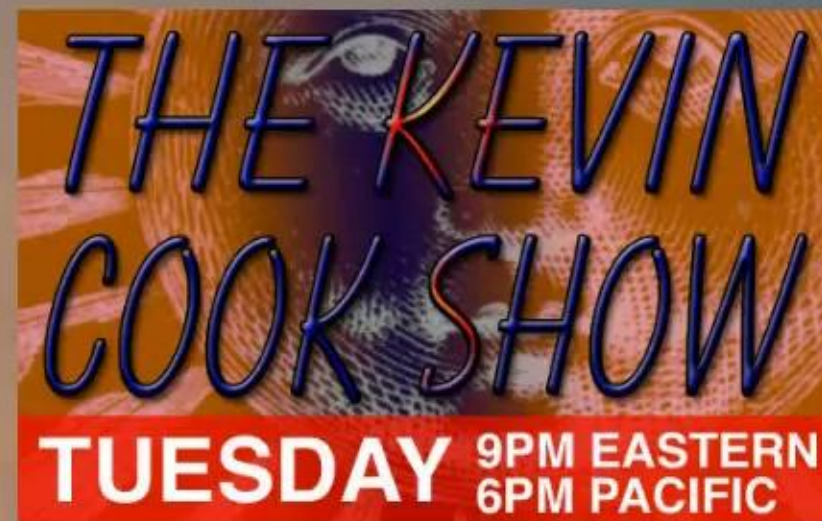




# Julia Sellers | Out of Body Experiences & Interdimensional Travel



Listen on

[inceptionradionetwork.com](http://inceptionradionetwork.com)

1  
00:00:03,050 --> 00:00:01,490  
pretty even it's good to be with you Deb

2  
00:00:04,640 --> 00:00:03,060  
and Heidi Hollis is on with us we're

3  
00:00:05,869 --> 00:00:04,650  
gonna have a very good guest and Julia

4  
00:00:08,150 --> 00:00:05,879  
sellers she's had out-of-body

5  
00:00:10,009 --> 00:00:08,160  
experiences and well I've had

6  
00:00:13,549 --> 00:00:10,019  
out-of-body experiences and weirdly

7  
00:00:15,709 --> 00:00:13,559  
enough and I'm here I mean it's it does

8  
00:00:17,510 --> 00:00:15,719  
happen people it's not you know didn't

9  
00:00:19,670 --> 00:00:17,520  
it committed nonsense it just happens

10  
00:00:21,500 --> 00:00:19,680  
and I'm glad it does cuz mine was very

11  
00:00:23,950 --> 00:00:21,510  
enjoyable we'll talk about mine later

12  
00:00:28,310 --> 00:00:23,960  
but but now Heidi

13  
00:00:33,410 --> 00:00:28,320

now there's all kinds of news and some

14

00:00:36,830 --> 00:00:33,420

of it is wretched and this I got this

15

00:00:39,650 --> 00:00:36,840

from Pam Geller she has that website

16

00:00:42,799 --> 00:00:39,660

the Swiss Islamic Council has justified

17

00:00:44,959 --> 00:00:42,809

female genital mutilation and how they

18

00:00:48,020 --> 00:00:44,969

justified I don't know don't really want

19

00:00:50,720 --> 00:00:48,030

to know but it's it's supposed to be the

20

00:00:53,330 --> 00:00:50,730

best thing since helping your hair or

21

00:00:56,660 --> 00:00:53,340

something but house the Swiss can have

22

00:00:59,240 --> 00:00:56,670

begun listen were me enough let them do

23

00:01:03,070 --> 00:00:59,250

it I don't know I don't know but that's

24

00:01:07,640 --> 00:01:03,080

that's I mean that's people's are and

25

00:01:10,399 --> 00:01:07,650

the Democratic Oakland Mayor was figures

26

00:01:15,969 --> 00:01:10,409

it's in California tipped off illegals

27

00:01:18,530 --> 00:01:15,979

to a nice raid name is Libby Schaaf and

28

00:01:21,289 --> 00:01:18,540

she was commended by lieutenant governor

29

00:01:25,090 --> 00:01:21,299

Gavin Newsom like she did right now

30

00:01:27,800 --> 00:01:25,100

Heidi if we ticked off some criminals

31

00:01:32,359 --> 00:01:27,810

that the feds were going to rate him

32

00:01:34,550 --> 00:01:32,369

we'd be in prison I'm surprised that

33

00:01:37,429 --> 00:01:34,560

they are allowed to do that I'd be

34

00:01:43,160 --> 00:01:37,439

nervous to tip somebody off you know

35

00:01:44,780 --> 00:01:43,170

that was yeah I know I mean I'm not

36

00:01:47,539 --> 00:01:44,790

trying to be cool to these people but

37

00:01:50,719 --> 00:01:47,549

come on if you were in Mexico they would

38

00:01:52,940 --> 00:01:50,729

not give you a tuna fish sandwich they

39

00:01:55,090 --> 00:01:52,950

would they might give you a thing of

40

00:01:57,289 --> 00:01:55,100

water and and kick your buck through the

41

00:01:59,300 --> 00:01:57,299

border that's what they do they wouldn't

42

00:02:01,910 --> 00:01:59,310

say oh come here and we'll give you

43

00:02:03,469 --> 00:02:01,920

subsidies and kiss your foot and send

44

00:02:05,030 --> 00:02:03,479

you to college and singing lullabies

45

00:02:06,950 --> 00:02:05,040

they would not do that they wouldn't

46

00:02:09,229 --> 00:02:06,960

care I've been down there with my ex

47

00:02:11,330 --> 00:02:09,239

pseudo brother-in-law and there was this

48

00:02:13,580 --> 00:02:11,340

poor Indian woman I mean I felt sorry

49

00:02:16,369 --> 00:02:13,590

for her she had a baby

50

00:02:18,020 --> 00:02:16,379

with her and you know he said cuz he New

51  
00:02:20,390 --> 00:02:18,030  
Mexico real well he said see that woman

52  
00:02:21,860 --> 00:02:20,400  
I said yeah he said if she fainted from

53  
00:02:24,350 --> 00:02:21,870  
hunger or something these slobs down

54  
00:02:26,600 --> 00:02:24,360  
here wouldn't do a thing wouldn't stop I

55  
00:02:28,520 --> 00:02:26,610  
mean in you know Texas or somebody

56  
00:02:31,070 --> 00:02:28,530  
there'd be churches floating around and

57  
00:02:34,490 --> 00:02:31,080  
tops and you know everybody'd be trying

58  
00:02:36,320 --> 00:02:34,500  
to help her right they wouldn't care if

59  
00:02:38,390 --> 00:02:36,330  
you died right there on the street hey

60  
00:02:42,199 --> 00:02:38,400  
they've done it here in Chicago where a

61  
00:02:44,059 --> 00:02:42,209  
guy got when you get hit by a car and

62  
00:02:46,759 --> 00:02:44,069  
left in the street people stepped over

63  
00:02:49,460 --> 00:02:46,769

him okay and barely glanced out of but

64

00:02:51,740 --> 00:02:49,470

kept going so I mean people are cruel

65

00:02:53,360 --> 00:02:51,750

everywhere I think I don't know not

66

00:02:55,339 --> 00:02:53,370

around here I mean that's one thing I

67

00:02:57,830 --> 00:02:55,349

can say for this place is that if you

68

00:03:01,069 --> 00:02:57,840

had somebody with a baby and they you

69

00:03:02,830 --> 00:03:01,079

know conk out from fatigue or hunger or

70

00:03:05,449 --> 00:03:02,840

something there being there be

71

00:03:09,259 --> 00:03:05,459

ambulances and I mean it would cause a

72

00:03:11,000 --> 00:03:09,269

whole Civic stir around here now the one

73

00:03:12,319 --> 00:03:11,010

I can say that about Texas then they

74

00:03:14,750 --> 00:03:12,329

have their flaws but they're not bad

75

00:03:16,870 --> 00:03:14,760

about that yeah I mean they wouldn't

76  
00:03:20,030 --> 00:03:16,880  
step over somebody at all around here

77  
00:03:21,099 --> 00:03:20,040  
and butts up there is one thing there's

78  
00:03:23,629 --> 00:03:21,109  
just one kid

79  
00:03:25,250 --> 00:03:23,639  
do you have racetrack gas stations up

80  
00:03:27,770 --> 00:03:25,260  
your way I know where that chain had

81  
00:03:30,500 --> 00:03:27,780  
made it up the Midwest or not it doesn't

82  
00:03:33,229 --> 00:03:30,510  
sound familiar and well they they may be

83  
00:03:36,319 --> 00:03:33,239  
more of an East Coast than central place

84  
00:03:39,580 --> 00:03:36,329  
but south-central but but what it is is

85  
00:03:42,680 --> 00:03:39,590  
this one kid he's about you know Galia

86  
00:03:45,319 --> 00:03:42,690  
22 or something and he has a little sign

87  
00:03:47,920 --> 00:03:45,329  
that he needs money and stuff and he was

88  
00:03:51,349 --> 00:03:47,930

out there 15 degrees and I'm thinking

89  
00:03:53,629 --> 00:03:51,359  
you know know how boy I mean how bad his

90  
00:03:55,490 --> 00:03:53,639  
life have to get you know and he didn't

91  
00:03:57,680 --> 00:03:55,500  
have any real warm clothes he had like a

92  
00:04:01,339 --> 00:03:57,690  
hoodie which he know is enough to keep a

93  
00:04:10,580 --> 00:04:01,349  
bird warm so I mean you do see things

94  
00:04:13,879 --> 00:04:10,590  
like that but not crying a few homeless

95  
00:04:17,990 --> 00:04:13,889  
here well I don't doubt it I don't doubt

96  
00:04:19,339 --> 00:04:18,000  
it at all there's this one guy who kind

97  
00:04:22,850 --> 00:04:19,349  
of lives in the neighborhood around here

98  
00:04:26,420 --> 00:04:22,860  
sort of kinda is he works at Walmart

99  
00:04:27,470 --> 00:04:26,430  
every day and this sounds gruesome ID

100  
00:04:29,600 --> 00:04:27,480  
but he sleeps

101

00:04:31,190 --> 00:04:29,610

a hotel like one day a week is all you

102

00:04:35,330 --> 00:04:31,200

can afford he sleeps under bridges the

103

00:04:38,240 --> 00:04:35,340

other days that's sad I mean Heidi and

104

00:04:40,490 --> 00:04:38,250

this guy's got a regular job I'm

105

00:04:44,240 --> 00:04:40,500

thinking holy moly that's I mean that

106

00:04:46,910 --> 00:04:44,250

that's I mean I don't know over here

107

00:04:49,100 --> 00:04:46,920

Chicago mental illness and dependency on

108

00:04:54,530 --> 00:04:49,110

drugs and alcohol are the big culprit

109

00:04:56,510 --> 00:04:54,540

over in California that rents out of

110

00:04:59,900 --> 00:04:56,520

control in California here that's the

111

00:05:04,100 --> 00:04:59,910

big thing well I mean California's a

112

00:05:08,330 --> 00:05:04,110

bizarre you know horror story place

113

00:05:14,720 --> 00:05:08,340

anyway you know sell it back to Mexico I

114

00:05:16,070 --> 00:05:14,730

wouldn't even I don't love California if

115

00:05:18,550 --> 00:05:16,080

it ain't between New York and Virginia

116

00:05:21,140 --> 00:05:18,560

you know I don't care about it you know

117

00:05:22,760 --> 00:05:21,150

really but then that I'm prejudiced like

118

00:05:25,160 --> 00:05:22,770

yes little bit of Florida's all right

119

00:05:29,480 --> 00:05:25,170

you know basically between New York and

120

00:05:31,970 --> 00:05:29,490

Virginia that's all what's up now here's

121

00:05:35,030 --> 00:05:31,980

a here's a you know a positive story for

122

00:05:37,910 --> 00:05:35,040

a change and I got this actually for the

123

00:05:41,120 --> 00:05:37,920

coast Coast AM website but in cordoba

124

00:05:44,840 --> 00:05:41,130

argentina they had an image of the

125

00:05:46,640 --> 00:05:44,850

virgin mary show up on a background and

126

00:05:50,900 --> 00:05:46,650

it was a detailed image you can see it

127

00:05:53,330 --> 00:05:50,910

right up on the coast website and they

128

00:05:56,720 --> 00:05:53,340

had a director of the military hospital

129

00:05:58,910 --> 00:05:56,730

at cordoba said it was a manifestation

130

00:06:00,560 --> 00:05:58,920

of the mother of god period and this guy

131

00:06:02,480 --> 00:06:00,570

was you know not some kind of idiot he's

132

00:06:04,730 --> 00:06:02,490

director of the hospital and you could

133

00:06:06,200 --> 00:06:04,740

see it is it's not indistinct or

134

00:06:08,000 --> 00:06:06,210

something mercury I mean it just

135

00:06:10,480 --> 00:06:08,010

happened and you know of course we've

136

00:06:13,310 --> 00:06:10,490

had we've had shows that have dealt with

137

00:06:15,260 --> 00:06:13,320

you know like the tale of Juan Diego and

138

00:06:17,420 --> 00:06:15,270

Mexico you know and these things are

139

00:06:19,960 --> 00:06:17,430

real deals they're as real as the you

140

00:06:23,360 --> 00:06:19,970

know the hair on your arm you know and

141

00:06:25,130 --> 00:06:23,370

it's it's really amazing but you could

142

00:06:28,070 --> 00:06:25,140

go the coast website and see it it's

143

00:06:30,770 --> 00:06:28,080

really a very distinct image and it just

144

00:06:36,620 --> 00:06:30,780

showed up yeah I mean no really good

145

00:06:40,010 --> 00:06:36,630

reason or is sick he likes to pick on me

146

00:06:41,480 --> 00:06:40,020

well he's got a book everybody has been

147

00:06:45,480 --> 00:06:41,490

ten or twelve years you know

148

00:06:47,400 --> 00:06:45,490

you were overdue I guess but now there's

149

00:06:51,510 --> 00:06:47,410

been a dramatic increase in Exorcist

150

00:06:53,490 --> 00:06:51,520

training by the Vatican Oh again yeah I

151  
00:06:57,180 --> 00:06:53,500  
mean I don't know what the heck is going

152  
00:07:00,990 --> 00:06:57,190  
on but they've galvanized the exorcism

153  
00:07:03,120 --> 00:07:01,000  
program and I don't know I mean

154  
00:07:05,640 --> 00:07:03,130  
especially in Italy and you wouldn't

155  
00:07:07,830 --> 00:07:05,650  
think Paul Italy would be just run over

156  
00:07:10,230 --> 00:07:07,840  
with demons or anything it's not that

157  
00:07:12,090 --> 00:07:10,240  
big a country and all that but there's

158  
00:07:15,420 --> 00:07:12,100  
demons having kittens over there and

159  
00:07:18,600 --> 00:07:15,430  
we're all over them all over the world

160  
00:07:21,780 --> 00:07:18,610  
they've got that too so yeah but they

161  
00:07:24,900 --> 00:07:21,790  
have sparked that up and I don't know I

162  
00:07:27,510 --> 00:07:24,910  
really don't know well it is a crazy

163  
00:07:29,640 --> 00:07:27,520

life it really is but there is you know

164

00:07:32,520 --> 00:07:29,650

happily there are good things too and

165

00:07:37,620 --> 00:07:32,530

that makes it makes up for some of the

166

00:07:39,600 --> 00:07:37,630

negative but Oh Heidi I mean it's it's

167

00:07:41,910 --> 00:07:39,610

so crazy compared to what things were in

168

00:07:44,940 --> 00:07:41,920

past years because you know back in the

169

00:07:46,710 --> 00:07:44,950

day almost nobody nobody even when my

170

00:07:48,180 --> 00:07:46,720

father was like the Lord and Master of

171

00:07:50,820 --> 00:07:48,190

Cambridge Maryland on the Eastern Shore

172

00:07:52,620 --> 00:07:50,830

and you know we had 1200 people work for

173

00:07:55,800 --> 00:07:52,630

him the electronics plant nobody was

174

00:07:57,780 --> 00:07:55,810

living like you know in the swamp or

175

00:07:59,490 --> 00:07:57,790

something and one coming into work and

176

00:08:02,160 --> 00:07:59,500

cleaning up once a week I mean everybody

177

00:08:04,070 --> 00:08:02,170

had a car and you know a little place to

178

00:08:08,340 --> 00:08:04,080

stay I mean it wasn't like that

179

00:08:10,650 --> 00:08:08,350

so that's scary that's scary it really

180

00:08:14,630 --> 00:08:10,660

is it really is but that's okay that's

181

00:08:17,070 --> 00:08:14,640

okay you know no long as you stay out of

182

00:08:22,770 --> 00:08:17,080

evil californium you're all right I

183

00:08:24,540 --> 00:08:22,780

guess but I don't know but it has gotten

184

00:08:26,610 --> 00:08:24,550

kind of expensive around here for some

185

00:08:29,250 --> 00:08:26,620

reason but anyhow we're just about ready

186

00:08:30,630 --> 00:08:29,260

to the top of the hour break and Julia

187

00:08:32,670 --> 00:08:30,640

sellars would be pretty good we've got

188

00:08:36,080 --> 00:08:32,680

her coming up so we'll be right back

189

00:08:41,600 --> 00:08:39,800

well let's be back with julia sellers

190

00:08:43,190 --> 00:08:41,610

and she's written a book I've seen it

191

00:08:48,650 --> 00:08:43,200

I've seen it tomorrow

192

00:08:51,320 --> 00:08:48,660

and basically Julia I guess it it talks

193

00:08:52,940 --> 00:08:51,330

all about your experiences with OBEs all

194

00:08:55,820 --> 00:08:52,950

this time in your life I guess it

195

00:08:59,390 --> 00:08:55,830

started early on it yeah well basically

196

00:09:02,900 --> 00:08:59,400

it talks about out-of-body experiences

197

00:09:04,850 --> 00:09:02,910

primarily of Michael my husband but also

198

00:09:09,380 --> 00:09:04,860

from I know you know autobot

199

00:09:13,519 --> 00:09:09,390

experiences and yep I mean Michael I

200

00:09:17,480 --> 00:09:13,529

mean he has started with his out-of-body

201  
00:09:21,829 --> 00:09:17,490  
experiences pretty early I mean he you

202  
00:09:26,120 --> 00:09:21,839  
know would have out-of-body when he was

203  
00:09:28,700 --> 00:09:26,130  
really a toddler actually he I mean it's

204  
00:09:32,269 --> 00:09:28,710  
funny but I've you know he remembers his

205  
00:09:35,269 --> 00:09:32,279  
own birth it's called the soul conscious

206  
00:09:38,300 --> 00:09:35,279  
conscious birth oh yeah I'm not kidding

207  
00:09:41,840 --> 00:09:38,310  
so he even remembers you know he

208  
00:09:45,590 --> 00:09:41,850  
remembers when he and I would say this

209  
00:09:49,160 --> 00:09:45,600  
he was flown into the uterus of his

210  
00:09:51,560 --> 00:09:49,170  
mother so basically you know he yeah he

211  
00:09:54,200 --> 00:09:51,570  
was flown into the uterus of his mother

212  
00:09:57,650 --> 00:09:54,210  
it means that when his what religions

213  
00:10:00,890 --> 00:09:57,660

call it soul but when his quantum of

214

00:10:03,079 --> 00:10:00,900

energy the vibrations and oscillations

215

00:10:05,360 --> 00:10:03,089

you know it's an energy that the

216

00:10:09,440 --> 00:10:05,370

religions would call a soul so he

217

00:10:13,610 --> 00:10:09,450

remembers when his soul and tert entered

218

00:10:15,740 --> 00:10:13,620

the fetus of his mother and it's just it

219

00:10:19,460 --> 00:10:15,750

you know he remembers his you know

220

00:10:20,540 --> 00:10:19,470

prenatal stage and everything and you

221

00:10:22,790 --> 00:10:20,550

know auto body

222

00:10:26,680 --> 00:10:22,800

yeah auto body experience as such

223

00:10:29,840 --> 00:10:26,690

actually it's you know there's a

224

00:10:35,030 --> 00:10:29,850

scientific research going on for a long

225

00:10:39,230 --> 00:10:35,040

time now and the out-of-body experience

226  
00:10:42,760 --> 00:10:39,240  
as such is basically defined by you know

227  
00:10:46,780 --> 00:10:42,770  
science as as an experience in which a

228  
00:10:49,140 --> 00:10:46,790  
person seems to perceive the world

229  
00:10:52,980 --> 00:10:49,150  
around them

230  
00:10:56,400 --> 00:10:52,990  
from a location outside their physical

231  
00:11:01,650 --> 00:10:56,410  
body so basically in an auto body right

232  
00:11:05,150 --> 00:11:01,660  
the observer experiences a form of let's

233  
00:11:09,240 --> 00:11:05,160  
say disassociation between the

234  
00:11:14,640 --> 00:11:09,250  
perceiving self and the own physical

235  
00:11:18,750 --> 00:11:14,650  
body so you know we have some scientists

236  
00:11:22,380 --> 00:11:18,760  
that have tried to you know to come up

237  
00:11:24,600 --> 00:11:22,390  
with definitions that would include of

238  
00:11:26,550 --> 00:11:24,610

outer by right they would include you

239

00:11:29,960 --> 00:11:26,560

know the person they would say you know

240

00:11:35,519 --> 00:11:29,970

out-of-body is a perception of a self or

241

00:11:38,329 --> 00:11:35,529

sound a form of autoscopic body image

242

00:11:40,760 --> 00:11:38,339

you know during the auto body experience

243

00:11:44,090 --> 00:11:40,770

so basically you would see a

244

00:11:47,850 --> 00:11:44,100

representation of your physical body

245

00:11:51,300 --> 00:11:47,860

that would lay down on the bed right and

246

00:11:57,120 --> 00:11:51,310

your consciousness or yourself would end

247

00:11:59,519 --> 00:11:57,130

up floating above you can yeah you can

248

00:12:02,940 --> 00:11:59,529

watch your physical body from the

249

00:12:05,460 --> 00:12:02,950

ceiling or you can watch it from oh I

250

00:12:09,180 --> 00:12:05,470

know it was weird it happened when I was

251  
00:12:11,550 --> 00:12:09,190  
my 20s in Atlanta and uh I was married

252  
00:12:16,829 --> 00:12:11,560  
and I saw Sue and myself on the bed you

253  
00:12:18,769 --> 00:12:16,839  
know and did it happen natural

254  
00:12:21,360 --> 00:12:18,779  
spontaneously or did you like

255  
00:12:23,340 --> 00:12:21,370  
spontaneously and I'd heard about it

256  
00:12:25,380 --> 00:12:23,350  
before and I was kind of felt kind of

257  
00:12:27,840 --> 00:12:25,390  
empowered by like it was liberating and

258  
00:12:29,550 --> 00:12:27,850  
yes she was a bed hog and you could see

259  
00:12:35,579 --> 00:12:29,560  
she's trying to steal all the covers and

260  
00:12:37,560 --> 00:12:35,589  
all that what happened was I realize mhm

261  
00:12:39,870 --> 00:12:37,570  
and it was very liberating and I thought

262  
00:12:43,019 --> 00:12:39,880  
well this is cool I'll go to see my

263  
00:12:48,660 --> 00:12:43,029

brother Doug in California and that's

264

00:12:51,810 --> 00:12:48,670

the Doug i'ma go to heaven I got scared

265

00:12:57,060 --> 00:12:51,820

I figure I might not come back so I come

266

00:13:00,180 --> 00:12:57,070

back all you sharing that before Kevin

267

00:13:02,069 --> 00:13:00,190

that's interesting oh it was weird cuz I

268

00:13:02,950 --> 00:13:02,079

could see very distinctly Sue and myself

269

00:13:05,590 --> 00:13:02,960

and swine on the

270

00:13:07,840 --> 00:13:05,600

bad you know and like where are you

271

00:13:11,110 --> 00:13:07,850

where were you watching yourself guys

272

00:13:13,980 --> 00:13:11,120

like from from the ceiling or you know

273

00:13:17,110 --> 00:13:13,990

because five or six foot above you know

274

00:13:19,510 --> 00:13:17,120

you know sometimes you can just go ahead

275

00:13:21,400 --> 00:13:19,520

and leave through the walls you know you

276

00:13:23,530 --> 00:13:21,410

leave through the windows through the

277

00:13:26,980 --> 00:13:23,540

walls and you just continue on your

278

00:13:29,110 --> 00:13:26,990

journey you know now you know a typical

279

00:13:35,170 --> 00:13:29,120

feature of an out of what experiences

280

00:13:37,120 --> 00:13:35,180

that they you know the the experimenter

281

00:13:41,680 --> 00:13:37,130

or experience sir

282

00:13:44,350 --> 00:13:41,690

you know they perceive they perceive

283

00:13:47,290 --> 00:13:44,360

that the Autobot experience extremely

284

00:13:51,700 --> 00:13:47,300

real at the time of the experience right

285

00:13:54,790 --> 00:13:51,710

so basically a you know out of our

286

00:13:58,110 --> 00:13:54,800

experience you know it can occur in a

287

00:14:00,990 --> 00:13:58,120

different context you know including the

288

00:14:04,150 --> 00:14:01,000

near-death experience right there

289

00:14:07,150 --> 00:14:04,160

similarities between Autobot experience

290

00:14:11,500 --> 00:14:07,160

and a near-death experience although

291

00:14:14,890 --> 00:14:11,510

when you are dying you can be sure you

292

00:14:17,860 --> 00:14:14,900

have out-of-body experience 400% but

293

00:14:21,010 --> 00:14:17,870

when you have out-of-body experience

294

00:14:24,730 --> 00:14:21,020

you are not necessarily dying right but

295

00:14:28,450 --> 00:14:24,740

again all people who are dying at some

296

00:14:32,910 --> 00:14:28,460

point in the process of a dying have to

297

00:14:35,530 --> 00:14:32,920

come out of body it's a must right so

298

00:14:37,270 --> 00:14:35,540

basically yeah

299

00:14:41,080 --> 00:14:37,280

that with Michael you know with my

300

00:14:45,370 --> 00:14:41,090

husband it's funny because he would have

301  
00:14:48,970 --> 00:14:45,380  
his auto body accounts in a waking state

302  
00:14:50,950 --> 00:14:48,980  
you know in the waking active state so

303  
00:14:52,990 --> 00:14:50,960  
I'm the full consciousness right and

304  
00:14:55,720 --> 00:14:53,000  
that would be occurring occur in both

305  
00:14:59,470 --> 00:14:55,730  
you know spontaneously mostly

306  
00:15:02,410 --> 00:14:59,480  
spontaneously or at will all right now

307  
00:15:05,440 --> 00:15:02,420  
so let's say he would be sitting on a

308  
00:15:07,390 --> 00:15:05,450  
computer he would be drinking coffee he

309  
00:15:10,750 --> 00:15:07,400  
would be just walking on a street right

310  
00:15:13,270 --> 00:15:10,760  
now suddenly boom he would get out of

311  
00:15:14,470 --> 00:15:13,280  
the body and he cannot help it and

312  
00:15:16,090 --> 00:15:14,480  
that's crazy

313  
00:15:18,550 --> 00:15:16,100

it really is crazy the

314

00:15:22,840 --> 00:15:18,560

have the experience that several

315

00:15:25,210 --> 00:15:22,850

occasions and I just I'm curious what

316

00:15:26,920 --> 00:15:25,220

pattern that your husband sees or

317

00:15:29,949 --> 00:15:26,930

perceives when that happens to them

318

00:15:32,460 --> 00:15:29,959

because I draw my own conclusions about

319

00:15:36,430 --> 00:15:32,470

why that happens but not for myself

320

00:15:40,809 --> 00:15:36,440

because I get like told lessons when

321

00:15:45,400 --> 00:15:40,819

this happens so your husband when he

322

00:15:48,370 --> 00:15:45,410

gets yeah I'll tell you I mean first of

323

00:15:51,879 --> 00:15:48,380

all out-of-body experiences they have

324

00:15:55,960 --> 00:15:51,889

levels to themselves so it means that

325

00:15:59,530 --> 00:15:55,970

you can have a basic form so-called

326

00:16:02,559 --> 00:15:59,540

lower form out of what experience when

327

00:16:05,800 --> 00:16:02,569

you just leave your body find yourself

328

00:16:09,519 --> 00:16:05,810

floating above the you know the bed or

329

00:16:13,240 --> 00:16:09,529

the on the ceiling whatever and when you

330

00:16:17,650 --> 00:16:13,250

do that it does not mean necessarily

331

00:16:21,160 --> 00:16:17,660

that you would do or perceive anything

332

00:16:25,059 --> 00:16:21,170

else you just watch yourself leaving the

333

00:16:28,980 --> 00:16:25,069

body you end up on a ceiling right but

334

00:16:34,059 --> 00:16:28,990

you can see your physical body right now

335

00:16:35,920 --> 00:16:34,069

you can you can hear things happening

336

00:16:39,429 --> 00:16:35,930

behind the wall

337

00:16:41,920 --> 00:16:39,439

so basically VAR get out of body and my

338

00:16:45,999 --> 00:16:41,930

house right I end up on the ceiling

339

00:16:49,150 --> 00:16:46,009

right I can listen to what my son is

340

00:16:52,980 --> 00:16:49,160

doing on the first floor in the house so

341

00:16:56,259 --> 00:16:52,990

basically your ears become very

342

00:17:00,759 --> 00:16:56,269

sensitive you can hear people talking on

343

00:17:04,899 --> 00:17:00,769

the street right now you can see okay

344

00:17:09,309 --> 00:17:04,909

you it's called circular vision you can

345

00:17:12,730 --> 00:17:09,319

see 360 degrees around so you see in

346

00:17:14,199 --> 00:17:12,740

front of you you see behind you but you

347

00:17:17,890 --> 00:17:14,209

see on both sides

348

00:17:18,460 --> 00:17:17,900

it's called sir circular or global

349

00:17:21,909 --> 00:17:18,470

vision

350

00:17:24,220 --> 00:17:21,919

you see 360 degrees around can you

351

00:17:29,830 --> 00:17:24,230

imagine seeing in front it's seeing

352

00:17:34,719 --> 00:17:29,840

things that are already now you can

353

00:17:38,649 --> 00:17:34,729

smell things that you know so what I'm

354

00:17:43,779 --> 00:17:38,659

saying is that you're the the five basic

355

00:17:45,879 --> 00:17:43,789

human senses are intensified you can see

356

00:17:49,389 --> 00:17:45,889

more you can hear more

357

00:17:50,409 --> 00:17:49,399

you can smell more you can taste more

358

00:17:53,409 --> 00:17:50,419

okay

359

00:17:55,089 --> 00:17:53,419

you can smell let's say I get out of

360

00:17:57,639 --> 00:17:55,099

body and I smell roses

361

00:17:58,269 --> 00:17:57,649

I smell different flavors I smell

362

00:17:59,889 --> 00:17:58,279

vanilla

363

00:18:02,859 --> 00:17:59,899

okay now I'm looking around and there's

364

00:18:05,139 --> 00:18:02,869

nothing there's no roses there's no you

365

00:18:07,719 --> 00:18:05,149

know so you know I smell cigarette

366

00:18:10,899 --> 00:18:07,729

smokes all the time no one is smoking

367

00:18:14,829 --> 00:18:10,909

around me now you can you can yeah I

368

00:18:18,629 --> 00:18:14,839

mean you can if it's not around you I'll

369

00:18:22,509 --> 00:18:18,639

tell you what it is the the different

370

00:18:26,289 --> 00:18:22,519

different smells actually are different

371

00:18:29,589 --> 00:18:26,299

forms of information they are coming

372

00:18:33,669 --> 00:18:29,599

from different dimension and your nose

373

00:18:34,479 --> 00:18:33,679

your olfactory system is able to detect

374

00:18:38,079 --> 00:18:34,489

them

375

00:18:41,680 --> 00:18:38,089

right so when you smell weird things

376

00:18:43,869 --> 00:18:41,690

around you and you do not see anything

377

00:18:46,629 --> 00:18:43,879

right okay you smell someone smoking

378

00:18:49,239 --> 00:18:46,639

there's no one smoking there are roses

379

00:18:52,329 --> 00:18:49,249

there's no resident retinue but still

380

00:18:56,799 --> 00:18:52,339

you you get the smell the roses it means

381

00:19:00,310 --> 00:18:56,809

that there are some entities from either

382

00:19:04,299 --> 00:19:00,320

asked her plane or above that are around

383

00:19:07,089 --> 00:19:04,309

you you can detect them and the form of

384

00:19:10,749 --> 00:19:07,099

smell okay and the smelling now

385

00:19:16,180 --> 00:19:10,759

sometimes I would get or Michael would

386

00:19:19,419 --> 00:19:16,190

get translated the smell into a form of

387

00:19:22,509 --> 00:19:19,429

information let's say that I smell a

388

00:19:25,629 --> 00:19:22,519

cigarette smoke and then suddenly in a

389

00:19:29,259 --> 00:19:25,639

couple of seconds I read a sentence in

390

00:19:32,109 --> 00:19:29,269

my mind and I can translate it into

391

00:19:33,969 --> 00:19:32,119

words you know so cigarette smoke will

392

00:19:37,209 --> 00:19:33,979

get translated into a piece of

393

00:19:40,899 --> 00:19:37,219

information it's the same with different

394

00:19:43,030 --> 00:19:40,909

tastes you taste sweet honey on your

395

00:19:45,610 --> 00:19:43,040

tongue right you you taste

396

00:19:48,460 --> 00:19:45,620

sugar on your tongue and you go like

397

00:19:51,340 --> 00:19:48,470

okay I'm not eating right now why is it

398

00:19:55,510 --> 00:19:51,350

that I'm smelling sure damn tasted sugar

399

00:19:58,690 --> 00:19:55,520

or honey whatever and it's different

400

00:20:04,090 --> 00:19:58,700

kind of entities around you that are

401  
00:20:07,840 --> 00:20:04,100  
talking to you by taste smell now

402  
00:20:11,200 --> 00:20:07,850  
sometimes you can detect with your skin

403  
00:20:13,510 --> 00:20:11,210  
at a distance so what I'm saying is that

404  
00:20:16,030 --> 00:20:13,520  
you're out of body you're in the room

405  
00:20:19,420 --> 00:20:16,040  
out of body your self ended up on the

406  
00:20:23,050 --> 00:20:19,430  
ceiling your physical body is sitting on

407  
00:20:25,810 --> 00:20:23,060  
the chair right and like let's say

408  
00:20:28,800 --> 00:20:25,820  
there's a there's a wooden chair in your

409  
00:20:33,310 --> 00:20:28,810  
room right and you're you wonder like

410  
00:20:37,480 --> 00:20:33,320  
this chair is it made of metal or wood

411  
00:20:41,920 --> 00:20:37,490  
right you can you can detect it by the

412  
00:20:45,460 --> 00:20:41,930  
skin at distance so you can tell by your

413  
00:20:48,280 --> 00:20:45,470

skin your skin is a scanner it can read

414

00:20:50,800 --> 00:20:48,290

and you can tell okay there's a chair in

415

00:20:52,930 --> 00:20:50,810

my room and it's made of metal

416

00:20:55,950 --> 00:20:52,940

you know it's plastic whatever it's made

417

00:21:00,430 --> 00:20:55,960

of wood so this is what's happening now

418

00:21:04,090 --> 00:21:00,440

now also when you are out of body and

419

00:21:07,590 --> 00:21:04,100

when you experience the high levels of

420

00:21:12,430 --> 00:21:07,600

auto body experience right then you can

421

00:21:15,910 --> 00:21:12,440

travel vast distances you can end up you

422

00:21:18,520 --> 00:21:15,920

know being on the moon on the Mars you

423

00:21:21,730 --> 00:21:18,530

can yeah all kinds of different things

424

00:21:25,780 --> 00:21:21,740

so basically also when you're

425

00:21:29,050 --> 00:21:25,790

out-of-body you can meet your guides or

426

00:21:33,310 --> 00:21:29,060

advisers and you can be taught a lot of

427

00:21:37,510 --> 00:21:33,320

lessons but there's one but we should

428

00:21:41,380 --> 00:21:37,520

not mix out-of-body experiences with the

429

00:21:44,350 --> 00:21:41,390

so called lucid dreaming or astral

430

00:21:49,510 --> 00:21:44,360

travel now when you're asked for

431

00:21:52,030 --> 00:21:49,520

traveling you do it while asleep when

432

00:21:55,140 --> 00:21:52,040

you're out-of-body right when you're

433

00:21:59,370 --> 00:21:55,150

experienced a full blown antibiotics

434

00:22:03,770 --> 00:21:59,380

you are totally awake and this is

435

00:22:07,380 --> 00:22:03,780

happening on the full consciousness ya

436

00:22:10,770 --> 00:22:07,390

know what what pattern does your husband

437

00:22:14,070 --> 00:22:10,780

feel is going on when he's like unable

438

00:22:16,380 --> 00:22:14,080

to control these out-of-body experiences

439

00:22:20,789 --> 00:22:16,390

well what seems to be going on for him

440

00:22:23,159 --> 00:22:20,799

okay well my Michael is a good

441

00:22:26,280 --> 00:22:23,169

experience right he has the highest

442

00:22:29,669 --> 00:22:26,290

level top auto body experiences so he

443

00:22:32,310 --> 00:22:29,679

would get out of body without noticing

444

00:22:34,080 --> 00:22:32,320

it right so let's say and then I'll tell

445

00:22:35,970 --> 00:22:34,090

you about the lower versions of auto

446

00:22:39,299 --> 00:22:35,980

body that I'm experiences and what's

447

00:22:41,970 --> 00:22:39,309

happening the symptoms that you you know

448

00:22:44,940 --> 00:22:41,980

there's a lot of sense in symptoms but

449

00:22:47,669 --> 00:22:44,950

when Michael gets out of body right he

450

00:22:49,590 --> 00:22:47,679

can be walking on the street and let's

451

00:22:53,010 --> 00:22:49,600

say that we're walking on the street

452

00:22:55,110 --> 00:22:53,020

there's a and and I'm giving you a

453

00:22:57,240 --> 00:22:55,120

specific example that happens a couple

454

00:23:01,560 --> 00:22:57,250

of years ago you know we were walking on

455

00:23:03,600 --> 00:23:01,570

the street and there was a girl and it

456

00:23:06,240 --> 00:23:03,610

happened to be in Bratislava Slovakia

457

00:23:08,789 --> 00:23:06,250

and the girl was pregnant right very

458

00:23:12,090 --> 00:23:08,799

pretty attractive girl and we passed a

459

00:23:15,020 --> 00:23:12,100

girl and Michael immediately got out of

460

00:23:18,900 --> 00:23:15,030

body because he was kind of like

461

00:23:22,230 --> 00:23:18,910

attracted by the energy of a girl so

462

00:23:25,380 --> 00:23:22,240

it's kind of like the energy forcefully

463

00:23:29,880 --> 00:23:25,390

took him out of body but he ended up in

464

00:23:36,000 --> 00:23:29,890

her body in her physical body he was

465

00:23:42,180 --> 00:23:36,010

able to feel what she felt he was able

466

00:23:49,770 --> 00:23:42,190

to feel the belly the the breasts full

467

00:23:53,370 --> 00:23:49,780

of smack from you no no no it's funny

468

00:23:55,440 --> 00:23:53,380

because I can tell when he is when he

469

00:23:58,049 --> 00:23:55,450

leaves the body or when his auto body

470

00:24:01,650 --> 00:23:58,059

already I can tell because his movement

471

00:24:03,720 --> 00:24:01,660

becomes robotic kind of and his eyes are

472

00:24:05,460 --> 00:24:03,730

half closed so I knew it was out of

473

00:24:07,490 --> 00:24:05,470

money and he told me you know Julie I

474

00:24:10,460 --> 00:24:07,500

just experienced what

475

00:24:13,820 --> 00:24:10,470

means to be pregnant so he's a male how

476  
00:24:16,940 --> 00:24:13,830  
can you express it this is what happened

477  
00:24:21,290 --> 00:24:16,950  
but again as I said there are different

478  
00:24:24,130 --> 00:24:21,300  
symptoms of of you know when you

479  
00:24:29,350 --> 00:24:24,140  
typically get out of body you can have

480  
00:24:32,210 --> 00:24:29,360  
bodily vestibular and proprioceptive

481  
00:24:34,940 --> 00:24:32,220  
perception which means that there's a

482  
00:24:38,300 --> 00:24:34,950  
there's a presence of variety of

483  
00:24:39,740 --> 00:24:38,310  
physical sensation I don't mean it

484  
00:24:41,240 --> 00:24:39,750  
refuge Julie but we're just about ready

485  
00:24:46,040 --> 00:24:41,250  
to go to our bottom of the hour break

486  
00:24:47,690 --> 00:24:46,050  
and we'll be right back okay right well

487  
00:24:49,790 --> 00:24:47,700  
it's good to be back with Julie and I

488  
00:24:51,200 --> 00:24:49,800

don't know Julie just for curiosity I

489

00:24:56,200 --> 00:24:51,210

wonder why it's only happen to me twice

490

00:24:59,000 --> 00:24:56,210

in all these years I wonder why why I

491

00:25:01,310 --> 00:24:59,010

just why I don't got it twice in all

492

00:25:04,570 --> 00:25:01,320

these many years why you've only have

493

00:25:08,230 --> 00:25:04,580

them Oh Bo well as I said you know

494

00:25:10,970 --> 00:25:08,240

Autobot experience is something that

495

00:25:14,420 --> 00:25:10,980

happens you know naturally and

496

00:25:18,440 --> 00:25:14,430

spontaneously and organically and you

497

00:25:23,180 --> 00:25:18,450

cannot help it but again there are some

498

00:25:26,300 --> 00:25:23,190

people who would practice and who would

499

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

go for work ships that would teach them

500

00:25:31,160 --> 00:25:29,100

how to get out of body but no I never

501  
00:25:33,380 --> 00:25:31,170  
try to do that but I'm just saying that

502  
00:25:34,850 --> 00:25:33,390  
I just wondering why if I was disposed

503  
00:25:38,360 --> 00:25:34,860  
to do it I've only had to with all these

504  
00:25:41,050 --> 00:25:38,370  
years no but you know it's because as I

505  
00:25:43,970 --> 00:25:41,060  
said it happened to you because you

506  
00:25:46,790 --> 00:25:43,980  
automatically and naturally you know

507  
00:25:50,480 --> 00:25:46,800  
reached certain frequency that would

508  
00:25:52,760 --> 00:25:50,490  
automatically you know get your body so

509  
00:25:55,220 --> 00:25:52,770  
basically in the future you might be

510  
00:25:57,530 --> 00:25:55,230  
able to you know attain the same

511  
00:25:59,780 --> 00:25:57,540  
frequency that would you know get your

512  
00:26:03,170 --> 00:25:59,790  
other body who knows but again the

513  
00:26:05,330 --> 00:26:03,180

frequency that you need in order to be

514

00:26:07,700 --> 00:26:05,340

able to the outer body you can basically

515

00:26:10,670 --> 00:26:07,710

also force it by different techniques

516

00:26:14,330 --> 00:26:10,680

and we talked about it so there's a lot

517

00:26:15,919 --> 00:26:14,340

of oh that's okay it was exotic enough I

518

00:26:17,450 --> 00:26:15,929

don't want to force it but I want to

519

00:26:20,090 --> 00:26:17,460

mention the book again it's I've seen it

520

00:26:20,649 --> 00:26:20,100

tomorrow and it's on Amazon isn't it it

521

00:26:30,009 --> 00:26:20,659

is

522

00:26:33,879 --> 00:26:30,019

sellers but it's under a different name

523

00:26:35,560 --> 00:26:33,889

okay I use my you know art name suddenly

524

00:26:42,519 --> 00:26:35,570

whatever you want to call it and it's

525

00:26:46,060 --> 00:26:42,529

under Irish cursed Irish curse k r s t k

526

00:26:48,099 --> 00:26:46,070

RS T now the reason I you know I use a

527

00:26:52,749 --> 00:26:48,109

different different name was that

528

00:26:55,869 --> 00:26:52,759

Michael asked me to do that because he's

529

00:27:01,330 --> 00:26:55,879

not ready to come out of the closet yet

530

00:27:04,269 --> 00:27:01,340

you know he has been you know it's for

531

00:27:07,180 --> 00:27:04,279

him it's kind of like you know I I've

532

00:27:09,700 --> 00:27:07,190

written the book in Slovak okay first

533

00:27:13,210 --> 00:27:09,710

and now I have translated into English

534

00:27:16,419 --> 00:27:13,220

and since February it's it's available

535

00:27:18,669 --> 00:27:16,429

on Amazon but since its English Michael

536

00:27:22,239 --> 00:27:18,679

says you know Julia the book talks about

537

00:27:23,469 --> 00:27:22,249

me let's just let's just do it but can

538

00:27:28,749 --> 00:27:23,479

you use a different different different

539

00:27:32,139 --> 00:27:28,759

last name personal and special hey you

540

00:27:35,950 --> 00:27:32,149

know it is and there's a much more to it

541

00:27:39,849 --> 00:27:35,960

because he basically has been through a

542

00:27:43,810 --> 00:27:39,859

lot of you know during his auto body art

543

00:27:46,899 --> 00:27:43,820

about her experiences hedges have seen

544

00:27:51,399 --> 00:27:46,909

real have been really crazy crazy stuff

545

00:27:55,029 --> 00:27:51,409

and he and you know I have been and it's

546

00:27:58,149 --> 00:27:55,039

funny because I have been writing a

547

00:28:00,700 --> 00:27:58,159

diary about some important things and

548

00:28:03,219 --> 00:28:00,710

stuff that he was able to seen out of

549

00:28:06,759 --> 00:28:03,229

body and I started writing the diary

550

00:28:09,879 --> 00:28:06,769

back in 1998 so you can imagine how many

551  
00:28:16,389 --> 00:28:09,889  
how many pages are all the diary I've

552  
00:28:21,609 --> 00:28:16,399  
filled in to some extent to have an

553  
00:28:24,879 --> 00:28:21,619  
out-of-body or I think that yes but

554  
00:28:28,810 --> 00:28:24,889  
again it's about being able to attain

555  
00:28:32,940 --> 00:28:28,820  
certain frequency if you vibrate at

556  
00:28:36,149 --> 00:28:32,950  
certain level then yes everybody can

557  
00:28:39,269 --> 00:28:36,159  
do that can leave the body but you know

558  
00:28:42,149 --> 00:28:39,279  
the all human beings have the potential

559  
00:28:44,250 --> 00:28:42,159  
of being able to attain the certain

560  
00:28:47,639 --> 00:28:44,260  
frequency that will eventually get you

561  
00:28:50,789 --> 00:28:47,649  
out of body but not everyone is able to

562  
00:28:54,090 --> 00:28:50,799  
do that all right so yes it's something

563  
00:28:57,980 --> 00:28:54,100

that is there it's a human potential and

564

00:29:01,919 --> 00:28:57,990

it's up to people whether they choose

565

00:29:05,279 --> 00:29:01,929

feel certain way a certain way think

566

00:29:07,950 --> 00:29:05,289

certain way in order for them to you

567

00:29:12,240 --> 00:29:07,960

know to be able to get out of body so

568

00:29:15,090 --> 00:29:12,250

it's a it's more or less about the

569

00:29:19,950 --> 00:29:15,100

frequency and you know whether or not

570

00:29:21,690 --> 00:29:19,960

here I go to attend if you're speaking

571

00:29:25,830 --> 00:29:21,700

about some of the dangers of people

572

00:29:27,299 --> 00:29:25,840

forcing it what you go over there what

573

00:29:29,129 --> 00:29:27,309

you're talking to us so it's turn the

574

00:29:35,159 --> 00:29:29,139

brake it's important because so many

575

00:29:40,879 --> 00:29:35,169

people money off from teaching well the

576

00:29:44,759 --> 00:29:40,889

risks are that if you get out of body

577

00:29:49,710 --> 00:29:44,769

for if you practice to get out of body

578

00:29:53,629 --> 00:29:49,720

and your other energy bodies are not

579

00:29:56,879 --> 00:29:53,639

prepared for that you can get hurt

580

00:30:01,889 --> 00:29:56,889

energetically and I'll explain human

581

00:30:10,289 --> 00:30:01,899

body at least to my knowledge okay human

582

00:30:14,399 --> 00:30:10,299

body has as many as as 12 it's 11 11

583

00:30:19,110 --> 00:30:14,409

bodies to it physical emotional mind

584

00:30:22,500 --> 00:30:19,120

body astral body light body dark body

585

00:30:26,399 --> 00:30:22,510

it's like an onion you know and you peel

586

00:30:30,090 --> 00:30:26,409

the onion off it has the the skin has

587

00:30:33,690 --> 00:30:30,100

like 12 differently a human body has 12

588

00:30:36,000 --> 00:30:33,700

different layers right and the most

589

00:30:39,269 --> 00:30:36,010

highest sensitive layers

590

00:30:43,919 --> 00:30:39,279

okay the highest energetic bodies they

591

00:30:45,690 --> 00:30:43,929

are made of very very special energy

592

00:30:48,720 --> 00:30:45,700

it's like lick

593

00:30:52,259 --> 00:30:48,730

with light or it's like say my ass it's

594

00:30:55,080 --> 00:30:52,269

etheric stuff it's not even physical

595

00:30:59,220 --> 00:30:55,090

dense matter so to speak right but

596

00:31:02,070 --> 00:30:59,230

highest body are made of of liquid light

597

00:31:05,220 --> 00:31:02,080

they're made of plasma whether it's in

598

00:31:08,700 --> 00:31:05,230

the plasma active plasma Hydra plasma

599

00:31:11,690 --> 00:31:08,710

thermal plasma and these are bodies that

600

00:31:15,360 --> 00:31:11,700

are very very sensitive to frequencies

601  
00:31:19,259 --> 00:31:15,370  
both to vibrations to electromagnetic

602  
00:31:24,330 --> 00:31:19,269  
oscillations right now if you get out of

603  
00:31:27,299 --> 00:31:24,340  
body you disturb other higher bodies in

604  
00:31:30,870 --> 00:31:27,309  
your body if this if this makes sense

605  
00:31:34,139 --> 00:31:30,880  
and that's where the risks are because

606  
00:31:37,799 --> 00:31:34,149  
and also sometimes when you had just get

607  
00:31:41,039 --> 00:31:37,809  
out of body unprepared you end up in d4

608  
00:31:45,060 --> 00:31:41,049  
astral level when you are in astral

609  
00:31:51,060 --> 00:31:45,070  
level I mean there are many many

610  
00:31:55,549 --> 00:31:51,070  
entities that are negative oh yes and

611  
00:31:59,129 --> 00:31:55,559  
they can they can you know what they can

612  
00:32:03,560 --> 00:31:59,139  
automatically via resonance resonance

613  
00:32:06,899 --> 00:32:03,570

right resonantly automatically like a

614

00:32:09,299 --> 00:32:06,909

magnet they can just suck on your body

615

00:32:12,870 --> 00:32:09,309

and they would never leave you come back

616

00:32:18,810 --> 00:32:12,880

into your body with all this stuff from

617

00:32:22,110 --> 00:32:18,820

astral plane yeah I want to come with

618

00:32:24,000 --> 00:32:22,120

all the garbage and there and all that

619

00:32:25,350 --> 00:32:24,010

things will start happening to you and

620

00:32:28,740 --> 00:32:25,360

you would not understand why is this

621

00:32:33,450 --> 00:32:28,750

happening to me so you when you live the

622

00:32:37,320 --> 00:32:33,460

body you have to be ready okay you have

623

00:32:41,460 --> 00:32:37,330

all of your but all of the layers of

624

00:32:43,950 --> 00:32:41,470

your body I have to be ready it's not

625

00:32:47,730 --> 00:32:43,960

just like you want to be hot you want to

626

00:32:50,430 --> 00:32:47,740

be in you take a course about astral

627

00:32:52,259 --> 00:32:50,440

travel or out-of-body experiences but

628

00:32:55,500 --> 00:32:52,269

what do you do next

629

00:32:56,899 --> 00:32:55,510

you know it's not funny and this is you

630

00:32:59,989 --> 00:32:56,909

know so you should not do

631

00:33:01,969 --> 00:32:59,999

that unless it you know guys when it

632

00:33:04,070 --> 00:33:01,979

starts happening to you naturally or

633

00:33:07,729 --> 00:33:04,080

organically it means there's a reason

634

00:33:10,849 --> 00:33:07,739

for it you already go for that every

635

00:33:11,599 --> 00:33:10,859

single time I am totally getting lesson

636

00:33:13,580 --> 00:33:11,609

so I get it

637

00:33:15,739 --> 00:33:13,590

so what would you call those lower-level

638

00:33:18,019 --> 00:33:15,749

entities would you call them demons that

639

00:33:21,889 --> 00:33:18,029

are attaching to people you know they

640

00:33:25,159 --> 00:33:21,899

are all kinds of you know you can call

641

00:33:27,769 --> 00:33:25,169

them but not necessarily do it's let's

642

00:33:29,719 --> 00:33:27,779

not play with the words here it's like

643

00:33:30,859 --> 00:33:29,729

something you know it doesn't matter

644

00:33:34,899 --> 00:33:30,869

what we call them

645

00:33:38,930 --> 00:33:34,909

what matters is what energy they emit

646

00:33:41,839 --> 00:33:38,940

what frequencies they emit if they emit

647

00:33:44,509 --> 00:33:41,849

harmful frequencies obviously they gonna

648

00:33:46,879 --> 00:33:44,519

hurt you what are they demons or they're

649

00:33:49,339 --> 00:33:46,889

ghosts they're sometimes there are just

650

00:33:52,609 --> 00:33:49,349

ghosts sometimes there are just simple

651  
00:33:56,450 --> 00:33:52,619  
ghosts you know if someone died on a

652  
00:33:59,869 --> 00:33:56,460  
physical plane and they would go the the

653  
00:34:03,289 --> 00:33:59,879  
the soul the so-called soul would leave

654  
00:34:07,310 --> 00:34:03,299  
the physical body sometimes people are

655  
00:34:10,129 --> 00:34:07,320  
dying not prepared suddenly you know in

656  
00:34:13,809 --> 00:34:10,139  
a car crash and those people's souls

657  
00:34:17,000 --> 00:34:13,819  
will get stuck in the middle of nowhere

658  
00:34:20,629 --> 00:34:17,010  
Randy in the form of the girls they

659  
00:34:23,539 --> 00:34:20,639  
would be circling around and they don't

660  
00:34:26,839 --> 00:34:23,549  
know what's happening to them and they

661  
00:34:30,769 --> 00:34:26,849  
would suck on people's physical body

662  
00:34:33,889 --> 00:34:30,779  
right they can it's a so-called position

663  
00:34:35,990 --> 00:34:33,899

and it's real it's not funny you can get

664

00:34:42,649 --> 00:34:36,000

possessed by a lot of ghosts when you're

665

00:34:49,609 --> 00:34:42,659

out-of-body unprepared ok yeah so yeah

666

00:34:51,500 --> 00:34:49,619

it's not funny yeah yeah I see what you

667

00:34:54,470 --> 00:34:51,510

mean it's it's fascinating too because I

668

00:34:56,869 --> 00:34:54,480

just you know people pray in different

669

00:34:59,390 --> 00:34:56,879

ways they meditate and it seems that

670

00:35:01,329 --> 00:34:59,400

I've heard a lot of people suddenly find

671

00:35:04,220 --> 00:35:01,339

themselves in a different plane of

672

00:35:06,769 --> 00:35:04,230

understanding of love and and I'm like

673

00:35:07,960 --> 00:35:06,779

well that's a pretty neat way to you

674

00:35:09,580 --> 00:35:07,970

know reach a

675

00:35:12,280 --> 00:35:09,590

level understanding through prayer and

676

00:35:15,099 --> 00:35:12,290

meditation yet prayer contemplation

677

00:35:17,230 --> 00:35:15,109

meditation it's something it's positive

678

00:35:20,050 --> 00:35:17,240

because what do you do when you pray

679

00:35:22,180 --> 00:35:20,060

you're not angry you're giving Allah

680

00:35:24,390 --> 00:35:22,190

when you pray you know I mean your

681

00:35:27,339 --> 00:35:24,400

feelings are full of mercy love

682

00:35:29,880 --> 00:35:27,349

forgiveness and that's a good stuff but

683

00:35:33,520 --> 00:35:29,890

if you get out of body totally angry or

684

00:35:36,700 --> 00:35:33,530

you know it negatively thinking and

685

00:35:39,640 --> 00:35:36,710

stuff you have then you attract the

686

00:35:41,800 --> 00:35:39,650

negative frequencies and that's when you

687

00:35:43,870 --> 00:35:41,810

can get possessed yeah like those people

688

00:35:46,480 --> 00:35:43,880

that try to escape I know people who

689

00:35:55,240 --> 00:35:46,490

just try to escape and take drugs and

690

00:35:57,910 --> 00:35:55,250

meditate oh yeah oh yeah yeah that's how

691

00:36:01,420 --> 00:35:57,920

it's that's that's what it is yeah

692

00:36:04,900 --> 00:36:01,430

so mm-hmm that's exactly what it is yeah

693

00:36:07,570 --> 00:36:04,910

so yeah so raising our vibrations can

694

00:36:10,060 --> 00:36:07,580

really open our hearts our minds our

695

00:36:13,150 --> 00:36:10,070

souls and different experiences without

696

00:36:15,130 --> 00:36:13,160

even trying so keeping something keeping

697

00:36:17,950 --> 00:36:15,140

a positive attitude a positive way of

698

00:36:22,900 --> 00:36:17,960

being it we could get more lessons from

699

00:36:25,570 --> 00:36:22,910

higher powers oh yes you can but it's

700

00:36:27,930 --> 00:36:25,580

about and you know it's about you know

701  
00:36:31,120 --> 00:36:27,940  
sometimes you know people would say

702  
00:36:33,810 --> 00:36:31,130  
positive thinking but I'm saying not

703  
00:36:36,700 --> 00:36:33,820  
positive thinking I'm saying positive

704  
00:36:37,150 --> 00:36:36,710  
feelings positive feelings because guess

705  
00:36:41,140 --> 00:36:37,160  
what

706  
00:36:45,190 --> 00:36:41,150  
it's the feeling who would would give

707  
00:36:47,859 --> 00:36:45,200  
birth to a thought you know you say Oh

708  
00:36:50,260 --> 00:36:47,869  
thinking thinking and thought but what

709  
00:36:53,050 --> 00:36:50,270  
is their prior thought I'll tell you

710  
00:36:58,960 --> 00:36:53,060  
there is a feeling and then feeling

711  
00:37:01,630 --> 00:36:58,970  
turns into emotion and emotion where our

712  
00:37:04,820 --> 00:37:01,640  
last break I don't mean to we're just

713  
00:37:08,840 --> 00:37:07,190

well it's great having Julian with us in

714

00:37:12,200 --> 00:37:08,850

the book once again as I've seen it

715

00:37:15,440 --> 00:37:12,210

tomorrow and that's on Amazon and Julia

716

00:37:18,050 --> 00:37:15,450

are you are you got any events coming up

717

00:37:20,690 --> 00:37:18,060

or planning any tours in the United

718

00:37:25,400 --> 00:37:20,700

States or anything like that or actually

719

00:37:29,660 --> 00:37:25,410

you know I am I just came back from not

720

00:37:30,650 --> 00:37:29,670

just but I've been to Ocean City where

721

00:37:33,110 --> 00:37:30,660

my mother-in-law's

722

00:37:34,100 --> 00:37:33,120

I'll live unlike lives in Washington DC

723

00:37:40,330 --> 00:37:34,110

it right now

724

00:37:46,400 --> 00:37:40,340

so I've been in Maryland yeah Maryland

725

00:37:50,680 --> 00:37:46,410

yeah and I attended the in the yell yell

726

00:37:54,170 --> 00:37:50,690

University there was the conference the

727

00:37:56,480 --> 00:37:54,180

conference that I you know I have I

728

00:38:01,190 --> 00:37:56,490

reported a speech or I had a speech on

729

00:38:03,290 --> 00:38:01,200

out about experiences and right now I'm

730

00:38:06,140 --> 00:38:03,300

just her I'm just having my you know

731

00:38:09,920 --> 00:38:06,150

out-of-body experiences workshops here

732

00:38:13,100 --> 00:38:09,930

in Czech Republic and Slovakia and maybe

733

00:38:16,400 --> 00:38:13,110

you know maybe I never give it a thought

734

00:38:19,010 --> 00:38:16,410

but you know it wouldn't hurt for me to

735

00:38:21,290 --> 00:38:19,020

you know go to America and you know get

736

00:38:24,890 --> 00:38:21,300

some chores or get some work ships and

737

00:38:27,890 --> 00:38:24,900

in the future but mostly I just get

738

00:38:29,720 --> 00:38:27,900

connected with the people in America you

739

00:38:39,830 --> 00:38:29,730

know why you've got some new fans

740

00:38:41,990 --> 00:38:39,840

because the chatroom is if it was if

741

00:38:44,870 --> 00:38:42,000

whatever psychics are experiencing how

742

00:38:47,510 --> 00:38:44,880

does that fit into what you're speaking

743

00:38:50,710 --> 00:38:47,520

of like how two psychics do they kind of

744

00:38:53,870 --> 00:38:50,720

somehow leave their body or now they

745

00:38:57,880 --> 00:38:53,880

yeah I mean they might and but they

746

00:39:00,800 --> 00:38:57,890

might they can but it's not necessary

747

00:39:02,930 --> 00:39:00,810

prerequisite in order to be a psychic to

748

00:39:06,230 --> 00:39:02,940

have an out-of-body experience you can

749

00:39:09,260 --> 00:39:06,240

give a psychic reading without I mean

750

00:39:13,900 --> 00:39:09,270

from within your body it is that you are

751

00:39:15,530 --> 00:39:13,910

able you are able vibrationally or or

752

00:39:19,940 --> 00:39:15,540

vibrational to

753

00:39:22,820 --> 00:39:19,950

connect to certain frequencies where you

754

00:39:25,640 --> 00:39:22,830

get the information out so what I'm

755

00:39:29,360 --> 00:39:25,650

saying when you are psychic and someone

756

00:39:32,060 --> 00:39:29,370

asks you for something you do not have

757

00:39:36,260 --> 00:39:32,070

to get out of body in order to get the

758

00:39:41,090 --> 00:39:36,270

reply you just can't see the answer in

759

00:39:45,290 --> 00:39:41,100

your mind in the form of short words the

760

00:39:47,960 --> 00:39:45,300

whole different information now I know

761

00:39:50,240 --> 00:39:47,970

psychics who would just you would ask

762

00:39:51,470 --> 00:39:50,250

them something and they would tell you

763

00:39:55,460 --> 00:39:51,480

give me a second

764

00:39:58,870 --> 00:39:55,470

and in half a minute they would see

765

00:40:02,870 --> 00:39:58,880

within their minds or brains whole

766

00:40:05,480 --> 00:40:02,880

sentences different words that they can

767

00:40:08,570 --> 00:40:05,490

put the words together and make sense

768

00:40:11,720 --> 00:40:08,580

some of them would or some of them would

769

00:40:15,350 --> 00:40:11,730

get readings through their belly and it

770

00:40:18,200 --> 00:40:15,360

works guys because in your belly you if

771

00:40:22,490 --> 00:40:18,210

you are connected you know where your

772

00:40:26,110 --> 00:40:22,500

you mythical chord is and stuff so below

773

00:40:29,870 --> 00:40:26,120

a little bit below there's an energetic

774

00:40:33,710 --> 00:40:29,880

Center which is connected with the

775

00:40:37,430 --> 00:40:33,720

Kundalini Center at the tailbone right

776

00:40:40,940 --> 00:40:37,440

on on your back and some some psychic

777

00:40:45,200 --> 00:40:40,950

would just get information directly from

778

00:40:49,190 --> 00:40:45,210

your belly in form of different yeah in

779

00:40:51,650 --> 00:40:49,200

form of different symbols metaphors some

780

00:40:55,960 --> 00:40:51,660

psychics would just see symbols you ask

781

00:41:01,100 --> 00:40:55,970

them something and they would see like

782

00:41:04,610 --> 00:41:01,110

rain or woods or water and out of these

783

00:41:07,370 --> 00:41:04,620

symbols they can give you information so

784

00:41:09,410 --> 00:41:07,380

now I'm in psychics not necessarily they

785

00:41:12,380 --> 00:41:09,420

have to live the body in order to get

786

00:41:17,750 --> 00:41:12,390

information there are different kind of

787

00:41:22,190 --> 00:41:17,760

people can perceive differently and they

788

00:41:24,890 --> 00:41:22,200

can read energy signature they can even

789

00:41:27,339 --> 00:41:24,900

get information directly from the

790

00:41:30,799 --> 00:41:27,349

cellular level

791

00:41:35,989 --> 00:41:30,809

failure yet because each cell in the

792

00:41:40,579 --> 00:41:35,999

human body has information within them

793

00:41:44,059 --> 00:41:40,589

stored it's the memory set the so called

794

00:41:47,779 --> 00:41:44,069

cell memory and some people can work

795

00:41:50,509 --> 00:41:47,789

with the cell memory and upload the

796

00:41:51,919 --> 00:41:50,519

information directly from the South so

797

00:41:55,489 --> 00:41:51,929

it's different part of it

798

00:41:59,359 --> 00:41:55,499

well because consciousness as such does

799

00:42:02,779 --> 00:41:59,369

not sit in your brain it is just spread

800

00:42:06,709 --> 00:42:02,789

throughout your body from top of your

801  
00:42:09,079 --> 00:42:06,719  
head until your feet I mean put the

802  
00:42:09,439 --> 00:42:09,089  
thumbs of your on there yeah on your

803  
00:42:13,189 --> 00:42:09,449  
feet

804  
00:42:16,669 --> 00:42:13,199  
so it's everywhere it's in your cells

805  
00:42:20,259 --> 00:42:16,679  
and it does not just the brain but

806  
00:42:22,509 --> 00:42:20,269  
mostly the heart and the belly that

807  
00:42:26,389 --> 00:42:22,519  
participates in getting the information

808  
00:42:29,839 --> 00:42:26,399  
mostly belly and the heart the brain is

809  
00:42:32,719 --> 00:42:29,849  
the is you know it's just a servant to

810  
00:42:41,959 --> 00:42:32,729  
the heart and turn belly yeah this is

811  
00:42:44,689 --> 00:42:41,969  
how it works a lot of people on this

812  
00:42:53,239 --> 00:42:44,699  
topic and you have the most in-depth and

813  
00:42:55,749 --> 00:42:53,249

unique me and Kevin are just in awe

814

00:43:01,519 --> 00:42:55,759

listening to you because we're usually

815

00:43:03,019 --> 00:43:01,529

like look and I didn't even start I

816

00:43:04,999 --> 00:43:03,029

didn't know and start talking I mean

817

00:43:07,819 --> 00:43:05,009

they're so yeah there's so much

818

00:43:11,809 --> 00:43:07,829

information to be covered it's just like

819

00:43:13,009 --> 00:43:11,819

you know we love it oh well yeah still

820

00:43:14,779 --> 00:43:13,019

sounds like you better not mess with

821

00:43:17,389 --> 00:43:14,789

something that you don't know though oh

822

00:43:19,429 --> 00:43:17,399

yeah oh yeah it's yeah you have to be

823

00:43:22,579 --> 00:43:19,439

really careful and you're the first one

824

00:43:24,979 --> 00:43:22,589

to not try to sell teaching this like

825

00:43:28,819 --> 00:43:24,989

come on let's do it you're giving a

826

00:43:31,699 --> 00:43:28,829

warning like hold on oh yes you'd rather

827

00:43:33,969 --> 00:43:31,709

be careful then go for the cash and and

828

00:43:37,159 --> 00:43:33,979

you know why because it's not my

829

00:43:38,760 --> 00:43:37,169

commercial mind talk and it's my worm

830

00:43:41,700 --> 00:43:38,770

heart talking that yeah

831

00:43:45,690 --> 00:43:41,710

that's why it is you know that's why I'm

832

00:43:50,180 --> 00:43:45,700

varying what your the first well thank

833

00:43:52,620 --> 00:43:50,190

you okay so are there any more questions

834

00:43:54,720 --> 00:43:52,630

well the one thing I did have with the

835

00:43:56,010 --> 00:43:54,730

Frank thing was a very positive deal it

836

00:43:58,140 --> 00:43:56,020

was like yeah we'll be here when you get

837

00:44:00,810 --> 00:43:58,150

back I mean just kind of a New Jersey

838

00:44:02,609 --> 00:44:00,820

way of just saying yes sorry but I mean

839

00:44:04,410 --> 00:44:02,619

no but I mean it was kind of reassuring

840

00:44:05,850 --> 00:44:04,420

in a way I mean nothing I had was

841

00:44:09,680 --> 00:44:05,860

negative him when I was looking at suing

842

00:44:12,390 --> 00:44:09,690

me on the bed it was not but not I

843

00:44:15,300 --> 00:44:12,400

didn't thankfully I didn't any negative

844

00:44:19,290 --> 00:44:15,310

experiences on actually yeah out-of-body

845

00:44:22,290 --> 00:44:19,300

experiences they can have both well they

846

00:44:24,840 --> 00:44:22,300

can have neutral effects so there are no

847

00:44:27,690 --> 00:44:24,850

emotions attached you know everything is

848

00:44:31,020 --> 00:44:27,700

you know like normal but they can be

849

00:44:33,660 --> 00:44:31,030

positively or negatively oriented so to

850

00:44:37,109 --> 00:44:33,670

speak so yeah people can get lots of

851  
00:44:39,750 --> 00:44:37,119  
emotions positive or negative there can

852  
00:44:42,210 --> 00:44:39,760  
be fear attached like for the first time

853  
00:44:44,340 --> 00:44:42,220  
you leave the body you go like oh my god

854  
00:44:47,730 --> 00:44:44,350  
what's happening I want to get back so

855  
00:44:49,640 --> 00:44:47,740  
if it were not for the fear you could

856  
00:44:52,020 --> 00:44:49,650  
leave you could continue your

857  
00:44:56,030 --> 00:44:52,030  
consciousness could leave through the

858  
00:45:02,250 --> 00:44:56,040  
wall through the closed door and you can

859  
00:45:04,410 --> 00:45:02,260  
continue elsewhere leaving okay there's

860  
00:45:07,410 --> 00:45:04,420  
been at least two instances of

861  
00:45:13,950 --> 00:45:07,420  
out-of-body that I had then I left my

862  
00:45:16,080 --> 00:45:13,960  
footprint oh yeah oh yeah yeah it's no

863  
00:45:19,500 --> 00:45:16,090

it's good good that you asked I could

864

00:45:22,590 --> 00:45:19,510

tell you I mean now people can leave the

865

00:45:25,050 --> 00:45:22,600

body and different and come back in

866

00:45:28,470 --> 00:45:25,060

different different forms now you can

867

00:45:32,820 --> 00:45:28,480

leave the body through your feet and you

868

00:45:35,010 --> 00:45:32,830

can watch yourself leaving now you can

869

00:45:38,450 --> 00:45:35,020

leave you can leave your body through

870

00:45:40,770 --> 00:45:38,460

your head you can leave your body

871

00:45:43,710 --> 00:45:40,780

horizontally you can leave your body

872

00:45:47,099 --> 00:45:43,720

vertically and you can watch yourself

873

00:45:49,870 --> 00:45:47,109

both leave the body and come back now

874

00:45:53,950 --> 00:45:49,880

you can come back to your body

875

00:45:56,020 --> 00:45:53,960

backwards it's like like you are let's

876

00:45:59,530 --> 00:45:56,030

say you're laying on the back coming

877

00:46:03,520 --> 00:45:59,540

back to your body you can face you can

878

00:46:05,590 --> 00:46:03,530

face your face okay on the laying on the

879

00:46:08,590 --> 00:46:05,600

bed and coming you know

880

00:46:13,390 --> 00:46:08,600

like facing yourself but you can be

881

00:46:16,120 --> 00:46:13,400

coming like backwards like but to leave

882

00:46:22,240 --> 00:46:16,130

a physical footprint I've done it twice

883

00:46:24,570 --> 00:46:22,250

like when we walk going up the wall wait

884

00:46:27,520 --> 00:46:24,580

a minute what do you mean the blueing

885

00:46:29,110 --> 00:46:27,530

physical footprint my feet going up to

886

00:46:32,080 --> 00:46:29,120

what like footprints on the outside of

887

00:46:34,480 --> 00:46:32,090

my window my yes you can do you can do

888

00:46:36,610 --> 00:46:34,490

it in certain cases you know went

889

00:46:39,430 --> 00:46:36,620

because when you live the body whatever

890

00:46:43,180 --> 00:46:39,440

leaves your body right yes sir has

891

00:46:46,510 --> 00:46:43,190

certain density to it and density is

892

00:46:49,000 --> 00:46:46,520

about frequency so if your density was

893

00:46:51,970 --> 00:46:49,010

higher when you love your body

894

00:46:55,120 --> 00:46:51,980

yeah that's when you live the footprints

895

00:46:57,370 --> 00:46:55,130

or other marks okay because because

896

00:47:03,630 --> 00:46:57,380

whatever you well whatever is living is

897

00:47:09,520 --> 00:47:06,490

look that's how bilocation works you

898

00:47:10,870 --> 00:47:09,530

know when you buy long I guess

899

00:47:12,370 --> 00:47:10,880

Julie I tell you what we've enjoyed

900

00:47:17,640 --> 00:47:12,380

having you and I guess we'll send you a

901  
00:47:23,200 --> 00:47:21,070  
pleasure to be with you guys and it was

902  
00:47:25,270 --> 00:47:23,210  
a great show and although you guys know

903  
00:47:30,850 --> 00:47:25,280  
maybe we can continue some sometime in

904  
00:47:41,920 --> 00:47:30,860  
the future thank you so much okay great

905  
00:47:43,720 --> 00:47:41,930  
thank you oh I know obviously you know I

906  
00:47:45,370 --> 00:47:43,730  
don't know I knew I was kind of

907  
00:47:47,460 --> 00:47:45,380  
suspicious TIFF you know you've met be

908  
00:47:50,800 --> 00:47:47,470  
something you're not comfortable with it

909  
00:47:52,600 --> 00:47:50,810  
but but anyway next week we've got Donna

910  
00:47:59,170 --> 00:47:52,610  
moss and the week after that we've got

911  
00:48:01,440 --> 00:47:59,180  
your buddy Joshua Warren hanging around

912  
00:48:02,680 --> 00:48:01,450  
Puerto Rico having a good time Beach

913  
00:48:06,309 --> 00:48:02,690

place

914

00:48:09,760 --> 00:48:06,319

vibe luckily so he's okay oh we did okay

915

00:48:12,099 --> 00:48:09,770

guys I have to disconnect my daughter

916

00:48:14,380 --> 00:48:12,109

woke up it's 4:00 in the morning the

917

00:48:17,859 --> 00:48:14,390

morning so I have to put I have to put a

918

00:48:21,520 --> 00:48:17,869

bag in there so okay guys I love you

919

00:48:27,609 --> 00:48:21,530

take care and don't know flu know if I

920

00:48:30,339 --> 00:48:27,619

don't want to fool around me I know I'm

921

00:48:35,440 --> 00:48:30,349

just kidding okay guys okay like you bye

922

00:48:36,940 --> 00:48:35,450

bye bye well I don't know I'm sick of

923

00:48:38,620 --> 00:48:36,950

the flu myself I didn't think I could

924

00:48:45,150 --> 00:48:38,630

even get sick this is weird

925

00:48:51,250 --> 00:48:48,750

well that's enough it's close enough

926

00:48:55,329 --> 00:48:51,260

report of the that time o'clock were