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Center of Light Radio

Guest: Carol Banayos



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
00:01:19,830 --> 00:01:16,540
heaven on earth your host Keith Anthony

9
00:01:21,810 --> 00:01:19,840
Blanchard kostikova Paul DePaul all

10
00:01:23,550 --> 00:01:21,820
around the world on the internet thanks

11
00:01:26,160 --> 00:01:23,560
to the Marvel of Technology I'm coming

12
00:01:27,630 --> 00:01:26,170
at you live on the inception radio

13
00:01:28,740 --> 00:01:27,640

network this is Keith Anthony Blanche

14

00:01:30,990 --> 00:01:28,750

and you're listening to sinner of light

15

00:01:33,719 --> 00:01:31,000

radio center of Devine and Fulton and

16

00:01:35,370 --> 00:01:33,729

reinforcements radio for the soul are

17

00:01:37,080 --> 00:01:35,380

you a spiritual seeker who's ready to

18

00:01:38,219 --> 00:01:37,090

move forward in your life if you want it

19

00:01:40,170 --> 00:01:38,229

to shift hmm

20

00:01:42,090 --> 00:01:40,180

from struggling to feeling that life is

21

00:01:44,940 --> 00:01:42,100

effortless send me an email at Keith

22

00:01:46,710 --> 00:01:44,950

Anthony Blanchard at gmail.com titled

23

00:01:48,450 --> 00:01:46,720

that subject Keith I want my free

24

00:01:51,690 --> 00:01:48,460

session I'll show you how you can move

25

00:01:53,999 --> 00:01:51,700

into your rpm recognize who you are plug

26

00:01:55,680 --> 00:01:54,009

into real power and manifest with

27

00:01:57,300 --> 00:01:55,690

effortless ease for all those things you

28

00:01:59,930 --> 00:01:57,310

desire deserve in your life again it's

29

00:02:02,670 --> 00:01:59,940

keeping it Andy Blanchard at gmail.com

30

00:02:04,440 --> 00:02:02,680

I'm if you would go to sinner of light

31

00:02:06,719 --> 00:02:04,450

radio and to the opening page you will

32

00:02:09,330 --> 00:02:06,729

see at the bottom left-hand corner I

33

00:02:10,650 --> 00:02:09,340

moved it you see a red Ferrari click on

34

00:02:13,110 --> 00:02:10,660

that Ferrari it'll take you to my

35

00:02:14,970 --> 00:02:13,120

lifelong work rpm as I said recognize

36

00:02:16,890 --> 00:02:14,980

plug in and manifest to the right of

37

00:02:19,350 --> 00:02:16,900

that you will see a signup form fill it

38

00:02:21,839 --> 00:02:19,360

out you begin to receive bundles of free

39

00:02:23,160 --> 00:02:21,849

stuff all of my creations to this point

40

00:02:25,559 --> 00:02:23,170

Wow

41

00:02:28,559 --> 00:02:25,569

why because I can I like giving it away

42

00:02:30,420 --> 00:02:28,569

it does not belong to me that's just

43

00:02:34,650 --> 00:02:30,430

just what I do is how I roll

44

00:02:37,020 --> 00:02:34,660

speak March 11th March 11th 5:00 p.m.

45

00:02:39,630 --> 00:02:37,030

Unity Church Walnut Grove Road

46

00:02:41,339 --> 00:02:39,640

Memphis slash cardova Tennessee I'm

47

00:02:44,280 --> 00:02:41,349

gonna be giving my first public

48

00:02:47,760 --> 00:02:44,290

presentation in quite a long time titled

49

00:02:49,620 --> 00:02:47,770

radical transformation being able to

50

00:02:52,170 --> 00:02:49,630

touch your soul it's gonna be about an

51
00:02:54,330 --> 00:02:52,180
hour and a half event presentation small

52
00:02:56,190 --> 00:02:54,340
workshop but I'm gonna put some tools in

53
00:03:00,570 --> 00:02:56,200
your hand and I'm also going to open you

54
00:03:02,280 --> 00:03:00,580
up what does that mean people find out

55
00:03:03,510 --> 00:03:02,290
I'm gonna be guiding you through a whole

56
00:03:04,890 --> 00:03:03,520
bunch of things that's gonna help you

57
00:03:06,510 --> 00:03:04,900
realize that you are always in

58
00:03:08,250 --> 00:03:06,520
communication with your soul well of

59
00:03:10,680 --> 00:03:08,260
course we know that well this time I'm

60
00:03:13,680 --> 00:03:10,690
going to actually show you when you're

61
00:03:14,860 --> 00:03:13,690
in Soul essence and when we're in Armonk

62
00:03:16,509 --> 00:03:14,870
you mind a noise

63
00:03:18,190 --> 00:03:16,519

because the soul is always always

64

00:03:20,080 --> 00:03:18,200

speaking to us but when the monkey

65

00:03:22,089 --> 00:03:20,090

starts dreaming on it's a little

66

00:03:23,740 --> 00:03:22,099

difficult to hear March 11th Unity

67

00:03:27,610 --> 00:03:23,750

Church 5:00 p.m.

68

00:03:29,550 --> 00:03:27,620

Walnut Grove road cordova tennessee it's

69

00:03:31,839 --> 00:03:29,560

gonna be powerful powerful powerful

70

00:03:32,890 --> 00:03:31,849

let's see if I got any other notes now

71

00:03:34,420 --> 00:03:32,900

let's get right down to the center of

72

00:03:37,030 --> 00:03:34,430

light radio actually if you would go to

73

00:03:40,300 --> 00:03:37,040

go to youtube.com slash Center of light

74

00:03:42,039 --> 00:03:40,310

radio subscribe like and leave a comment

75

00:03:44,380 --> 00:03:42,049

on any of the videos and the interviews

76
00:03:45,880 --> 00:03:44,390
that kind of move you and if you give me

77
00:03:48,300 --> 00:03:45,890
an interview give me a comment in that

78
00:03:50,770 --> 00:03:48,310
box it lets me know for the future

79
00:03:52,120 --> 00:03:50,780
what kind of guests are really moving

80
00:03:54,580 --> 00:03:52,130
you so I can continue to give you

81
00:03:55,900 --> 00:03:54,590
exactly what you are asking for now it's

82
00:03:57,970 --> 00:03:55,910
time to get down the center of light

83
00:03:59,289 --> 00:03:57,980
radio business if you want to download

84
00:04:01,630 --> 00:03:59,299
to the show today you call eight eight

85
00:04:03,910 --> 00:04:01,640
eight nine one nine two three five five

86
00:04:06,580 --> 00:04:03,920
eight eight eight nine one nine two

87
00:04:07,390 --> 00:04:06,590
three five five today my guess is if I

88
00:04:14,500 --> 00:04:07,400

get this name right

89

00:04:16,479 --> 00:04:14,510

Carol vinaya speaking about wake the

90

00:04:18,039 --> 00:04:16,489

[h__h] up the time is now let me tell you

91

00:04:20,770 --> 00:04:18,049

about Carol Carol is the number one

92

00:04:22,930 --> 00:04:20,780

best-selling author entrepreneur creator

93

00:04:25,330 --> 00:04:22,940

life coach blogger psychic and

94

00:04:28,120 --> 00:04:25,340

clairvoyant we're gonna have some fun

95

00:04:29,560 --> 00:04:28,130

today Carol also does psychic readings

96

00:04:31,390 --> 00:04:29,570

for those who are looking for answers

97

00:04:34,330 --> 00:04:31,400

related to relationships finance career

98

00:04:37,540 --> 00:04:34,340

a wanting help in making decisions for

99

00:04:40,500 --> 00:04:37,550

their future and do not know whom to ask

100

00:04:43,779 --> 00:04:40,510

after her third near-death experience

101
00:04:44,950 --> 00:04:43,789
she finally woke them up the blank up

102
00:04:46,120 --> 00:04:44,960
we're gonna start using the word blank

103
00:04:47,350 --> 00:04:46,130
we're gonna be nice even though we

104
00:04:49,900 --> 00:04:47,360
announced it for the title of her book

105
00:04:52,060 --> 00:04:49,910
and was now awakened on a higher level

106
00:04:54,040 --> 00:04:52,070
while being consciously aware of the

107
00:04:57,040 --> 00:04:54,050
life that she was leading this

108
00:04:59,950 --> 00:04:57,050
realization led to a change in life and

109
00:05:02,260 --> 00:04:59,960
career she wanted Carol realize that she

110
00:05:04,390 --> 00:05:02,270
was conditioned she was conditioned

111
00:05:07,510 --> 00:05:04,400
conforming to the norms of society

112
00:05:09,129 --> 00:05:07,520
welcome to humanity therefore she quit

113
00:05:11,830 --> 00:05:09,139

her secure position attained by working

114

00:05:14,890 --> 00:05:11,840

for the seven years with the province to

115

00:05:16,690 --> 00:05:14,900

pursue her purpose and passion and life

116

00:05:19,000 --> 00:05:16,700

Carol's purpose and passion and life now

117

00:05:20,980 --> 00:05:19,010

is to make this world a better place by

118

00:05:23,200 --> 00:05:20,990

help raising human consciousness through

119

00:05:25,930 --> 00:05:23,210

having an inspiring and positive impact

120

00:05:28,060 --> 00:05:25,940

in people's lives my helping advise and

121

00:05:28,809 --> 00:05:28,070

guide them to realize and reach their

122

00:05:31,300 --> 00:05:28,819

full

123

00:05:33,309 --> 00:05:31,310

potential increase their awareness and

124

00:05:37,089 --> 00:05:33,319

to operate from their true authentic

125

00:05:42,430 --> 00:05:37,099

self you can find my guests at Carol

126
00:05:45,339 --> 00:05:42,440
that's CA rol BA in ayo s.com welcome to

127
00:05:46,600 --> 00:05:45,349
sooner of light there thank you and I

128
00:05:48,550 --> 00:05:46,610
just want to take a moment to thank you

129
00:05:51,100 --> 00:05:48,560
Keith for having me as I'm a guest on

130
00:05:54,640 --> 00:05:51,110
your show or Center light and then hi to

131
00:05:56,140 --> 00:05:54,650
all of those center of life family that

132
00:05:59,649 --> 00:05:56,150
are currently listening and tuning in

133
00:06:02,200 --> 00:05:59,659
right now so did this all come about to

134
00:06:04,390 --> 00:06:02,210
you dear because of the near-death

135
00:06:07,089 --> 00:06:04,400
experiences or were you walking the

136
00:06:10,450 --> 00:06:07,099
spiritual path deliberately before said

137
00:06:13,420 --> 00:06:10,460
he met it happened after the fact

138
00:06:19,330 --> 00:06:13,430

because after my third near-death

139

00:06:22,089 --> 00:06:19,340

experience just something shifted I you

140

00:06:23,709 --> 00:06:22,099

know I think a lot of us can relate to

141

00:06:25,149 --> 00:06:23,719

relationships that you kind of at the

142

00:06:26,800 --> 00:06:25,159

beginning of the relationship you know

143

00:06:30,100 --> 00:06:26,810

that you should have never been in there

144

00:06:31,629 --> 00:06:30,110

but you just kind of again you push your

145

00:06:35,230 --> 00:06:31,639

intuition down you kind of go through

146

00:06:37,839 --> 00:06:35,240

that whole relationship and it's I had

147

00:06:39,999 --> 00:06:37,849

to kind of suppress myself my ambition

148

00:06:41,260 --> 00:06:40,009

and I just kind of got to a point where

149

00:06:44,320 --> 00:06:41,270

I was really embarrassed because I

150

00:06:46,059 --> 00:06:44,330

actually lost myself and my my

151
00:06:48,010 --> 00:06:46,069
irrational mind was telling me that it

152
00:06:50,529 --> 00:06:48,020
was easier for me to kind of commit

153
00:06:52,899 --> 00:06:50,539
suicide than to actually say no and

154
00:06:54,969 --> 00:06:52,909
leave the relationship and so a couple

155
00:06:56,620 --> 00:06:54,979
months prior to that actual relationship

156
00:06:58,689 --> 00:06:56,630
ending I I remember having a

157
00:07:00,100 --> 00:06:58,699
conversation with my xs/small at the

158
00:07:02,140 --> 00:07:00,110
time I said I wish he would just like

159
00:07:04,390 --> 00:07:02,150
you know cheat on me and leave me and

160
00:07:06,189 --> 00:07:04,400
essentially that ended up happening and

161
00:07:09,129 --> 00:07:06,199
once that happened it was like the most

162
00:07:11,800 --> 00:07:09,139
difficult thing but I felt free I felt

163
00:07:13,629 --> 00:07:11,810

like the so much weight has lifted you

164

00:07:16,629 --> 00:07:13,639

know off of my shoulders and then I kind

165

00:07:19,870 --> 00:07:16,639

of was almost forced to kind of go into

166

00:07:25,390 --> 00:07:19,880

the spiritual path and after that

167

00:07:28,180 --> 00:07:25,400

happened I went to I Tibetan Ida Benton

168

00:07:30,670 --> 00:07:28,190

singing Bowl meditation and we're lying

169

00:07:32,320 --> 00:07:30,680

down on the ground and the instructor

170

00:07:34,240 --> 00:07:32,330

said if there's any blockages in our

171

00:07:37,180 --> 00:07:34,250

system or in our body should come around

172

00:07:39,459 --> 00:07:37,190

and kind of hover over over us and you

173

00:07:41,450 --> 00:07:39,469

know I felt as my eyes were closed I

174

00:07:43,520 --> 00:07:41,460

kind of felt and I saw her has

175

00:07:45,200 --> 00:07:43,530

hurrying over my body and all of a

176

00:07:46,640 --> 00:07:45,210

sudden she kind of hit the type bit in

177

00:07:48,830 --> 00:07:46,650

bowls and then I saw the sound

178

00:07:51,170 --> 00:07:48,840

vibrations and then everyone everything

179

00:07:52,580 --> 00:07:51,180

just went pitch dark and for a while

180

00:07:53,809 --> 00:07:52,590

that kind of freaked me out because I

181

00:07:56,029 --> 00:07:53,819

thought I was going batshit crazy

182

00:07:58,309 --> 00:07:56,039

because I didn't know what that was and

183

00:07:59,930 --> 00:07:58,319

then six months after that I kind of had

184

00:08:01,610 --> 00:07:59,940

build enough courage to asked her I'm

185

00:08:03,230 --> 00:08:01,620

like what happened to me during that

186

00:08:04,879 --> 00:08:03,240

time I explained her this happened and

187

00:08:07,100 --> 00:08:04,889

that happened she said your third I'd

188

00:08:09,529 --> 00:08:07,110

opened but I think since that kind of

189

00:08:10,760 --> 00:08:09,539

little scared me at the moment cuz I

190

00:08:14,930 --> 00:08:10,770

didn't know what that was I kind of

191

00:08:16,520 --> 00:08:14,940

maybe had suppressed it again but there

192

00:08:18,529 --> 00:08:16,530

are certain scenarios in my life that

193

00:08:21,230 --> 00:08:18,539

kind of happened where I had more of

194

00:08:25,219 --> 00:08:21,240

that kind of spiritual awakening or this

195

00:08:28,150 --> 00:08:25,229

kind of sense of illumination I'm just

196

00:08:30,560 --> 00:08:28,160

trying to imagine were we talked about

197

00:08:32,810 --> 00:08:30,570

your near-death experiences you had

198

00:08:35,120 --> 00:08:32,820

three of them yeah give me an idea of

199

00:08:38,120 --> 00:08:35,130

what it was like between the three what

200

00:08:40,120 --> 00:08:38,130

was some of the common denominators and

201
00:08:43,430 --> 00:08:40,130
what might have been the differences I

202
00:08:46,370 --> 00:08:43,440
think the common denominator out of all

203
00:08:49,160 --> 00:08:46,380
of those ones is that I didn't I think I

204
00:08:51,139 --> 00:08:49,170
was already dead that I didn't even take

205
00:08:53,780 --> 00:08:51,149
a moment to realize the severity of each

206
00:08:55,220 --> 00:08:53,790
of those individual situations because

207
00:08:57,139 --> 00:08:55,230
it's like oh that just happened but I

208
00:08:59,569 --> 00:08:57,149
never really pinpointed like hey that

209
00:09:01,100 --> 00:08:59,579
actual you know when I got stung by that

210
00:09:03,230 --> 00:09:01,110
box of jellyfish that I could have

211
00:09:05,269 --> 00:09:03,240
stopped my heart I could have died you

212
00:09:07,910 --> 00:09:05,279
know that second near-death experience

213
00:09:09,530 --> 00:09:07,920

where we got rear-ended and pushed into

214

00:09:11,389 --> 00:09:09,540

the intersection we had to get the jaws

215

00:09:12,769 --> 00:09:11,399

of life to get us out of that vehicle I

216

00:09:15,819 --> 00:09:12,779

could have died then but it's almost

217

00:09:18,230 --> 00:09:15,829

like that happened and I just kind of

218

00:09:20,660 --> 00:09:18,240

just went on with life I never took any

219

00:09:23,300 --> 00:09:20,670

of those serious at all but again it was

220

00:09:26,750 --> 00:09:23,310

until that third one that I actually you

221

00:09:28,519 --> 00:09:26,760

know woke the eff up so these weren't

222

00:09:30,620 --> 00:09:28,529

near death experiences per se that

223

00:09:32,389 --> 00:09:30,630

you've actually crossed over this was

224

00:09:34,340 --> 00:09:32,399

more of the the idea that you came

225

00:09:37,040 --> 00:09:34,350

really close to the even at the brink of

226

00:09:39,440 --> 00:09:37,050

death yeah it was time for you in those

227

00:09:40,910 --> 00:09:39,450

scenarios didn't existed it pardon me

228

00:09:43,730 --> 00:09:40,920

time do not exist for you in those

229

00:09:47,500 --> 00:09:43,740

scenarios did it no it just like I think

230

00:09:50,810 --> 00:09:47,510

you know when I kind of talked about

231

00:09:53,329 --> 00:09:50,820

being conditioned to societal norms and

232

00:09:55,049 --> 00:09:53,339

and everything that's going on you use

233

00:09:57,419 --> 00:09:55,059

kind of a fail to kind of look at

234

00:10:00,329 --> 00:09:57,429

your life and you just become like a I

235

00:10:02,009 --> 00:10:00,339

call it you know the Walking Dead you

236

00:10:04,369 --> 00:10:02,019

know a zombie just kind of passing

237

00:10:07,319 --> 00:10:04,379

through merely and not really kind of

238

00:10:10,889 --> 00:10:07,329

div diving deep into your inner being

239

00:10:14,699 --> 00:10:10,899

and it's almost like not like them like

240

00:10:16,949 --> 00:10:14,709

having a waking awakening moment usually

241

00:10:19,589 --> 00:10:16,959

can have happen through a tragic event

242

00:10:23,189 --> 00:10:19,599

or it's something that you know through

243

00:10:24,599 --> 00:10:23,199

an aha moment but I think most most it's

244

00:10:26,339 --> 00:10:24,609

mostly through like kind of tragic

245

00:10:28,859 --> 00:10:26,349

events so that a third one kind of

246

00:10:31,079 --> 00:10:28,869

forced me to kind of waken up so I think

247

00:10:33,179 --> 00:10:31,089

you know I believe all of us are kind of

248

00:10:34,739 --> 00:10:33,189

divinely guided in the sense so it's

249

00:10:37,559 --> 00:10:34,749

just our ability to catch kind of

250

00:10:40,319 --> 00:10:37,569

actually tune into that and kind of you

251
00:10:42,419 --> 00:10:40,329
know go with where their divinity or you

252
00:10:45,089 --> 00:10:42,429
know spirituality or the universe is

253
00:10:50,639 --> 00:10:45,099
kind of leading you so between these

254
00:10:54,659 --> 00:10:50,649
three events you were saved from passing

255
00:10:57,089 --> 00:10:54,669
do you feel that we all have a time in

256
00:10:58,589 --> 00:10:57,099
other words it's not my time but yet I

257
00:11:01,769 --> 00:10:58,599
get out of an airplane and don't strap

258
00:11:05,729 --> 00:11:01,779
on a parachute you know or is it kind of

259
00:11:08,009 --> 00:11:05,739
a little mixture of both I I would say

260
00:11:10,229 --> 00:11:08,019
that I think everybody actually has

261
00:11:12,659 --> 00:11:10,239
their own time I think before we decide

262
00:11:14,459 --> 00:11:12,669
as you know spiritual soar beings to

263
00:11:16,409 --> 00:11:14,469

come into this life I think it's kind of

264

00:11:18,929 --> 00:11:16,419

already written how long we're gonna

265

00:11:20,929 --> 00:11:18,939

last in this particular lifetime and I

266

00:11:23,579 --> 00:11:20,939

think those near-death experiences

267

00:11:25,829 --> 00:11:23,589

didn't kind of take me away because I

268

00:11:27,779 --> 00:11:25,839

believe I have so much more to fulfill

269

00:11:30,319 --> 00:11:27,789

in this particular lifetime so much

270

00:11:34,199 --> 00:11:30,329

things to learn so much even continued

271

00:11:36,239 --> 00:11:34,209

continuous tragedy and struggle to go

272

00:11:38,219 --> 00:11:36,249

through because I if I look at you know

273

00:11:41,159 --> 00:11:38,229

the trajectory of where I want to go and

274

00:11:42,959 --> 00:11:41,169

what I want to achieve in life and it's

275

00:11:45,089 --> 00:11:42,969

kind of then universe kind of tests you

276

00:11:46,739 --> 00:11:45,099

like if you really want that how bad do

277

00:11:47,939 --> 00:11:46,749

you want it so let let me kind of put

278

00:11:49,859 --> 00:11:47,949

this in front of you that in front of

279

00:11:53,429 --> 00:11:49,869

you to see what you can handle to really

280

00:11:55,139 --> 00:11:53,439

reach where you want to go yeah I love

281

00:11:57,239 --> 00:11:55,149

that I love that you basically you're

282

00:11:59,459 --> 00:11:57,249

speaking on passion how much do you

283

00:12:00,869 --> 00:11:59,469

really want a certain something and I've

284

00:12:03,210 --> 00:12:00,879

already said if you can put the right

285

00:12:05,279 --> 00:12:03,220

amount of um you know passion would be

286

00:12:06,629 --> 00:12:05,289

the fire passion would be the roll up

287

00:12:08,790 --> 00:12:06,639

your sleeves and get your hands dirty

288

00:12:12,360 --> 00:12:08,800

kind of thing while sincerity is

289

00:12:14,519 --> 00:12:12,370

the very salt part that says I'm very

290

00:12:16,620 --> 00:12:14,529

serious about this I mean it you put

291

00:12:18,150 --> 00:12:16,630

those two together you have a recipe for

292

00:12:21,210 --> 00:12:18,160

absolute success would you agree with

293

00:12:23,130 --> 00:12:21,220

that dear yes yes and I think another

294

00:12:26,400 --> 00:12:23,140

important thing I think what really

295

00:12:28,139 --> 00:12:26,410

helped me through all these after my

296

00:12:29,880 --> 00:12:28,149

third near-death experience what has

297

00:12:32,400 --> 00:12:29,890

helped me kind of along my journey where

298

00:12:34,620 --> 00:12:32,410

there's certain continuous struggle and

299

00:12:36,870 --> 00:12:34,630

challenges that present himself in my

300

00:12:40,050 --> 00:12:36,880

life is you know the ability to invest

301

00:12:41,759 --> 00:12:40,060

in oneself so I in your film I really

302

00:12:43,290 --> 00:12:41,769

love your documentary

303

00:12:45,360 --> 00:12:43,300

you know the meek shall inherit the

304

00:12:47,699 --> 00:12:45,370

earth because you talk about well yeah

305

00:12:49,800 --> 00:12:47,709

you talk about a lot of your welcome you

306

00:12:52,050 --> 00:12:49,810

talk about a certain kind of questions

307

00:12:54,509 --> 00:12:52,060

that everybody ponder with it's like you

308

00:12:56,400 --> 00:12:54,519

you know where did I come from Who am I

309

00:12:59,009 --> 00:12:56,410

why am I here and I think a lot of

310

00:13:01,079 --> 00:12:59,019

people think they can take this magic

311

00:13:03,240 --> 00:13:01,089

pill to kind of all of a sudden know

312

00:13:06,240 --> 00:13:03,250

what they want in life and I think when

313

00:13:08,940 --> 00:13:06,250

people don't put themselves I was talking

314

00:13:10,860 --> 00:13:08,950

to a lady the other day and I said you

315

00:13:15,269 --> 00:13:10,870

have to make yourself the object of

316

00:13:17,190 --> 00:13:15,279

study so meaning you have to know every

317

00:13:19,230 --> 00:13:17,200

kernel critical aspect yourself you need

318

00:13:21,090 --> 00:13:19,240

to dive deep to know you know what your

319

00:13:22,530 --> 00:13:21,100

personal and spiritual development is

320

00:13:24,300 --> 00:13:22,540

knowing what your strengths and

321

00:13:26,460 --> 00:13:24,310

weaknesses are knowing actually where

322

00:13:29,819 --> 00:13:26,470

you want in life defining your own level

323

00:13:31,920 --> 00:13:29,829

of success and knowing what core values

324

00:13:34,949 --> 00:13:31,930

and characteristics kind of you live by

325

00:13:36,480 --> 00:13:34,959

so whether mine is kind of be able to

326

00:13:39,660 --> 00:13:36,490

treat people would love kindness and

327

00:13:41,130 --> 00:13:39,670

respect and compassion you know and you

328

00:13:44,550 --> 00:13:41,140

know acting with honesty and integrity

329

00:13:46,350 --> 00:13:44,560

so people I think I think the world

330

00:13:48,690 --> 00:13:46,360

would be a better place if people just

331

00:13:50,340 --> 00:13:48,700

kind of focus on themselves and dive in

332

00:13:52,670 --> 00:13:50,350

a bit deeper make themselves a study

333

00:13:55,560 --> 00:13:52,680

rather than kind of spending their time

334

00:13:57,449 --> 00:13:55,570

with the social comparison of like I

335

00:14:01,579 --> 00:13:57,459

need to keep up with the Joneses I need

336

00:14:07,650 --> 00:14:04,290

yeah and I think a lot of people are

337

00:14:09,329 --> 00:14:07,660

afraid to operate at their own authentic

338

00:14:11,310 --> 00:14:09,339

self right because they don't feel like

339

00:14:12,990 --> 00:14:11,320

they're good enough because again

340

00:14:14,910 --> 00:14:13,000

they're they keep on comparing

341

00:14:16,500 --> 00:14:14,920

themselves to other but people just kind

342

00:14:18,569 --> 00:14:16,510

of dive deep I believe everybody have

343

00:14:21,300 --> 00:14:18,579

their own special abilities and that

344

00:14:23,130 --> 00:14:21,310

special ability can be helped too

345

00:14:25,500 --> 00:14:23,140

make this world a better place because

346

00:14:28,290 --> 00:14:25,510

each of us are our you know solely

347

00:14:30,530 --> 00:14:28,300

individuals solely unique and I think

348

00:14:32,880 --> 00:14:30,540

everybody is gifted in some capacity

349

00:14:35,570 --> 00:14:32,890

speaking of special abilities let's talk

350

00:14:37,980 --> 00:14:35,580

about that clairvoyance of yours dear

351
00:14:39,660 --> 00:14:37,990
was this something you develop there's

352
00:14:41,250 --> 00:14:39,670
something that was just always present

353
00:14:43,230 --> 00:14:41,260
just hiding behind the scenes just a

354
00:14:44,970 --> 00:14:43,240
little bit waiting for you to engage or

355
00:14:48,420 --> 00:14:44,980
is just something that transpired via

356
00:14:51,720 --> 00:14:48,430
and because of these three almost dying

357
00:14:53,690 --> 00:14:51,730
scenarios I think in part and partial

358
00:14:55,710 --> 00:14:53,700
has to do with all the the tragic

359
00:14:57,360 --> 00:14:55,720
tragedy that I experience in life

360
00:14:59,460 --> 00:14:57,370
because it's not only near-death is kind

361
00:15:01,410 --> 00:14:59,470
of family career relationship all those

362
00:15:02,940 --> 00:15:01,420
different aspects but it's funny I'll

363
00:15:05,910 --> 00:15:02,950

tell you a story of actually how it

364

00:15:08,280 --> 00:15:05,920

happened I had a spiritual mentor and I

365

00:15:10,170 --> 00:15:08,290

said I want to become more spiritually

366

00:15:12,030 --> 00:15:10,180

advanced and he's like okay the only way

367

00:15:14,130 --> 00:15:12,040

to do that I don't want you to read any

368

00:15:17,820 --> 00:15:14,140

books about spirituality I want you to

369

00:15:20,370 --> 00:15:17,830

stop he's like I want you to start doing

370

00:15:22,590 --> 00:15:20,380

psychic readings and I'm like okay if

371

00:15:24,330 --> 00:15:22,600

you were just you know say Carol okay in

372

00:15:25,860 --> 00:15:24,340

the year so from now you're gonna be

373

00:15:29,100 --> 00:15:25,870

doing psychic readings I would say

374

00:15:30,840 --> 00:15:29,110

you're off your rocker so one day yeah

375

00:15:32,850 --> 00:15:30,850

he said that and I was talking to my

376

00:15:35,340 --> 00:15:32,860

brother from another mother Mubarak and

377

00:15:37,110 --> 00:15:35,350

he says okay this is what he told me I

378

00:15:39,900 --> 00:15:37,120

needed to do he's like read me right now

379

00:15:41,610 --> 00:15:39,910

oh no I'm not doing that so I sat in my

380

00:15:44,010 --> 00:15:41,620

chair sweating bullets and he's like

381

00:15:47,070 --> 00:15:44,020

finally okay okay I'll read you so I

382

00:15:50,280 --> 00:15:47,080

read his aura and there's certain words

383

00:15:52,140 --> 00:15:50,290

of you know caring compassion that came

384

00:15:55,740 --> 00:15:52,150

up with aura that I saw and my other

385

00:15:57,720 --> 00:15:55,750

friend came in the room and he's asked

386

00:15:59,970 --> 00:15:57,730

healer as well so he actually can see

387

00:16:01,770 --> 00:15:59,980

auras so he's like read mine and I'm

388

00:16:03,990 --> 00:16:01,780

like no I'm not going to do it so again

389

00:16:06,270 --> 00:16:04,000

I was you know put in a position I was

390

00:16:08,070 --> 00:16:06,280

very nervous but I read his and he says

391

00:16:10,650 --> 00:16:08,080

you're exactly right and it's like okay

392

00:16:12,750 --> 00:16:10,660

just to make sure move back and read me

393

00:16:15,180 --> 00:16:12,760

again and then I sure enough I move back

394

00:16:17,250 --> 00:16:15,190

and then he changed his aura and then I

395

00:16:19,230 --> 00:16:17,260

read it exactly and it just so happened

396

00:16:22,020 --> 00:16:19,240

that evening there was an event an

397

00:16:23,730 --> 00:16:22,030

option at a spiritual choice Church and

398

00:16:25,890 --> 00:16:23,740

we all went there and they're like you

399

00:16:27,690 --> 00:16:25,900

got a option of your psychic readings

400

00:16:29,850 --> 00:16:27,700

I'm like I'm not even dead what am I

401
00:16:31,650 --> 00:16:29,860
still entire life but I ended up doing

402
00:16:33,550 --> 00:16:31,660
it and then there's two ladies that were

403
00:16:36,300 --> 00:16:33,560
actually fighting to kind of

404
00:16:38,889 --> 00:16:36,310
when the bidding and those two ladies I

405
00:16:42,009 --> 00:16:38,899
attended and that's how I started and

406
00:16:45,610 --> 00:16:42,019
that was only the last week of the

407
00:16:48,280 --> 00:16:45,620
second week of December 2017 I love the

408
00:16:50,679 --> 00:16:48,290
fact that you were accurate I don't when

409
00:16:52,960 --> 00:16:50,689
I do readings when I used to I still do

410
00:16:55,030 --> 00:16:52,970
them I don't go up from the perspective

411
00:16:56,499 --> 00:16:55,040
of trying to be right I don't have that

412
00:16:59,290 --> 00:16:56,509
syndrome I go it from the perspective

413
00:17:01,720 --> 00:16:59,300

wanting to be accurate yeah for the

414

00:17:03,639 --> 00:17:01,730

person but also would brings into the

415

00:17:05,649 --> 00:17:03,649

picture the idea that whatever it is

416

00:17:07,510 --> 00:17:05,659

they hear maybe that's exactly what they

417

00:17:09,159 --> 00:17:07,520

need for their growth I get all that in

418

00:17:14,020 --> 00:17:09,169

my very first reading dear Lord this

419

00:17:15,970 --> 00:17:14,030

must have been 1990 mmm 596 I had no

420

00:17:17,919 --> 00:17:15,980

agenda I had no idea what the heck I was

421

00:17:20,980 --> 00:17:17,929

doing I threw some cards upside down and

422

00:17:23,230 --> 00:17:20,990

looking at him and because I had no ego

423

00:17:27,960 --> 00:17:23,240

involved or the need to be right and or

424

00:17:30,669 --> 00:17:27,970

accurate I was so dead on I'm scared too

425

00:17:32,470 --> 00:17:30,679

because I was clear I had no agenda I

426

00:17:33,760 --> 00:17:32,480

was just throwing cards down and they're

427

00:17:35,890 --> 00:17:33,770

looking at me like what are you actually

428

00:17:38,020 --> 00:17:35,900

telling you this right now so what does

429

00:17:39,850 --> 00:17:38,030

this Clara audience come in for you I'm

430

00:17:41,740 --> 00:17:39,860

being a musician I know what Audient is

431

00:17:43,899 --> 00:17:41,750

but how does it show up for use it as

432

00:17:47,639 --> 00:17:43,909

noise is it a sound is it a voice it's

433

00:17:50,020 --> 00:17:47,649

just a because it's it's because I do it

434

00:17:53,950 --> 00:17:50,030

when the person is sitting across from

435

00:17:55,870 --> 00:17:53,960

me I do it all close eyes so I actually

436

00:17:58,480 --> 00:17:55,880

close my eyes I can I can see their aura

437

00:18:01,690 --> 00:17:58,490

and then it presents and then I start

438

00:18:02,889 --> 00:18:01,700

seeing their past lives and then I kind

439

00:18:05,680 --> 00:18:02,899

of read their aura again to kind of

440

00:18:07,570 --> 00:18:05,690

clear point to see if there's any the

441

00:18:09,700 --> 00:18:07,580

color changes or anything like that and

442

00:18:11,529 --> 00:18:09,710

then I allow them to bring their own

443

00:18:15,850 --> 00:18:11,539

questions that are specifically related

444

00:18:18,490 --> 00:18:15,860

to them and then I after that I'll scan

445

00:18:20,020 --> 00:18:18,500

their body and then I'll see when I scan

446

00:18:22,690 --> 00:18:20,030

their body that there's certain kind of

447

00:18:26,200 --> 00:18:22,700

like muggy darkness in certain areas of

448

00:18:27,820 --> 00:18:26,210

their body and then I can and then I

449

00:18:31,000 --> 00:18:27,830

kind of interpret what that is and then

450

00:18:35,919 --> 00:18:31,010

it shows me that a certain age that they

451
00:18:37,539 --> 00:18:35,929
they've had a certain a certain age that

452
00:18:41,909 --> 00:18:37,549
kind of changed everything it's kind of

453
00:18:44,830 --> 00:18:41,919
like if they were wanting to be free and

454
00:18:46,299 --> 00:18:44,840
unique it's almost like someone said

455
00:18:46,960 --> 00:18:46,309
something to that person that made them

456
00:18:49,060 --> 00:18:46,970
kind of

457
00:18:50,500 --> 00:18:49,070
down and hide from their true being so I

458
00:18:52,930 --> 00:18:50,510
was able to pinpoint that age that

459
00:18:56,710 --> 00:18:52,940
happened and then as a result this was

460
00:18:59,470 --> 00:18:56,720
kind of how things transpired and I also

461
00:19:01,480 --> 00:18:59,480
sees images and words that pop up and

462
00:19:04,659 --> 00:19:01,490
then I kind of interpret it interpret

463
00:19:06,909 --> 00:19:04,669

that as well if you would give our

464

00:19:09,850 --> 00:19:06,919

listening audience an idea of what your

465

00:19:12,370 --> 00:19:09,860

book like the [h__h] is about okay so

466

00:19:15,070 --> 00:19:12,380

wake the [h__h] up is basically my own

467

00:19:18,760 --> 00:19:15,080

personal experience of what I had to go

468

00:19:21,610 --> 00:19:18,770

through to get to my awakening moment

469

00:19:24,190 --> 00:19:21,620

and I the reason why I wrote this book

470

00:19:27,039 --> 00:19:24,200

was to be able to help people through my

471

00:19:29,590 --> 00:19:27,049

mistakes and inspire them to kind of

472

00:19:31,060 --> 00:19:29,600

achieve whatever they want despite the

473

00:19:33,340 --> 00:19:31,070

challenges that are currently facing

474

00:19:35,799 --> 00:19:33,350

them and I think the the one thing I do

475

00:19:37,120 --> 00:19:35,809

talking about in my book that's kind of

476

00:19:38,950 --> 00:19:37,130

what I've been dealing with with the

477

00:19:42,399 --> 00:19:38,960

last four years has been the most

478

00:19:46,390 --> 00:19:42,409

challenging situation that I ever had to

479

00:19:50,890 --> 00:19:46,400

struggle with so four years ago my

480

00:19:54,220 --> 00:19:50,900

brother he he was in jail and he wanted

481

00:19:56,110 --> 00:19:54,230

a second chance at life and he wanted me

482

00:19:57,640 --> 00:19:56,120

to help them and I put he asked me to

483

00:20:00,130 --> 00:19:57,650

put a business underneath my name and

484

00:20:03,789 --> 00:20:00,140

you know I honestly thought it was a

485

00:20:05,110 --> 00:20:03,799

legitimate business and so I did it for

486

00:20:08,320 --> 00:20:05,120

him because I believe everybody has a

487

00:20:10,330 --> 00:20:08,330

second chance at life and I know certain

488

00:20:12,100 --> 00:20:10,340

decisions shape your destiny so I think

489

00:20:14,350 --> 00:20:12,110

you know even the struggle was meant to

490

00:20:15,970 --> 00:20:14,360

happen for me to learn and it's because

491

00:20:17,380 --> 00:20:15,980

of this struggle that I went through is

492

00:20:19,570 --> 00:20:17,390

the reason why I actually wrote this

493

00:20:21,520 --> 00:20:19,580

book so kind of fast-forward after

494

00:20:23,950 --> 00:20:21,530

helping him start up that business

495

00:20:25,990 --> 00:20:23,960

something happened and I don't know what

496

00:20:29,020 --> 00:20:26,000

he got involved in and then I ended up

497

00:20:32,500 --> 00:20:29,030

going home my house was raided and then

498

00:20:40,020 --> 00:20:32,510

I was you know put over a cop car

499

00:20:46,299 --> 00:20:43,510

and then having to be put in the room

500

00:20:48,430 --> 00:20:46,309

I'm told to like strip bend over and

501
00:20:51,760 --> 00:20:48,440
cough and then being put in a hole for

502
00:20:55,139 --> 00:20:51,770
three days you know so it was it was

503
00:20:57,850 --> 00:20:55,149
very it was such an invasion of privacy

504
00:20:59,560 --> 00:20:57,860
that I didn't I couldn't comprehend that

505
00:21:00,799 --> 00:20:59,570
with what was happening to me and then

506
00:21:03,289 --> 00:21:00,809
from there I guess I

507
00:21:06,680 --> 00:21:03,299
spent like two two weeks in jail

508
00:21:09,259 --> 00:21:06,690
approximately and then oh yeah so from

509
00:21:11,989 --> 00:21:09,269
that situation I actually lost

510
00:21:14,060 --> 00:21:11,999
everything I lost everything I was

511
00:21:15,560 --> 00:21:14,070
character assassinated you know what I

512
00:21:17,720 --> 00:21:15,570
mean certain people didn't want to talk

513
00:21:20,830 --> 00:21:17,730

to me anymore and I just didn't know

514

00:21:22,909 --> 00:21:20,840

what what to do but since I've already

515

00:21:26,029 --> 00:21:22,919

invested myself with personal

516

00:21:28,340 --> 00:21:26,039

development I was I kind of mentally

517

00:21:30,049 --> 00:21:28,350

prepared myself for it and even though I

518

00:21:32,690 --> 00:21:30,059

lost everything I realized that I

519

00:21:36,169 --> 00:21:32,700

actually had everything you know those

520

00:21:38,749 --> 00:21:36,179

that position that title it's not really

521

00:21:39,919 --> 00:21:38,759

me who I am I'm a you know I'm a

522

00:21:42,350 --> 00:21:39,929

spiritual being having a human

523

00:21:44,119 --> 00:21:42,360

experience here on this earth and I grow

524

00:21:46,909 --> 00:21:44,129

and develop based on the situations and

525

00:21:48,529 --> 00:21:46,919

experiences that I choose so when I lost

526

00:21:50,869 --> 00:21:48,539

everything like I said I realized I had

527

00:21:54,230 --> 00:21:50,879

everything I had a place to stay I had a

528

00:21:55,609 --> 00:21:54,240

roof over my head I had you know I could

529

00:21:57,259 --> 00:21:55,619

take hot showers you know what I mean

530

00:21:59,269 --> 00:21:57,269

but the one thing I know for sure they

531

00:22:02,389 --> 00:21:59,279

can never take from me is an experience

532

00:22:05,389 --> 00:22:02,399

that I already had my mental capacity to

533

00:22:07,730 --> 00:22:05,399

kind of go forward and my skills and

534

00:22:09,919 --> 00:22:07,740

abilities so even though I was you know

535

00:22:13,399 --> 00:22:09,929

kicked down I was able to get back up

536

00:22:16,279 --> 00:22:13,409

and then go through continue to pursue

537

00:22:19,220 --> 00:22:16,289

my goals and targets in life it was very

538

00:22:22,180 --> 00:22:19,230

like difficult and and then to have to

539

00:22:26,019 --> 00:22:22,190

go through that and then I went through

540

00:22:28,369 --> 00:22:26,029

a year or so where I consistently

541

00:22:29,960 --> 00:22:28,379

consistently every single day just six

542

00:22:31,940 --> 00:22:29,970

to eight hours of personal development

543

00:22:34,460 --> 00:22:31,950

so I can get my mind right and I

544

00:22:37,669 --> 00:22:34,470

wouldn't revert back to that feeling of

545

00:22:39,259 --> 00:22:37,679

wanting to commit suicide and just to

546

00:22:40,970 --> 00:22:39,269

kind of strengthen my muscles to be like

547

00:22:44,149 --> 00:22:40,980

you know I know everything that's going

548

00:22:47,330 --> 00:22:44,159

on I can't I can't I don't have any

549

00:22:49,249 --> 00:22:47,340

control over how people are gonna talk

550

00:22:51,919 --> 00:22:49,259

about me perceive me the only thing that

551

00:22:54,590 --> 00:22:51,929

I have control over is how I think of

552

00:22:55,940 --> 00:22:54,600

the situation and Shakespeare says

553

00:22:58,220 --> 00:22:55,950

there's nothing either good or bad but

554

00:23:00,200 --> 00:22:58,230

thinking that makes it so so if you look

555

00:23:02,810 --> 00:23:00,210

at that quote itself it's almost like no

556

00:23:05,389 --> 00:23:02,820

situation is good or bad and you have to

557

00:23:06,649 --> 00:23:05,399

kind of extract you know the positive

558

00:23:08,810 --> 00:23:06,659

experience from anything you're going

559

00:23:13,279 --> 00:23:08,820

through and you should never ask that

560

00:23:14,720 --> 00:23:13,289

life be easy because life easy life is

561

00:23:17,109 --> 00:23:14,730

boring you have to

562

00:23:19,549 --> 00:23:17,119

ask that like give you the circumstances

563

00:23:22,159 --> 00:23:19,559

experiences whatever is necessary to

564

00:23:24,230 --> 00:23:22,169

handle any adversity in your life you

565

00:23:26,239 --> 00:23:24,240

know and now I kind of embrace

566

00:23:28,639 --> 00:23:26,249

I love the pain and that makes me the

567

00:23:30,590 --> 00:23:28,649

champion so I know once you accept that

568

00:23:32,269 --> 00:23:30,600

pain and struggle is inevitable it's a

569

00:23:33,950 --> 00:23:32,279

part of life then you won't be so

570

00:23:36,470 --> 00:23:33,960

surprised when it happens it's kind of

571

00:23:40,340 --> 00:23:36,480

giving you that that muscle to kind of

572

00:23:42,680 --> 00:23:40,350

be stronger yeah when you will when you

573

00:23:44,509 --> 00:23:42,690

went to jail for two weeks were you at

574

00:23:48,529 --> 00:23:44,519

least somewhat on your spirit to work at

575

00:23:52,220 --> 00:23:48,539

that time yeah so did you use all these

576

00:23:55,220 --> 00:23:52,230

different metaphors to help bring it to

577

00:23:56,629 --> 00:23:55,230

your awareness of what down dynamic

578

00:23:58,850 --> 00:23:56,639

might be happening within you for

579

00:24:00,529 --> 00:23:58,860

example when you went to jail were you

580

00:24:03,440 --> 00:24:00,539

able to put the pieces together that

581

00:24:05,899 --> 00:24:03,450

some part of me is keeping me imprisoned

582

00:24:07,879 --> 00:24:05,909

were you at the level of awareness to

583

00:24:10,369 --> 00:24:07,889

where you were actually being able to

584

00:24:11,960 --> 00:24:10,379

take the outside as reflecting to you

585

00:24:16,190 --> 00:24:11,970

where you were located inside of

586

00:24:19,129 --> 00:24:16,200

yourself I think in in somewhat yes but

587

00:24:22,460 --> 00:24:19,139

now when I look back at it I think even

588

00:24:25,460 --> 00:24:22,470

more so that I was kind of spiritually

589

00:24:27,049 --> 00:24:25,470

guided and that you know there are

590

00:24:29,960 --> 00:24:27,059

certain things that I needed to work on

591

00:24:32,779 --> 00:24:29,970

and myself to not allow that same

592

00:24:36,049 --> 00:24:32,789

mistake to happen you know and again

593

00:24:37,399 --> 00:24:36,059

like you know especially with going

594

00:24:39,379 --> 00:24:37,409

through a situation and it's your own

595

00:24:40,399 --> 00:24:39,389

blood your brother that puts you in that

596

00:24:42,649 --> 00:24:40,409

situation

597

00:24:45,019 --> 00:24:42,659

I could have been like I'm never helping

598

00:24:48,019 --> 00:24:45,029

anybody again like this is what happens

599

00:24:50,659 --> 00:24:48,029

to me when I help people but that the

600

00:24:52,999 --> 00:24:50,669

exact opposite happened it's like I have

601
00:24:54,590 --> 00:24:53,009
to even help people even more because I

602
00:24:56,119 --> 00:24:54,600
do not want them to have to go through

603
00:24:58,549 --> 00:24:56,129
the same experience that I went through

604
00:25:00,440 --> 00:24:58,559
and it's because of that last experience

605
00:25:03,460 --> 00:25:00,450
that I'm still going through this day as

606
00:25:06,440 --> 00:25:03,470
the reason why I actually wrote the book

607
00:25:09,560 --> 00:25:06,450
yeah cuz I believe that you know when

608
00:25:11,330 --> 00:25:09,570
you are open and honest and you meet

609
00:25:13,340 --> 00:25:11,340
people say this is situation this is

610
00:25:14,659 --> 00:25:13,350
what happens to me they'll either you

611
00:25:16,190 --> 00:25:14,669
know take it or leave it but I think

612
00:25:18,139 --> 00:25:16,200
when you come with sincerity like you

613
00:25:20,419 --> 00:25:18,149

were saying before then there's nothing

614

00:25:21,980 --> 00:25:20,429

that can really hurt you

615

00:25:24,080 --> 00:25:21,990

and I think with the people who are

616

00:25:27,440 --> 00:25:24,090

actually judging others it's almost like

617

00:25:28,340 --> 00:25:27,450

it's not it's not the person that you're

618

00:25:30,560 --> 00:25:28,350

being judged

619

00:25:32,029 --> 00:25:30,570

that has anything to do with it you have

620

00:25:34,730 --> 00:25:32,039

to kind of look at the person who is

621

00:25:36,880 --> 00:25:34,740

judging like you know you have to have

622

00:25:39,049 --> 00:25:36,890

it as a step back and be like you know

623

00:25:41,240 --> 00:25:39,059

maybe there's something more to this

624

00:25:43,610 --> 00:25:41,250

instead of what's being portrayed about

625

00:25:47,919 --> 00:25:43,620

this particular individual and you know

626
00:25:51,860 --> 00:25:47,929
from going for through a professional

627
00:25:54,080 --> 00:25:51,870
scenario and then going to become a

628
00:25:57,049 --> 00:25:54,090
professional toilet cleaner you know

629
00:25:58,310 --> 00:25:57,059
it's it's very humbling because at the

630
00:26:01,520 --> 00:25:58,320
same time I know there's certain things

631
00:26:04,820 --> 00:26:01,530
I needed to do to kind of get back on

632
00:26:05,960 --> 00:26:04,830
track and you know keep on creating

633
00:26:07,760 --> 00:26:05,970
because I think that's what we're all

634
00:26:11,320 --> 00:26:07,770
here to do is just create and to help

635
00:26:13,549 --> 00:26:11,330
others you had mentioned about people

636
00:26:16,610 --> 00:26:13,559
being concerned what other people think

637
00:26:18,409 --> 00:26:16,620
it's come to me I've come to a state of

638
00:26:20,779 --> 00:26:18,419

realization that when we are worried

639

00:26:23,090 --> 00:26:20,789

would other people think all you're

640

00:26:25,430 --> 00:26:23,100

doing is taking our self judgment and

641

00:26:27,380 --> 00:26:25,440

projecting it onto someone else because

642

00:26:29,090 --> 00:26:27,390

I don't want to be responsible for what

643

00:26:30,980 --> 00:26:29,100

I think about myself so I'm going to

644

00:26:34,880 --> 00:26:30,990

concern myself thinking that other

645

00:26:36,289 --> 00:26:34,890

people are thinking this about me yeah

646

00:26:39,320 --> 00:26:36,299

because it's funny you say that because

647

00:26:41,480 --> 00:26:39,330

I think you know in the lines of even

648

00:26:43,610 --> 00:26:41,490

like focusing your attention on other

649

00:26:46,010 --> 00:26:43,620

people even the other side of that is

650

00:26:47,600 --> 00:26:46,020

like when you see somebody and you they

651
00:26:49,430 --> 00:26:47,610
really urge you they're like oh I don't

652
00:26:51,470 --> 00:26:49,440
like that person at all but it's almost

653
00:26:54,289 --> 00:26:51,480
like kind of again putting up a mirror

654
00:26:56,060 --> 00:26:54,299
and up into your face and being like

655
00:26:58,279 --> 00:26:56,070
maybe there's something in that person

656
00:27:01,549 --> 00:26:58,289
that I do not like that's resides in me

657
00:27:02,120 --> 00:27:01,559
so let me kind of explore that from the

658
00:27:04,669 --> 00:27:02,130
chat room

659
00:27:06,860 --> 00:27:04,679
Rowan Lewis 19 asked the question yes

660
00:27:11,570 --> 00:27:06,870
you feel does she feel any guilt for

661
00:27:13,820 --> 00:27:11,580
having felt that not being able to

662
00:27:15,470 --> 00:27:13,830
control her thoughts do you feel any

663
00:27:18,799 --> 00:27:15,480

guilt for the process you went through

664

00:27:22,669 --> 00:27:18,809

back then no I don't because I think all

665

00:27:24,950 --> 00:27:22,679

of that is part of my growth you know

666

00:27:26,690 --> 00:27:24,960

you kind of everything that happens to

667

00:27:29,480 --> 00:27:26,700

your life like you know when that when

668

00:27:32,810 --> 00:27:29,490

that situation did happen to me I I did

669

00:27:35,810 --> 00:27:32,820

go into a pity party but since I kind of

670

00:27:37,850 --> 00:27:35,820

conditioned my mind that it's like I I'm

671

00:27:41,149 --> 00:27:37,860

not a slave to my mind I want to become

672

00:27:42,109 --> 00:27:41,159

a master of it that I quickly was able

673

00:27:43,549 --> 00:27:42,119

to kind of

674

00:27:45,589 --> 00:27:43,559

the script and kind of turn it from

675

00:27:48,109 --> 00:27:45,599

being a victim to a victor of my

676
00:27:49,549 --> 00:27:48,119
circumstance and I think in life we have

677
00:27:52,279 --> 00:27:49,559
to allow ourselves to go through all

678
00:27:53,569 --> 00:27:52,289
this turmoil to kind of be able to

679
00:27:54,949 --> 00:27:53,579
accept the light and darkness that

680
00:27:57,979 --> 00:27:54,959
exists within us

681
00:27:59,839 --> 00:27:57,989
yeah Rowan uh define the question the

682
00:28:02,089 --> 00:27:59,849
question a little further just having

683
00:28:04,159 --> 00:28:02,099
the thought of hurting yourself did you

684
00:28:07,519 --> 00:28:04,169
ever go through a period of feeling bad

685
00:28:09,769 --> 00:28:07,529
about you know that kind of stuff no I

686
00:28:12,549 --> 00:28:09,779
think maybe at the time it was kind of a

687
00:28:15,019 --> 00:28:12,559
vicious cycle since I was like in such a

688
00:28:17,659 --> 00:28:15,029

depressed state of mind it's almost like

689

00:28:20,149 --> 00:28:17,669

you you can't think you can't think

690

00:28:22,429 --> 00:28:20,159

clearly you're you're irrational so

691

00:28:24,649 --> 00:28:22,439

basically what happens is like I was

692

00:28:26,569 --> 00:28:24,659

depressed and since I was too depressed

693

00:28:30,289 --> 00:28:26,579

I tried to numb that down with food and

694

00:28:31,309 --> 00:28:30,299

because I ate like [h__h] then I came more

695

00:28:33,199 --> 00:28:31,319

depressed so it was kind of like a

696

00:28:34,999 --> 00:28:33,209

vicious cycle that kept on going and

697

00:28:37,729 --> 00:28:35,009

going and and luckily I I believe

698

00:28:40,009 --> 00:28:37,739

divinity made something happen for me to

699

00:28:41,569 --> 00:28:40,019

snap out of it to be like hey this is

700

00:28:43,699 --> 00:28:41,579

not the life that you're meant to live

701
00:28:45,859 --> 00:28:43,709
you're destined for greatness your guess

702
00:28:48,319 --> 00:28:45,869
is for something more so let's kind of

703
00:28:49,939 --> 00:28:48,329
like you know put you onto your own like

704
00:28:53,149 --> 00:28:49,949
path where you can trailblaze rather

705
00:28:54,409 --> 00:28:53,159
than going blindly with the Sheep chief

706
00:28:55,669 --> 00:28:54,419
anthony blade you to you host the sinner

707
00:28:57,139 --> 00:28:55,679
of light radio monday night 6 p.m.

708
00:28:59,509 --> 00:28:57,149
Eastern Time you can find me sitting

709
00:29:01,879 --> 00:28:59,519
here in this chair my guest tonight is

710
00:29:04,789 --> 00:29:01,889
miss Carol Bonet us and we're speaking

711
00:29:06,979 --> 00:29:04,799
about weight the f-bomb up Carol would

712
00:29:08,479 --> 00:29:06,989
you give take this opportunity to share

713
00:29:09,619 --> 00:29:08,489

without listening on its how they can

714

00:29:10,789 --> 00:29:09,629

connect with you and all that you're

715

00:29:12,709 --> 00:29:10,799

doing all the different sites that you

716

00:29:14,419 --> 00:29:12,719

have and many ways they can just find

717

00:29:17,479 --> 00:29:14,429

out what you are doing and your

718

00:29:23,059 --> 00:29:17,489

contribution to this world okay so you

719

00:29:25,369 --> 00:29:23,069

guys can check me out on wwe.com you can

720

00:29:27,739 --> 00:29:25,379

also I also started a wake the [h__h] up

721

00:29:29,239 --> 00:29:27,749

movement which is basically geared to

722

00:29:32,239 --> 00:29:29,249

help people along their journey so I

723

00:29:35,629 --> 00:29:32,249

meet I have meetups every Tuesday so you

724

00:29:37,219 --> 00:29:35,639

can go to meetup.com and search wake the

725

00:29:40,429 --> 00:29:37,229

[h__h] up movement and kind of become a

726

00:29:42,229 --> 00:29:40,439

member there and I also have a business

727

00:29:43,999 --> 00:29:42,239

with my business partner mubarak

728

00:29:46,039 --> 00:29:44,009

business snapshot and we help

729

00:29:48,349 --> 00:29:46,049

entrepreneurs transition from working

730

00:29:50,839 --> 00:29:48,359

into on their business so they can have

731

00:29:53,420 --> 00:29:50,849

the freedom and flexibility that they

732

00:29:56,780 --> 00:29:53,430

wanted and deserve in life

733

00:29:59,090 --> 00:29:56,790

from the chat room Squatch detective

734

00:30:02,900 --> 00:29:59,100

says depression is more harmful than

735

00:30:04,700 --> 00:30:02,910

physical pain Squatch I don't know if

736

00:30:07,340 --> 00:30:04,710

you know I'm assuming or I'm sure you

737

00:30:09,350 --> 00:30:07,350

maybe do because you brought it up we

738

00:30:10,460 --> 00:30:09,360

all know that well most of us know Carol

739

00:30:13,010 --> 00:30:10,470

can you talk a little bit about

740

00:30:16,300 --> 00:30:13,020

depression and the fact that it is its

741

00:30:19,010 --> 00:30:16,310

dwelling on the past as anxiety is

742

00:30:20,210 --> 00:30:19,020

fearing the future let's talk a little

743

00:30:22,250 --> 00:30:20,220

bit about depression from your

744

00:30:26,680 --> 00:30:22,260

experience and how one can begin to move

745

00:30:29,840 --> 00:30:26,690

through that dark night of the soul oh

746

00:30:32,090 --> 00:30:29,850

well it's you know I'll try to refrain

747

00:30:34,430 --> 00:30:32,100

from keep on using the word but there

748

00:30:36,920 --> 00:30:34,440

there's this quote that I recently

749

00:30:40,250 --> 00:30:36,930

developed and it's own it says that

750

00:30:42,140 --> 00:30:40,260

waking the the [h__h] up is the very

751
00:30:46,040 --> 00:30:42,150
moment that you realize that you were

752
00:30:47,750 --> 00:30:46,050
asleep so in your depressive States it's

753
00:30:50,060 --> 00:30:47,760
almost like there's something will

754
00:30:52,700 --> 00:30:50,070
happen where you realize that you are

755
00:30:54,590 --> 00:30:52,710
not in alignment and you are you know

756
00:30:56,810 --> 00:30:54,600
have your this inner turmoil and it's

757
00:30:59,300 --> 00:30:56,820
always a choice that you can make in a

758
00:31:00,890 --> 00:30:59,310
quick second you know any means to not

759
00:31:03,560 --> 00:31:00,900
want to be in that depressive state

760
00:31:05,060 --> 00:31:03,570
anymore you know and then once you make

761
00:31:06,350 --> 00:31:05,070
that decision that you don't want to be

762
00:31:08,360 --> 00:31:06,360
in there then you kind of build the

763
00:31:10,130 --> 00:31:08,370

muscle and find the support to kind of

764

00:31:14,000 --> 00:31:10,140

keep on going to that trajectory you

765

00:31:16,580 --> 00:31:14,010

know when you know that and I in your

766

00:31:19,250 --> 00:31:16,590

and your documentary you kind of talk

767

00:31:21,050 --> 00:31:19,260

about Einstein there so there's one

768

00:31:24,680 --> 00:31:21,060

favorite quote from Einstein that I love

769

00:31:26,900 --> 00:31:24,690

and the states that the same mind that

770

00:31:30,110 --> 00:31:26,910

created the problem cannot be the same

771

00:31:31,970 --> 00:31:30,120

mind that solves it so if you know that

772

00:31:33,290 --> 00:31:31,980

your minds irrational and depressed and

773

00:31:35,930 --> 00:31:33,300

you know that you can't make it on your

774

00:31:38,870 --> 00:31:35,940

own then you can you should go seek the

775

00:31:40,490 --> 00:31:38,880

help of a coach or you know a doctor

776

00:31:43,070 --> 00:31:40,500

help you that with that but if you know

777

00:31:43,430 --> 00:31:43,080

in your situation that something's not

778

00:31:44,960 --> 00:31:43,440

right

779

00:31:46,790 --> 00:31:44,970

I need to need to make that choice I

780

00:31:49,490 --> 00:31:46,800

need to make that decision then you know

781

00:31:51,350 --> 00:31:49,500

exactly what you need to do but at the

782

00:31:53,540 --> 00:31:51,360

end of the day you never have to deal

783

00:31:55,480 --> 00:31:53,550

with something alone and there's nothing

784

00:31:58,660 --> 00:31:55,490

wrong with asking for help

785

00:32:00,980 --> 00:31:58,670

completely I can offer up what I've done

786

00:32:03,920 --> 00:32:00,990

some years ago when I was in a dark

787

00:32:05,480 --> 00:32:03,930

night of the soul my spiritual mentor it

788

00:32:05,900 --> 00:32:05,490

was a relationship that went bad after

789

00:32:08,360 --> 00:32:05,910

Chaney

790

00:32:11,600 --> 00:32:08,370

I was a sobbing mess for two years and

791

00:32:13,670 --> 00:32:11,610

then this acquaintance before we became

792

00:32:16,190 --> 00:32:13,680

amazing friends whispered some

793

00:32:17,930 --> 00:32:16,200

metaphysical things in my ear and he

794

00:32:19,970 --> 00:32:17,940

said Keith does it hurt I said oh my god

795

00:32:22,760 --> 00:32:19,980

and I'm snorting him crying it hurts so

796

00:32:24,230 --> 00:32:22,770

bad and then he says all right do you

797

00:32:26,270 --> 00:32:24,240

really want some help to move through

798

00:32:28,130 --> 00:32:26,280

this experience I said yes he says

799

00:32:29,990 --> 00:32:28,140

tonight before you go to bed I want you

800

00:32:32,510 --> 00:32:30,000

to sit and meditate and I want you to

801
00:32:35,780 --> 00:32:32,520
call up in your experience all of it

802
00:32:38,330 --> 00:32:35,790
yeah all of it everything that is so bad

803
00:32:40,100 --> 00:32:38,340
about this and allow it to be there the

804
00:32:41,390 --> 00:32:40,110
fact that she might have a new boyfriend

805
00:32:42,860 --> 00:32:41,400
and the fact he might have more money

806
00:32:43,790 --> 00:32:42,870
than you had bigger muscles and all

807
00:32:46,580 --> 00:32:43,800
these things

808
00:32:49,940 --> 00:32:46,590
imagine the intimacy between a boy and I

809
00:32:53,000 --> 00:32:49,950
did and I did this for a week yeah and I

810
00:32:55,400 --> 00:32:53,010
realized after watching the same sitcom

811
00:32:58,820 --> 00:32:55,410
the same drama series on Netflix for a

812
00:33:01,370 --> 00:32:58,830
week I knew the entire script everything

813
00:33:05,330 --> 00:33:01,380

I was gonna play out and some part of me

814

00:33:07,400 --> 00:33:05,340

decided to shift because I just realized

815

00:33:09,620 --> 00:33:07,410

this is likely going on and there was

816

00:33:11,540 --> 00:33:09,630

nothing whatsoever I can do about not

817

00:33:13,790 --> 00:33:11,550

for some people that might throw them

818

00:33:16,610 --> 00:33:13,800

further into the depression spin it

819

00:33:19,190 --> 00:33:16,620

works for me because it brought aha for

820

00:33:20,960 --> 00:33:19,200

me that I was no longer in control when

821

00:33:23,210 --> 00:33:20,970

I sat with it long enough to realize I

822

00:33:26,720 --> 00:33:23,220

am just focusing constantly on the past

823

00:33:28,130 --> 00:33:26,730

and by coming to that realization the

824

00:33:28,790 --> 00:33:28,140

realization is what brought me to the

825

00:33:32,330 --> 00:33:28,800

present moment

826

00:33:35,980 --> 00:33:32,340

yeah and you think another key component

827

00:33:38,660 --> 00:33:35,990

of I can add is you know the ability of

828

00:33:40,580 --> 00:33:38,670

forgiveness and I think that helped a

829

00:33:42,290 --> 00:33:40,590

lot with you know getting out of my

830

00:33:45,920 --> 00:33:42,300

depression but it's not the forgiveness

831

00:33:47,300 --> 00:33:45,930

that you you know apply to other people

832

00:33:49,250 --> 00:33:47,310

it's kind of the forgiveness you give

833

00:33:51,650 --> 00:33:49,260

yourself for being so mean to yourself

834

00:33:53,480 --> 00:33:51,660

for being so hard on yourself and just

835

00:33:54,890 --> 00:33:53,490

you know I mean a lot of things that we

836

00:33:56,810 --> 00:33:54,900

say to ourselves if we were to say to

837

00:33:58,820 --> 00:33:56,820

our friends we wouldn't have not we

838

00:34:00,320 --> 00:33:58,830

wouldn't have any friends period so it's

839

00:34:02,120 --> 00:34:00,330

almost kind of looking in and diving

840

00:34:04,310 --> 00:34:02,130

deep into yourself and being you know I

841

00:34:05,780 --> 00:34:04,320

I'm sorry for treating you this way I'm

842

00:34:08,150 --> 00:34:05,790

sorry for saying all the things I said

843

00:34:10,940 --> 00:34:08,160

to you and now let's kind of work at

844

00:34:13,130 --> 00:34:10,950

kind of you know healing exactly what it

845

00:34:15,590 --> 00:34:13,140

felt like for me because at the time I

846

00:34:17,960 --> 00:34:15,600

will tell you that I was forgiving her

847

00:34:19,129 --> 00:34:17,970

and this I'm letting it go when that

848

00:34:20,899 --> 00:34:19,139

you're blessed so glad you said that

849

00:34:23,389 --> 00:34:20,909

and when the reality of it all was at

850

00:34:26,240 --> 00:34:23,399

that period in my life I was finding it

851
00:34:28,639 --> 00:34:26,250
within myself to be good to me it took a

852
00:34:30,619 --> 00:34:28,649
while but over a period of time I now in

853
00:34:33,950 --> 00:34:30,629
looking back in hindsight it was a

854
00:34:35,809 --> 00:34:33,960
period of me actually beginning to you

855
00:34:37,849 --> 00:34:35,819
know own the truth that I did some

856
00:34:40,490 --> 00:34:37,859
pretty rotten crap here and there as to

857
00:34:42,440 --> 00:34:40,500
why I was responsible for my dynamic in

858
00:34:44,299 --> 00:34:42,450
the engagement of what happened as to

859
00:34:45,889 --> 00:34:44,309
why things led astray and broke up in

860
00:34:52,940 --> 00:34:45,899
the first place but yeah I would totally

861
00:34:54,589 --> 00:34:52,950
agree I got to a place yeah yeah and I

862
00:34:56,839 --> 00:34:54,599
think that's a that's a place to start

863
00:34:58,579 --> 00:34:56,849

in order to forgive others must first

864

00:35:00,500 --> 00:34:58,589

forgive yourself and I think a lot of

865

00:35:01,970 --> 00:35:00,510

people fail to kind of do that or

866

00:35:04,130 --> 00:35:01,980

recognize that's kind of the aspect

867

00:35:06,200 --> 00:35:04,140

that's needed first before anything else

868

00:35:07,880 --> 00:35:06,210

and I think another thing as we kind of

869

00:35:10,250 --> 00:35:07,890

keep on talking about this is you know

870

00:35:11,930 --> 00:35:10,260

to ask yourself the right questions you

871

00:35:14,299 --> 00:35:11,940

know I know people say there's no stupid

872

00:35:16,130 --> 00:35:14,309

questions but I believe there is suffice

873

00:35:18,799 --> 00:35:16,140

that they're like oh Carol why are you

874

00:35:20,480 --> 00:35:18,809

so stupid and and my intuition says

875

00:35:22,220 --> 00:35:20,490

because you are then that's a stupid

876

00:35:24,259 --> 00:35:22,230

question do you have to ask yourself the

877

00:35:26,480 --> 00:35:24,269

right kind of question it's like why do

878

00:35:28,670 --> 00:35:26,490

I feel this just ease in my body and the

879

00:35:30,710 --> 00:35:28,680

words coming from do I need to shift my

880

00:35:32,509 --> 00:35:30,720

perspective do I need to go and kind of

881

00:35:34,130 --> 00:35:32,519

get help do I need to approach somebody

882

00:35:35,779 --> 00:35:34,140

you don't I mean it's like you have to

883

00:35:38,960 --> 00:35:35,789

ask yourself the right questions in

884

00:35:40,309 --> 00:35:38,970

order to get the right answers so and I

885

00:35:42,170 --> 00:35:40,319

think a lot of people just kind of go

886

00:35:43,970 --> 00:35:42,180

blindly and it's everything that

887

00:35:45,289 --> 00:35:43,980

everybody says it's absolute but it's

888

00:35:47,480 --> 00:35:45,299

almost like you have to listen to

889

00:35:49,130 --> 00:35:47,490

yourself and ask the questions you you

890

00:35:51,680 --> 00:35:49,140

really do have all the answers you ever

891

00:35:54,259 --> 00:35:51,690

needed within you but I think people

892

00:35:57,170 --> 00:35:54,269

trust and I think people need to start

893

00:35:57,980 --> 00:35:57,180

trusting themselves from my book the

894

00:36:02,089 --> 00:35:57,990

Divine Principle

895

00:36:05,359 --> 00:36:02,099

it says the quality of so quantity that

896

00:36:09,890 --> 00:36:05,369

you invest in your questioning is what

897

00:36:13,099 --> 00:36:09,900

will swing your mind door open yes it's

898

00:36:16,009 --> 00:36:13,109

the commonality and the question it's

899

00:36:18,140 --> 00:36:16,019

where we come from inside because you

900

00:36:20,019 --> 00:36:18,150

can ask the same question for a year or

901
00:36:23,779 --> 00:36:20,029
you can ask the same question one time

902
00:36:26,779 --> 00:36:23,789
yeah exactly and it's just knowing that

903
00:36:29,150 --> 00:36:26,789
that very moment is almost like a you

904
00:36:31,910 --> 00:36:29,160
know your intuition will tell you and I

905
00:36:33,140 --> 00:36:31,920
think you know in one of your other

906
00:36:37,580 --> 00:36:33,150
shows

907
00:36:39,980 --> 00:36:37,590
we love so you know with people like Oh

908
00:36:41,060 --> 00:36:39,990
God is talking to me like if we put that

909
00:36:43,100 --> 00:36:41,070
mother people think you were kind of

910
00:36:45,260 --> 00:36:43,110
crazy but it's almost like God talks to

911
00:36:48,830 --> 00:36:45,270
everyone and it's like you just have to

912
00:36:50,900 --> 00:36:48,840
be able to sit down and and be in

913
00:36:53,990 --> 00:36:50,910

silence and actually listen you know

914

00:36:56,420 --> 00:36:54,000

because we all are God we all are one

915

00:36:57,290 --> 00:36:56,430

and we are made made an image and

916

00:37:02,510 --> 00:36:57,300

likeness of God

917

00:37:04,070 --> 00:37:02,520

so you know if you're we know that we

918

00:37:06,320 --> 00:37:04,080

come from the image and likeness of God

919

00:37:09,200 --> 00:37:06,330

then we are all gods we are all

920

00:37:12,710 --> 00:37:09,210

garnishes and we need to start embracing

921

00:37:15,650 --> 00:37:12,720

that and not thinking that you're not

922

00:37:18,050 --> 00:37:15,660

enough you are enough Carol your

923

00:37:21,020 --> 00:37:18,060

microphone and your camera is breaking

924

00:37:22,820 --> 00:37:21,030

up pretty pretty good would you I don't

925

00:37:24,350 --> 00:37:22,830

know if we should do this let's just go

926

00:37:26,720 --> 00:37:24,360

a little further so I may have you sign

927

00:37:28,670 --> 00:37:26,730

out and come back in from the chat room

928

00:37:31,340 --> 00:37:28,680

Grogg that's the question what is the

929

00:37:35,960 --> 00:37:31,350

first step to even start the healing

930

00:37:37,730 --> 00:37:35,970

process to better yourself okay do you

931

00:37:38,320 --> 00:37:37,740

want me to get out or can you hear me

932

00:37:40,430 --> 00:37:38,330

now

933

00:37:44,410 --> 00:37:40,440

let's go let's go with what you are

934

00:37:48,200 --> 00:37:46,370

okay so what was the question again

935

00:37:50,060 --> 00:37:48,210

every question is what is the first step

936

00:37:55,100 --> 00:37:50,070

to even start the healing process to

937

00:38:00,920 --> 00:37:55,110

better yourself wow that's a great

938

00:38:03,440 --> 00:38:00,930

question I would just go back to the

939

00:38:06,290 --> 00:38:03,450

forget forgiving yourself and I think

940

00:38:07,910 --> 00:38:06,300

recognizing you know what I mean being

941

00:38:10,010 --> 00:38:07,920

in the state of everything that kind of

942

00:38:11,930 --> 00:38:10,020

happening to your life and just

943

00:38:14,120 --> 00:38:11,940

forgiving or all that stuff that's

944

00:38:16,310 --> 00:38:14,130

happened could be the past we live in

945

00:38:19,700 --> 00:38:16,320

this present moment and tomorrow's never

946

00:38:23,480 --> 00:38:19,710

guaranteed so to bring yourself and then

947

00:38:28,010 --> 00:38:23,490

although self-love I think there's this

948

00:38:30,710 --> 00:38:28,020

kind of stigma of like being selfish you

949

00:38:32,660 --> 00:38:30,720

know by practicing self-love you know by

950

00:38:36,110 --> 00:38:32,670

doing something in the morning that's

951
00:38:38,500 --> 00:38:36,120
specifically for you and people like no

952
00:38:41,840 --> 00:38:38,510
I'm a husband I'm a mother I'm a mom I'm

953
00:38:44,660 --> 00:38:41,850
you know I'm this director I'm a manager

954
00:38:46,820 --> 00:38:44,670
I don't have time first off people don't

955
00:38:49,430 --> 00:38:46,830
realise we practice love it

956
00:38:53,030 --> 00:38:49,440
a bit selfish you know by waking up

957
00:38:55,460 --> 00:38:53,040
earlier to meditate to go to the gym to

958
00:38:58,670 --> 00:38:55,470
you know feed your body with the right

959
00:39:01,280 --> 00:38:58,680
type of food that in itself will allow

960
00:39:05,090 --> 00:39:01,290
you to be a better you know son a better

961
00:39:07,460 --> 00:39:05,100
you know husband a better you know just

962
00:39:09,230 --> 00:39:07,470
a better overall human being and I think

963
00:39:11,300 --> 00:39:09,240

you need to just always dive deep into

964

00:39:13,400 --> 00:39:11,310

yourself make yourself a study as I

965

00:39:15,740 --> 00:39:13,410

mentioned before forgive yourself and

966

00:39:17,780 --> 00:39:15,750

then make yourself an object of study so

967

00:39:20,990 --> 00:39:17,790

you know exactly who you are what you

968

00:39:26,870 --> 00:39:21,000

want and why you're here I've always

969

00:39:29,720 --> 00:39:26,880

said asking say yeah yeah and and and I

970

00:39:31,700 --> 00:39:29,730

just want people to know that you know

971

00:39:33,830 --> 00:39:31,710

with your personal and spiritual

972

00:39:37,550 --> 00:39:33,840

development is not an overnight process

973

00:39:39,920 --> 00:39:37,560

it's something that is some that you

974

00:39:42,770 --> 00:39:39,930

have I believe it's gonna take a

975

00:39:44,870 --> 00:39:42,780

lifetime because we all are work in

976
00:39:47,390 --> 00:39:44,880
progress so we want to continue to get

977
00:39:48,320 --> 00:39:47,400
better each and every day and I just

978
00:39:50,330 --> 00:39:48,330
want to kind of put that out there

979
00:39:54,230 --> 00:39:50,340
because I think you know even with a

980
00:39:56,210 --> 00:39:54,240
personal development industry is kind of

981
00:39:57,590 --> 00:39:56,220
like think positive or like you know

982
00:39:59,900 --> 00:39:57,600
let's take this intensive and be a

983
00:40:01,970 --> 00:39:59,910
change in talent challenged person I

984
00:40:03,440 --> 00:40:01,980
want you to be this this that but no one

985
00:40:07,730 --> 00:40:03,450
actually gives you the particular tools

986
00:40:10,240 --> 00:40:07,740
and progress and your your spiritual and

987
00:40:14,810 --> 00:40:10,250
personal development takes time so don't

988
00:40:16,730 --> 00:40:14,820

don't feel don't feel that it's not

989

00:40:18,950 --> 00:40:16,740

possible is possible well you just have

990

00:40:20,870 --> 00:40:18,960

to be consistent and you need to

991

00:40:22,640 --> 00:40:20,880

schedule time for yourself each day by

992

00:40:25,400 --> 00:40:22,650

practicing self love and forgive

993

00:40:27,290 --> 00:40:25,410

yourself first yes I've always said that

994

00:40:28,340 --> 00:40:27,300

asking such a question Grogg I don't

995

00:40:30,350 --> 00:40:28,350

know if you're just posing this question

996

00:40:32,900 --> 00:40:30,360

just in general or this is a sincere

997

00:40:35,030 --> 00:40:32,910

question for you what is the first step

998

00:40:37,430 --> 00:40:35,040

to start the healing process to better

999

00:40:39,830 --> 00:40:37,440

oneself that question is the halfway

1000

00:40:42,440 --> 00:40:39,840

point no matter what anyone says that

1001
00:40:44,630 --> 00:40:42,450
question is the halfway point because

1002
00:40:47,000 --> 00:40:44,640
nothing gets underway until that very

1003
00:40:49,490 --> 00:40:47,010
question is asked when you ask that

1004
00:40:51,410 --> 00:40:49,500
question you begin to open on you begin

1005
00:40:53,360 --> 00:40:51,420
to open up the kingdom that would live

1006
00:40:54,920 --> 00:40:53,370
right here that Golden Gate begins to

1007
00:40:56,900 --> 00:40:54,930
open because you know you're rapping on

1008
00:40:59,030 --> 00:40:56,910
the Golden Door you're saying like I

1009
00:40:59,660 --> 00:40:59,040
said just a moment ago the quality of

1010
00:41:04,069 --> 00:40:59,670
your

1011
00:41:05,900 --> 00:41:04,079
questions that you pose is what throws

1012
00:41:07,339 --> 00:41:05,910
the door open and lands you into the

1013
00:41:09,289 --> 00:41:07,349

kingdom into the garden into the

1014

00:41:11,750 --> 00:41:09,299

Stargate in the cosmic room whatever you

1015

00:41:14,329 --> 00:41:11,760

want to call the heart space so but the

1016

00:41:14,870 --> 00:41:14,339

process I would think to for anyone of

1017

00:41:16,700 --> 00:41:14,880

course

1018

00:41:19,339 --> 00:41:16,710

it differs from person to person and

1019

00:41:21,200 --> 00:41:19,349

like Carol said it's all about your

1020

00:41:23,089 --> 00:41:21,210

passion and it's all about your

1021

00:41:25,039 --> 00:41:23,099

sincerity we can ask the same question

1022

00:41:26,569 --> 00:41:25,049

over and over and over again and get

1023

00:41:29,569 --> 00:41:26,579

little bites and crumbs that we can

1024

00:41:32,690 --> 00:41:29,579

handle or we can ask it from a very very

1025

00:41:34,370 --> 00:41:32,700

sincere space and the universe will move

1026

00:41:36,020 --> 00:41:34,380

in such a way dear Lord you haven't you

1027

00:41:39,109 --> 00:41:36,030

have no idea what's sharp in your life

1028

00:41:41,410 --> 00:41:39,119

to help you champion the mountain yeah

1029

00:41:51,579 --> 00:41:41,420

really it's really about one's what

1030

00:41:57,140 --> 00:41:55,430

when you achieve that space yeah and I

1031

00:41:59,539 --> 00:41:57,150

definitely agree with you Keith that

1032

00:42:01,670 --> 00:41:59,549

that question is you know an amazing and

1033

00:42:04,730 --> 00:42:01,680

beautiful question and I mean if we look

1034

00:42:07,250 --> 00:42:04,740

at that the sermon of the mount you know

1035

00:42:09,680 --> 00:42:07,260

when they say you know seek and they

1036

00:42:11,569 --> 00:42:09,690

shall find ask and they'll answer and

1037

00:42:13,609 --> 00:42:11,579

then knock the door will be open on to

1038

00:42:16,760 --> 00:42:13,619

you so I think you asking that right

1039

00:42:18,770 --> 00:42:16,770

question then you know not just acting

1040

00:42:21,589 --> 00:42:18,780

it asking it but then kind of taking the

1041

00:42:23,390 --> 00:42:21,599

the actions towards it then divinity

1042

00:42:26,510 --> 00:42:23,400

will kind of unfold and kind of lay

1043

00:42:27,589 --> 00:42:26,520

certain situations people resources you

1044

00:42:29,599 --> 00:42:27,599

know what I mean

1045

00:42:32,120 --> 00:42:29,609

things will just kind of start falling

1046

00:42:34,510 --> 00:42:32,130

onto your path to make you begin that

1047

00:42:36,500 --> 00:42:34,520

healing process and I think there's no

1048

00:42:38,240 --> 00:42:36,510

coincidence that you're actually here on

1049

00:42:40,789 --> 00:42:38,250

this call because I think if there's

1050

00:42:42,650 --> 00:42:40,799

something that we Keith or I said that

1051
00:42:44,359 --> 00:42:42,660
may kind of shift the needle and be able

1052
00:42:46,609 --> 00:42:44,369
to give you that two millimeter shift in

1053
00:42:49,460 --> 00:42:46,619
the right direction then you know I'm

1054
00:42:52,460 --> 00:42:49,470
grateful for anyone out there who might

1055
00:42:55,190 --> 00:42:52,470
be challenged with such things as

1056
00:42:56,660 --> 00:42:55,200
wanting to find your spiritual path so

1057
00:42:58,609 --> 00:42:56,670
you can walk it deliberately and

1058
00:43:00,200 --> 00:42:58,619
consciously and something right now in

1059
00:43:02,510 --> 00:43:00,210
your life has you kicked in the pants or

1060
00:43:04,970 --> 00:43:02,520
your boogered whatever that is I can

1061
00:43:07,640 --> 00:43:04,980
tell you from many upon many years of

1062
00:43:10,099 --> 00:43:07,650
spiritual study and exploration the

1063
00:43:12,400 --> 00:43:10,109

quandary the problem is the monkey mind

1064

00:43:14,200 --> 00:43:12,410

it's the noise in the head

1065

00:43:15,519 --> 00:43:14,210

we know they ain't we know the devil on

1066

00:43:17,079 --> 00:43:15,529

this shoulder is devilish but are we

1067

00:43:18,970 --> 00:43:17,089

absolutely sure the angel on this side

1068

00:43:21,339 --> 00:43:18,980

is not the same devil in disguise it's

1069

00:43:23,890 --> 00:43:21,349

monkey minded incessant rambling noise

1070

00:43:26,380 --> 00:43:23,900

and for anyone out there who is finding

1071

00:43:28,569 --> 00:43:26,390

themselves in noise are not able to

1072

00:43:31,059 --> 00:43:28,579

touch their soul because in the quiet

1073

00:43:32,890 --> 00:43:31,069

ask yourself or just look around in your

1074

00:43:35,380 --> 00:43:32,900

life or maybe just come to terms it or

1075

00:43:37,390 --> 00:43:35,390

get out of denial about how much you may

1076
00:43:39,039 --> 00:43:37,400
be yammering on in your life because the

1077
00:43:40,569 --> 00:43:39,049
more a person begins to Yammer on and

1078
00:43:41,650 --> 00:43:40,579
talk talk talk talk incessant talking

1079
00:43:44,259 --> 00:43:41,660
talking talking talking

1080
00:43:46,599 --> 00:43:44,269
it's only a reflection of the mind which

1081
00:43:49,210 --> 00:43:46,609
stifles the process of being able to

1082
00:43:51,730 --> 00:43:49,220
touch the quietness of the soul so when

1083
00:43:53,349 --> 00:43:51,740
we get out of the noise what if she left

1084
00:43:55,390 --> 00:43:53,359
me and if I only had that and if this

1085
00:43:57,490 --> 00:43:55,400
and that that's all noise we're not

1086
00:43:59,109 --> 00:43:57,500
looking for duality dear Lord we already

1087
00:44:01,120 --> 00:43:59,119
in it we're looking for wholeness but

1088
00:44:04,539 --> 00:44:01,130

we're not looking to fill the hole we're

1089

00:44:07,180 --> 00:44:04,549

looking to feel the whole myth so we can

1090

00:44:09,609 --> 00:44:07,190

be fulfilled and when we follow to that

1091

00:44:11,410 --> 00:44:09,619

space because we got out of our monkey

1092

00:44:13,900 --> 00:44:11,420

mind that wants to tell us how life

1093

00:44:16,749 --> 00:44:13,910

should be what it is what it isn't

1094

00:44:19,569 --> 00:44:16,759

that's just all duality so we find that

1095

00:44:21,640 --> 00:44:19,579

there's no movement in the mind the gate

1096

00:44:23,980 --> 00:44:21,650

again the gate opens up and the healing

1097

00:44:25,749 --> 00:44:23,990

process began it's we're already healed

1098

00:44:27,579 --> 00:44:25,759

it's not like we're not healed

1099

00:44:29,499 --> 00:44:27,589

we just can't become aware of who we are

1100

00:44:32,079 --> 00:44:29,509

at authenticity because of the noise

1101

00:44:33,430 --> 00:44:32,089

it's just distracting yeah and I think

1102

00:44:34,690 --> 00:44:33,440

you mentioned something earlier Keith

1103

00:44:37,660 --> 00:44:34,700

about meditation

1104

00:44:39,819 --> 00:44:37,670

you know meditation again will help with

1105

00:44:41,680 --> 00:44:39,829

that monkey mind and kind of be able to

1106

00:44:43,960 --> 00:44:41,690

kind of calm yourself down and be able

1107

00:44:46,450 --> 00:44:43,970

to settle all that you know calamities

1108

00:44:48,309 --> 00:44:46,460

in your your brain so making meditation

1109

00:44:49,809 --> 00:44:48,319

part of your daily practice and it

1110

00:44:51,549 --> 00:44:49,819

doesn't have to be so severe like you

1111

00:44:53,289 --> 00:44:51,559

can start off with 10 to 15 minutes a

1112

00:44:54,910 --> 00:44:53,299

day and that's really all that's needed

1113

00:44:57,339 --> 00:44:54,920

but I think the important thing is to

1114

00:44:58,779 --> 00:44:57,349

kind of get it into a practice and you

1115

00:45:02,259 --> 00:44:58,789

know spend time with yourself and really

1116

00:45:04,240 --> 00:45:02,269

listen to your thoughts you know from

1117

00:45:04,720 --> 00:45:04,250

the chat room Gabe asked a question hi

1118

00:45:06,880 --> 00:45:04,730

Carol

1119

00:45:08,950 --> 00:45:06,890

how about teenagers who go through this

1120

00:45:10,809 --> 00:45:08,960

don't they have a harder time to come

1121

00:45:17,859 --> 00:45:10,819

around because they are not emotionally

1122

00:45:20,769 --> 00:45:17,869

mature yet today I honestly believe it

1123

00:45:23,470 --> 00:45:20,779

doesn't matter what age you're at I

1124

00:45:25,029 --> 00:45:23,480

think if you even have an inkling that

1125

00:45:27,579 --> 00:45:25,039

something is

1126

00:45:28,839 --> 00:45:27,589

off-kilter or not in alignment that's

1127

00:45:32,170 --> 00:45:28,849

something that you have to kind of

1128

00:45:34,420 --> 00:45:32,180

explore and I think you know with being

1129

00:45:36,249 --> 00:45:34,430

able to invest in yourself through kind

1130

00:45:37,930 --> 00:45:36,259

of personal development or yours you

1131

00:45:39,999 --> 00:45:37,940

know your spiritual development start

1132

00:45:45,069 --> 00:45:40,009

asking the questions or maybe pick up a

1133

00:45:46,569 --> 00:45:45,079

certain book to read or kind of go you

1134

00:45:48,309 --> 00:45:46,579

know just dive in deeply into yourself

1135

00:45:51,130 --> 00:45:48,319

because I believe what I said earlier

1136

00:45:53,859 --> 00:45:51,140

you have the the answers to whatever

1137

00:45:56,469 --> 00:45:53,869

situation is going on in your life and I

1138

00:45:57,699 --> 00:45:56,479

think the very moment that I applaud you

1139

00:45:59,319 --> 00:45:57,709

for that because I think even you

1140

00:46:01,329 --> 00:45:59,329

recognizing that there's some kind of

1141

00:46:03,190 --> 00:46:01,339

imbalance or inconsistency or

1142

00:46:05,799 --> 00:46:03,200

disalignment you're already halfway

1143

00:46:07,509 --> 00:46:05,809

there so now intuitively you know okay I

1144

00:46:11,170 --> 00:46:07,519

know there's some issue that I'm going

1145

00:46:12,880 --> 00:46:11,180

through now what can i if you ask feared

1146

00:46:15,940 --> 00:46:12,890

or sit in silence and meditation it's

1147

00:46:18,130 --> 00:46:15,950

like what can I do to help me on the

1148

00:46:20,620 --> 00:46:18,140

right path to start rectifying the

1149

00:46:22,870 --> 00:46:20,630

situation and I think when you sit down

1150

00:46:23,920 --> 00:46:22,880

and ask yourself that question certain

1151
00:46:26,109 --> 00:46:23,930
things are going to come to the surface

1152
00:46:29,049 --> 00:46:26,119
and allow you to give you that plan of

1153
00:46:31,059 --> 00:46:29,059
action and if you feel that you know

1154
00:46:33,699 --> 00:46:31,069
whatever comes up you need assistance or

1155
00:46:35,589 --> 00:46:33,709
help with you reach out and don't ever

1156
00:46:37,900 --> 00:46:35,599
feel that you're alone like I think you

1157
00:46:40,449 --> 00:46:37,910
can even reach out to me and you know

1158
00:46:42,609 --> 00:46:40,459
I'll be glad to help and same here and

1159
00:46:44,769 --> 00:46:42,619
always know that spirituality your

1160
00:46:47,739 --> 00:46:44,779
spiritual path to become expanded

1161
00:46:49,989 --> 00:46:47,749
tribute to move into your soul to move

1162
00:46:52,630 --> 00:46:49,999
into your essence trust me when I tell

1163
00:46:53,949 --> 00:46:52,640

you it's more easy than it is difficult

1164

00:46:56,259 --> 00:46:53,959

if you're trying too hard you are

1165

00:46:59,049 --> 00:46:56,269

overshooting your objective and you're

1166

00:47:01,059 --> 00:46:59,059

gonna miss every time it's more simple

1167

00:47:03,609 --> 00:47:01,069

than it is difficult God is simple

1168

00:47:06,489 --> 00:47:03,619

everything is simply not only laid out

1169

00:47:09,549 --> 00:47:06,499

it's simply laid in and so when we

1170

00:47:11,349 --> 00:47:09,559

simply lay into ourselves it simply just

1171

00:47:14,469 --> 00:47:11,359

happens so if we go at it with this

1172

00:47:16,630 --> 00:47:14,479

arduous task kind of mentality it's only

1173

00:47:18,370 --> 00:47:16,640

gonna begin to become this arduous task

1174

00:47:19,689 --> 00:47:18,380

and we can never get up the Mount cuz

1175

00:47:22,689 --> 00:47:19,699

every two steps we take we slide back

1176

00:47:25,989 --> 00:47:22,699

down mm-hmm and another thing I do want

1177

00:47:28,420 --> 00:47:25,999

to point out too is that be careful who

1178

00:47:30,489 --> 00:47:28,430

you surround yourself with and I think

1179

00:47:32,589 --> 00:47:30,499

you know they say that you are the

1180

00:47:35,499 --> 00:47:32,599

average of the five people you spend all

1181

00:47:38,060 --> 00:47:35,509

your time with so I think in your you

1182

00:47:39,350 --> 00:47:38,070

know your your early adolescence

1183

00:47:41,270 --> 00:47:39,360

you have to make sure who you're

1184

00:47:44,150 --> 00:47:41,280

surrounding yourself kind of lift you up

1185

00:47:45,980 --> 00:47:44,160

rather than tear you down you know what

1186

00:47:47,900 --> 00:47:45,990

I mean you also you had need to have

1187

00:47:51,980 --> 00:47:47,910

that supportive environment because if

1188

00:47:54,080 --> 00:47:51,990

you are not mentally strong or yet then

1189

00:47:55,490 --> 00:47:54,090

you can be easily swayed and it will

1190

00:47:57,050 --> 00:47:55,500

take you off your past because it seems

1191

00:47:59,180 --> 00:47:57,060

like you're you're we're already aware

1192

00:48:01,280 --> 00:47:59,190

that most people are to be asking that

1193

00:48:03,470 --> 00:48:01,290

particular question so be mindful of

1194

00:48:05,600 --> 00:48:03,480

that as well and the thing is another

1195

00:48:08,690 --> 00:48:05,610

thing is is that if you continually

1196

00:48:10,520 --> 00:48:08,700

watch garbage you know news and all

1197

00:48:13,220 --> 00:48:10,530

these different kind of things then

1198

00:48:14,810 --> 00:48:13,230

you're gonna speak garbage and soon

1199

00:48:16,730 --> 00:48:14,820

enough you're gonna start to stink so

1200

00:48:18,110 --> 00:48:16,740

just make sure you stand guard in the

1201

00:48:20,240 --> 00:48:18,120

doors of your mind

1202

00:48:22,280 --> 00:48:20,250

of what you kind of take in and I think

1203

00:48:24,230 --> 00:48:22,290

that will help a lot you have to kind of

1204

00:48:26,510 --> 00:48:24,240

immerse yourself and study in yourself

1205

00:48:28,130 --> 00:48:26,520

and then kind of take certain things to

1206

00:48:30,650 --> 00:48:28,140

grow yourself personally and spiritually

1207

00:48:33,800 --> 00:48:30,660

and in the studying of itself it doesn't

1208

00:48:36,190 --> 00:48:33,810

require judgment it just truly it really

1209

00:48:38,930 --> 00:48:36,200

requires to take your issue that you are

1210

00:48:41,030 --> 00:48:38,940

looking to transform you let's use that

1211

00:48:44,030 --> 00:48:41,040

word not change it trance me just to

1212

00:48:45,560 --> 00:48:44,040

have the capacity and the ability to put

1213

00:48:47,380 --> 00:48:45,570

it in your hands and to molding it to

1214

00:48:50,420 --> 00:48:47,390

something else and when you look at it

1215

00:48:52,550 --> 00:48:50,430

just look at it honestly back off from

1216

00:48:53,810 --> 00:48:52,560

it it's not who you are it's just

1217

00:48:55,760 --> 00:48:53,820

something I've been wrestling with

1218

00:48:57,410 --> 00:48:55,770

whoever you are and it's just something

1219

00:48:58,940 --> 00:48:57,420

you've just been playing with I've just

1220

00:49:00,710 --> 00:48:58,950

been playing with this when you try to

1221

00:49:02,390 --> 00:49:00,720

just simply look at it tell it you love

1222

00:49:03,950 --> 00:49:02,400

it kiss it and put it down and say good

1223

00:49:06,200 --> 00:49:03,960

mind and move on to something else so

1224

00:49:08,690 --> 00:49:06,210

been looking at an issue if you oh my

1225

00:49:10,300 --> 00:49:08,700

god am I have I been doing this thing

1226

00:49:13,220 --> 00:49:10,310

and you start compounding the problem

1227

00:49:15,890 --> 00:49:13,230

again spirituality spiritual development

1228

00:49:18,980 --> 00:49:15,900

is more easy than it is difficult it's

1229

00:49:20,720 --> 00:49:18,990

getting out of the fight yes and that's

1230

00:49:22,760 --> 00:49:20,730

amazing that you said that Keith because

1231

00:49:25,640 --> 00:49:22,770

you talked about it in your documentary

1232

00:49:27,650 --> 00:49:25,650

too about like the ego so it's whenever

1233

00:49:30,170 --> 00:49:27,660

you are wanting to kind of change and

1234

00:49:32,570 --> 00:49:30,180

grow maybe take a quantum leap in your

1235

00:49:34,130 --> 00:49:32,580

own development the ego is gonna want to

1236

00:49:36,830 --> 00:49:34,140

be there to kind of hold you down it

1237

00:49:39,260 --> 00:49:36,840

doesn't want you to kind of it wants to

1238

00:49:41,060 --> 00:49:39,270

you to be its slave so whenever you try

1239

00:49:43,010 --> 00:49:41,070

to kind of rise up and try to you know

1240

00:49:44,630 --> 00:49:43,020

raise your standard lift the bar it's

1241

00:49:46,400 --> 00:49:44,640

gonna kind of do things to want to pull

1242

00:49:48,620 --> 00:49:46,410

you back down and you have to be able to

1243

00:49:51,650 --> 00:49:48,630

recognize that you know and there are

1244

00:49:51,890 --> 00:49:51,660

certain feelings uh or thoughts that we

1245

00:49:53,000 --> 00:49:51,900

go

1246

00:49:55,720 --> 00:49:53,010

through and I think I was having a

1247

00:49:58,220 --> 00:49:55,730

conversation with with the movement the

1248

00:49:59,930 --> 00:49:58,230

wake the ffs movement last week and

1249

00:50:01,549 --> 00:49:59,940

we're talking about you know the

1250

00:50:04,789 --> 00:50:01,559

thoughts that come in a lot of people

1251
00:50:06,440 --> 00:50:04,799
have become very sensitive and as a

1252
00:50:08,029 --> 00:50:06,450
result of everybody being sensitive

1253
00:50:11,960 --> 00:50:08,039
they're they're kind of scared to kind

1254
00:50:13,700 --> 00:50:11,970
of speak their truth and and fear of

1255
00:50:15,079 --> 00:50:13,710
hurting other people but it's almost

1256
00:50:17,660 --> 00:50:15,089
like you need to kind of speak your

1257
00:50:19,789 --> 00:50:17,670
truth and also if there are certain

1258
00:50:21,349 --> 00:50:19,799
things that are come up up in your and

1259
00:50:24,019 --> 00:50:21,359
your thought process like oh my god I

1260
00:50:26,569 --> 00:50:24,029
feel kind of jealous I feel envious you

1261
00:50:28,670 --> 00:50:26,579
know of that in certain individual I if

1262
00:50:30,490 --> 00:50:28,680
not actually you it's all the kind of

1263
00:50:33,370 --> 00:50:30,500

thoughts and everything that you've been

1264

00:50:36,289 --> 00:50:33,380

funded through and allowed yourself to

1265

00:50:37,910 --> 00:50:36,299

absorb through social media and again

1266

00:50:40,099 --> 00:50:37,920

it's a part of the the whole Eagle

1267

00:50:42,170 --> 00:50:40,109

process so that's not really you and and

1268

00:50:43,970 --> 00:50:42,180

if they're you kind of have certain

1269

00:50:45,890 --> 00:50:43,980

things that bring that up all the time

1270

00:50:48,049 --> 00:50:45,900

it's almost like okay well if I keep on

1271

00:50:49,519 --> 00:50:48,059

comparing myself to others why

1272

00:50:52,099 --> 00:50:49,529

maybe there's something lacking in me

1273

00:50:54,500 --> 00:50:52,109

that I need to develop so again it's

1274

00:50:57,500 --> 00:50:54,510

always kind of diving deeper into your

1275

00:50:59,299 --> 00:50:57,510

inner being and and to kind of bubble

1276
00:51:00,440 --> 00:50:59,309
those things up and another important

1277
00:51:02,450 --> 00:51:00,450
thing that I'd like to say it like if

1278
00:51:06,440 --> 00:51:02,460
there's since a lot of people are afraid

1279
00:51:08,420 --> 00:51:06,450
to kind of express what is repress then

1280
00:51:10,130 --> 00:51:08,430
they kind of keep themselves imprisoned

1281
00:51:11,870 --> 00:51:10,140
and I think if there's anything that you

1282
00:51:13,549 --> 00:51:11,880
guys are going through and struggle like

1283
00:51:16,069 --> 00:51:13,559
when I just kind of shared being

1284
00:51:17,990 --> 00:51:16,079
arrested and charged and thrown in jail

1285
00:51:20,150 --> 00:51:18,000
with all these certain things is that

1286
00:51:22,819 --> 00:51:20,160
the fact that I've talked about it so

1287
00:51:26,210 --> 00:51:22,829
many times that I allowed the power to

1288
00:51:27,769 --> 00:51:26,220

be the power over me to be less so the

1289

00:51:30,380 --> 00:51:27,779

more you're able to express what's

1290

00:51:32,450 --> 00:51:30,390

repress then that won't have that strong

1291

00:51:34,819 --> 00:51:32,460

ahold of you so you just make sure you

1292

00:51:36,349 --> 00:51:34,829

kind of keep on talking about it so when

1293

00:51:38,779 --> 00:51:36,359

I get what I heard you saying Carroll

1294

00:51:41,539 --> 00:51:38,789

said differently is the ego is the

1295

00:51:45,920 --> 00:51:41,549

thoughts we have about ourselves in the

1296

00:51:48,950 --> 00:51:45,930

outside world and so Sadhguru says all

1297

00:51:51,470 --> 00:51:48,960

our thoughts are was accumulated data

1298

00:51:53,210 --> 00:51:51,480

yes about the past it's accumulated data

1299

00:51:54,859 --> 00:51:53,220

and we apply that to ourselves into the

1300

00:51:56,450 --> 00:51:54,869

rest of the world no matter the

1301

00:51:58,370 --> 00:51:56,460

spiritual aspirant no matter what

1302

00:52:00,890 --> 00:51:58,380

spiritual path you walk no matter what

1303

00:52:02,329 --> 00:52:00,900

day it do you follow here's a spiritual

1304

00:52:04,339 --> 00:52:02,339

path and there's no way out of it

1305

00:52:05,660 --> 00:52:04,349

the spiritual path to development and

1306

00:52:07,880 --> 00:52:05,670

expansion is you

1307

00:52:10,940 --> 00:52:07,890

we can see God as being of absolute love

1308

00:52:12,620 --> 00:52:10,950

then this spiritual path is when we

1309

00:52:15,049 --> 00:52:12,630

develop the level of love within

1310

00:52:18,470 --> 00:52:15,059

ourselves to the level that God is

1311

00:52:20,269 --> 00:52:18,480

that's it mm-hmm then the marriage the

1312

00:52:22,460 --> 00:52:20,279

unity between ourselves and divine

1313

00:52:24,769 --> 00:52:22,470

parent happens in the explosion of light

1314

00:52:26,539 --> 00:52:24,779

that happens within you and it's truly

1315

00:52:28,910 --> 00:52:26,549

again it goes back to the simplicity of

1316

00:52:31,069 --> 00:52:28,920

what I said it's more simple than it is

1317

00:52:32,720 --> 00:52:31,079

difficult so if God is loved in the

1318

00:52:34,789 --> 00:52:32,730

spiritual path think any aspirin is

1319

00:52:37,069 --> 00:52:34,799

about develop developing ourselves to

1320

00:52:39,140 --> 00:52:37,079

the level that God is and it's about

1321

00:52:41,299 --> 00:52:39,150

loving self loving self loving self and

1322

00:52:42,740 --> 00:52:41,309

doors open doors open doors open people

1323

00:52:44,480 --> 00:52:42,750

who no longer serve you leave your life

1324

00:52:47,269 --> 00:52:44,490

people announcer you come into your life

1325

00:52:49,730 --> 00:52:47,279

and now together with all this unifying

1326
00:52:51,980 --> 00:52:49,740
conscious power everybody's life goes

1327
00:52:53,559 --> 00:52:51,990
out with a huge explosion of light and

1328
00:52:56,450 --> 00:52:53,569
bang and support of each other and

1329
00:52:58,880 --> 00:52:56,460
whatever comes up for the highest good

1330
00:53:00,980 --> 00:52:58,890
for everybody involved yeah and I think

1331
00:53:03,019 --> 00:53:00,990
you know we just need to keep on raising

1332
00:53:05,269 --> 00:53:03,029
our awareness about ourselves and our

1333
00:53:07,910 --> 00:53:05,279
environment and the people and just be

1334
00:53:09,620 --> 00:53:07,920
constantly able to kind of monitor like

1335
00:53:11,299 --> 00:53:09,630
how we're feeling and you know if

1336
00:53:13,519 --> 00:53:11,309
certain people like you said are not

1337
00:53:15,140 --> 00:53:13,529
serving us and you know they're bringing

1338
00:53:16,700 --> 00:53:15,150

us down you need to kind of eliminate

1339

00:53:19,339 --> 00:53:16,710

those people from your lives

1340

00:53:20,630 --> 00:53:19,349

so that's universe there you know

1341

00:53:23,539 --> 00:53:20,640

divinity can bring in the right people

1342

00:53:26,390 --> 00:53:23,549

on your path you know and and I think

1343

00:53:28,460 --> 00:53:26,400

what you in life you get what you

1344

00:53:30,230 --> 00:53:28,470

tolerate so if you tolerate a lot of

1345

00:53:31,849 --> 00:53:30,240

people being mean to you all the time

1346

00:53:33,380 --> 00:53:31,859

taking advantage of you all the time

1347

00:53:35,390 --> 00:53:33,390

then you're gonna keep on getting those

1348

00:53:37,160 --> 00:53:35,400

those you're keep you're gonna keep on

1349

00:53:39,319 --> 00:53:37,170

attracting those particular individuals

1350

00:53:41,779 --> 00:53:39,329

in your life so in order to do that you

1351

00:53:44,660 --> 00:53:41,789

need to flip the script and start kind

1352

00:53:46,339 --> 00:53:44,670

of empowering yourself and having

1353

00:53:47,809 --> 00:53:46,349

self-worth and knowing that you're

1354

00:53:50,839 --> 00:53:47,819

enough that you don't need to tolerate

1355

00:53:52,339 --> 00:53:50,849

those type of people you know Karen will

1356

00:53:53,660 --> 00:53:52,349

you slowly surely at the top of the hour

1357

00:53:55,160 --> 00:53:53,670

would you leave us with a final thought

1358

00:53:56,480 --> 00:53:55,170

dear I really enjoyed your presence here

1359

00:54:00,740 --> 00:53:56,490

today okay

1360

00:54:03,230 --> 00:54:00,750

my final thought is you know just to

1361

00:54:07,249 --> 00:54:03,240

I'll just say it you just need to wake

1362

00:54:10,099 --> 00:54:07,259

the [h__\h] up the time is now and belief

1363

00:54:14,960 --> 00:54:10,109

is king so what I mean by that is that

1364

00:54:17,029 --> 00:54:14,970

you need to invest in yourself and bet

1365

00:54:19,010 --> 00:54:17,039

on yourself in this life because you are

1366

00:54:22,190 --> 00:54:19,020

the only one that really matters

1367

00:54:24,650 --> 00:54:22,200

and and no one else don't let the

1368

00:54:26,930 --> 00:54:24,660

external world can I be louder than your

1369

00:54:29,660 --> 00:54:26,940

internal being so develop yourself look

1370

00:54:31,310 --> 00:54:29,670

within and you'll be unstoppable you

1371

00:54:32,990 --> 00:54:31,320

know I like what you said it's really

1372

00:54:35,210 --> 00:54:33,000

that it's it's that way for me

1373

00:54:38,410 --> 00:54:35,220

if we invest in ourselves let's use the

1374

00:54:41,360 --> 00:54:38,420

metaphor of money we invest in ourselves

1375

00:54:44,090 --> 00:54:41,370

then I appreciation level goes up and

1376

00:54:46,880 --> 00:54:44,100

now we have value and now we worth

1377

00:54:49,880 --> 00:54:46,890

something because we really are in a

1378

00:54:52,880 --> 00:54:49,890

current we're in a universal current and

1379

00:54:57,080 --> 00:54:52,890

money is considered currency so we can

1380

00:54:58,640 --> 00:54:57,090

get into that Universal current see what

1381

00:55:00,320 --> 00:54:58,650

begins to happen you are in the flow

1382

00:55:02,150 --> 00:55:00,330

because you're appreciating yourself

1383

00:55:04,580 --> 00:55:02,160

there we go back to appreciation we

1384

00:55:06,860 --> 00:55:04,590

begin to see our value and we expand and

1385

00:55:09,170 --> 00:55:06,870

we see our value expand and the outside

1386

00:55:11,780 --> 00:55:09,180

world begins to validate to us where we

1387

00:55:14,180 --> 00:55:11,790

are in our spiritual growth because you

1388

00:55:14,870 --> 00:55:14,190

know it will dictate you to you exactly

1389

00:55:20,480 --> 00:55:14,880

where you are

1390

00:55:22,970 --> 00:55:20,490

yes exactly and remember all life is too

1391

00:55:25,010 --> 00:55:22,980

short tomorrow's never guaranteed so be

1392

00:55:27,770 --> 00:55:25,020

present in the moment and do what you

1393

00:55:30,650 --> 00:55:27,780

love and what you know do what you love

1394

00:55:33,440 --> 00:55:30,660

and treat opal with love kindness and

1395

00:55:37,490 --> 00:55:33,450

compassion yes Carol thank you very much

1396

00:55:40,160 --> 00:55:37,500

everyone Carol thank you so much yes yes

1397

00:55:44,690 --> 00:55:40,170

benayah and you can find it at CA or oh

1398

00:55:46,940 --> 00:55:44,700

L ba na y ou s com I'll be in touch with

1399

00:55:49,580 --> 00:55:46,950

you soon wonderful wonderful job thank

1400

00:55:51,050 --> 00:55:49,590

you everyone that's watching uh what a

1401
00:55:52,970 --> 00:55:51,060
phenomenal she'll really enjoy my time

1402
00:55:54,560 --> 00:55:52,980
with this pretty lady next week on

1403
00:55:56,780 --> 00:55:54,570
sooner of light radio my guess is gonna

1404
00:55:59,570 --> 00:55:56,790
be Michael moon who came highly

1405
00:56:02,540 --> 00:55:59,580
recommended by Jason quit V Jason quit

1406
00:56:06,080 --> 00:56:02,550
time traveler Jason quit

1407
00:56:07,610 --> 00:56:06,090
she Kong healer Jason quit jaesik was

1408
00:56:09,050 --> 00:56:07,620
just a really cool dude he plays in the

1409
00:56:10,850 --> 00:56:09,060
arena all over the world and people just

1410
00:56:12,200 --> 00:56:10,860
really flock to him so next week on

1411
00:56:13,580 --> 00:56:12,210
center of light radio mr. Michael moon

1412
00:56:16,100 --> 00:56:13,590
we're gonna be talking about his

1413
00:56:17,960 --> 00:56:16,110

original music chicken but in that field

1414

00:56:21,260 --> 00:56:17,970

but he also comes with a really really

1415

00:56:23,240 --> 00:56:21,270

powerful spiritual punch and also March

1416

00:56:24,980 --> 00:56:23,250

11th for those who are in Memphis

1417

00:56:28,670 --> 00:56:24,990

Tennessee or the area nearby if you're

1418

00:56:30,680 --> 00:56:28,680

not on road trip is always fun March

1419

00:56:31,370 --> 00:56:30,690

11th 5 p.m. at Unity Church on Walnut

1420

00:56:33,140 --> 00:56:31,380

Grove

1421

00:56:35,809 --> 00:56:33,150

road cordova tennessee i'm going to be

1422

00:56:36,620 --> 00:56:35,819

doing my first presentation publicly in

1423

00:56:38,569 --> 00:56:36,630

a long time

1424

00:56:40,249 --> 00:56:38,579

radical transformation I'm gonna go

1425

00:56:41,960 --> 00:56:40,259

inside of you and open you up and even

1426
00:56:43,749 --> 00:56:41,970
the glimpse to soul may begin idea what

1427
00:56:46,490 --> 00:56:43,759
that's like

1428
00:56:51,410 --> 00:56:46,500
where does your memory come from no

1429
00:56:58,609 --> 00:56:51,420
Nancy is where is your memory story the

1430
00:57:00,920 --> 00:56:58,619
brain mind or the soul so if you would

1431
00:57:02,180 --> 00:57:00,930
think of a beautiful memory you have of

1432
00:57:03,650 --> 00:57:02,190
a loved one or whatever it's just

1433
00:57:07,700 --> 00:57:03,660
something beautiful think about

1434
00:57:09,529 --> 00:57:07,710
something we remember something you have

1435
00:57:12,710 --> 00:57:09,539
just touched your soul it's not spring

1436
00:57:15,829 --> 00:57:12,720
it's not your money your memories of the

1437
00:57:17,360 --> 00:57:15,839
wisdom of your life that is our school

1438
00:57:19,640 --> 00:57:17,370

in the library

1439

00:57:21,980 --> 00:57:19,650

that's how easy it is to be in

1440

00:57:23,510 --> 00:57:21,990

conversation with the soil and you come

1441

00:57:24,890 --> 00:57:23,520

to this presentation I'll give you a few

1442

00:57:27,710 --> 00:57:24,900

other ways you can state and that

1443

00:57:29,750 --> 00:57:27,720

constant commune with your divine parent

1444

00:57:31,400 --> 00:57:29,760

and once you get the grasp of this

1445

00:57:34,340 --> 00:57:31,410

larger picture that I've been trained in

1446

00:57:36,470 --> 00:57:34,350

through this presentation you will be

1447

00:57:37,970 --> 00:57:36,480

radically transformed I look forward to

1448

00:57:39,950 --> 00:57:37,980

seeing you next week sinner of light

1449

00:57:41,810 --> 00:57:39,960

radio files off every Monday night 6

1450

00:57:45,230 --> 00:57:41,820

p.m. Eastern Time my name is cute

