620

our pain and struggles are what help us

195

00:08:33,949 --> 00:08:28,120

to seek transformation and put us in a

196

00:08:37,709 --> 00:08:36,149

yeah it seems to be true across the

197

00:08:39,569 --> 00:08:37,719

board now a lot of and it seems to be

198

00:08:41,009 --> 00:08:39,579

even more true with that the newer kids

199

00:08:43,649 --> 00:08:41,019

that are coming into the world today

200

00:08:46,340 --> 00:08:43,659

they're moving into without all the

201
00:08:49,710 --> 00:08:46,350
trouble that many of us adults

202
00:08:52,560 --> 00:08:49,720
baby-boomers for some of us having to

203
00:08:55,350 --> 00:08:52,570
find our way through pain and discomfort

204
00:08:58,680 --> 00:08:55,360
and loss of loved ones or at loss of the

205
00:09:01,530 --> 00:08:58,690
relationship so tell me what got you

206
00:09:04,590 --> 00:09:01,540
motivated to begin this new program this

207
00:09:06,540 --> 00:09:04,600
new place in Memphis and go about making

208
00:09:10,710 --> 00:09:06,550
this happen for Memphians and anyone

209
00:09:14,310 --> 00:09:10,720
else actually okay so I was I grew up

210
00:09:17,100 --> 00:09:14,320
here and I was a few years back I was

211
00:09:20,329 --> 00:09:17,110
living in the DC area and when I moved

212
00:09:22,889 --> 00:09:20,339
back to Memphis I wanted to build a

213
00:09:26,040 --> 00:09:22,899

spiritual center in the heart of Memphis

214

00:09:29,970 --> 00:09:26,050

but it didn't really take form until

215

00:09:32,639 --> 00:09:29,980

last summer I trained to become a Dalian

216

00:09:34,920 --> 00:09:32,649

method facilitator and I knew that I

217

00:09:37,470 --> 00:09:34,930

really wanted to bring that work into

218

00:09:39,210 --> 00:09:37,480

the world and so when I came home from

219

00:09:42,389 --> 00:09:39,220

that I started working on a business

220

00:09:45,360 --> 00:09:42,399

plan and once I was in that creative

221

00:09:46,840 --> 00:09:45,370

process I decided to combine my love of

222

00:09:51,440 --> 00:09:46,850

art and

223

00:09:53,630 --> 00:09:51,450

yoga and other healing modalities and so

224

00:09:57,470 --> 00:09:53,640

that the heart body and soul is what

225

00:10:00,380 --> 00:09:57,480

came out of that process tell me about

226
00:10:02,000 --> 00:10:00,390
this beginning of the show when I read

227
00:10:05,540 --> 00:10:02,010
your bio this what was called the body

228
00:10:11,060 --> 00:10:05,550
code tell me but the body code well the

229
00:10:14,449 --> 00:10:11,070
body code is was developed by I'm gonna

230
00:10:17,810 --> 00:10:14,459
forget his name right now so it's a

231
00:10:20,990 --> 00:10:17,820
process of releasing trapped emotions

232
00:10:23,810 --> 00:10:21,000
and other energies that may be holding

233
00:10:26,569 --> 00:10:23,820
you back using it's a very specific

234
00:10:28,940 --> 00:10:26,579
method and it uses the governing

235
00:10:32,509 --> 00:10:28,950
Meridian across the top of your head to

236
00:10:34,490 --> 00:10:32,519
release the trapped emotions I have

237
00:10:40,210 --> 00:10:34,500
found it to work very well on the

238
00:10:42,590 --> 00:10:40,220

physical level and I prefer other

239

00:10:44,180 --> 00:10:42,600

modalities for different things but that

240

00:10:50,769 --> 00:10:44,190

one particularly works well on the

241

00:10:55,970 --> 00:10:52,819

thank you dear had something closed on

242

00:10:58,699 --> 00:10:55,980

me so how many people around the Memphis

243

00:11:00,800 --> 00:10:58,709

scene do you have in partnership with

244

00:11:02,389 --> 00:11:00,810

this project is this solely your baby or

245

00:11:05,840 --> 00:11:02,399

do you have Victoria with is she with

246

00:11:08,150 --> 00:11:05,850

you as well and others so Victoria is

247

00:11:10,490 --> 00:11:08,160

helping me with marketing and that's

248

00:11:14,090 --> 00:11:10,500

really great to have her helping with

249

00:11:16,730 --> 00:11:14,100

that and that's I also have a yoga

250

00:11:18,829 --> 00:11:16,740

teacher who's helping me with finding

251
00:11:21,319 --> 00:11:18,839
yoga teachers who are aligned with our

252
00:11:24,430 --> 00:11:21,329
focus which is about you know building

253
00:11:27,829 --> 00:11:24,440
spiritual community and self-discovery

254
00:11:29,689 --> 00:11:27,839
self healing and transformation so she's

255
00:11:32,000 --> 00:11:29,699
helping me find yoga teachers who

256
00:11:36,590 --> 00:11:32,010
haven't lost sight of that in their

257
00:11:39,019 --> 00:11:36,600
practice and but really it's my it's my

258
00:11:42,290 --> 00:11:39,029
baby I just have great helpers so are

259
00:11:46,550 --> 00:11:42,300
you a teacher of yoga no you're not

260
00:11:47,870 --> 00:11:46,560
so you more the the art person you

261
00:11:49,970 --> 00:11:47,880
contributing in the form of art actually

262
00:11:57,960 --> 00:11:49,980
what I'm looking behind you that has to

263
00:12:04,619 --> 00:12:01,350

exhibiting my art and so we're also a

264

00:12:07,499 --> 00:12:04,629

gallery and we'll be displaying I want

265

00:12:09,869 --> 00:12:07,509

to represent artists who are I've been

266

00:12:11,819 --> 00:12:09,879

coming and perhaps looking to display

267

00:12:15,030 --> 00:12:11,829

their art exhibit their art for the

268

00:12:19,920 --> 00:12:15,040

first time do you Commission alt for

269

00:12:22,290 --> 00:12:19,930

some of your work I have not so one of

270

00:12:25,769 --> 00:12:22,300

my struggles in life has been keeping

271

00:12:28,350 --> 00:12:25,779

myself hidden and not using my voice and

272

00:12:32,009 --> 00:12:28,360

so I've really struggled to find it and

273

00:12:36,059 --> 00:12:32,019

so most of my life I have keeping I have

274

00:12:38,429 --> 00:12:36,069

kept my art hidden and so I'm stepping

275

00:12:40,530 --> 00:12:38,439

out so now that mask it is now that

276

00:12:43,860 --> 00:12:40,540

you're stepping out with your voice via

277

00:12:46,379 --> 00:12:43,870

your painting do you find that your body

278

00:12:50,639 --> 00:12:46,389

is actually stepping out as well do you

279

00:12:52,860 --> 00:12:50,649

see a handshake deal there I do I mean

280

00:12:57,030 --> 00:12:52,870

this is really something I could not

281

00:12:59,460 --> 00:12:57,040

imagine having done being on the radio a

282

00:13:02,790 --> 00:12:59,470

number of years ago it's really I

283

00:13:05,069 --> 00:13:02,800

attribute most of my really attribute

284

00:13:08,100 --> 00:13:05,079

everything to my work using the Galleon

285

00:13:10,920 --> 00:13:08,110

method and it's been a real privilege to

286

00:13:13,650 --> 00:13:10,930

be a part of that work with the creator

287

00:13:17,069 --> 00:13:13,660

of value math and Mota Eliza Dalian

288

00:13:20,509 --> 00:13:17,079

she's a mystic and a award-winning

289

00:13:24,449 --> 00:13:20,519

best-selling author and she created this

290

00:13:26,970 --> 00:13:24,459

really incredible method it's a powerful

291

00:13:31,439 --> 00:13:26,980

tool for self-discovery and spiritual

292

00:13:33,749 --> 00:13:31,449

awakening and self-healing from the chat

293

00:13:37,290 --> 00:13:33,759

room I believe asked a question can we

294

00:13:42,420 --> 00:13:37,300

see these paintings now well I have one

295

00:13:43,769 --> 00:13:42,430

yeah I think we can't here's my me can

296

00:13:52,470 --> 00:13:43,779

don't you have someone you do you have

297

00:13:55,670 --> 00:13:52,480

so many website they're all on display

298

00:14:00,030 --> 00:13:55,680

and on my website at art body-soul

299

00:14:01,949 --> 00:14:00,040

studio.com art body-soul studio.com to

300

00:14:03,720 --> 00:14:01,959

find more of her work I believe and that

301
00:14:06,600 --> 00:14:03,730
was their name and I don't mean I

302
00:14:09,749 --> 00:14:06,610
believe that's what you find thanks for

303
00:14:11,429 --> 00:14:09,759
the question so it's just going to be a

304
00:14:11,870 --> 00:14:11,439
heat this it's going to be a Healing

305
00:14:14,150 --> 00:14:11,880
Center

306
00:14:16,370 --> 00:14:14,160
not only visually for the art give me

307
00:14:17,840 --> 00:14:16,380
the modalities again if you would the

308
00:14:20,319 --> 00:14:17,850
types of healing that are going to take

309
00:14:21,499 --> 00:14:20,329
place here in this particular studio

310
00:14:24,470 --> 00:14:21,509
okay

311
00:14:28,670 --> 00:14:24,480
so we have the studio and then we have

312
00:14:30,860 --> 00:14:28,680
an area for like a spa service services

313
00:14:34,519 --> 00:14:30,870

so we'll have massage and we'll have

314

00:14:37,999 --> 00:14:34,529

energy healing I'm a student of healing

315

00:14:40,220 --> 00:14:38,009

touch and I also do the dyeing method so

316

00:14:42,860 --> 00:14:40,230

we'll be doing both of those things plus

317

00:14:46,059 --> 00:14:42,870

I'll have other therapists that will be

318

00:14:48,499 --> 00:14:46,069

doing massage and other energy workers

319

00:14:59,960 --> 00:14:48,509

Healing Touch is that light touch by

320

00:15:03,379 --> 00:14:59,970

Barbara Brennan yes I don't know how I'm

321

00:15:08,150 --> 00:15:03,389

just a student remember but she was

322

00:15:12,550 --> 00:15:08,160

involved as a resource I don't think

323

00:15:15,230 --> 00:15:12,560

she's the founding person some years ago

324

00:15:17,150 --> 00:15:15,240

with my first wife my first wife

325

00:15:20,720 --> 00:15:17,160

Wow I don't have a string of them so

326

00:15:23,809 --> 00:15:20,730

don't say but with my first wife we both

327

00:15:25,550 --> 00:15:23,819

got to the healing touch modality and I

328

00:15:27,170 --> 00:15:25,560

loved it and I didn't take it as far as

329

00:15:29,600 --> 00:15:27,180

she did but I had a good time with it in

330

00:15:32,179 --> 00:15:29,610

fact before really got involved in it

331

00:15:33,319 --> 00:15:32,189

fully a friend of mine called me she

332

00:15:36,769 --> 00:15:33,329

told me she was having some really

333

00:15:39,980 --> 00:15:36,779

really bad problems bleeding down there

334

00:15:42,710 --> 00:15:39,990

and the woman plays and I get some light

335

00:15:44,749 --> 00:15:42,720

touch on her and it completely stopped

336

00:15:46,460 --> 00:15:44,759

it literally completely stopped and it's

337

00:15:49,009 --> 00:15:46,470

sort of wild me back then even though I

338

00:15:52,189 --> 00:15:49,019

was on a conscious spiritual path that

339

00:15:54,079 --> 00:15:52,199

wasn't as well endowed consciously about

340

00:15:55,879 --> 00:15:54,089

the spiritual path but what took place

341

00:15:56,929 --> 00:15:55,889

when she called me the next morning and

342

00:15:58,370 --> 00:15:56,939

told me oh my god Keith this has

343

00:16:01,819 --> 00:15:58,380

completely stopped and there is no

344

00:16:04,309 --> 00:16:01,829

evidence and it still stopped to this

345

00:16:06,620 --> 00:16:04,319

day but when I found this out something

346

00:16:08,720 --> 00:16:06,630

inside of me clicked because it was a

347

00:16:11,030 --> 00:16:08,730

believing factor that you know how can I

348

00:16:13,160 --> 00:16:11,040

expect something to heal someone when

349

00:16:14,740 --> 00:16:13,170

you're not even touching them even

350

00:16:18,009 --> 00:16:14,750

though I was working on faith and belief

351
00:16:20,360 --> 00:16:18,019
by getting that report from this client

352
00:16:21,889 --> 00:16:20,370
telling me that everything had changed

353
00:16:23,900 --> 00:16:21,899
for this person really did something

354
00:16:25,129 --> 00:16:23,910
powerful for me or you still you said he

355
00:16:26,720 --> 00:16:25,139
was still in the

356
00:16:29,569 --> 00:16:26,730
learning phase of this program is it

357
00:16:32,889 --> 00:16:29,579
right right yes I'm a level 3 student

358
00:16:38,059 --> 00:16:32,899
and we'll plan to be a level 4 student

359
00:16:41,799 --> 00:16:38,069
sometime soon in the level 3 class we

360
00:16:46,789 --> 00:16:41,809
learned how to connect with earth and

361
00:16:49,009 --> 00:16:46,799
collect our horror line and raise our

362
00:16:51,409 --> 00:16:49,019
vibration so that's really cool because

363
00:16:53,629 --> 00:16:51,419

then when we we need to raise our

364

00:16:57,409 --> 00:16:53,639

vibration higher than the person that we

365

00:17:00,799 --> 00:16:57,419

are trying to support and that's a

366

00:17:03,829 --> 00:17:00,809

really powerful practice I think so as

367

00:17:05,149 --> 00:17:03,839

you do this now even though you're still

368

00:17:07,159 --> 00:17:05,159

learning before you get to the next

369

00:17:09,980 --> 00:17:07,169

level are you seeing or you're getting

370

00:17:13,370 --> 00:17:09,990

reports of effects of how it's working

371

00:17:16,220 --> 00:17:13,380

for people oh yes I mean I definitely

372

00:17:17,659 --> 00:17:16,230

think it's supporting people very well

373

00:17:19,879 --> 00:17:17,669

and I have friends who have been through

374

00:17:21,980 --> 00:17:19,889

the entire program and of course I've

375

00:17:28,399 --> 00:17:21,990

worked with them and it's really it's

376

00:17:30,620 --> 00:17:28,409

amazing it's very helpful for healing so

377

00:17:33,080 --> 00:17:30,630

if you would give me an idea John or

378

00:17:34,460 --> 00:17:33,090

Jane Doe is laying on a table and you're

379

00:17:37,370 --> 00:17:34,470

going to go in and doing some light

380

00:17:38,659 --> 00:17:37,380

touch therapy or hands of light therapy

381

00:17:39,409 --> 00:17:38,669

whatever you want to call it this was a

382

00:17:44,930 --> 00:17:39,419

few different names

383

00:17:47,659 --> 00:17:44,940

what is your procedure well so we start

384

00:17:49,340 --> 00:17:47,669

by talking to the person and finding out

385

00:17:51,980 --> 00:17:49,350

what's going on with them and then we

386

00:17:53,600 --> 00:17:51,990

assess the energy field either some

387

00:17:56,240 --> 00:17:53,610

people use her hands some people use a

388

00:17:59,000 --> 00:17:56,250

pendulum to check the chakras and see

389

00:18:01,789 --> 00:17:59,010

what's going on and after that you sort

390

00:18:04,190 --> 00:18:01,799

of decide what method within the healing

391

00:18:07,159 --> 00:18:04,200

touch program would be most effective

392

00:18:11,259 --> 00:18:07,169

and so we have ways to balance the

393

00:18:14,330 --> 00:18:11,269

chakra system to clear the energy field

394

00:18:17,299 --> 00:18:14,340

so the intent is to use our hands and

395

00:18:20,120 --> 00:18:17,309

our heart to support the person in the

396

00:18:23,899 --> 00:18:20,130

best way possible for them to self heal

397

00:18:26,389 --> 00:18:23,909

we're not I am NOT a healer I am just

398

00:18:30,490 --> 00:18:26,399

there to support them and their and

399

00:18:33,470 --> 00:18:30,500

enhance their ability to heal themselves

400

00:18:36,139 --> 00:18:33,480

so don't if it's been so long don't you

401
00:18:38,120 --> 00:18:36,149
go in or to the person's energy field

402
00:18:39,920 --> 00:18:38,130
their bio energetic field or there are

403
00:18:42,590 --> 00:18:39,930
and you sort of with your intention in

404
00:18:47,690 --> 00:18:42,600
your hands kind of open up the lightbody

405
00:18:49,400 --> 00:18:47,700
a little bit and or when you're scanning

406
00:18:51,890 --> 00:18:49,410
whenever the word correct word would be

407
00:18:54,320 --> 00:18:51,900
don't you have to sometimes break out

408
00:18:55,910 --> 00:18:54,330
some dark energy like literally grab it

409
00:18:58,250 --> 00:18:55,920
and intentionally with the intention of

410
00:19:00,410 --> 00:18:58,260
breaking it out is that how the process

411
00:19:02,810 --> 00:19:00,420
is done from my memory there is a

412
00:19:06,740 --> 00:19:02,820
technique called magnetic clearing that

413
00:19:09,350 --> 00:19:06,750

we use our fingertips to you know pull

414

00:19:12,440 --> 00:19:09,360

the energy off the field there are other

415

00:19:15,860 --> 00:19:12,450

layers to the energy and we use our

416

00:19:19,280 --> 00:19:15,870

hands in different ways to sort of comb

417

00:19:23,590 --> 00:19:19,290

alpha and clear out what's there that

418

00:19:26,780 --> 00:19:23,600

may be blocking the energy because if

419

00:19:29,030 --> 00:19:26,790

illness with physical illness generally

420

00:19:32,060 --> 00:19:29,040

it has to come into the energy field

421

00:19:34,100 --> 00:19:32,070

first and so if you can clear it out

422

00:19:37,730 --> 00:19:34,110

there then it never reaches the physical

423

00:19:39,770 --> 00:19:37,740

body I read a long time ago in fact I

424

00:19:42,080 --> 00:19:39,780

read this after i intuited this and it's

425

00:19:44,120 --> 00:19:42,090

in my book the Divine Principle I was

426

00:19:45,590 --> 00:19:44,130

doing a meditation one day and I'm

427

00:19:47,120 --> 00:19:45,600

having this communion with my Higher

428

00:19:51,950 --> 00:19:47,130

Self spirit whatever you want to call it

429

00:19:54,650 --> 00:19:51,960

and what came to me was spirit will

430

00:19:56,600 --> 00:19:54,660

prompt you when you're beginning to be

431

00:19:58,670 --> 00:19:56,610

not well you know show up in the form of

432

00:20:00,020 --> 00:19:58,680

thoughts and if they go and monitor it

433

00:20:02,900 --> 00:20:00,030

didn't show up in the form of feeling

434

00:20:04,400 --> 00:20:02,910

and if it goes unmonitored or you can't

435

00:20:06,290 --> 00:20:04,410

detect it then it will show up in the

436

00:20:09,170 --> 00:20:06,300

body where it can no longer be ignored

437

00:20:11,600 --> 00:20:09,180

and or denied is this sort of what you

438

00:20:13,280 --> 00:20:11,610

just said that you get to it before it

439

00:20:16,900 --> 00:20:13,290

actually can use itself in a physical

440

00:20:21,580 --> 00:20:16,910

way right yes if you keep your energy

441

00:20:23,870 --> 00:20:21,590

clear and balanced you have a you know

442

00:20:26,840 --> 00:20:23,880

the principle would be that it would not

443

00:20:29,510 --> 00:20:26,850

reach the physical body because you

444

00:20:32,300 --> 00:20:29,520

would have caught it at a level that's

445

00:20:34,220 --> 00:20:32,310

beyond the body so what kind of

446

00:20:37,310 --> 00:20:34,230

meditation classes are you going to be

447

00:20:39,830 --> 00:20:37,320

bringing about there so we'll probably

448

00:20:41,300 --> 00:20:39,840

have traditional seated meditation but

449

00:20:43,910 --> 00:20:41,310

we're also going to be doing active

450

00:20:45,530 --> 00:20:43,920

meditation and the most of the active

451
00:20:48,770 --> 00:20:45,540
meditations that we're going to be using

452
00:20:50,350 --> 00:20:48,780
were created by Osho he's a was a Zen

453
00:20:54,590 --> 00:20:50,360
master

454
00:20:58,370 --> 00:20:54,600
yeah we're gonna be doing his active

455
00:21:01,180 --> 00:20:58,380
meditations and modded a lien that

456
00:21:03,650 --> 00:21:01,190
created the Doudna that she also has a

457
00:21:06,550 --> 00:21:03,660
which is an active meditation and

458
00:21:11,120 --> 00:21:06,560
another meditation will probably use and

459
00:21:13,010 --> 00:21:11,130
I'm open to other ideas but so it's

460
00:21:16,780 --> 00:21:13,020
really great because the active portion

461
00:21:19,610 --> 00:21:16,790
of the meditation prepares you to sit

462
00:21:22,280 --> 00:21:19,620
because most people this day and age are

463
00:21:26,000 --> 00:21:22,290

so busy that and stressed and it's hard

464

00:21:27,800 --> 00:21:26,010

to just drop down into you know sit and

465

00:21:32,090 --> 00:21:27,810

watch and drop down into your Center

466

00:21:34,640 --> 00:21:32,100

without some physical activity to get

467

00:21:36,410 --> 00:21:34,650

you down into your body first off maybe

468

00:21:39,610 --> 00:21:36,420

you out of your hand into the body

469

00:21:43,160 --> 00:21:39,620

either with the breath or movement or

470

00:21:44,090 --> 00:21:43,170

one of the techniques involved in these

471

00:21:48,050 --> 00:21:44,100

yeah

472

00:21:50,870 --> 00:21:48,060

Osho he was a firecracker man so why oh

473

00:21:53,270 --> 00:21:50,880

sure Raja nice what what is the why he

474

00:21:56,480 --> 00:21:53,280

why is he the target for the guided

475

00:22:01,700 --> 00:21:56,490

meditations just curious why is the

476

00:22:03,560 --> 00:22:01,710

target hands or others in the room with

477

00:22:04,970 --> 00:22:03,570

you in the building with you follows you

478

00:22:08,030 --> 00:22:04,980

as to why you're gonna be using his

479

00:22:11,330 --> 00:22:08,040

meditation well so moderate Ali and my

480

00:22:13,960 --> 00:22:11,340

teacher she her teacher was Osho and so

481

00:22:17,690 --> 00:22:13,970

she uses active meditation and believes

482

00:22:21,170 --> 00:22:17,700

so that's how I came to the world of

483

00:22:23,630 --> 00:22:21,180

active meditation because what have you

484

00:22:25,640 --> 00:22:23,640

discovered in your meditations other

485

00:22:28,280 --> 00:22:25,650

than you a greater greater part of

486

00:22:30,680 --> 00:22:28,290

yourself but what would you share with

487

00:22:33,010 --> 00:22:30,690

our listening audience is beneficial

488

00:22:36,320 --> 00:22:33,020

about meditation

489

00:22:43,340 --> 00:22:36,330

well it's developing being the watcher

490

00:22:48,560 --> 00:22:43,350

and so that in any situation you can be

491

00:22:52,680 --> 00:22:48,570

there in your Center and really be okay

492

00:22:55,049 --> 00:22:52,690

in any situation that arises and

493

00:22:59,009 --> 00:22:55,059

so it's really important to develop that

494

00:23:00,899 --> 00:22:59,019

ability to just watch totally agreed it

495

00:23:02,849 --> 00:23:00,909

helps us greatly to back off of the

496

00:23:06,239 --> 00:23:02,859

scenario whatever that scenario may be

497

00:23:07,739 --> 00:23:06,249

in if you do meditation long enough then

498

00:23:09,389 --> 00:23:07,749

you can bring that into your open night

499

00:23:11,879 --> 00:23:09,399

state because you've already created any

500

00:23:14,129 --> 00:23:11,889

disposition yeah that you're so used to

501
00:23:15,659 --> 00:23:14,139
being the observer when something in

502
00:23:17,190 --> 00:23:15,669
life that happens that can just really

503
00:23:19,799 --> 00:23:17,200
get you and get you good and you could

504
00:23:21,570 --> 00:23:19,809
potentially point you in a an energetic

505
00:23:23,639 --> 00:23:21,580
scenario and stick to you for many many

506
00:23:26,099 --> 00:23:23,649
years if you back off and you become the

507
00:23:27,629 --> 00:23:26,109
observer then you can see it from a

508
00:23:33,719 --> 00:23:27,639
fresh perspective would you would that

509
00:23:38,099 --> 00:23:33,729
be correct I know that in the work that

510
00:23:41,460 --> 00:23:38,109
I've done with the Dalian method we it's

511
00:23:44,789 --> 00:23:41,470
a the method is a very powerful tool

512
00:23:50,129 --> 00:23:44,799
that helps you to go inside and learn

513
00:23:52,190 --> 00:23:50,139

something about yourself and in the I've

514

00:23:54,089 --> 00:23:52,200

lost my train of thought so

515

00:23:57,960 --> 00:23:54,099

maybe you can get me back on track

516

00:24:00,599 --> 00:23:57,970

before we were talking about and I lost

517

00:24:04,379 --> 00:24:00,609

my train I think you and I took the same

518

00:24:05,849 --> 00:24:04,389

train to another planet from the chat

519

00:24:07,379 --> 00:24:05,859

room someone asked is precious stone

520

00:24:09,119 --> 00:24:07,389

asked a question what types of

521

00:24:11,669 --> 00:24:09,129

meditation does she think is most

522

00:24:17,570 --> 00:24:11,679

effective I have been thinking about

523

00:24:21,719 --> 00:24:17,580

doing TM I've never actually used

524

00:24:23,849 --> 00:24:21,729

friends that have but so I just use

525

00:24:27,330 --> 00:24:23,859

either traditional seated meditation

526
00:24:31,109 --> 00:24:27,340
with a focus my focus on the breath or I

527
00:24:32,969 --> 00:24:31,119
do the act of meditation and so if she's

528
00:24:35,039 --> 00:24:32,979
in the Memphis area she could come by

529
00:24:39,330 --> 00:24:35,049
the studio and try out an act of

530
00:24:42,149 --> 00:24:39,340
meditation or you can look online Google

531
00:24:45,509 --> 00:24:42,159
shows active meditations and learn about

532
00:24:47,759 --> 00:24:45,519
that there for those I'm looking at the

533
00:24:50,310 --> 00:24:47,769
chat room now precious stone Billy Shaw

534
00:24:53,369 --> 00:24:50,320
and Sara Popovich

535
00:24:55,979 --> 00:24:53,379
I see you inquiring about children if

536
00:24:58,229 --> 00:24:55,989
you are having trouble with your

537
00:25:00,169 --> 00:24:58,239
children trouble let's say they're there

538
00:25:02,669 --> 00:25:00,179

they're being troubled how's that

539

00:25:04,560 --> 00:25:02,679

contact me Keith Anthony Blanchett at

540

00:25:06,480 --> 00:25:04,570

gmail.com and said Keith who is this

541

00:25:08,490 --> 00:25:06,490

teacher about children

542

00:25:10,260 --> 00:25:08,500

you referring to teacher of children

543

00:25:12,900 --> 00:25:10,270

your Frankie and I'll be glad to send it

544

00:25:14,970 --> 00:25:12,910

to you her name is dr. Nikki Eliot she

545

00:25:16,919 --> 00:25:14,980

did some work in her work on my son and

546

00:25:19,320 --> 00:25:16,929

the next day my son woke up from the

547

00:25:20,100 --> 00:25:19,330

sleep and he was a different bully this

548

00:25:22,049 --> 00:25:20,110

is no joke

549

00:25:23,760 --> 00:25:22,059

contact me I will more be more than

550

00:25:27,090 --> 00:25:23,770

happy to put you in touch with dr. Nikki

551
00:25:28,650 --> 00:25:27,100
Eliot so the question I want to ask you

552
00:25:29,640 --> 00:25:28,660
about we were talking about breathing a

553
00:25:32,450 --> 00:25:29,650
minute ago you were talking about

554
00:25:35,340 --> 00:25:32,460
breathing have you ever heard of this

555
00:25:37,320 --> 00:25:35,350
Madeline the idea that we know that

556
00:25:38,970 --> 00:25:37,330
meditation can move us not only through

557
00:25:41,730 --> 00:25:38,980
the issues in our life because our

558
00:25:43,620 --> 00:25:41,740
vibration gets higher and this is sort

559
00:25:45,000 --> 00:25:43,630
of like a preventative let's say that's

560
00:25:46,620 --> 00:25:45,010
it for this moment for this discussion

561
00:25:48,390 --> 00:25:46,630
right here in this moment that we sing

562
00:25:50,190 --> 00:25:48,400
meditation is a preventative it raises

563
00:25:52,320 --> 00:25:50,200

your vibration so you can clear said

564

00:25:53,790 --> 00:25:52,330

Karma destined to come back to you if

565

00:25:56,130 --> 00:25:53,800

not they don't sort of raise your

566

00:25:56,910 --> 00:25:56,140

vibration so you didn't creating in that

567

00:25:59,100 --> 00:25:56,920

mess anymore

568

00:26:01,650 --> 00:25:59,110

but have you ever heard of the idea or

569

00:26:03,570 --> 00:26:01,660

the technique something just happened

570

00:26:06,270 --> 00:26:03,580

and it's not cool it's not fun and it's

571

00:26:08,040 --> 00:26:06,280

very bothersome and it could be with you

572

00:26:09,810 --> 00:26:08,050

as I mentioned just a bit ago for quite

573

00:26:11,490 --> 00:26:09,820

a long time if you do nothing in the

574

00:26:13,230 --> 00:26:11,500

moment to stop the process

575

00:26:15,000 --> 00:26:13,240

because the longer we let it sit there

576

00:26:16,650 --> 00:26:15,010

the longer it will begin to congeal

577

00:26:18,600 --> 00:26:16,660

itself have you ever heard of this

578

00:26:20,040 --> 00:26:18,610

technique so here's my scenario right I

579

00:26:22,500 --> 00:26:20,050

have it in my hand and I'm looking at it

580

00:26:26,250 --> 00:26:22,510

from an observer the meditators

581

00:26:32,790 --> 00:26:26,260

perspective which creates a new tone and

582

00:26:34,860 --> 00:26:32,800

now you breathe like a madman into this

583

00:26:36,360 --> 00:26:34,870

dynamic of what could what has you

584

00:26:37,470 --> 00:26:36,370

boogered and which could potentially be

585

00:26:39,840 --> 00:26:37,480

with you for a long time

586

00:26:41,669 --> 00:26:39,850

breath is light breath is awareness

587

00:26:43,890 --> 00:26:41,679

breath is God God gave us life through

588

00:26:46,650 --> 00:26:43,900

breath have you ever heard of the idea

589

00:26:49,380 --> 00:26:46,660

of breathing your way in dismantling

590

00:26:51,540 --> 00:26:49,390

that said problem that you're facing in

591

00:26:54,000 --> 00:26:51,550

that moment by doing that breath have

592

00:26:56,240 --> 00:26:54,010

you ever heard that before no I mean

593

00:26:58,380 --> 00:26:56,250

I've used a chaotic breathing and

594

00:27:03,419 --> 00:26:58,390

defined chaotic breathing is that what I

595

00:27:06,000 --> 00:27:03,429

just did so differently that's a cue do

596

00:27:10,770 --> 00:27:06,010

the breathing the fast breathing and

597

00:27:13,950 --> 00:27:10,780

shake your body at the same time and so

598

00:27:18,960 --> 00:27:13,960

actually one of those shows meditations

599

00:27:20,200 --> 00:27:18,970

has that chaotic breathing and shaking

600

00:27:22,760 --> 00:27:20,210

so

601
00:27:25,610 --> 00:27:22,770
but now I haven't heard of just

602
00:27:26,830 --> 00:27:25,620
breathing - are you going to my chance

603
00:27:33,140 --> 00:27:26,840
have any guests

604
00:27:35,060 --> 00:27:33,150
guided meditation people their guests

605
00:27:39,290 --> 00:27:35,070
I'm not sure whether they'll be doing

606
00:27:41,090 --> 00:27:39,300
guided meditation I do want to invite

607
00:27:44,540 --> 00:27:41,100
any you know anyone in your audience

608
00:27:47,890 --> 00:27:44,550
who's listening because I've left time

609
00:27:50,120 --> 00:27:47,900
in the schedule we're trying to build a

610
00:27:52,220 --> 00:27:50,130
what we're calling Friday nights of the

611
00:27:54,260 --> 00:27:52,230
gallery and so on First Fridays will

612
00:27:56,390 --> 00:27:54,270
have be having the art show and then the

613
00:27:58,850 --> 00:27:56,400

other Saturdays I mean not Saturday's

614

00:28:01,550 --> 00:27:58,860

Friday nights I'd like to have guest

615

00:28:03,290 --> 00:28:01,560

speakers doing what you know they could

616

00:28:04,880 --> 00:28:03,300

be teaching an art class they could be

617

00:28:08,060 --> 00:28:04,890

doing a lecture they could be leading

618

00:28:11,600 --> 00:28:08,070

meditation open to any ideas for that

619

00:28:14,480 --> 00:28:11,610

series we also have time on you know

620

00:28:17,390 --> 00:28:14,490

other days evenings morning's Saturdays

621

00:28:19,490 --> 00:28:17,400

I've left some gaps there because some

622

00:28:24,350 --> 00:28:19,500

of the things I'm teaching I'm doing a

623

00:28:26,060 --> 00:28:24,360

series on self healing techniques and so

624

00:28:28,160 --> 00:28:26,070

that that's like four weeks and then I

625

00:28:30,080 --> 00:28:28,170

won't offer it again for a period of

626

00:28:33,920 --> 00:28:30,090

time and in that gap there'll be time

627

00:28:37,070 --> 00:28:33,930

for other people to offer what they have

628

00:28:38,420 --> 00:28:37,080

been creating mat away at the bottom of

629

00:28:40,430 --> 00:28:38,430

the yard would you give out your contact

630

00:28:43,190 --> 00:28:40,440

information how our listeners could find

631

00:28:45,980 --> 00:28:43,200

every aspect of you you for the art

632

00:28:49,730 --> 00:28:45,990

studio art body soul studio.com everyone

633

00:28:50,990 --> 00:28:49,740

is WWE art body soul studio comm as well

634

00:28:52,490 --> 00:28:51,000

as your paintings just whatever it is

635

00:28:54,110 --> 00:28:52,500

you want to announce to them about how

636

00:28:56,600 --> 00:28:54,120

to find more about you and your work as

637

00:28:59,390 --> 00:28:56,610

well as the address here in Memphis of

638

00:29:01,760 --> 00:28:59,400

the studio that's going to be opening on

639

00:29:04,490 --> 00:29:01,770

the 20th is a ring I think we're gonna

640

00:29:05,840 --> 00:29:04,500

open on the 16th but it's not set in

641

00:29:08,210 --> 00:29:05,850

stone yet so if you want more

642

00:29:10,460 --> 00:29:08,220

information about the grand opening you

643

00:29:13,160 --> 00:29:10,470

can go to our bodies soul studio.com

644

00:29:17,840 --> 00:29:13,170

we're also on facebook at heart body

645

00:29:20,560 --> 00:29:17,850

soul studio and i can be reached by my

646

00:29:25,430 --> 00:29:20,570

contact information is on the website

647

00:29:27,890 --> 00:29:25,440

and let's see I guess that's about

648

00:29:30,530 --> 00:29:27,900

that's how you follow it's at 10:24

649

00:29:32,750 --> 00:29:30,540

South Yates Road just right off of

650

00:29:37,730 --> 00:29:32,760

poplar where

651
00:29:39,110 --> 00:29:37,740
I'm south of poplar so wonderful for the

652
00:29:41,150 --> 00:29:39,120
person you can be and I'm gonna be and I

653
00:29:42,890 --> 00:29:41,160
can see you really soon you open that's

654
00:29:45,380 --> 00:29:42,900
for sure and I would love to be a part

655
00:29:49,760 --> 00:29:45,390
of the presenter there when when the

656
00:29:50,090 --> 00:29:49,770
time comes for the person in the chat

657
00:29:52,370 --> 00:29:50,100
room

658
00:29:54,500 --> 00:29:52,380
Tricia she asked what part of the brain

659
00:29:55,700 --> 00:29:54,510
is stimulated when we meditate Madeline

660
00:29:58,100 --> 00:29:55,710
do you know what part of our brain is

661
00:30:02,660 --> 00:29:58,110
stimulated when we meditate now I'll

662
00:30:04,820 --> 00:30:02,670
just party you on that one out of all my

663
00:30:07,190 --> 00:30:04,830

years of spiritual study I never really

664

00:30:08,720 --> 00:30:07,200

ventured down that rabbit hole but why

665

00:30:11,510 --> 00:30:08,730

are you explaining to the audience of

666

00:30:13,910 --> 00:30:11,520

how to find more about you Tricia I did

667

00:30:18,890 --> 00:30:13,920

a little Google thing and it says as a

668

00:30:21,200 --> 00:30:18,900

relatively new technology F MRI has only

669

00:30:23,570 --> 00:30:21,210

recently been used to assess the brain

670

00:30:25,700 --> 00:30:23,580

state changes during meditation recent

671

00:30:28,940 --> 00:30:25,710

recent studies have shown heightened

672

00:30:31,720 --> 00:30:28,950

activity and the interior cingulate

673

00:30:33,800 --> 00:30:31,730

cortex frontal cortex prefrontal cortex

674

00:30:39,320 --> 00:30:33,810

specifically in the dorsal medial

675

00:30:44,540 --> 00:30:39,330

prefrontal area during the the possum

676

00:30:47,840 --> 00:30:44,550

meditation I can send that to you

677

00:30:50,870 --> 00:30:47,850

actually and I will do that shortly so

678

00:30:53,690 --> 00:30:50,880

how big is your facility is it so it's

679

00:30:55,700 --> 00:30:53,700

small we're about 1400 square feet and

680

00:30:57,440 --> 00:30:55,710

we're still under renovation that's why

681

00:30:59,540 --> 00:30:57,450

I'm not entirely sure of the opening

682

00:31:01,880 --> 00:30:59,550

date they're telling me they'll be

683

00:31:05,450 --> 00:31:01,890

finished on the 23rd of this month and

684

00:31:07,910 --> 00:31:05,460

some I'm gonna give them another week or

685

00:31:11,450 --> 00:31:07,920

so because they tend to run behind a

686

00:31:14,120 --> 00:31:11,460

little bit so galaxy Hopper from the

687

00:31:16,070 --> 00:31:14,130

chat room asked what are her thoughts on

688

00:31:17,900 --> 00:31:16,080

telepathy I don't see why we can't

689

00:31:20,210 --> 00:31:17,910

connect with each other on another

690

00:31:22,070 --> 00:31:20,220

wavelength like that I have connected to

691

00:31:26,030 --> 00:31:22,080

many many people during meditations have

692

00:31:28,130 --> 00:31:26,040

you Madeleine I have when I did use the

693

00:31:30,290 --> 00:31:28,140

Dahlia method often connect with people

694

00:31:34,490 --> 00:31:30,300

connected with people using breath work

695

00:31:36,050 --> 00:31:34,500

as well so yeah I mean a lot of times

696

00:31:38,570 --> 00:31:36,060

what happens in the dialing method for

697

00:31:41,030 --> 00:31:38,580

me and I think it's different from other

698

00:31:45,290 --> 00:31:41,040

people but when I get to the point in

699

00:31:46,280 --> 00:31:45,300

the method where I am seeing a new

700

00:31:48,530 --> 00:31:46,290

awareness about

701
00:31:51,800 --> 00:31:48,540
myself quite but this isn't really

702
00:31:53,510 --> 00:31:51,810
telepathy but quite often I'll I'll see

703
00:31:56,690 --> 00:31:53,520
the person the person who has been

704
00:31:58,790 --> 00:31:56,700
mirroring what I've been you know what

705
00:31:59,420 --> 00:31:58,800
they're trying to teach me what I needed

706
00:32:01,550 --> 00:31:59,430
to learn

707
00:32:05,420 --> 00:32:01,560
I'll see an image of them and I'll be

708
00:32:10,400 --> 00:32:05,430
able to it really helps me to connect

709
00:32:12,200 --> 00:32:10,410
that inside of myself at it so then it's

710
00:32:15,890 --> 00:32:12,210
not like that person that's been

711
00:32:17,930 --> 00:32:15,900
triggering me it makes sense and I can

712
00:32:20,930 --> 00:32:17,940
be thankful that they were a part of

713
00:32:22,910 --> 00:32:20,940

I've been a part of my life one thing

714

00:32:26,060 --> 00:32:22,920

you said is you called my name when you

715

00:32:27,860 --> 00:32:26,070

said the word awareness that's my new

716

00:32:30,140 --> 00:32:27,870

name my name is awareness anthony

717

00:32:33,620 --> 00:32:30,150

blanchard i am really big on that word

718

00:32:35,450 --> 00:32:33,630

because in that word is every thing i

719

00:32:37,520 --> 00:32:35,460

mean that literally everything is an

720

00:32:40,070 --> 00:32:37,530

awareness and also metaphorically it's

721

00:32:42,170 --> 00:32:40,080

everything for me I heard you mention

722

00:32:44,090 --> 00:32:42,180

that every time you find a new awareness

723

00:32:46,160 --> 00:32:44,100

about yourself or expanding to a new

724

00:32:47,690 --> 00:32:46,170

awareness if you can to the best of your

725

00:32:51,200 --> 00:32:47,700

ability because I know sometimes words

726

00:32:53,180 --> 00:32:51,210

don't even touch the reality what is

727

00:32:54,830 --> 00:32:53,190

awareness expansion for you and how does

728

00:32:56,990 --> 00:32:54,840

it feel when you go oh my god I just

729

00:32:59,270 --> 00:32:57,000

expanding it's a new place is it a slow

730

00:33:00,410 --> 00:32:59,280

ongoing process or is it an epiphany is

731

00:33:03,560 --> 00:33:00,420

it a shift just like that and you

732

00:33:05,810 --> 00:33:03,570

realize that you expanded all right I

733

00:33:08,780 --> 00:33:05,820

mean usually a lot of times it's an aha

734

00:33:12,730 --> 00:33:08,790

moment you see something from a

735

00:33:17,570 --> 00:33:12,740

different perspective and you can see

736

00:33:20,690 --> 00:33:17,580

you know what you what the universe has

737

00:33:23,120 --> 00:33:20,700

been trying to teach you and so it

738

00:33:29,380 --> 00:33:23,130

brings understanding about yourself on a

739

00:33:32,360 --> 00:33:29,390

deeper level and it's very healing and

740

00:33:34,760 --> 00:33:32,370

like from myself since I have been

741

00:33:38,810 --> 00:33:34,770

hiding my whole life and not using my

742

00:33:42,290 --> 00:33:38,820

voice through working with new

743

00:33:45,230 --> 00:33:42,300

awarenesses that I garnered by using the

744

00:33:48,200 --> 00:33:45,240

dahle method I've been able to find my

745

00:33:52,370 --> 00:33:48,210

strength and every time I do a session I

746

00:33:58,100 --> 00:33:52,380

find more of that strength I find it's

747

00:33:59,420 --> 00:33:58,110

more love for myself I find you know I

748

00:34:02,660 --> 00:33:59,430

find my basic

749

00:34:05,120 --> 00:34:02,670

I'm finding my way home which is inside

750

00:34:07,040 --> 00:34:05,130

of me you know that that's the ticket

751
00:34:09,080 --> 00:34:07,050
that was the definition you know we can

752
00:34:11,840 --> 00:34:09,090
we can contact Webster's and insert a

753
00:34:14,180 --> 00:34:11,850
new definition for awareness finding

754
00:34:16,610 --> 00:34:14,190
your way home I thought let me get that

755
00:34:18,410 --> 00:34:16,620
you know I've been doing these bursts of

756
00:34:21,110 --> 00:34:18,420
like videos Madeline for about a year

757
00:34:23,420 --> 00:34:21,120
and a half maybe here in 3/4 and this

758
00:34:25,580 --> 00:34:23,430
these live for those out there listening

759
00:34:27,230 --> 00:34:25,590
on it's often you can always contact me

760
00:34:29,750 --> 00:34:27,240
and friendly at Keith Anthony Blanchard

761
00:34:32,330 --> 00:34:29,760
on Facebook on be facebook.com slash key

762
00:34:33,710 --> 00:34:32,340
things in nature I do these live I have

763
00:34:36,620 --> 00:34:33,720

no notes I may have a couple of notes

764

00:34:38,390 --> 00:34:36,630

but I just look at this camera as if I'm

765

00:34:41,950 --> 00:34:38,400

talking directly to whoever's in the

766

00:34:44,480 --> 00:34:41,960

listening audience and I just go off and

767

00:34:48,050 --> 00:34:44,490

when I started doing these about a year

768

00:34:49,850 --> 00:34:48,060

and three quarter ago something came and

769

00:34:52,550 --> 00:34:49,860

began to come inside of me and sit and

770

00:34:53,420 --> 00:34:52,560

live and it's an expanded awareness and

771

00:34:56,450 --> 00:34:53,430

I starve

772

00:34:58,220 --> 00:34:56,460

I crave I'm addicted to doing these live

773

00:35:00,560 --> 00:34:58,230

feeds not because I'm showing off and I

774

00:35:03,710 --> 00:35:00,570

get to be in a spotlight is because the

775

00:35:06,110 --> 00:35:03,720

the dynamic that happens within me when

776

00:35:08,060 --> 00:35:06,120

I do these live bursts of light is what

777

00:35:10,880 --> 00:35:08,070

I converse of light when I do these live

778

00:35:12,830 --> 00:35:10,890

sessions something begins to come inside

779

00:35:15,560 --> 00:35:12,840

of me it like blow me up like a balloon

780

00:35:17,240 --> 00:35:15,570

in my field of awareness

781

00:35:18,950 --> 00:35:17,250

sometimes it gets to be a little

782

00:35:22,850 --> 00:35:18,960

uncomfortable because I have not let

783

00:35:24,620 --> 00:35:22,860

stretched myself that place but as I get

784

00:35:26,450 --> 00:35:24,630

more and more used to doing these it's

785

00:35:28,280 --> 00:35:26,460

like you said I become aware of another

786

00:35:31,910 --> 00:35:28,290

layer of myself another layer of myself

787

00:35:33,950 --> 00:35:31,920

and it truly does feel like I'm going

788

00:35:37,250 --> 00:35:33,960

home there's that doesn't knowing in a

789

00:35:42,290 --> 00:35:37,260

memory in that so that's I had this

790

00:35:44,270 --> 00:35:42,300

painting sitting earlier is that to me

791

00:35:46,370 --> 00:35:44,280

so when I painted this painting I know

792

00:35:49,130 --> 00:35:46,380

your audience I guess they can see it

793

00:35:52,550 --> 00:35:49,140

now but not when it's archived but so

794

00:35:57,440 --> 00:35:52,560

this is a painting I created before I

795

00:36:00,020 --> 00:35:57,450

ever started really seeking and so the

796

00:36:01,220 --> 00:36:00,030

what I did first was I painted all the

797

00:36:03,830 --> 00:36:01,230

brilliant colors you see in the

798

00:36:06,080 --> 00:36:03,840

intersecting lines and the whole canvas

799

00:36:08,990 --> 00:36:06,090

was covered in those brilliant colors

800

00:36:12,560 --> 00:36:09,000

and at some point I hated the painting

801
00:36:13,500 --> 00:36:12,570
and so I first I took masking tape which

802
00:36:16,650 --> 00:36:13,510
are the lines and

803
00:36:18,630 --> 00:36:16,660
the painting in the lines with the lines

804
00:36:20,940 --> 00:36:18,640
of masking tape and then I took that the

805
00:36:25,920 --> 00:36:20,950
opaque color that you see and covered up

806
00:36:30,000 --> 00:36:25,930
the rest of the color and so to me what

807
00:36:34,230 --> 00:36:30,010
that's what we do in life we have this

808
00:36:37,770 --> 00:36:34,240
brilliant essence or whatever you would

809
00:36:40,740 --> 00:36:37,780
call it within us that is all light and

810
00:36:44,400 --> 00:36:40,750
color and love and forgiveness and

811
00:36:49,140 --> 00:36:44,410
compassion and we cover it up with all

812
00:36:52,080 --> 00:36:49,150
our the emotions that we couldn't didn't

813
00:36:54,990 --> 00:36:52,090

want to feel the traumas of our life our

814

00:36:57,690 --> 00:36:55,000

false police about ourselves and when

815

00:37:00,420 --> 00:36:57,700

you use the dalian method or when you

816

00:37:04,130 --> 00:37:00,430

meditate you get to peel back those

817

00:37:07,980 --> 00:37:04,140

layers and what you're doing is not

818

00:37:10,740 --> 00:37:07,990

becoming someone new you're remembering

819

00:37:14,910 --> 00:37:10,750

who you are and coming home to yourself

820

00:37:18,710 --> 00:37:14,920

and it's um you know it's been a very

821

00:37:23,099 --> 00:37:18,720

powerful process and I think once you

822

00:37:26,910 --> 00:37:23,109

begin this process there's something in

823

00:37:30,330 --> 00:37:26,920

your spirit that keeps the ball rolling

824

00:37:35,099 --> 00:37:30,340

and you just have to keep coming back

825

00:37:36,359 --> 00:37:35,109

for more when I interview people I often

826

00:37:39,660 --> 00:37:36,369

ask the one that when they're in their

827

00:37:41,070 --> 00:37:39,670

passion for example yours is probably

828

00:37:44,940 --> 00:37:41,080

when you're doing your art would that be

829

00:37:49,200 --> 00:37:44,950

correct when you end that passion what

830

00:37:51,000 --> 00:37:49,210

does it feel like to be you not only to

831

00:37:54,090 --> 00:37:51,010

be you but what does it feel like to be

832

00:37:56,820 --> 00:37:54,100

you connecting to create are the

833

00:37:58,710 --> 00:37:56,830

creative aspect of you what does it feel

834

00:38:00,480 --> 00:37:58,720

like I mean how do you can you feel it

835

00:38:02,400 --> 00:38:00,490

slowly but surely coming on like I'm

836

00:38:04,560 --> 00:38:02,410

almost connected I'm almost there the

837

00:38:06,630 --> 00:38:04,570

brush is about to start moving or does

838

00:38:07,680 --> 00:38:06,640

it just wham come sit right inside how

839

00:38:11,250 --> 00:38:07,690

does that work for you what is it feel

840

00:38:13,320 --> 00:38:11,260

like to be you so when I'm painting I

841

00:38:16,380 --> 00:38:13,330

love the first part because it's very

842

00:38:19,830 --> 00:38:16,390

freeing and you know it's only the first

843

00:38:21,660 --> 00:38:19,840

layer and you're there's no you're not

844

00:38:23,790 --> 00:38:21,670

attached to anything yet you're not

845

00:38:27,390 --> 00:38:23,800

afraid oh my gosh if I do something I'm

846

00:38:33,740 --> 00:38:29,940

at some point you get stuck or

847

00:38:36,720 --> 00:38:33,750

frustrated and get out of the flow and

848

00:38:40,410 --> 00:38:36,730

but I have a very tenacious little

849

00:38:42,750 --> 00:38:40,420

spirit and so I have I have this part of

850

00:38:47,460 --> 00:38:42,760

me that has to complete so I stick with

851

00:38:49,799 --> 00:38:47,470

it and then eventually it's like around

852

00:38:52,099 --> 00:38:49,809

some sort of corner that's invisible and

853

00:38:55,710 --> 00:38:52,109

then you're in the flow and you can see

854

00:38:57,059 --> 00:38:55,720

it you can see what's going to happen

855

00:38:59,579 --> 00:38:57,069

even though you're there's still some

856

00:39:01,890 --> 00:38:59,589

mystery but you know it's headed in the

857

00:39:02,279 --> 00:39:01,900

right direction and it's I would agree

858

00:39:04,500 --> 00:39:02,289

with that

859

00:39:06,720 --> 00:39:04,510

even in my work and I'm starting on a

860

00:39:09,210 --> 00:39:06,730

new book now when I do these bursts of

861

00:39:13,950 --> 00:39:09,220

light I started doing a recent new

862

00:39:17,069 --> 00:39:13,960

series of them in less than a year ago

863

00:39:19,680 --> 00:39:17,079

and I did about eight or ten of them and

864

00:39:20,970 --> 00:39:19,690

I realized oh my god I'm just sitting

865

00:39:23,490 --> 00:39:20,980

here channeling all this stuff to a

866

00:39:25,140 --> 00:39:23,500

viewing audience I decided to grab all

867

00:39:26,789 --> 00:39:25,150

this text and throw it into a document

868

00:39:27,990 --> 00:39:26,799

and now I'm editing it and making it

869

00:39:30,180 --> 00:39:28,000

into a book called radical

870

00:39:32,490 --> 00:39:30,190

transformation point is I know what it's

871

00:39:36,660 --> 00:39:32,500

like when you start the project it's

872

00:39:37,920 --> 00:39:36,670

like I know the vision I I can see it I

873

00:39:40,920 --> 00:39:37,930

may not be able to see it with my eyes

874

00:39:42,930 --> 00:39:40,930

but I have sight and I have vision and I

875

00:39:45,120 --> 00:39:42,940

know what it's what it's going to be I

876

00:39:47,370 --> 00:39:45,130

just can't give you in full detail what

877

00:39:49,289 --> 00:39:47,380

that's going to look like so I do know

878

00:39:51,240 --> 00:39:49,299

like you that it's it's coming down the

879

00:39:52,920 --> 00:39:51,250

pike and it's gonna have closure with

880

00:39:56,400 --> 00:39:52,930

itself it's gonna come to a state of

881

00:40:01,680 --> 00:39:56,410

fruition yes right so it's somewhere in

882

00:40:02,970 --> 00:40:01,690

the middle do you get frustrated yes

883

00:40:06,029 --> 00:40:02,980

sometimes in the middle I get frustrated

884

00:40:08,150 --> 00:40:06,039

and cuss and throw stuff down no I don't

885

00:40:11,519 --> 00:40:08,160

know I'm a custom try only say good

886

00:40:13,079 --> 00:40:11,529

grumble and mumble I I do it's a way of

887

00:40:14,880 --> 00:40:13,089

venting out the energy let it instead of

888

00:40:16,920 --> 00:40:14,890

letting it just sit inside of me

889

00:40:18,720 --> 00:40:16,930

grumbling mumble I'm gonna yell it out

890

00:40:20,309 --> 00:40:18,730

loud certain get out of my body and then

891

00:40:22,109 --> 00:40:20,319

I surround it with love and light and I

892

00:40:25,349 --> 00:40:22,119

always do this little trick I send it to

893

00:40:28,049 --> 00:40:25,359

the pink bubble universe I think just

894

00:40:29,849 --> 00:40:28,059

dissipates into love and sweetness and

895

00:40:31,650 --> 00:40:29,859

all that cool stuff so anytime I do

896

00:40:34,170 --> 00:40:31,660

something that can potentially bring

897

00:40:37,529 --> 00:40:34,180

some unwanted karma I immediately sent

898

00:40:40,740 --> 00:40:37,539

him to the pink bubble universe yes I do

899

00:40:43,500 --> 00:40:40,750

get frustrated yeah I think it's part

900

00:40:47,130 --> 00:40:43,510

of it so it's definitely part of it in

901
00:40:50,700 --> 00:40:47,140
our painting outloud class so it's in

902
00:40:53,430 --> 00:40:50,710
keeping with our focus of being a

903
00:40:56,550 --> 00:40:53,440
spiritual community for self-discovery

904
00:40:59,580 --> 00:40:56,560
and so when you process paint it's

905
00:41:01,590 --> 00:40:59,590
different from painting for product

906
00:41:03,210 --> 00:41:01,600
actually so tell me a little more about

907
00:41:04,770 --> 00:41:03,220
painting out loud even though I read

908
00:41:06,240 --> 00:41:04,780
that and you buy you I never really

909
00:41:08,460 --> 00:41:06,250
asked you on I didn't really make sense

910
00:41:13,470 --> 00:41:08,470
of anything are you describing what is

911
00:41:15,540 --> 00:41:13,480
actually is painting out loud the name

912
00:41:17,700 --> 00:41:15,550
that we came up with it's so we're

913
00:41:21,720 --> 00:41:17,710

interested in painting the inside out

914

00:41:24,780 --> 00:41:21,730

and it's an intuitive method of painting

915

00:41:28,590 --> 00:41:24,790

or or process art and it's also a

916

00:41:30,600 --> 00:41:28,600

meditative practice so like I was saying

917

00:41:33,870 --> 00:41:30,610

in seated invalidation earlier that you

918

00:41:35,550 --> 00:41:33,880

might focus on the breath and when you

919

00:41:36,930 --> 00:41:35,560

realize that you're no longer watching

920

00:41:38,850 --> 00:41:36,940

the breath you just come back to the

921

00:41:41,430 --> 00:41:38,860

breath without judgment so in process

922

00:41:44,820 --> 00:41:41,440

painting if you get stuck in the process

923

00:41:47,070 --> 00:41:44,830

you come back to what color wants to be

924

00:41:49,380 --> 00:41:47,080

painting what brush wants to be used

925

00:41:51,480 --> 00:41:49,390

what's going on in the energy what's

926

00:41:54,290 --> 00:41:51,490

happening inside the artists and how

927

00:41:56,730 --> 00:41:54,300

might that be expressed on the canvas so

928

00:41:58,680 --> 00:41:56,740

you're creating awareness with you tools

929

00:42:00,630 --> 00:41:58,690

because they are living beings there are

930

00:42:02,910 --> 00:42:00,640

living energy so you're creating an

931

00:42:05,070 --> 00:42:02,920

awareness and a relationship with them

932

00:42:08,520 --> 00:42:05,080

because at one point one you let me ask

933

00:42:10,380 --> 00:42:08,530

you this I have said brushing this is my

934

00:42:12,300 --> 00:42:10,390

favorite or whatever brush I feel that

935

00:42:13,560 --> 00:42:12,310

is appropriate for the moment and you're

936

00:42:15,030 --> 00:42:13,570

painting in your painting and if things

937

00:42:16,380 --> 00:42:15,040

looks pretty groovy and it's the kind of

938

00:42:18,690 --> 00:42:16,390

looks kind of cool and almost sudden you

939

00:42:20,820 --> 00:42:18,700

get a block is it possible that the

940

00:42:23,420 --> 00:42:20,830

block showed up because it's time to put

941

00:42:26,460 --> 00:42:23,430

that brush down and grab another one

942

00:42:28,680 --> 00:42:26,470

well it could be it's probably more

943

00:42:31,830 --> 00:42:28,690

likely something going on in in the

944

00:42:34,290 --> 00:42:31,840

artist but it's it could be that the

945

00:42:35,820 --> 00:42:34,300

brush but you were no longer called to

946

00:42:38,700 --> 00:42:35,830

be using that brush and you needed to

947

00:42:45,000 --> 00:42:38,710

step back a moment and see maybe it ran

948

00:42:46,260 --> 00:42:45,010

out I'm looking forward to coming seeing

949

00:42:48,510 --> 00:42:46,270

your place and you will be opening

950

00:42:50,400 --> 00:42:48,520

weekend that's correct yes yeah well but

951
00:42:51,140 --> 00:42:50,410
right now we're gonna be open seven days

952
00:42:54,090 --> 00:42:51,150
a week

953
00:42:56,550 --> 00:42:54,100
Wow dig it dig it dig it and this is

954
00:42:57,720 --> 00:42:56,560
tell me again where is this located just

955
00:43:00,810 --> 00:42:57,730
for me because I can always look it up

956
00:43:03,630 --> 00:43:00,820
and I'm in dialogue 1024 South Yeats

957
00:43:08,970 --> 00:43:03,640
which is edgy so if you kinda with it

958
00:43:10,590 --> 00:43:08,980
pop into 40 do you know that yes boy and

959
00:43:12,870 --> 00:43:10,600
that little niche back there is every

960
00:43:20,550 --> 00:43:12,880
everything everybody's like doctors and

961
00:43:21,990 --> 00:43:20,560
massage therapist and you how long have

962
00:43:23,160 --> 00:43:22,000
you been working on this project dear to

963
00:43:25,800 --> 00:43:23,170

get this building up and running and

964

00:43:29,010 --> 00:43:25,810

open so I started on my business plan

965

00:43:32,010 --> 00:43:29,020

when I returned from Vancouver back in I

966

00:43:35,520 --> 00:43:32,020

think that is April well I guess it was

967

00:43:36,840 --> 00:43:35,530

probably May May so I came home and I

968

00:43:39,030 --> 00:43:36,850

mean at least started working on that

969

00:43:40,320 --> 00:43:39,040

having never done a business plan before

970

00:43:43,230 --> 00:43:40,330

and it was actually quite it was

971

00:43:46,110 --> 00:43:43,240

actually fun so because so many I

972

00:43:47,730 --> 00:43:46,120

different ideas kept coming and so

973

00:43:51,050 --> 00:43:47,740

that's when I started that and then I

974

00:43:55,110 --> 00:43:51,060

bought I wanted to buy the building

975

00:43:57,090 --> 00:43:55,120

versus rented so I looked for a little

976
00:44:00,800 --> 00:43:57,100
house that's in it was in a commercial

977
00:44:02,550 --> 00:44:00,810
area so this is a little house and I

978
00:44:08,070 --> 00:44:02,560
think it's gonna be perfect

979
00:44:09,360 --> 00:44:08,080
it may outgrow it you know I can see

980
00:44:11,520 --> 00:44:09,370
when you know as I'm sitting here

981
00:44:13,410 --> 00:44:11,530
watching you in camera every time we

982
00:44:15,540 --> 00:44:13,420
talk about this in particular other than

983
00:44:18,180 --> 00:44:15,550
a meditation when is when you talk about

984
00:44:19,470 --> 00:44:18,190
when we talk about this thing this

985
00:44:21,630 --> 00:44:19,480
building this wonderful thing you're

986
00:44:25,020 --> 00:44:21,640
gonna be opening up that you still you

987
00:44:26,790 --> 00:44:25,030
just start smiling I am exactly you

988
00:44:28,530 --> 00:44:26,800

start correcting a very very huge smile

989

00:44:31,740 --> 00:44:28,540

tell me so I'm I'm sure you probably

990

00:44:35,580 --> 00:44:31,750

excited as all get-out well of course

991

00:44:37,590 --> 00:44:35,590

yeah I'm excited I'm nervous I'm you

992

00:44:39,720 --> 00:44:37,600

know one some days I'm just all excited

993

00:44:41,790 --> 00:44:39,730

and can't wait and other days I'm like

994

00:44:45,380 --> 00:44:41,800

you know what if nobody comes

995

00:44:50,040 --> 00:44:45,390

that sort of self-doubt or creep in but

996

00:44:52,560 --> 00:44:50,050

it's healthy skepticism yeah yeah I'm

997

00:44:56,250 --> 00:44:52,570

excited by we have some great we're not

998

00:44:57,870 --> 00:44:56,260

yet ready to announce our yoga teachers

999

00:44:59,400 --> 00:44:57,880

but I think we have a really great

1000

00:45:01,260 --> 00:44:59,410

lineup and I think people will be

1001
00:45:04,380 --> 00:45:01,270
excited about who's coming to teach

1002
00:45:06,579 --> 00:45:04,390
there and hopefully we'll be announcing

1003
00:45:09,609 --> 00:45:06,589
that next week and

1004
00:45:11,289 --> 00:45:09,619
so I'm still looking if anyone's we

1005
00:45:15,160 --> 00:45:11,299
still have a couple of yoga spots to

1006
00:45:17,259 --> 00:45:15,170
fill and we have some spots to fill for

1007
00:45:19,839 --> 00:45:17,269
massage or energy of art if people are

1008
00:45:24,430 --> 00:45:19,849
interested they can look me up at our

1009
00:45:27,099 --> 00:45:24,440
website and that would be W W art

1010
00:45:29,890 --> 00:45:27,109
body-soul studio.com from the chat room

1011
00:45:31,809 --> 00:45:29,900
Grogg ask the question what does your

1012
00:45:34,150 --> 00:45:31,819
neighbors think about this type of work

1013
00:45:36,279 --> 00:45:34,160

that you're doing neighbors neighbors

1014

00:45:38,039 --> 00:45:36,289

where you live now or the studio because

1015

00:45:39,819 --> 00:45:38,049

if it's by the studio I'm assuming it's

1016

00:45:42,609 --> 00:45:39,829

it's always the same type of

1017

00:45:46,329 --> 00:45:42,619

consciousness yeah yeah so by the studio

1018

00:45:48,880 --> 00:45:46,339

one side is a salon and barbershop and

1019

00:45:50,979 --> 00:45:48,890

the other side and it's a traditional

1020

00:45:53,190 --> 00:45:50,989

barber shop with the pole and everything

1021

00:45:56,019 --> 00:45:53,200

and behind them there's like a little

1022

00:45:58,150 --> 00:45:56,029

daycare center and on the other side

1023

00:46:00,849 --> 00:45:58,160

there's a nail salon there also a lot of

1024

00:46:02,799 --> 00:46:00,859

hair salons back in that area I don't

1025

00:46:07,809 --> 00:46:02,809

know if you I think you're located in

1026

00:46:09,700 --> 00:46:07,819

the right place apparently love that

1027

00:46:12,039 --> 00:46:09,710

barber shop because they have their big

1028

00:46:15,849 --> 00:46:12,049

trucks there all the time so you're

1029

00:46:19,359 --> 00:46:15,859

originally from Memphis I am so yeah I

1030

00:46:20,950 --> 00:46:19,369

went to school here and grew up here and

1031

00:46:22,660 --> 00:46:20,960

I actually lived here other than my

1032

00:46:26,380 --> 00:46:22,670

three you know I was away for college

1033

00:46:30,579 --> 00:46:26,390

and I was I lived in Virginia for a

1034

00:46:32,589 --> 00:46:30,589

little bit recently so is there anything

1035

00:46:34,450 --> 00:46:32,599

more you would like to let our listening

1036

00:46:36,279 --> 00:46:34,460

audience know including myself about

1037

00:46:38,109 --> 00:46:36,289

your new studio that's going to be

1038

00:46:39,700 --> 00:46:38,119

opening up something that might help us

1039

00:46:48,190 --> 00:46:39,710

to gravitate towards your place as soon

1040

00:46:51,039 --> 00:46:48,200

as possible so one of the ideas was to

1041

00:46:55,539 --> 00:46:51,049

in combining studio and gallery with

1042

00:46:58,959 --> 00:46:55,549

gallery and art with yoga and self

1043

00:47:01,539 --> 00:46:58,969

healing modalities was that so someone

1044

00:47:04,479 --> 00:47:01,549

might wander in to see for an art show

1045

00:47:06,969 --> 00:47:04,489

who you know enjoys to go to events such

1046

00:47:09,160 --> 00:47:06,979

as that and then they might discover

1047

00:47:11,769 --> 00:47:09,170

something you know that they might not

1048

00:47:14,249 --> 00:47:11,779

have discovered otherwise that they

1049

00:47:18,459 --> 00:47:14,259

might not have ever wandered into a

1050

00:47:19,549 --> 00:47:18,469

spiritual center yeah you know just so

1051
00:47:22,069 --> 00:47:19,559
to speak and

1052
00:47:24,829 --> 00:47:22,079
but they maybe it'll make them curious

1053
00:47:26,839 --> 00:47:24,839
and I'm really hoping that people will

1054
00:47:29,959 --> 00:47:26,849
become curious about the Dalian method

1055
00:47:33,079 --> 00:47:29,969
because it has changed my life in ways

1056
00:47:36,439 --> 00:47:33,089
that I could not have imagined and where

1057
00:47:38,599 --> 00:47:36,449
can we find this method okay so it's a

1058
00:47:41,539 --> 00:47:38,609
self-healing method and you can work

1059
00:47:44,660 --> 00:47:41,549
with it on your own the Creator is Maude

1060
00:47:48,910 --> 00:47:44,670
Italian and you can find her online she

1061
00:47:52,099 --> 00:47:48,920
said Maude Italian dot-com I can't speak

1062
00:47:57,370 --> 00:47:52,109
last name or her full website please

1063
00:47:58,759 --> 00:47:57,380

yeah so it's ma de ma da Dalian da Li a

1064

00:48:02,959 --> 00:47:58,769

n.com

1065

00:48:05,689 --> 00:48:02,969

and so she's the creator and she has a

1066

00:48:07,939 --> 00:48:05,699

beautiful new website and she's the

1067

00:48:09,589 --> 00:48:07,949

person who taught well I consider her my

1068

00:48:12,739 --> 00:48:09,599

teacher and I've been working with her

1069

00:48:16,579 --> 00:48:12,749

for six years and she created this

1070

00:48:19,969 --> 00:48:16,589

method and I don't know it's incredible

1071

00:48:21,620 --> 00:48:19,979

it's helped there's you can work with it

1072

00:48:23,179 --> 00:48:21,630

on your own like I was saying you can

1073

00:48:25,130 --> 00:48:23,189

buy it on Amazon you can buy directly

1074

00:48:28,910 --> 00:48:25,140

you could buy it for me you can buy it

1075

00:48:32,630 --> 00:48:28,920

for mana or and you can work with a

1076

00:48:36,079 --> 00:48:32,640

facilitator or not I personally like

1077

00:48:37,969 --> 00:48:36,089

working with a facilitator which I have

1078

00:48:39,910 --> 00:48:37,979

the privilege of doing because we help

1079

00:48:42,249 --> 00:48:39,920

each other in learning to be better

1080

00:48:45,349 --> 00:48:42,259

facilitators by working with each other

1081

00:48:46,849 --> 00:48:45,359

this has taught all over or is it a

1082

00:48:48,979 --> 00:48:46,859

program that someone can purchase Sarah

1083

00:48:50,299 --> 00:48:48,989

from the chatroom ask is this only

1084

00:48:52,849 --> 00:48:50,309

taught in the States I'm sure it's a

1085

00:48:54,410 --> 00:48:52,859

program that you can purchase right so

1086

00:48:56,599 --> 00:48:54,420

mod it yeah right so you can purchase

1087

00:48:58,849 --> 00:48:56,609

the it's like a kit it comes with a book

1088

00:49:01,219 --> 00:48:58,859

that explains the method and explains

1089

00:49:05,390 --> 00:49:01,229

the theory behind the method and then

1090

00:49:07,609 --> 00:49:05,400

there's a CD I think you can also I've

1091

00:49:10,880 --> 00:49:07,619

never used the CD I think you can get it

1092

00:49:13,459 --> 00:49:10,890

download or whatever but so you can buy

1093

00:49:17,839 --> 00:49:13,469

it anywhere and use it anywhere the it

1094

00:49:19,549 --> 00:49:17,849

was Mota herself lives in British

1095

00:49:22,309 --> 00:49:19,559

Columbia so she's not in the United

1096

00:49:23,870 --> 00:49:22,319

States they're only I think they're four

1097

00:49:26,989 --> 00:49:23,880

of us in the United States that are

1098

00:49:32,060 --> 00:49:26,999

facilitators and there's some in Europe

1099

00:49:34,470 --> 00:49:32,070

and in there more in Canada than

1100

00:49:38,310 --> 00:49:34,480

are you gonna allow other artists who

1101
00:49:41,430 --> 00:49:38,320
display their work in the studio yes so

1102
00:49:46,620 --> 00:49:41,440
we're hoping the beginning may first we

1103
00:49:48,630 --> 00:49:46,630
would like to start our art openings on

1104
00:49:50,580 --> 00:49:48,640
Friday nights and so we're looking for

1105
00:49:53,700 --> 00:49:50,590
artists who are interested in displaying

1106
00:49:56,970 --> 00:49:53,710
we are I am trying to you know really

1107
00:50:01,380 --> 00:49:56,980
stick with my focus and so I'm asking

1108
00:50:04,490 --> 00:50:01,390
that artists be willing to give an

1109
00:50:08,240 --> 00:50:04,500
artist talk during the art opening and

1110
00:50:11,610 --> 00:50:08,250
how their experience with art has

1111
00:50:13,350 --> 00:50:11,620
affected their life or what you know any

1112
00:50:15,030 --> 00:50:13,360
I mean I don't not going to tell them

1113
00:50:17,790 --> 00:50:15,040

what they need to say so whatever they

1114

00:50:22,220 --> 00:50:17,800

want to say about their art as long as

1115

00:50:28,290 --> 00:50:25,020

self-discovery you're sure information

1116

00:50:31,610 --> 00:50:28,300

do you know Kevin Hutchins I do I mean I

1117

00:50:34,290 --> 00:50:31,620

I don't think he knows me but I know

1118

00:50:36,540 --> 00:50:34,300

he's phenomena in fact when I told you

1119

00:50:43,200 --> 00:50:36,550

early about my first wife that's her

1120

00:50:46,140 --> 00:50:43,210

brother we now our brothers in his work

1121

00:50:48,000 --> 00:50:46,150

I love his work I love his work and I

1122

00:50:50,580 --> 00:50:48,010

love the fact that he stuck to his guns

1123

00:50:53,010 --> 00:50:50,590

he stuck to his path because early in

1124

00:50:54,630 --> 00:50:53,020

the early days of Kevin's work when he

1125

00:50:55,890 --> 00:50:54,640

was starting out and displaying and of

1126
00:50:57,930 --> 00:50:55,900
course he was excited he was showing

1127
00:50:59,970 --> 00:50:57,940
people and he caught the biggest bunch

1128
00:51:03,480 --> 00:50:59,980
of flack from a lot of people around him

1129
00:51:06,270 --> 00:51:03,490
and he said you know what blank blank

1130
00:51:08,610 --> 00:51:06,280
and he's with it and now he's very

1131
00:51:12,270 --> 00:51:08,620
successful and his work speaks from so

1132
00:51:14,100 --> 00:51:12,280
many layers like yours yeah he's

1133
00:51:17,970 --> 00:51:14,110
incredible on out actually when you had

1134
00:51:20,970 --> 00:51:17,980
his little studio out in Bartlett I want

1135
00:51:24,450 --> 00:51:20,980
I always intended to go out there and

1136
00:51:26,280 --> 00:51:24,460
take his art class just to see how he

1137
00:51:29,580 --> 00:51:26,290
was teaching it it was a one on one

1138
00:51:31,350 --> 00:51:29,590

thing he was doing so anyway I missed

1139

00:51:33,930 --> 00:51:31,360

that opportunity I suppose but I do

1140

00:51:35,910 --> 00:51:33,940

think I saw who you liked our body soul

1141

00:51:38,580 --> 00:51:35,920

recently so I was excited about that

1142

00:51:41,190 --> 00:51:38,590

very Nate off in a chat room Katniss

1143

00:51:44,349 --> 00:51:41,200

asked the question do you need to be a

1144

00:51:48,430 --> 00:51:44,359

trained painter to get into this

1145

00:51:50,799 --> 00:51:48,440

I only dabble no you do not

1146

00:51:55,690 --> 00:51:50,809

it's ya know painting experience is

1147

00:51:57,329 --> 00:51:55,700

necessary at all so they can contact you

1148

00:51:59,710 --> 00:51:57,339

maybe for some guidance or a session

1149

00:52:03,400 --> 00:51:59,720

about how to go about this way of

1150

00:52:04,839 --> 00:52:03,410

painting out loud yes I'm happy to talk

1151
00:52:08,489 --> 00:52:04,849
to them or they can come out and take a

1152
00:52:11,049 --> 00:52:08,499
class we're starting classes just after

1153
00:52:14,099 --> 00:52:11,059
Spring Break whenever I forget exactly

1154
00:52:16,989 --> 00:52:14,109
when the Memphis spring break is but um

1155
00:52:19,630 --> 00:52:16,999
so I think the classes begin March 22nd

1156
00:52:22,809 --> 00:52:19,640
and we're right now I'm telling them in

1157
00:52:26,620 --> 00:52:22,819
a series of three classes because it's

1158
00:52:29,999 --> 00:52:26,630
it's important to build a safe space so

1159
00:52:33,989 --> 00:52:30,009
that the artist you know feels safe to

1160
00:52:36,220 --> 00:52:33,999
express whatever is coming up for them

1161
00:52:37,809 --> 00:52:36,230
Madeline thank you for being a wonderful

1162
00:52:38,859 --> 00:52:37,819
guest here at center of light radio is

1163
00:52:41,589 --> 00:52:38,869

there anything you would like to close

1164

00:52:42,640 --> 00:52:41,599

with maybe again ways they can connect

1165

00:52:44,019 --> 00:52:42,650

to you anything you want to say about

1166

00:52:46,269 --> 00:52:44,029

the studio that's going to be coming out

1167

00:52:51,069 --> 00:52:46,279

hopefully in the 16th and you have my

1168

00:52:52,450 --> 00:52:51,079

full support dear however that may be so

1169

00:52:56,079 --> 00:52:52,460

yeah we're gonna hopefully have the

1170

00:52:58,029 --> 00:52:56,089

grand opening on March 12 and I we're

1171

00:53:01,150 --> 00:52:58,039

gonna discuss it tomorrow Victoria and I

1172

00:53:04,150 --> 00:53:01,160

she's with these myths media if anyone

1173

00:53:06,249 --> 00:53:04,160

needs a good marketing person and I

1174

00:53:08,410 --> 00:53:06,259

think we'll begin in the morning around

1175

00:53:10,779 --> 00:53:08,420

9:00 with a ribbon-cutting ceremony and

1176

00:53:15,370 --> 00:53:10,789

have looking at having free yoga classes

1177

00:53:18,900 --> 00:53:15,380

that day and we'll have a art opening

1178

00:53:22,450 --> 00:53:18,910

that night exhibiting my work and I

1179

00:53:24,339 --> 00:53:22,460

think it'll be a lot of fun so if you

1180

00:53:26,739 --> 00:53:24,349

want to stay in the loop you can sign up

1181

00:53:29,650 --> 00:53:26,749

for our newsletter at art body-soul

1182

00:53:34,509 --> 00:53:29,660

studio comm or check us out on Facebook

1183

00:53:37,239 --> 00:53:34,519

also it art body-soul studio so yeah

1184

00:53:39,190 --> 00:53:37,249

that's where we are and thank you so

1185

00:53:41,229 --> 00:53:39,200

much for giving me the opportunity to be

1186

00:53:42,670 --> 00:53:41,239

on your show I really appreciate it

1187

00:53:44,440 --> 00:53:42,680

we got to take care of our own dear

1188

00:53:46,509 --> 00:53:44,450

we're in the same community that's how

1189

00:53:48,249 --> 00:53:46,519

y'all connected right like a person

1190

00:53:51,579 --> 00:53:48,259

asking the chat room earlier can

1191

00:53:53,499 --> 00:53:51,589

meditation connect as well Madeline and

1192

00:53:55,930 --> 00:53:53,509

I just meditated and we connected in

1193

00:53:57,130 --> 00:53:55,940

fact I just met this list lady now the

1194

00:53:58,480 --> 00:53:57,140

other day we did a sound check but

1195

00:54:00,760 --> 00:53:58,490

you're welcoming how

1196

00:54:02,920 --> 00:54:00,770

I can support you and being an

1197

00:54:05,320 --> 00:54:02,930

expression in the center no pun intended

1198

00:54:07,600 --> 00:54:05,330

a center of light in this community all

1199

00:54:09,880 --> 00:54:07,610

you have to do is last year okay I

1200

00:54:11,500 --> 00:54:09,890

appreciate that light everyone show you

1201

00:54:13,510 --> 00:54:11,510

love to Madeleine Newkirk

1202

00:54:14,920 --> 00:54:13,520

what a great phenomenal guess I really

1203

00:54:17,230 --> 00:54:14,930

enjoy talking with her you can bet as

1204

00:54:18,670 --> 00:54:17,240

soon as I can I'm gonna get out to the

1205

00:54:20,290 --> 00:54:18,680

new studio and see what it's all about

1206

00:54:24,609 --> 00:54:20,300

I'll come back and report to you and

1207

00:54:25,900 --> 00:54:24,619

probably echo how much it is just really

1208

00:54:28,300 --> 00:54:25,910

cool and you need to get out there next

1209

00:54:31,120 --> 00:54:28,310

week on center of light radio my guess

1210

00:54:32,950 --> 00:54:31,130

is going to be Annabelle this gotta and

1211

00:54:37,600 --> 00:54:32,960

we're gonna be talking about everything

1212

00:54:40,630 --> 00:54:37,610

like Divine Feminine cosmic womb the

1213

00:54:44,140 --> 00:54:40,640

Stargate the heart whatever you want to

1214

00:54:47,109 --> 00:54:44,150

call it this place right here is where

1215

00:54:50,230 --> 00:54:47,119

all the magic happens right like I

1216

00:54:51,430 --> 00:54:50,240

always say if we point to ourselves if I

1217

00:54:52,750 --> 00:54:51,440

asked you to point to yourself you point

1218

00:54:55,330 --> 00:54:52,760

here if I ask you to point to creator

1219

00:54:57,190 --> 00:54:55,340

you point here so the question becomes

1220

00:55:00,160 --> 00:54:57,200

it's what part of you that you know as

1221

00:55:02,200 --> 00:55:00,170

you ins and creator begins well they

1222

00:55:04,599 --> 00:55:02,210

begin to cross feed you begin to snap

1223

00:55:07,240 --> 00:55:04,609

them to that star key that cosmic womb

1224

00:55:09,730 --> 00:55:07,250

that Divine Feminine the place where we

1225

00:55:12,750 --> 00:55:09,740

all connect and all speak the same

1226

00:55:15,550 --> 00:55:12,760

language when you get into that place

1227

00:55:17,830 --> 00:55:15,560

life gets really good at Annabelle this

1228

00:55:20,320 --> 00:55:17,840

Cara is going to be here next week again

1229

00:55:23,260 --> 00:55:20,330

when you speak about Divine Feminine the

1230

00:55:25,150 --> 00:55:23,270

Stargate the cosmic woman it's priced at

1231

00:55:26,620 --> 00:55:25,160

the Sacred Heart either way that's what

1232

00:55:28,300 --> 00:55:26,630

we're gonna be talking about thank you

1233

00:55:31,270 --> 00:55:28,310

very much for joining me every Monday

1234

00:55:32,800 --> 00:55:31,280

night 6 p.m. eastern time you could find

1235

00:55:34,870 --> 00:55:32,810

her sitting in his chair conducting

1236

00:55:36,580 --> 00:55:34,880

affairs of the heart remember when you

1237

00:55:38,140 --> 00:55:36,590

lay down at night you'd have nothing to

1238

00:55:40,510 --> 00:55:38,150

do

1239

00:55:42,420 --> 00:55:40,520

- we conduct might live a busy

1240

00:55:45,750 --> 00:55:42,430

nine-to-five job I get it

1241

00:55:48,279 --> 00:55:45,760

when you lay down at night breathe

1242

00:55:51,549 --> 00:55:48,289

breathe for the sake of breathing taste

1243

00:55:53,500 --> 00:55:51,559

that breath be grateful for that breath

1244

00:55:56,950 --> 00:55:53,510

do that - 10 or 15 minutes and you will

1245

00:56:00,069 --> 00:55:56,960

find yourself in the cosmic deafening

1246

00:56:02,309 --> 00:56:00,079

silence and in that silence is encrypted

1247

00:56:05,230 --> 00:56:02,319

with everything you can possibly imagine

1248

00:56:07,809 --> 00:56:05,240

possibly imagine do this as an ongoing

1249

00:56:11,170 --> 00:56:07,819

practice and watch your life expand

1250

00:56:12,579 --> 00:56:11,180

until the fullness of who you are see

