

CENTER OF LIGHT
FOUNDATION
~ Fire • Clarity • Action ~



ॐ नमो भगवते वासुदेवाय



"The Sweet Spot"

1
00:01:07,200 --> 00:01:16,210
so

2
00:01:16,220 --> 00:01:59,590
[Music]

3
00:02:23,180 --> 00:02:11,110
so

4
00:02:23,190 --> 00:02:33,110
[Music]

5
00:02:36,550 --> 00:02:35,030
welcome to center of light

6
00:02:37,670 --> 00:02:36,560
foundation

7
00:02:40,150 --> 00:02:37,680
janava

8
00:02:42,790 --> 00:02:40,160
big things are a foot

9
00:02:45,509 --> 00:02:42,800
actually they're a foot long

10
00:02:48,830 --> 00:02:45,519
ah tonight

11
00:02:53,910 --> 00:02:52,229
dimensions and dimensions

12
00:02:55,670 --> 00:02:53,920
dimensions as in

13
00:02:56,949 --> 00:02:55,680

breadth

14

00:02:59,670 --> 00:02:56,959

with

15

00:03:05,750 --> 00:03:02,470

space

16

00:03:06,710 --> 00:03:05,760

but we're also going to be speaking

17

00:03:09,670 --> 00:03:06,720

about

18

00:03:14,550 --> 00:03:09,680

spiritual levels

19

00:03:14,560 --> 00:03:20,070

to shift us into a space

20

00:03:23,110 --> 00:03:21,830

dimensions

21

00:03:36,680 --> 00:03:23,120

welcome the center of light be right

22

00:03:36,690 --> 00:03:43,190

[Music]

23

00:03:43,200 --> 00:04:03,509

um

24

00:05:04,629 --> 00:04:34,629

hmm

25

00:05:04,639 --> 00:05:10,070

welcome to center of light

26

00:05:13,909 --> 00:05:11,990

foundation

27

00:05:15,270 --> 00:05:13,919

everything's backwards it's good to see

28

00:05:17,430 --> 00:05:15,280

you tonight

29

00:05:19,310 --> 00:05:17,440

on center of

30

00:05:22,710 --> 00:05:19,320

light

31

00:05:26,870 --> 00:05:24,550

we'll do a couple things and get settled

32

00:05:28,710 --> 00:05:26,880

in welcome everyone

33

00:05:30,950 --> 00:05:28,720

as i was saying just a little bit ago

34

00:05:32,950 --> 00:05:30,960

lots of things on the horizon for center

35

00:05:34,850 --> 00:05:32,960

of light

36

00:05:37,590 --> 00:05:34,860

what would that be

37

00:05:39,029 --> 00:05:37,600

[Music]

38

00:05:40,550 --> 00:05:39,039

you

39

00:05:41,749 --> 00:05:40,560

me

40

00:05:45,510 --> 00:05:41,759

we

41

00:05:51,110 --> 00:05:48,310

the fire is growing

42

00:05:52,870 --> 00:05:51,120

are you burning holy hell fire

43

00:05:55,830 --> 00:05:52,880

are you burning in the

44

00:05:58,390 --> 00:05:55,840

fires of purification

45

00:06:00,710 --> 00:05:58,400

simple question

46

00:06:02,710 --> 00:06:00,720

i say that for me i need to hear myself

47

00:06:04,870 --> 00:06:02,720

say that

48

00:06:08,309 --> 00:06:04,880

hello everyone i love acknowledging

49

00:06:12,950 --> 00:06:08,319

everyone it is my heart

50

00:06:16,790 --> 00:06:15,510

luis mati

51
00:06:19,510 --> 00:06:16,800
reina

52
00:06:22,790 --> 00:06:19,520
soma dr katie come marriage

53
00:06:25,510 --> 00:06:22,800
ted adana shawna hello shauna

54
00:06:28,660 --> 00:06:25,520
call up my friend our friend uh

55
00:06:30,309 --> 00:06:28,670
shauna call up jason get him on the horn

56
00:06:31,590 --> 00:06:30,319
[Music]

57
00:06:32,830 --> 00:06:31,600
so lots of things are happening for

58
00:06:35,590 --> 00:06:32,840
center

59
00:06:37,270 --> 00:06:35,600
flight um something recently manifested

60
00:06:40,070 --> 00:06:37,280
that i'm really grateful for dr katy

61
00:06:44,230 --> 00:06:40,080
kimmer and i um we have other things in

62
00:06:46,309 --> 00:06:44,240
the works lots of lots of ideas

63
00:06:47,749 --> 00:06:46,319

but we're looking for the sweet spot and

64

00:06:50,230 --> 00:06:47,759

i'm going to find

65

00:06:52,950 --> 00:06:50,240

dr katie camara is gonna find it we're

66

00:06:54,790 --> 00:06:52,960

all going to find it

67

00:06:57,350 --> 00:06:54,800

with it with a little help from my

68

00:07:02,790 --> 00:06:57,360

friends i get by a little help from my

69

00:07:02,800 --> 00:07:08,790

i want somebody to love

70

00:07:14,629 --> 00:07:10,230

i love having fun

71

00:07:16,390 --> 00:07:14,639

it is the requisite of my life

72

00:07:18,230 --> 00:07:16,400

center of light as i said before we get

73

00:07:21,350 --> 00:07:18,240

down to the thick of this

74

00:07:23,430 --> 00:07:21,360

dynamite presentation

75

00:07:26,950 --> 00:07:23,440

hello damage

76

00:07:31,749 --> 00:07:30,309

i got two screens so forgive me

77

00:07:35,029 --> 00:07:31,759

um

78

00:07:36,790 --> 00:07:35,039

center of light

79

00:07:39,110 --> 00:07:36,800

is getting

80

00:07:41,189 --> 00:07:39,120

very well recognized by other people

81

00:07:43,350 --> 00:07:41,199

please jump on board donate to center of

82

00:07:45,029 --> 00:07:43,360

light how you can

83

00:07:48,150 --> 00:07:45,039

monetarily

84

00:07:49,830 --> 00:07:48,160

sharing caring prayering

85

00:07:51,670 --> 00:07:49,840

however you do it

86

00:07:56,550 --> 00:07:51,680

it's our platform i'm just the guy that

87

00:08:02,030 --> 00:08:00,950

thank you uh tonight is center of light

88

00:08:03,670 --> 00:08:02,040

breath

89

00:08:04,869 --> 00:08:03,680

[Music]

90

00:08:05,990 --> 00:08:04,879

as in

91

00:08:08,790 --> 00:08:06,000

with

92

00:08:11,029 --> 00:08:08,800

stretch that sucker stretch it over hold

93

00:08:14,230 --> 00:08:11,039

it open hold open gate

94

00:08:16,869 --> 00:08:14,240

how do we do that i'll show you

95

00:08:22,869 --> 00:08:19,670

but breath be like bread i didn't know

96

00:08:25,029 --> 00:08:22,879

that it just hit me what is bread

97

00:08:26,390 --> 00:08:25,039

manna it's food it's the

98

00:08:28,790 --> 00:08:26,400

scriptural

99

00:08:30,390 --> 00:08:28,800

food and probably most scripture they

100

00:08:32,790 --> 00:08:30,400

talk about breaking bread or eating

101

00:08:35,829 --> 00:08:32,800

bread the bread of life

102

00:08:39,350 --> 00:08:37,509

so the breath

103

00:08:41,190 --> 00:08:39,360

center of like breath tonight is not

104

00:08:47,030 --> 00:08:41,200

breath as in

105

00:08:50,230 --> 00:08:47,040

and it's b-r-e-a-d bread t-h breath

106

00:08:51,590 --> 00:08:50,240

[Music]

107

00:08:56,470 --> 00:08:51,600

the sweet spot

108

00:08:59,509 --> 00:08:56,480

[Music]

109

00:09:01,990 --> 00:08:59,519

you can call it your erogenous zone

110

00:09:05,030 --> 00:09:02,000

it's applicable it's a sweet spot

111

00:09:07,509 --> 00:09:05,040

some call it another spot g-spot

112

00:09:09,990 --> 00:09:07,519

and some say that's the spot

113

00:09:12,790 --> 00:09:10,000

well that's the spot i am talking about

114

00:09:14,310 --> 00:09:12,800

on many different levels and all those

115

00:09:15,590 --> 00:09:14,320

dimensions

116

00:09:17,030 --> 00:09:15,600

the breath

117

00:09:18,550 --> 00:09:17,040

the width

118

00:09:21,430 --> 00:09:18,560

the height

119

00:09:26,150 --> 00:09:23,670

these are powerful words

120

00:09:27,910 --> 00:09:26,160

powerful

121

00:09:29,829 --> 00:09:27,920

ideas to entertain

122

00:09:32,710 --> 00:09:29,839

to postulate

123

00:09:34,389 --> 00:09:32,720

i'm a wordsmith i love words

124

00:09:36,310 --> 00:09:34,399

when we underst it's not just for

125

00:09:38,630 --> 00:09:36,320

speaking so someone says oh i understand

126
00:09:41,590 --> 00:09:38,640
what you're saying it is that

127
00:09:42,949 --> 00:09:41,600
but it's so much more

128
00:09:44,070 --> 00:09:42,959
more in

129
00:09:44,949 --> 00:09:44,080
breath

130
00:09:46,389 --> 00:09:44,959
with

131
00:09:50,470 --> 00:09:46,399
height

132
00:09:53,670 --> 00:09:52,230
we get breath

133
00:09:56,150 --> 00:09:53,680
with

134
00:10:00,949 --> 00:09:59,190
[Music]

135
00:10:02,310 --> 00:10:00,959
all right

136
00:10:05,110 --> 00:10:02,320
welcome everyone

137
00:10:07,750 --> 00:10:05,120
your love beyond measure

138
00:10:10,470 --> 00:10:07,760

power information is power when you're

139

00:10:13,509 --> 00:10:10,480

standing in an upright

140

00:10:15,990 --> 00:10:13,519

formation you are in a formation

141

00:10:17,590 --> 00:10:16,000

your information

142

00:10:19,269 --> 00:10:17,600

such as being imparted here and other

143

00:10:22,470 --> 00:10:19,279

platforms that you

144

00:10:27,350 --> 00:10:24,310

information is power it creates

145

00:10:30,150 --> 00:10:27,360

breakthroughs in our life

146

00:10:32,069 --> 00:10:30,160

creates connection

147

00:10:36,710 --> 00:10:32,079

to eternity

148

00:10:39,910 --> 00:10:38,710

it's important you stay internally

149

00:10:41,750 --> 00:10:39,920

referenced

150

00:10:44,150 --> 00:10:41,760

four things you can never change you

151
00:10:46,630 --> 00:10:44,160
exist all is the one one is the all what

152
00:10:49,430 --> 00:10:46,640
you put out you get back the only thing

153
00:10:51,269 --> 00:10:49,440
that never changes is change here's a

154
00:10:53,750 --> 00:10:51,279
meme

155
00:10:56,069 --> 00:10:53,760
i got on the stream

156
00:10:57,910 --> 00:10:56,079
today

157
00:11:00,389 --> 00:10:57,920
the spiritual world

158
00:11:01,990 --> 00:11:00,399
the world that most of us can't see

159
00:11:04,069 --> 00:11:02,000
until we get into breath width and

160
00:11:06,770 --> 00:11:04,079
height by using breath

161
00:11:09,190 --> 00:11:06,780
to expand into these dimensions

162
00:11:12,150 --> 00:11:09,200
[Music]

163
00:11:15,030 --> 00:11:12,160

connects us to an unlimited enormous

164

00:11:16,069 --> 00:11:15,040

consciousness with no edges there's no

165

00:11:20,310 --> 00:11:16,079

edges

166

00:11:23,590 --> 00:11:20,320

infinity it's eternal

167

00:11:26,829 --> 00:11:23,600

no boundaries and no limits to what it

168

00:11:31,670 --> 00:11:26,839

can create dear

169

00:11:33,430 --> 00:11:31,680

lord i can prove to you eternity

170

00:11:35,750 --> 00:11:33,440

is real

171

00:11:38,230 --> 00:11:35,760

think about the edge of the universe if

172

00:11:40,550 --> 00:11:38,240

there's an edge contemplate that now

173

00:11:43,190 --> 00:11:40,560

okay the universe is

174

00:11:44,670 --> 00:11:43,200

500 billion light years across whatever

175

00:11:46,069 --> 00:11:44,680

however just pick a number

176

00:11:48,949 --> 00:11:46,079

[Music]

177

00:11:50,470 --> 00:11:48,959

and say well that's got to be the edge

178

00:11:56,230 --> 00:11:50,480

so we're going to throw a monkey wrench

179

00:11:56,240 --> 00:12:03,350

what lies beyond the outermost edge

180

00:12:09,190 --> 00:12:06,470

and ted says i feel very wavy

181

00:12:13,990 --> 00:12:12,550

the floated i'm in the flow today i feel

182

00:12:16,680 --> 00:12:14,000

the vibrations i'm assuming that's what

183

00:12:21,910 --> 00:12:16,690

he meant as a typo

184

00:12:23,190 --> 00:12:21,920

[Music]

185

00:12:25,430 --> 00:12:23,200

so

186

00:12:27,750 --> 00:12:25,440

there is no edge to anything in fact you

187

00:12:29,990 --> 00:12:27,760

don't have an edge notice every part of

188

00:12:32,710 --> 00:12:30,000

your body has a curvature to it somehow

189

00:12:35,750 --> 00:12:32,720

nothing is straight and second place uh

190

00:12:40,550 --> 00:12:37,670

everything about you is

191

00:12:42,790 --> 00:12:40,560

multi-dimensional

192

00:12:44,310 --> 00:12:42,800

your very existence here

193

00:12:46,870 --> 00:12:44,320

on a rock

194

00:12:48,389 --> 00:12:46,880

spinning around a solar star

195

00:12:49,829 --> 00:12:48,399

hurling the whole thing is moving

196

00:12:52,870 --> 00:12:49,839

through space

197

00:12:55,350 --> 00:12:52,880

and this spiral

198

00:12:57,829 --> 00:12:55,360

moving through dimension after dimension

199

00:13:01,430 --> 00:12:57,839

after dimension after dimension however

200

00:13:02,790 --> 00:13:01,440

it's moving at what 15 000

201
00:13:06,050 --> 00:13:02,800
light years per second whatever the

202
00:13:07,269 --> 00:13:06,060
astronomical redonkulous number it is

203
00:13:09,750 --> 00:13:07,279
[Music]

204
00:13:11,910 --> 00:13:09,760
and stop stop entertaining the flat

205
00:13:14,310 --> 00:13:11,920
earth it doesn't exist it doesn't exist

206
00:13:16,470 --> 00:13:14,320
there's no flat earth the very nature of

207
00:13:18,829 --> 00:13:16,480
everything is round

208
00:13:22,069 --> 00:13:18,839
you are round you may look

209
00:13:23,269 --> 00:13:22,079
bipadoid but you around because your

210
00:13:24,710 --> 00:13:23,279
bipedal

211
00:13:28,220 --> 00:13:24,720
beingness is not who you are in the

212
00:13:31,670 --> 00:13:28,230
first place you are here in the center

213
00:13:34,470 --> 00:13:31,680

[Music]

214

00:13:37,350 --> 00:13:34,480

outward in all directions your energy

215

00:13:39,509 --> 00:13:37,360

field goes outward in all directions you

216

00:13:41,350 --> 00:13:39,519

have to do nothing to have this happen

217

00:13:43,509 --> 00:13:41,360

it's just the natural play of energy

218

00:13:46,470 --> 00:13:43,519

everything is circular everything is

219

00:13:50,069 --> 00:13:46,480

round a soap bubble

220

00:13:51,189 --> 00:13:50,079

is the most energy efficient shape

221

00:13:52,949 --> 00:13:51,199

for this

222

00:13:54,310 --> 00:13:52,959

dimension

223

00:13:56,069 --> 00:13:54,320

it's perfect

224

00:13:58,470 --> 00:13:56,079

there's no stress

225

00:14:02,949 --> 00:13:58,480

there's no strain or there's some

226

00:14:06,790 --> 00:14:05,110

but use the soap bubble itself well

227

00:14:09,670 --> 00:14:06,800

there's a wall

228

00:14:11,189 --> 00:14:09,680

what lies beyond the wall

229

00:14:12,790 --> 00:14:11,199

more empty space well then go ahead and

230

00:14:14,870 --> 00:14:12,800

pop the bubble

231

00:14:17,030 --> 00:14:14,880

there's gonna be no wall whatsoever

232

00:14:19,430 --> 00:14:17,040

popping that bubble is no different than

233

00:14:23,509 --> 00:14:19,440

when we pop our own bubble

234

00:14:26,470 --> 00:14:24,629

it's about

235

00:14:28,790 --> 00:14:26,480

dimension

236

00:14:31,269 --> 00:14:28,800

the person you were five minutes ago i

237

00:14:32,949 --> 00:14:31,279

must mention by you and i sitting here

238

00:14:34,230 --> 00:14:32,959

having this

239

00:14:37,670 --> 00:14:34,240

fun

240

00:14:42,230 --> 00:14:39,829

either of us are not the same being

241

00:14:43,590 --> 00:14:42,240

we've shifted dimensions you're shifting

242

00:14:48,310 --> 00:14:43,600

now

243

00:14:51,430 --> 00:14:48,320

think that you're shifting but you

244

00:14:53,670 --> 00:14:51,440

remember you are on a planetary body

245

00:14:56,470 --> 00:14:53,680

hurling through space and a solar system

246

00:14:59,590 --> 00:14:56,480

the galaxy galaxies are rotating

247

00:15:01,829 --> 00:14:59,600

and god is breathing so harm

248

00:15:04,790 --> 00:15:01,839

in and out souls the in breath of god

249

00:15:07,030 --> 00:15:04,800

and harm is the out breath of god

250

00:15:09,750 --> 00:15:07,040

you want to talk about breath

251

00:15:11,269 --> 00:15:09,760

width and height

252

00:15:13,189 --> 00:15:11,279

and depth

253

00:15:17,269 --> 00:15:13,199

four dimensions now we're gonna keep

254

00:15:21,189 --> 00:15:19,670

um i feel like i need to play a song i'm

255

00:15:22,790 --> 00:15:21,199

gonna play a song i'm gonna come up with

256

00:15:24,629 --> 00:15:22,800

something different other i love to be

257

00:15:27,430 --> 00:15:24,639

one

258

00:15:29,430 --> 00:15:27,440

i'm feeling all giddy and stuff

259

00:15:31,749 --> 00:15:29,440

welcome everyone to center of light

260

00:15:34,629 --> 00:15:31,759

please share this

261

00:15:39,110 --> 00:15:37,189

also uh notify me when keith goes live

262

00:15:41,670 --> 00:15:39,120

the ellipsis at the top the three dots

263

00:15:42,629 --> 00:15:41,680

for those who are not so learned in the

264

00:15:44,790 --> 00:15:42,639

english

265

00:15:47,880 --> 00:15:44,800

vernacular

266

00:15:50,310 --> 00:15:47,890

uh let's go to

267

00:15:53,030 --> 00:15:50,320

[Music]

268

00:15:55,189 --> 00:15:53,040

lavender soul feel

269

00:15:58,550 --> 00:15:55,199

the first song bernard and i wrote

270

00:16:00,389 --> 00:15:58,560

all those years ago

271

00:16:08,550 --> 00:16:00,399

feel

272

00:16:11,990 --> 00:16:08,560

thinking's great it's it's a gift

273

00:16:13,910 --> 00:16:12,000

but when you lean on it too heavy

274

00:16:16,550 --> 00:16:13,920

it likes to power trip

275

00:16:22,770 --> 00:16:16,560

they don't make you a slave

276
00:16:22,780 --> 00:16:37,829
[Music]

277
00:16:44,230 --> 00:16:41,120
people listen to me

278
00:16:47,500 --> 00:16:44,240
[Music]

279
00:16:55,910 --> 00:16:47,510
as i sing a song for you

280
00:17:03,189 --> 00:17:00,060
the message that i'm bringing

281
00:17:07,599 --> 00:17:03,199
[Music]

282
00:17:07,599 --> 00:17:07,609
is one of hope and truth

283
00:17:07,609 --> 00:17:16,230
[Music]

284
00:17:16,240 --> 00:17:19,669
look inside

285
00:17:19,679 --> 00:17:31,740
that's where the love lies

286
00:17:44,470 --> 00:17:36,770
[Music]

287
00:18:03,270 --> 00:17:47,630
the message that i bring

288
00:18:06,230 --> 00:18:03,280

[Music]

289

00:18:07,990 --> 00:18:06,240

and in your heart

290

00:18:14,070 --> 00:18:08,000

[Music]

291

00:18:22,230 --> 00:18:14,580

[Applause]

292

00:18:25,430 --> 00:18:22,240

[Music]

293

00:18:25,440 --> 00:18:43,310

let's wear the love last

294

00:19:09,190 --> 00:19:05,410

[Music]

295

00:19:26,230 --> 00:19:12,280

feel the love

296

00:19:26,240 --> 00:19:38,750

fears

297

00:20:24,870 --> 00:19:47,190

[Music]

298

00:20:27,510 --> 00:20:26,549

welcome back to center of light melinda

299

00:20:29,590 --> 00:20:27,520

says

300

00:20:31,510 --> 00:20:29,600

i don't know who she was talking to

301
00:20:34,710 --> 00:20:31,520
she's always starting trouble always

302
00:20:38,070 --> 00:20:34,720
melinda's always starting trouble

303
00:20:39,830 --> 00:20:38,080
she said keith i'm assuming

304
00:20:40,950 --> 00:20:39,840
at 11 minutes i don't know why she said

305
00:20:42,950 --> 00:20:40,960
11

306
00:20:44,950 --> 00:20:42,960
but she wants a crystal ball reading she

307
00:20:46,500 --> 00:20:44,960
wants me to give us a crystal ball

308
00:20:57,510 --> 00:20:46,510
reading

309
00:21:00,549 --> 00:20:57,520
[Music]

310
00:21:00,559 --> 00:21:07,750
our future is so bright

311
00:21:11,990 --> 00:21:10,630
we're going to have to wear shades

312
00:21:14,070 --> 00:21:12,000
welcome back to center like tonight the

313
00:21:16,149 --> 00:21:14,080

center of light breath

314

00:21:18,149 --> 00:21:16,159

b-r-e-a-d-t-a

315

00:21:19,590 --> 00:21:18,159

as in with

316

00:21:21,350 --> 00:21:19,600

but breath

317

00:21:23,830 --> 00:21:21,360

with

318

00:21:28,830 --> 00:21:25,669

dimensional space

319

00:21:32,149 --> 00:21:28,840

we're also going to be speaking about

320

00:21:34,549 --> 00:21:32,159

breath to create space or a space to

321

00:21:37,510 --> 00:21:34,559

shift into

322

00:21:39,430 --> 00:21:37,520

which will give us girth with breath

323

00:21:40,870 --> 00:21:39,440

spiritual height

324

00:21:44,390 --> 00:21:40,880

we will

325

00:21:47,190 --> 00:21:44,400

heighten our abilities

326

00:21:49,590 --> 00:21:47,200

and we loft we lift we go where are we

327

00:21:51,350 --> 00:21:49,600

going nowhere except here

328

00:21:52,789 --> 00:21:51,360

you're still going to stay in your chair

329

00:21:54,070 --> 00:21:52,799

or in your bed or wherever it is you're

330

00:21:55,590 --> 00:21:54,080

going to be in the toilet you're still

331

00:21:56,830 --> 00:21:55,600

going to be there

332

00:22:00,630 --> 00:21:56,840

what's going to

333

00:22:01,909 --> 00:22:00,640

happen what is happening to all of us

334

00:22:03,350 --> 00:22:01,919

yes

335

00:22:05,190 --> 00:22:03,360

you're not going to have to get into an

336

00:22:07,510 --> 00:22:05,200

automobile to travel

337

00:22:09,270 --> 00:22:07,520

really spiritual liberation

338

00:22:11,350 --> 00:22:09,280

you see just because you're not astral

339

00:22:14,390 --> 00:22:11,360

traveling

340

00:22:16,549 --> 00:22:14,400

as you expand your spiritual

341

00:22:26,310 --> 00:22:16,559

functions

342

00:22:26,320 --> 00:22:30,310

and it's called bliss

343

00:22:30,320 --> 00:22:34,230

we've all been missing it

344

00:22:34,240 --> 00:22:37,669

here it is

345

00:22:43,510 --> 00:22:40,470

you can sit in your space

346

00:22:47,029 --> 00:22:43,520

and shift dimension

347

00:22:51,669 --> 00:22:48,549

you shift

348

00:22:54,549 --> 00:22:51,679

how do you don't do anything just shift

349

00:22:56,310 --> 00:22:54,559

your intent to shift

350

00:22:59,590 --> 00:22:56,320

shifts you

351
00:23:02,390 --> 00:23:01,029
that's it

352
00:23:03,909 --> 00:23:02,400
when you want to go to another dimension

353
00:23:06,789 --> 00:23:03,919
right now you're in a dimension of let's

354
00:23:10,630 --> 00:23:08,010
somebody got to go potty

355
00:23:11,990 --> 00:23:10,640
[Music]

356
00:23:14,789 --> 00:23:12,000
you go potty

357
00:23:16,230 --> 00:23:14,799
you go to another space

358
00:23:18,310 --> 00:23:16,240
in your house

359
00:23:20,230 --> 00:23:18,320
to another dimension another room

360
00:23:23,190 --> 00:23:20,240
another place entirely

361
00:23:25,510 --> 00:23:23,200
and you sit on the toilet

362
00:23:27,510 --> 00:23:25,520
you shake your stuff when you're done

363
00:23:31,029 --> 00:23:27,520

you shift the dimensions you see

364

00:23:33,750 --> 00:23:31,039

everything is always shifting

365

00:23:35,110 --> 00:23:33,760

it's always changing

366

00:23:37,830 --> 00:23:35,120

the only thing that will never change is

367

00:23:39,430 --> 00:23:37,840

change and it's constant forever and

368

00:23:42,230 --> 00:23:39,440

when you really get good at this

369

00:23:44,950 --> 00:23:42,240

spiritual stuff

370

00:23:46,630 --> 00:23:44,960

you can see

371

00:23:48,390 --> 00:23:46,640

the infinite

372

00:23:50,710 --> 00:23:48,400

constant change

373

00:23:54,470 --> 00:23:50,720

and the privilege is to be the anchored

374

00:23:56,549 --> 00:23:54,480

for everyone to see things fold

375

00:23:57,669 --> 00:23:56,559

and unfold live

376

00:24:00,070 --> 00:23:57,679

and die

377

00:24:02,390 --> 00:24:00,080

be and not be

378

00:24:05,110 --> 00:24:02,400

because you're the permanent one

379

00:24:08,549 --> 00:24:05,120

well everything else changes that is the

380

00:24:09,990 --> 00:24:08,559

key to everything

381

00:24:11,190 --> 00:24:10,000

let me say that again

382

00:24:13,669 --> 00:24:11,200

in fact that is probably one of the

383

00:24:15,590 --> 00:24:13,679

finer truths i've ever dreamed up in

384

00:24:17,750 --> 00:24:15,600

this

385

00:24:19,110 --> 00:24:17,760

head

386

00:24:21,520 --> 00:24:19,120

the goal

387

00:24:22,950 --> 00:24:21,530

spiritually is to be the anchored one

388

00:24:24,710 --> 00:24:22,960

[Music]

389

00:24:27,190 --> 00:24:24,720

peacefully

390

00:24:29,350 --> 00:24:27,200

while everything around us

391

00:24:31,350 --> 00:24:29,360

changes

392

00:24:33,909 --> 00:24:31,360

because that is the truth god is

393

00:24:35,510 --> 00:24:33,919

anchored god is the it in fact god is

394

00:24:37,909 --> 00:24:35,520

the unchanging

395

00:24:39,590 --> 00:24:37,919

changer itself

396

00:24:42,310 --> 00:24:39,600

but he doesn't budge

397

00:24:45,510 --> 00:24:42,320

it's always constant it's always eternal

398

00:24:47,029 --> 00:24:45,520

it is breath it is with it is height it

399

00:24:49,269 --> 00:24:47,039

is depth

400

00:24:54,149 --> 00:24:49,279

and at the depth of your being

401
00:24:57,990 --> 00:24:55,990
when you get excited

402
00:24:59,110 --> 00:24:58,000
or nervous

403
00:25:00,870 --> 00:24:59,120
or in

404
00:25:03,750 --> 00:25:00,880
panic

405
00:25:06,310 --> 00:25:03,760
it's all breath and all of breathing

406
00:25:07,909 --> 00:25:06,320
takes us to different breaths widths and

407
00:25:12,149 --> 00:25:07,919
heights and depths

408
00:25:18,950 --> 00:25:16,149
who is a master of breath god is breath

409
00:25:21,909 --> 00:25:18,960
god breathed life into man

410
00:25:24,710 --> 00:25:21,919
we don't breathe we don't live

411
00:25:28,870 --> 00:25:24,720
so just by your breath alone

412
00:25:30,870 --> 00:25:28,880
god is in you existing

413
00:25:32,549 --> 00:25:30,880

think about that really chew on that

414

00:25:34,580 --> 00:25:32,559

stick of

415

00:25:35,990 --> 00:25:34,590

spiritual dynamite gum

416

00:25:38,789 --> 00:25:36,000

[Music]

417

00:25:41,510 --> 00:25:38,799

every time you take a breath

418

00:25:44,870 --> 00:25:41,520

god is breathing your body

419

00:25:47,830 --> 00:25:44,880

that's how near and dear it is to you

420

00:25:51,310 --> 00:25:47,840

without god you don't breathe your body

421

00:25:54,549 --> 00:25:51,320

he's not using some freaking bluetooth

422

00:25:59,350 --> 00:25:54,559

remote control system saying

423

00:26:03,669 --> 00:26:01,750

it's near it's breath

424

00:26:05,830 --> 00:26:03,679

b-r-e-a-d-t-h

425

00:26:08,390 --> 00:26:05,840

and breath

426
00:26:10,870 --> 00:26:08,400
and a buddhist monk will tell you

427
00:26:12,310 --> 00:26:10,880
to shift space

428
00:26:14,710 --> 00:26:12,320
dimension

429
00:26:16,390 --> 00:26:14,720
he may do an end through the mouth out

430
00:26:19,029 --> 00:26:16,400
through the nose

431
00:26:22,630 --> 00:26:19,039
and the nose out through the mouth he

432
00:26:25,430 --> 00:26:22,640
may do in one nostril out the other in

433
00:26:28,310 --> 00:26:25,440
this nostril out the other and all these

434
00:26:31,110 --> 00:26:28,320
combinations of breath

435
00:26:33,190 --> 00:26:31,120
spiritually consciously using it

436
00:26:34,870 --> 00:26:33,200
or unconsciously because one is in a

437
00:26:36,230 --> 00:26:34,880
state of panic

438
00:26:38,390 --> 00:26:36,240

depression

439

00:26:41,510 --> 00:26:38,400

whatever the situation may be

440

00:26:43,909 --> 00:26:41,520

all of these breath techniques conscious

441

00:26:46,710 --> 00:26:43,919

or unconscious will shift you into a

442

00:26:52,630 --> 00:26:46,720

dimension of one of absolute joy bliss

443

00:27:01,830 --> 00:26:57,830

icing on the cake tonight is sweet spot

444

00:27:04,310 --> 00:27:01,840

you can have your cake and eat it too

445

00:27:07,830 --> 00:27:04,320

but i suggest you bring a really good

446

00:27:10,149 --> 00:27:07,840

toothbrush and your favorite toothpaste

447

00:27:12,070 --> 00:27:10,159

because all of that sweet sugar on your

448

00:27:13,380 --> 00:27:12,080

divine tooth

449

00:27:14,870 --> 00:27:13,390

can leave you with a cavity

450

00:27:16,789 --> 00:27:14,880

[Music]

451
00:27:19,029 --> 00:27:16,799
but we have to fall into the cavity to

452
00:27:21,750 --> 00:27:19,039
the cavity cave

453
00:27:24,789 --> 00:27:21,760
cavity this cavern

454
00:27:27,830 --> 00:27:24,799
cav so i'm assuming cav in any form

455
00:27:28,710 --> 00:27:27,840
cavity cavern cave

456
00:27:33,269 --> 00:27:28,720
or

457
00:27:36,230 --> 00:27:33,279
right um

458
00:27:38,310 --> 00:27:36,240
calf cav has to do with hole

459
00:27:42,310 --> 00:27:38,320
hole

460
00:27:43,590 --> 00:27:42,320
empty space

461
00:27:46,310 --> 00:27:43,600
so there's a hole that's a hole in the

462
00:27:49,269 --> 00:27:46,320
cave but also a hole

463
00:27:51,750 --> 00:27:49,279

i'm whole and in that wholeness is the

464

00:27:54,630 --> 00:27:51,760

empty space

465

00:27:55,510 --> 00:27:54,640

it's all about space breath

466

00:27:56,470 --> 00:27:55,520

with

467

00:27:58,789 --> 00:27:56,480

height

468

00:28:00,950 --> 00:27:58,799

and depth so now we're going to move on

469

00:28:03,350 --> 00:28:00,960

to the video segment video for me but

470

00:28:05,590 --> 00:28:03,360

not for you i can't do the video there's

471

00:28:07,430 --> 00:28:05,600

some encodings in there and i will get

472

00:28:10,470 --> 00:28:07,440

myself in some

473

00:28:12,230 --> 00:28:10,480

social media copyright trouble i am not

474

00:28:13,750 --> 00:28:12,240

stealing someone's work

475

00:28:17,190 --> 00:28:13,760

i understand they make a living like i

476

00:28:18,950 --> 00:28:17,200

do like we did i'm sharing

477

00:28:22,630 --> 00:28:18,960

it's a business card

478

00:28:25,750 --> 00:28:22,640

hello everyone check out jason silva

479

00:28:27,990 --> 00:28:25,760

his presentation may not seem

480

00:28:31,029 --> 00:28:28,000

like it's in accordance or in alignment

481

00:28:33,350 --> 00:28:31,039

with such of like breath

482

00:28:34,870 --> 00:28:33,360

as in a dimension of

483

00:28:37,430 --> 00:28:34,880

with

484

00:28:39,430 --> 00:28:37,440

the sweet spot

485

00:28:43,350 --> 00:28:39,440

listen closely you hear

486

00:28:45,909 --> 00:28:43,360

he is on fire in fact the relationship

487

00:28:48,070 --> 00:28:45,919

is he is in the breath

488

00:28:50,870 --> 00:28:48,080

not only the breathing breath he is in

489

00:28:53,510 --> 00:28:50,880

the width the breath the width and the

490

00:28:56,310 --> 00:28:53,520

height you can hear it the boy is

491

00:28:58,310 --> 00:28:56,320

illuminated he is on fire dear lord

492

00:28:59,909 --> 00:28:58,320

somebody go get some water and quench

493

00:29:03,990 --> 00:28:59,919

his thirst

494

00:29:18,710 --> 00:29:04,710

so

495

00:29:21,669 --> 00:29:18,720

national geographic channel as well as

496

00:29:24,870 --> 00:29:21,679

the show origins but where does this all

497

00:29:27,510 --> 00:29:24,880

start for me what is the origin

498

00:29:28,389 --> 00:29:27,520

story where does the inspiration for my

499

00:29:31,029 --> 00:29:28,399

work

500

00:29:34,470 --> 00:29:31,039

come from where does the agitation for

501
00:29:37,669 --> 00:29:34,480
my work come from where is the fire in

502
00:29:40,389 --> 00:29:37,679
the belly that compels me to so

503
00:29:41,990 --> 00:29:40,399
forcefully express myself

504
00:29:43,430 --> 00:29:42,000
all the time

505
00:29:45,909 --> 00:29:43,440
come from

506
00:29:48,630 --> 00:29:45,919
and the truth of the matter is

507
00:29:50,470 --> 00:29:48,640
it comes from existential

508
00:29:53,350 --> 00:29:50,480
angst

509
00:29:56,789 --> 00:29:55,830
it comes from

510
00:29:58,870 --> 00:29:56,799
just

511
00:30:02,310 --> 00:29:58,880
a feeling of

512
00:30:04,950 --> 00:30:02,320
sometimes paralyzing fear

513
00:30:07,430 --> 00:30:04,960

occasional dread

514

00:30:10,710 --> 00:30:07,440

wanting to make sense of things

515

00:30:13,110 --> 00:30:10,720

wondering what it's all about wondering

516

00:30:14,630 --> 00:30:13,120

why we're here wondering what our

517

00:30:16,470 --> 00:30:14,640

purpose is

518

00:30:18,710 --> 00:30:16,480

in the cosmos

519

00:30:21,830 --> 00:30:18,720

it comes from all of these things

520

00:30:25,269 --> 00:30:21,840

that and a thousand other neurotic

521

00:30:26,630 --> 00:30:25,279

obsessions i assure you

522

00:30:29,750 --> 00:30:26,640

i remember

523

00:30:32,149 --> 00:30:29,760

reading a book by ernest becker

524

00:30:34,870 --> 00:30:32,159

pulitzer prize-winning book from 1974

525

00:30:36,389 --> 00:30:34,880

called the denial of death

526

00:30:38,710 --> 00:30:36,399

and just to give you a pop culture

527

00:30:40,870 --> 00:30:38,720

reference for that book in the movie

528

00:30:42,310 --> 00:30:40,880

annie hall it is the book that woody

529

00:30:43,909 --> 00:30:42,320

allen makes reference to in the

530

00:30:45,029 --> 00:30:43,919

bookstore when he wants to buy this book

531

00:30:46,870 --> 00:30:45,039

for her and he says you have to read

532

00:30:49,110 --> 00:30:46,880

this book it describes my view of the

533

00:30:51,590 --> 00:30:49,120

human condition

534

00:30:54,870 --> 00:30:51,600

this book changed my life

535

00:30:57,269 --> 00:30:54,880

this book basically made this case

536

00:30:59,750 --> 00:30:57,279

about the human condition it distilled

537

00:31:01,990 --> 00:30:59,760

the human conundrum it explained the

538

00:31:04,070 --> 00:31:02,000

mystery of our being in the mystery of

539

00:31:06,389 --> 00:31:04,080

our angst

540

00:31:09,110 --> 00:31:06,399

it was extremely well articulated in a

541

00:31:10,950 --> 00:31:09,120

documentary about ernest becker's work

542

00:31:12,789 --> 00:31:10,960

called flight from death the quest for

543

00:31:14,870 --> 00:31:12,799

immortality

544

00:31:16,470 --> 00:31:14,880

and the documentary began like this and

545

00:31:19,509 --> 00:31:16,480

it really says it all

546

00:31:21,509 --> 00:31:19,519

to have emerged from nothing

547

00:31:23,830 --> 00:31:21,519

to have a name

548

00:31:25,990 --> 00:31:23,840

consciousness of self

549

00:31:29,669 --> 00:31:26,000

deep inner feeling

550

00:31:30,830 --> 00:31:29,679

an excruciating inner yearning for life

551
00:31:38,070 --> 00:31:30,840
and

552
00:31:42,549 --> 00:31:40,950
human beings find themselves in quite

553
00:31:45,669 --> 00:31:42,559
the predicament

554
00:31:48,549 --> 00:31:45,679
right we have the mental capacity

555
00:31:51,909 --> 00:31:48,559
to ponder the infinite

556
00:31:54,230 --> 00:31:51,919
seemingly capable of anything

557
00:31:59,310 --> 00:31:54,240
yet we're housed in these heart pumping

558
00:32:02,710 --> 00:31:59,320
breath gasping decaying bodies right

559
00:32:06,230 --> 00:32:02,720
simultaneously gods

560
00:32:11,509 --> 00:32:09,350
human beings exist at the interplay

561
00:32:13,669 --> 00:32:11,519
between the finite and

562
00:32:16,630 --> 00:32:13,679
the infinite the philosopher tolstoy

563
00:32:19,430 --> 00:32:16,640

said man cannot live

564

00:32:21,190 --> 00:32:19,440

if he doesn't find a way to bridge

565

00:32:22,230 --> 00:32:21,200

the finite

566

00:32:24,710 --> 00:32:22,240

with

567

00:32:27,590 --> 00:32:24,720

the infinite

568

00:32:29,269 --> 00:32:27,600

college professor named sheldon solomon

569

00:32:30,870 --> 00:32:29,279

also featured in the ernest becker

570

00:32:33,430 --> 00:32:30,880

documentary said

571

00:32:36,149 --> 00:32:33,440

the explicit awareness that you're a

572

00:32:38,310 --> 00:32:36,159

breathing piece of defecating meat

573

00:32:40,470 --> 00:32:38,320

destined to die

574

00:32:44,070 --> 00:32:40,480

and ultimately no more significant than

575

00:32:48,870 --> 00:32:47,350

is not especially uplifting

576

00:32:52,630 --> 00:32:48,880

i mean i memorized that line because i

577

00:32:55,590 --> 00:32:52,640

was like holy [h__h] that sums it up

578

00:32:57,509 --> 00:32:55,600

people ask me why i have this recall for

579

00:33:00,389 --> 00:32:57,519

quotes that resonate it's because when

580

00:33:02,789 --> 00:33:00,399

something explains when a quote is

581

00:33:05,830 --> 00:33:02,799

explained something that i have felt

582

00:33:07,830 --> 00:33:05,840

more viscerally and artfully than i

583

00:33:10,149 --> 00:33:07,840

could have ever done it

584

00:33:12,070 --> 00:33:10,159

i have to retain that quote i have to

585

00:33:14,950 --> 00:33:12,080

own that line that line is now part of

586

00:33:17,110 --> 00:33:14,960

who i am that line that quote that idea

587

00:33:19,110 --> 00:33:17,120

now explains how i see the world and

588

00:33:21,350 --> 00:33:19,120

there is reassurance

589

00:33:23,830 --> 00:33:21,360

in finding somebody who sees things the

590

00:33:25,350 --> 00:33:23,840

way that you do it makes you feel less

591

00:33:28,310 --> 00:33:25,360

alone

592

00:33:29,909 --> 00:33:28,320

it doesn't absolve us of our angst and

593

00:33:31,590 --> 00:33:29,919

the mortal coil

594

00:33:33,909 --> 00:33:31,600

but at least it makes us feel like we're

595

00:33:36,630 --> 00:33:33,919

all in it together others understand

596

00:33:38,470 --> 00:33:36,640

there is consensus that we are in a

597

00:33:40,870 --> 00:33:38,480

unique position

598

00:33:44,710 --> 00:33:40,880

we've committed no crime yet we are

599

00:33:47,190 --> 00:33:44,720

afflicted with a death sentence

600

00:33:48,549 --> 00:33:47,200

now i've had my share of panic attacks

601
00:33:50,310 --> 00:33:48,559
in my life

602
00:33:51,669 --> 00:33:50,320
occasionally from smoking too much pot

603
00:33:54,389 --> 00:33:51,679
but

604
00:33:56,549 --> 00:33:54,399
the point being i've entertained the

605
00:33:58,710 --> 00:33:56,559
abyss

606
00:34:01,990 --> 00:33:58,720
i've lost sleep

607
00:34:04,149 --> 00:34:02,000
thinking about the end i worry about

608
00:34:07,190 --> 00:34:04,159
people i love getting older i worry

609
00:34:08,869 --> 00:34:07,200
about my parents one day succumbing to

610
00:34:11,430 --> 00:34:08,879
mortality

611
00:34:14,550 --> 00:34:11,440
and i am not at peace with this idea i

612
00:34:17,909 --> 00:34:14,560
do not ascribe to any philosophy that

613
00:34:19,589 --> 00:34:17,919

accepts death in fact as alan harrington

614

00:34:22,310 --> 00:34:19,599

beautifully wrote in the immortal list

615

00:34:25,109 --> 00:34:22,320

any philosophy that accepts death must

616

00:34:28,950 --> 00:34:25,119

itself be considered dead it's questions

617

00:34:30,389 --> 00:34:28,960

meaningless it's consolations worn out

618

00:34:32,230 --> 00:34:30,399

now i hope

619

00:34:35,430 --> 00:34:32,240

that eventually i discover some

620

00:34:38,230 --> 00:34:35,440

philosophy that absolves me from this

621

00:34:41,109 --> 00:34:38,240

angst but at the moment

622

00:34:45,430 --> 00:34:41,119

i love so intensely

623

00:34:46,950 --> 00:34:45,440

i feel so deeply and i am so

624

00:34:49,109 --> 00:34:46,960

attached

625

00:34:50,869 --> 00:34:49,119

to the people in my life that i love i

626

00:34:53,990 --> 00:34:50,879

am so attached

627

00:34:56,950 --> 00:34:54,000

to having self-awareness to probing the

628

00:35:03,109 --> 00:34:56,960

mysteries of being i am in the words of

629

00:35:09,109 --> 00:35:06,069

and i just refuse

630

00:35:10,710 --> 00:35:09,119

to surrender that capacity to the forces

631

00:35:13,829 --> 00:35:10,720

of entropy

632

00:35:15,670 --> 00:35:13,839

aging and death

633

00:35:18,710 --> 00:35:15,680

that's where it starts for me

634

00:35:21,589 --> 00:35:18,720

this desire for self-expression

635

00:35:24,390 --> 00:35:21,599

according to ernest becker is one of the

636

00:35:26,550 --> 00:35:24,400

three solutions to the problem of death

637

00:35:29,109 --> 00:35:26,560

and i'm sorry to start the night

638

00:35:30,710 --> 00:35:29,119

with this existential bummer which by

639

00:35:33,270 --> 00:35:30,720

the way is the most popular video i've

640

00:35:38,710 --> 00:35:35,750

but the existential bummer is that we

641

00:35:41,190 --> 00:35:38,720

are uniquely aware right

642

00:35:44,470 --> 00:35:41,200

and so ernest becker maps out three ways

643

00:35:46,470 --> 00:35:44,480

in which human beings have dealt with

644

00:35:49,750 --> 00:35:46,480

the unique awareness of our mortality we

645

00:35:52,550 --> 00:35:49,760

are the only being in the animal kingdom

646

00:35:54,230 --> 00:35:52,560

that can contemplate its own death

647

00:35:56,230 --> 00:35:54,240

so it's not just that we're running away

648

00:35:58,630 --> 00:35:56,240

from immediate predators but that even

649

00:36:01,109 --> 00:35:58,640

if everything's awesome we lose sleep

650

00:36:03,990 --> 00:36:01,119

over the fact that one day

651
00:36:06,230 --> 00:36:04,000
we will die one day the sun will eclipse

652
00:36:08,310 --> 00:36:06,240
and burn the earth one day it's all

653
00:36:11,030 --> 00:36:08,320
gonna end that's a bummer and a half as

654
00:36:14,870 --> 00:36:11,040
far as i'm concerned

655
00:36:17,190 --> 00:36:14,880
so how do human beings do this right

656
00:36:20,550 --> 00:36:17,200
we construct these symbolic systems and

657
00:36:23,750 --> 00:36:20,560
we invest ourselves in these systems we

658
00:36:27,270 --> 00:36:23,760
create virtual realities and we invest

659
00:36:29,190 --> 00:36:27,280
ourselves in these virtual realities

660
00:36:31,430 --> 00:36:29,200
or even more appropriately these real

661
00:36:33,670 --> 00:36:31,440
virtualities because once you commit to

662
00:36:36,710 --> 00:36:33,680
these they become real they become the

663
00:36:39,990 --> 00:36:36,720

lenses through which you see the world

664

00:36:42,630 --> 00:36:40,000

and these reality tunnels these cultural

665

00:36:44,630 --> 00:36:42,640

operating systems endow our lives with

666

00:36:47,910 --> 00:36:44,640

maps of meaning they give us a

667

00:36:49,829 --> 00:36:47,920

directionality they show the way

668

00:36:52,310 --> 00:36:49,839

right

669

00:36:53,910 --> 00:36:52,320

the first and most impactful solution to

670

00:36:56,390 --> 00:36:53,920

the death problem was the virtual

671

00:36:58,950 --> 00:36:56,400

reality known as religion

672

00:37:01,109 --> 00:36:58,960

it absolves us of our fear because guess

673

00:37:02,550 --> 00:37:01,119

what you'll live forever in the kingdom

674

00:37:04,470 --> 00:37:02,560

of god

675

00:37:06,390 --> 00:37:04,480

don't worry about this mortality thing

676
00:37:08,310 --> 00:37:06,400
you're set

677
00:37:10,310 --> 00:37:08,320
sounds great

678
00:37:12,870 --> 00:37:10,320
sounds amazing

679
00:37:15,990 --> 00:37:12,880
however if you're a questing questioning

680
00:37:19,510 --> 00:37:16,000
mind that keeps asking questions of your

681
00:37:21,030 --> 00:37:19,520
rabbi or your priest eventually you get

682
00:37:22,870 --> 00:37:21,040
kicked out of sunday school or whatever

683
00:37:24,870 --> 00:37:22,880
it may be

684
00:37:26,390 --> 00:37:24,880
and then you turn to maybe science or

685
00:37:29,829 --> 00:37:26,400
whatever the point is

686
00:37:32,710 --> 00:37:29,839
our increasingly secular society

687
00:37:34,230 --> 00:37:32,720
finds no alleviation of our ills in

688
00:37:36,550 --> 00:37:34,240

religion anymore so the first solution

689

00:37:38,790 --> 00:37:36,560

to the problem of death for many no

690

00:37:40,470 --> 00:37:38,800

longer works

691

00:37:41,349 --> 00:37:40,480

the second solution to the problem of

692

00:37:44,870 --> 00:37:41,359

death

693

00:37:47,589 --> 00:37:44,880

is romantic love the deification of the

694

00:37:50,790 --> 00:37:47,599

other she's like the wind she's my

695

00:37:53,270 --> 00:37:50,800

salvation she is the sun

696

00:37:55,430 --> 00:37:53,280

it is every pop song that's ever been

697

00:37:58,069 --> 00:37:55,440

written it is every romantic movie we've

698

00:38:00,310 --> 00:37:58,079

ever watched

699

00:38:01,589 --> 00:38:00,320

i can tell you every girl i've ever been

700

00:38:05,190 --> 00:38:01,599

in love with

701
00:38:07,829 --> 00:38:05,200
fits the archetype from some goddess of

702
00:38:10,630 --> 00:38:07,839
cinema that i had a crush on growing up

703
00:38:13,589 --> 00:38:10,640
the iconography of our youth the images

704
00:38:16,230 --> 00:38:13,599
the album covers these things become our

705
00:38:18,710 --> 00:38:16,240
maps of meaning when i find the one she

706
00:38:21,270 --> 00:38:18,720
will save me from it all

707
00:38:23,349 --> 00:38:21,280
by deifying by putting

708
00:38:25,750 --> 00:38:23,359
lovers on pedestals

709
00:38:28,310 --> 00:38:25,760
turning them into gods

710
00:38:30,710 --> 00:38:28,320
we have a chance of being saved by

711
00:38:35,270 --> 00:38:30,720
rubbing up against them in a moment of

712
00:38:38,950 --> 00:38:36,870
but guess what

713
00:38:41,990 --> 00:38:38,960

as much as i continue to be a romantic

714

00:38:44,230 --> 00:38:42,000

ernest becker reminds us soberly no

715

00:38:46,230 --> 00:38:44,240

relationship can bear the burden of

716

00:38:48,950 --> 00:38:46,240

godhood

717

00:38:51,190 --> 00:38:48,960

ultimately our gods will reveal their

718

00:38:53,349 --> 00:38:51,200

clay feet

719

00:38:56,230 --> 00:38:53,359

ouch

720

00:38:58,150 --> 00:38:56,240

the cracks in our gods and goddesses are

721

00:39:03,510 --> 00:38:58,160

reflections that remind us of our own

722

00:39:03,520 --> 00:39:06,390

what now

723

00:39:11,190 --> 00:39:08,230

the third solution to the problem of

724

00:39:13,109 --> 00:39:11,200

death perhaps the most interesting one

725

00:39:14,550 --> 00:39:13,119

the creative solution to the problem of

726

00:39:15,829 --> 00:39:14,560

death right we talked about the

727

00:39:17,750 --> 00:39:15,839

religious solution we talked about the

728

00:39:19,030 --> 00:39:17,760

romantic solution the next one is the

729

00:39:22,550 --> 00:39:19,040

creative solution to the problem of

730

00:39:26,069 --> 00:39:22,560

death what can we build what can we do

731

00:39:29,910 --> 00:39:26,079

what can we create together to overcome

732

00:39:32,630 --> 00:39:29,920

to transcend to redefine our boundaries

733

00:39:34,790 --> 00:39:32,640

to expand the perimeters of the possible

734

00:39:36,870 --> 00:39:34,800

to overcome our limits to put things

735

00:39:40,150 --> 00:39:36,880

together in a certain way

736

00:39:41,670 --> 00:39:40,160

in which things become transcendent

737

00:39:43,829 --> 00:39:41,680

the creative solution to the problem of

738

00:39:47,270 --> 00:39:43,839

death is our artistry

739

00:39:48,550 --> 00:39:47,280

our poetry our instruments our music our

740

00:39:50,150 --> 00:39:48,560

songs

741

00:39:52,550 --> 00:39:50,160

our films

742

00:39:54,310 --> 00:39:52,560

our rocket ships and satellites and

743

00:39:56,790 --> 00:39:54,320

iphones

744

00:40:01,190 --> 00:39:56,800

miracles of engineering in which we

745

00:40:03,670 --> 00:40:01,200

engender our own divinity increasingly

746

00:40:06,470 --> 00:40:03,680

and forcefully

747

00:40:08,150 --> 00:40:06,480

my passion for technology

748

00:40:11,030 --> 00:40:08,160

comes from an abiding belief that

749

00:40:14,230 --> 00:40:11,040

technology is the embodiment

750

00:40:17,109 --> 00:40:14,240

of human creativity in the world

751

00:40:19,589 --> 00:40:17,119

technology is the literalization of

752

00:40:22,390 --> 00:40:19,599

human imagination in the world

753

00:40:25,829 --> 00:40:22,400

technology becomes the human mind turned

754

00:40:28,870 --> 00:40:25,839

inside out and as kevin kelly from wired

755

00:40:31,109 --> 00:40:28,880

magazine said imagine how impoverished

756

00:40:33,109 --> 00:40:31,119

the world would be if we didn't invent

757

00:40:34,870 --> 00:40:33,119

the technology of the oil painting in

758

00:40:36,550 --> 00:40:34,880

time for van gogh

759

00:40:38,309 --> 00:40:36,560

or the technology of the musical

760

00:40:39,750 --> 00:40:38,319

instrument in time for beethoven and

761

00:40:41,750 --> 00:40:39,760

mozart

762

00:40:43,910 --> 00:40:41,760

or the technology of the written word in

763

00:40:46,470 --> 00:40:43,920

time for shakespeare

764

00:40:48,150 --> 00:40:46,480

these tools and technologies become

765

00:40:49,589 --> 00:40:48,160

conduits for new forms of human

766

00:40:51,430 --> 00:40:49,599

creativity new forms of human

767

00:40:54,069 --> 00:40:51,440

flourishing that for a moment at least

768

00:40:58,230 --> 00:40:54,079

allow us to transcend our animality and

769

00:41:00,069 --> 00:40:58,240

become our triumph over death

770

00:41:01,910 --> 00:41:00,079

this is my abiding belief in human

771

00:41:03,990 --> 00:41:01,920

creativity the most metaphysical of

772

00:41:05,349 --> 00:41:04,000

metaphysical qualities

773

00:41:07,589 --> 00:41:05,359

perhaps

774

00:41:11,190 --> 00:41:07,599

and increasingly allowing us

775

00:41:13,990 --> 00:41:11,200

to modify our own evolution

776

00:41:16,390 --> 00:41:14,000

i get a lot of lectures around the world

777

00:41:18,150 --> 00:41:16,400

about disruptive technologies people in

778

00:41:20,230 --> 00:41:18,160

silicon valley

779

00:41:23,270 --> 00:41:20,240

are getting wet with the idea of the

780

00:41:25,589 --> 00:41:23,280

singularity billionaires can taste

781

00:41:28,309 --> 00:41:25,599

technologically mediated immortality

782

00:41:29,910 --> 00:41:28,319

this stuff is within our grasp

783

00:41:31,670 --> 00:41:29,920

we don't just build

784

00:41:34,870 --> 00:41:31,680

rocket ships that take us to other

785

00:41:37,990 --> 00:41:34,880

planets we don't just build cell phones

786

00:41:39,829 --> 00:41:38,000

in which we warp space and time in a

787

00:41:41,990 --> 00:41:39,839

form of technologically mediated

788

00:41:43,829 --> 00:41:42,000

telepathy where minds can communicate

789

00:41:45,829 --> 00:41:43,839

with each other across oceans of sky we

790

00:41:48,309 --> 00:41:45,839

don't just do this

791

00:41:50,550 --> 00:41:48,319

these exponential technologies which

792

00:41:53,109 --> 00:41:50,560

have shrunk supercomputers the size of

793

00:41:55,910 --> 00:41:53,119

buildings into devices in our pockets

794

00:41:57,430 --> 00:41:55,920

are now spilling over into bio

795

00:41:59,589 --> 00:41:57,440

technology

796

00:42:01,670 --> 00:41:59,599

which means mastering the information

797

00:42:05,990 --> 00:42:01,680

processes of our biology because it

798

00:42:09,030 --> 00:42:06,000

turns out that we are made of code

799

00:42:11,270 --> 00:42:09,040

that bio biology is language is is

800

00:42:13,109 --> 00:42:11,280

software that writes its own hardware we

801
00:42:15,109 --> 00:42:13,119
are made of language we are linguistic

802
00:42:17,190 --> 00:42:15,119
all the way down we are alphabetic

803
00:42:19,589 --> 00:42:17,200
beings

804
00:42:22,870 --> 00:42:19,599
and now we're learning to reprogram that

805
00:42:25,670 --> 00:42:22,880
language our existential angst our

806
00:42:27,030 --> 00:42:25,680
refusal to accept our fate is now giving

807
00:42:29,990 --> 00:42:27,040
us the tools

808
00:42:33,990 --> 00:42:30,000
to rewrite the very code of life to

809
00:42:35,910 --> 00:42:34,000
change the terms we didn't sign up for

810
00:42:38,309 --> 00:42:35,920
we'll create new software apps for

811
00:42:40,470 --> 00:42:38,319
biology and say this cancer thing screw

812
00:42:41,910 --> 00:42:40,480
that [h__h] human beings don't die of

813
00:42:44,069 --> 00:42:41,920

illness anymore

814

00:42:46,550 --> 00:42:44,079

this aging thing [\h__\h] that here's

815

00:42:49,430 --> 00:42:46,560

another thousand years to learn explore

816

00:42:51,750 --> 00:42:49,440

and probe the galaxy

817

00:42:53,190 --> 00:42:51,760

the speed at which we can sequence our

818

00:42:56,150 --> 00:42:53,200

genes today

819

00:42:57,910 --> 00:42:56,160

is going three times faster

820

00:42:59,270 --> 00:42:57,920

than these exponential growth curves

821

00:43:01,349 --> 00:42:59,280

that they love talking about in silicon

822

00:43:03,270 --> 00:43:01,359

valley in other words the 40 years that

823

00:43:04,950 --> 00:43:03,280

it took to take a supercomputer to

824

00:43:06,710 --> 00:43:04,960

shrink down from half a building to a

825

00:43:09,910 --> 00:43:06,720

phone in your pocket right that

826

00:43:12,390 --> 00:43:09,920

exponential growth curve

827

00:43:14,390 --> 00:43:12,400

is happening in biotech

828

00:43:16,630 --> 00:43:14,400

gene sequencing is growing three times

829

00:43:19,510 --> 00:43:16,640

faster than moore's law

830

00:43:21,910 --> 00:43:19,520

this is the kind of progress this feels

831

00:43:25,750 --> 00:43:21,920

like an inevitability

832

00:43:27,910 --> 00:43:25,760

it feels like creativity and technology

833

00:43:30,069 --> 00:43:27,920

in a symbiotic way

834

00:43:32,390 --> 00:43:30,079

have a directionality there seems to be

835

00:43:35,270 --> 00:43:32,400

a teleological move towards greater

836

00:43:37,349 --> 00:43:35,280

complexity and organization

837

00:43:38,829 --> 00:43:37,359

kevin kelly from wired magazine calls

838

00:43:41,270 --> 00:43:38,839

technology the

839

00:43:43,990 --> 00:43:41,280

technium he calls it the seventh kingdom

840

00:43:45,670 --> 00:43:44,000

of life he says it's alive

841

00:43:47,190 --> 00:43:45,680

he says it has

842

00:43:48,870 --> 00:43:47,200

a wants

843

00:43:51,190 --> 00:43:48,880

and it has needs

844

00:43:52,950 --> 00:43:51,200

and it's pulling towards greater forms

845

00:43:55,430 --> 00:43:52,960

of novelty engendering more

846

00:44:00,230 --> 00:43:55,440

possibilities more creativity

847

00:44:02,550 --> 00:44:00,240

more imagination increasing our options

848

00:44:04,950 --> 00:44:02,560

eric davis says when everything becomes

849

00:44:08,390 --> 00:44:04,960

linked with everything else matter

850

00:44:09,829 --> 00:44:08,400

becomes mind

851
00:44:11,150 --> 00:44:09,839
we're seeing the rise of artificial

852
00:44:14,150 --> 00:44:11,160
intelligence

853
00:44:15,109 --> 00:44:14,160
non-biological minds

854
00:44:16,950 --> 00:44:15,119
in

855
00:44:19,430 --> 00:44:16,960
marriage with us

856
00:44:21,430 --> 00:44:19,440
increasing intelligence beyond its

857
00:44:23,750 --> 00:44:21,440
biological limitations

858
00:44:25,990 --> 00:44:23,760
so now we are a hybrid now we are a

859
00:44:27,270 --> 00:44:26,000
cyborg of biological and non-biological

860
00:44:28,790 --> 00:44:27,280
intelligence

861
00:44:31,030 --> 00:44:28,800
in fact there's a whole school of

862
00:44:33,430 --> 00:44:31,040
cognitive philosophers

863
00:44:36,470 --> 00:44:33,440

namely david chalmers and andy clark

864

00:44:38,470 --> 00:44:36,480

that say that we have a skin back bias

865

00:44:40,390 --> 00:44:38,480

in assuming that we are nature and

866

00:44:42,790 --> 00:44:40,400

technology is not that in fact

867

00:44:44,870 --> 00:44:42,800

technology is a second skin technology

868

00:44:47,349 --> 00:44:44,880

is our scaffolding and that the mind

869

00:44:51,030 --> 00:44:47,359

that intelligence exists instead in the

870

00:44:53,430 --> 00:44:51,040

feedback loops between brains tools and

871

00:44:54,710 --> 00:44:53,440

environments so we are already part

872

00:45:00,550 --> 00:44:54,720

something else

873

00:45:04,710 --> 00:45:02,550

again

874

00:45:06,470 --> 00:45:04,720

we start with the human condition we

875

00:45:08,550 --> 00:45:06,480

start with the fire in the belly we

876

00:45:09,990 --> 00:45:08,560

start with existential dread we start

877

00:45:11,670 --> 00:45:10,000

with what the [h__\h] do we do with

878

00:45:13,990 --> 00:45:11,680

ourselves right

879

00:45:15,589 --> 00:45:14,000

first we pray

880

00:45:17,030 --> 00:45:15,599

then we worship

881

00:45:20,470 --> 00:45:17,040

our lovers

882

00:45:23,030 --> 00:45:20,480

finally we get really creative

883

00:45:25,430 --> 00:45:23,040

and we surprise ourselves in realizing

884

00:45:30,470 --> 00:45:25,440

we contain wonders that we and we are

885

00:45:33,990 --> 00:45:32,150

stephen johnson in his book where good

886

00:45:36,710 --> 00:45:34,000

ideas come from a natural history of

887

00:45:37,910 --> 00:45:36,720

innovation talks about the adjacent

888

00:45:44,069 --> 00:45:37,920

possible

889

00:45:45,910 --> 00:45:44,079

the future that hovers over the present

890

00:45:49,670 --> 00:45:45,920

and provides a map of all the ways in

891

00:45:51,510 --> 00:45:49,680

which the present can reinvent itself

892

00:45:52,670 --> 00:45:51,520

how do we tap into that adjacent

893

00:45:54,550 --> 00:45:52,680

possible

894

00:45:57,910 --> 00:45:54,560

[Music]

895

00:46:02,630 --> 00:46:00,790

so i want to show you a video to set up

896

00:46:04,550 --> 00:46:02,640

our initial condition

897

00:46:07,829 --> 00:46:04,560

as we walk through some of my work and

898

00:46:10,870 --> 00:46:07,839

some of the ways in which i've dealt

899

00:46:17,589 --> 00:46:10,880

with this situation

900

00:46:17,599 --> 00:46:21,030

all is temporary

901
00:46:25,750 --> 00:46:23,510
even our greatest ecstasies are tinged

902
00:46:28,710 --> 00:46:25,760
by a bit of darkness

903
00:46:30,630 --> 00:46:28,720
this moment will pass this moment will

904
00:46:34,069 --> 00:46:30,640
end

905
00:46:35,910 --> 00:46:34,079
i may have lost her i may have lost this

906
00:46:37,670 --> 00:46:35,920
moment

907
00:46:39,990 --> 00:46:37,680
but now i have this

908
00:46:43,030 --> 00:46:40,000
piece of content that i can always go

909
00:46:44,150 --> 00:46:43,040
back to to remind me of the intensity of

910
00:46:46,630 --> 00:46:44,160
that

911
00:46:50,950 --> 00:46:46,640
i will not just like forget this i will

912
00:46:57,910 --> 00:46:54,230
for me a life well lived is a life that

913
00:47:00,790 --> 00:46:57,920

is not about victories or losses but

914

00:47:02,630 --> 00:47:00,800

about a continuous process of growth a

915

00:47:05,910 --> 00:47:02,640

continuous process of adventure

916

00:47:09,910 --> 00:47:08,230

one in which you don't go quietly into

917

00:47:13,910 --> 00:47:09,920

that good night at the end of the race

918

00:47:17,829 --> 00:47:13,920

but instead you rage and rage and rage

919

00:47:22,829 --> 00:47:19,670

as ellen harrington said we must never

920

00:47:25,349 --> 00:47:22,839

forget we are cosmic revolutionaries not

921

00:47:29,829 --> 00:47:25,359

stooges conscripted to advance a natural

922

00:47:59,910 --> 00:47:33,349

having invented the gods

923

00:48:03,910 --> 00:48:01,750

welcome back to center of light tonight

924

00:48:06,950 --> 00:48:03,920

we are speaking about everything that is

925

00:48:10,230 --> 00:48:06,960

[h__h] magical

926

00:48:10,240 --> 00:48:14,549

tonight is center of light

927

00:48:18,950 --> 00:48:16,549

dimension

928

00:48:22,470 --> 00:48:18,960

uh what is the actual word i was looking

929

00:48:24,710 --> 00:48:22,480

for what i named it i did mention it

930

00:48:26,870 --> 00:48:24,720

earlier

931

00:48:29,270 --> 00:48:26,880

center of light breath

932

00:48:33,190 --> 00:48:29,280

dimensions

933

00:48:37,030 --> 00:48:33,200

height

934

00:48:40,549 --> 00:48:37,040

depth but also as in breath

935

00:48:42,630 --> 00:48:40,559

that shifts us into dimensions

936

00:48:44,549 --> 00:48:42,640

i do want to say hello to my brother

937

00:48:46,230 --> 00:48:44,559

robert

938

00:48:48,309 --> 00:48:46,240

he says

939

00:48:52,390 --> 00:48:48,319

well he's responding to what i said

940

00:48:55,990 --> 00:48:52,400

about jason silva and i said wow

941

00:48:58,470 --> 00:48:56,000

this boy is crazy good i love jason

942

00:49:00,390 --> 00:48:58,480

he lives in the fire fire in the belly

943

00:49:02,950 --> 00:49:00,400

he knows how to fall

944

00:49:04,950 --> 00:49:02,960

and i said this just pours out of him

945

00:49:07,750 --> 00:49:04,960

there is no script he is following this

946

00:49:11,750 --> 00:49:07,760

just wows me and robert says that is

947

00:49:17,670 --> 00:49:15,109

we're all living our truth aren't we

948

00:49:19,109 --> 00:49:17,680

what we hold as religion

949

00:49:20,230 --> 00:49:19,119

beautiful

950

00:49:23,510 --> 00:49:20,240

terrible

951
00:49:27,910 --> 00:49:25,750
but what robert is really saying is not

952
00:49:31,270 --> 00:49:27,920
only is he living his truth

953
00:49:32,390 --> 00:49:31,280
his personal truth he's living in the

954
00:49:33,490 --> 00:49:32,400
collective

955
00:49:36,470 --> 00:49:33,500
divine truth

956
00:49:41,829 --> 00:49:36,480
[Music]

957
00:49:45,910 --> 00:49:44,630
for happiness which is the ultimate way

958
00:49:49,990 --> 00:49:45,920
because there's no way to happen this

959
00:49:53,589 --> 00:49:52,150
that speaks to every one of us

960
00:49:55,190 --> 00:49:53,599
all day long

961
00:49:58,390 --> 00:49:55,200
every day

962
00:50:01,030 --> 00:49:58,400
he lives in the fire

963
00:50:02,950 --> 00:50:01,040

many of us live in the fire

964

00:50:04,710 --> 00:50:02,960

thank you robert for that beautiful

965

00:50:07,670 --> 00:50:04,720

analogy

966

00:50:12,910 --> 00:50:07,680

um so tonight is center of light

967

00:50:15,750 --> 00:50:12,920

the sweet spot breath

968

00:50:19,030 --> 00:50:15,760

b-r-e-a-d-t-h b-r-e-a-d

969

00:50:22,790 --> 00:50:19,040

bread the bread of life

970

00:50:26,150 --> 00:50:24,150

breath

971

00:50:29,349 --> 00:50:26,160

b-r-e-a-d-t-h

972

00:50:33,990 --> 00:50:29,359

as in a dimension of height with depth

973

00:50:39,030 --> 00:50:38,069

there is no escape from this conundrum

974

00:50:43,349 --> 00:50:39,040

lesson

975

00:50:46,740 --> 00:50:45,030

it will catch up to you because you

976

00:50:48,390 --> 00:50:46,750

can't make undone

977

00:50:50,309 --> 00:50:48,400

[Music]

978

00:50:53,190 --> 00:50:50,319

with what i share with you you just

979

00:50:58,390 --> 00:50:55,829

i cast a spell on you

980

00:50:59,430 --> 00:50:58,400

that's what i did

981

00:51:02,230 --> 00:50:59,440

who do

982

00:51:06,069 --> 00:51:03,430

grow

983

00:51:09,349 --> 00:51:06,079

yo sis bro

984

00:51:12,710 --> 00:51:09,359

from homecoming

985

00:51:18,150 --> 00:51:12,720

ah now we're gonna get to that shortly

986

00:51:21,829 --> 00:51:20,470

being a wordsmith as you

987

00:51:23,510 --> 00:51:21,839

know that i do

988

00:51:26,230 --> 00:51:23,520

most often if you're

989

00:51:28,390 --> 00:51:26,240

if you frequent my presentations

990

00:51:30,309 --> 00:51:28,400

you know that

991

00:51:31,990 --> 00:51:30,319

being a wordsmith i love the english

992

00:51:34,069 --> 00:51:32,000

language

993

00:51:36,950 --> 00:51:34,079

and the greatest

994

00:51:40,150 --> 00:51:36,960

spiritual scriptural book is the

995

00:51:45,750 --> 00:51:44,069

it is the understanding of all

996

00:51:47,910 --> 00:51:45,760

and it's updated

997

00:51:48,790 --> 00:51:47,920

probably every day

998

00:51:52,549 --> 00:51:48,800

it's

999

00:51:56,950 --> 00:51:54,710

from when understanding or having a

1000

00:52:00,710 --> 00:51:56,960

level of consciousness about yourself

1001
00:52:02,150 --> 00:52:00,720
ourselves whoever we or they were

1002
00:52:05,510 --> 00:52:02,160
back in the

1003
00:52:07,829 --> 00:52:05,520
caveman days

1004
00:52:09,670 --> 00:52:07,839
everything's updated

1005
00:52:12,470 --> 00:52:09,680
there was breath

1006
00:52:14,870 --> 00:52:12,480
people breathing to stay alive using

1007
00:52:17,270 --> 00:52:14,880
breath as in width and height

1008
00:52:20,430 --> 00:52:17,280
to create multi-dimensional

1009
00:52:24,790 --> 00:52:22,630
normalities what a strange word

1010
00:52:27,510 --> 00:52:24,800
multi-dimensionalities

1011
00:52:28,790 --> 00:52:27,520
of realities

1012
00:52:30,230 --> 00:52:28,800
so we have

1013
00:52:31,270 --> 00:52:30,240

breath

1014

00:52:32,950 --> 00:52:31,280

now we're going to get into the

1015

00:52:34,630 --> 00:52:32,960

dimensions of

1016

00:52:36,309 --> 00:52:34,640

space as in

1017

00:52:37,510 --> 00:52:36,319

creating

1018

00:52:38,549 --> 00:52:37,520

breath

1019

00:52:39,589 --> 00:52:38,559

with

1020

00:52:41,430 --> 00:52:39,599

height

1021

00:52:43,829 --> 00:52:41,440

depth kind of thing and then we're going

1022

00:52:47,270 --> 00:52:43,839

to get into the breath

1023

00:52:50,069 --> 00:52:47,280

which creates spiritual dimensions

1024

00:52:55,190 --> 00:52:52,910

so the definition of breath

1025

00:52:57,750 --> 00:52:55,200

b-r-e-a-d-t-h not as in breath as in

1026
00:52:59,349 --> 00:52:57,760
breathing but breath is in

1027
00:53:01,430 --> 00:52:59,359
a dimension of

1028
00:53:03,829 --> 00:53:01,440
three-dimensional space

1029
00:53:08,069 --> 00:53:03,839
the distance or measurement

1030
00:53:12,630 --> 00:53:08,079
from side to side of something with

1031
00:53:15,750 --> 00:53:12,640
the boat measured 27 feet in breath

1032
00:53:19,349 --> 00:53:15,760
similar with broadness wideness

1033
00:53:20,710 --> 00:53:19,359
thickness span spread diameter beam

1034
00:53:21,750 --> 00:53:20,720
i love that one

1035
00:53:24,549 --> 00:53:21,760
uh

1036
00:53:29,510 --> 00:53:26,150
i don't have it i was gonna flash my

1037
00:53:30,390 --> 00:53:29,520
light for beam so anyway uh broadness

1038
00:53:33,589 --> 00:53:30,400

with

1039

00:53:34,710 --> 00:53:33,599

whiteness thickness span

1040

00:53:39,670 --> 00:53:34,720

spread

1041

00:53:42,870 --> 00:53:39,680

diameter beam wide range or extent

1042

00:53:43,670 --> 00:53:42,880

similar range extent scope

1043

00:53:46,950 --> 00:53:43,680

with

1044

00:53:50,950 --> 00:53:48,790

amplitude i thought it said amplitude

1045

00:53:53,349 --> 00:53:50,960

amplitude extensiveness

1046

00:53:55,589 --> 00:53:53,359

comprehensiveness all inclusiveness

1047

00:53:59,270 --> 00:53:55,599

spread sweeps

1048

00:54:02,470 --> 00:53:59,280

spread sweep reach compass

1049

00:54:08,829 --> 00:54:02,480

magnitude scale degree

1050

00:54:15,190 --> 00:54:12,470

with definition of width

1051
00:54:18,390 --> 00:54:15,200
the measurement or extent of something

1052
00:54:19,109 --> 00:54:18,400
from side to side this is very uh it has

1053
00:54:21,750 --> 00:54:19,119
a

1054
00:54:24,630 --> 00:54:21,760
very um

1055
00:54:25,589 --> 00:54:24,640
it has a relationship with breath but of

1056
00:54:26,950 --> 00:54:25,599
course

1057
00:54:29,270 --> 00:54:26,960
some of the definitions of the

1058
00:54:31,750 --> 00:54:29,280
simulators are going to shift because

1059
00:54:33,190 --> 00:54:31,760
there's always a little more refinement

1060
00:54:35,190 --> 00:54:33,200
per word

1061
00:54:37,349 --> 00:54:35,200
with the measurement or extent of

1062
00:54:40,150 --> 00:54:37,359
something from side to side the yard was

1063
00:54:41,750 --> 00:54:40,160

about seven feet in width similar

1064

00:54:42,710 --> 00:54:41,760

wideness breath

1065

00:54:45,349 --> 00:54:42,720

back to

1066

00:54:47,829 --> 00:54:45,359

the original broadness thickness spread

1067

00:54:51,670 --> 00:54:47,839

span diameter girth which is some a word

1068

00:54:54,789 --> 00:54:51,680

i used earlier diameter caliber gauge

1069

00:54:57,510 --> 00:54:54,799

beam i wish i had my beam

1070

00:55:00,390 --> 00:54:57,520

opposite length

1071

00:55:03,750 --> 00:55:00,400

a piece of something

1072

00:55:07,349 --> 00:55:03,760

at its full extent from side to side

1073

00:55:10,789 --> 00:55:07,359

a single width of hardboard

1074

00:55:12,789 --> 00:55:10,799

the sideways extent of a swimming pool

1075

00:55:15,430 --> 00:55:12,799

as a measure

1076

00:55:18,870 --> 00:55:15,440

which you are loved beyond

1077

00:55:20,870 --> 00:55:18,880

of the dissonance of the distance swamp

1078

00:55:24,630 --> 00:55:20,880

i didn't know that was a word

1079

00:55:27,589 --> 00:55:24,640

swim swam well swam

1080

00:55:29,750 --> 00:55:27,599

the quality of covering or accepting a

1081

00:55:30,789 --> 00:55:29,760

broad range of things

1082

00:55:33,829 --> 00:55:30,799

scope

1083

00:55:35,109 --> 00:55:33,839

the width of experience required for

1084

00:55:37,430 --> 00:55:35,119

these

1085

00:55:40,470 --> 00:55:37,440

positions

1086

00:55:42,789 --> 00:55:40,480

similar range breadth compass scope span

1087

00:55:45,990 --> 00:55:42,799

scale sweep extent

1088

00:55:49,349 --> 00:55:46,000

now we're moving into height

1089

00:55:50,150 --> 00:55:49,359

the measurement from base to top

1090

00:55:52,549 --> 00:55:50,160

or

1091

00:55:55,190 --> 00:55:52,559

of a standing person

1092

00:55:57,349 --> 00:55:55,200

hello sexy human being

1093

00:56:00,230 --> 00:55:57,359

from head to foot

1094

00:56:01,670 --> 00:56:00,240

the most intense part or or period of

1095

00:56:05,190 --> 00:56:01,680

something

1096

00:56:11,190 --> 00:56:08,230

we are reaching the crest the apex

1097

00:56:12,230 --> 00:56:11,200

of the mountain highest point crowning

1098

00:56:13,990 --> 00:56:12,240

moment

1099

00:56:15,829 --> 00:56:14,000

culminating point

1100

00:56:17,589 --> 00:56:15,839

this is what this has been all about

1101
00:56:18,789 --> 00:56:17,599
since the birth of

1102
00:56:21,430 --> 00:56:18,799
man

1103
00:56:23,109 --> 00:56:21,440
this culminating point

1104
00:56:26,069 --> 00:56:23,119
it's the peak

1105
00:56:28,710 --> 00:56:26,079
the next word dimension

1106
00:56:29,670 --> 00:56:28,720
a measurable extent of some kind such as

1107
00:56:30,789 --> 00:56:29,680
length

1108
00:56:33,270 --> 00:56:30,799
breadth

1109
00:56:35,910 --> 00:56:33,280
depth or height

1110
00:56:38,309 --> 00:56:35,920
the final dimensions of the pond

1111
00:56:42,829 --> 00:56:38,319
similar proportions measurements extent

1112
00:56:46,309 --> 00:56:42,839
size length with breath depth area

1113
00:56:48,069 --> 00:56:46,319

volume capacity footage acreage

1114

00:56:50,710 --> 00:56:48,079

an aspect of

1115

00:56:53,030 --> 00:56:50,720

an aspect or feature of a situation

1116

00:56:56,630 --> 00:56:53,040

problem or thing

1117

00:57:00,470 --> 00:56:56,640

sun-dried tomatoes added a new dimension

1118

00:57:05,120 --> 00:57:03,030

similar aspect feature element

1119

00:57:07,910 --> 00:57:05,130

facet side

1120

00:57:09,349 --> 00:57:07,920

[Music]

1121

00:57:10,230 --> 00:57:09,359

words

1122

00:57:11,670 --> 00:57:10,240

or

1123

00:57:14,470 --> 00:57:11,680

infinitely

1124

00:57:20,630 --> 00:57:17,750

tonight is center of light breath

1125

00:57:25,349 --> 00:57:20,640

breath is in a dimension of

1126
00:57:25,359 --> 00:57:28,549
spiritually

1127
00:57:28,559 --> 00:57:31,109
wow

1128
00:57:35,750 --> 00:57:34,470
what helps us to get out of

1129
00:57:41,109 --> 00:57:35,760
measurement

1130
00:57:41,119 --> 00:57:44,549
the sweet spot

1131
00:57:49,510 --> 00:57:46,230
it's nothing

1132
00:57:50,630 --> 00:57:49,520
it's not it's not even what you think it

1133
00:57:53,109 --> 00:57:50,640
is

1134
00:57:55,109 --> 00:57:53,119
more so it's not even what you think

1135
00:57:57,510 --> 00:57:55,119
nothing is

1136
00:58:00,710 --> 00:57:57,520
you can't explain it

1137
00:58:02,150 --> 00:58:00,720
so don't try hello aziza

1138
00:58:04,069 --> 00:58:02,160

nothing

1139

00:58:06,710 --> 00:58:04,079

doesn't mean well let me describe what

1140

00:58:09,589 --> 00:58:06,720

nothing is because that's something

1141

00:58:10,710 --> 00:58:09,599

i'm describing something to people about

1142

00:58:14,230 --> 00:58:10,720

nothing

1143

00:58:18,150 --> 00:58:15,589

that

1144

00:58:22,549 --> 00:58:18,160

is god

1145

00:58:27,430 --> 00:58:24,230

it's all clear

1146

00:58:32,309 --> 00:58:29,270

quiet

1147

00:58:34,470 --> 00:58:32,319

it's the sweet spot

1148

00:58:36,390 --> 00:58:34,480

so when you find yourself

1149

00:58:38,390 --> 00:58:36,400

in anything in your life

1150

00:58:39,990 --> 00:58:38,400

out of the lot

1151

00:58:42,470 --> 00:58:40,000

that happens to you

1152

00:58:44,340 --> 00:58:42,480

when you find the sweet spot what i

1153

00:58:45,910 --> 00:58:44,350

suggest that you do

1154

00:58:47,670 --> 00:58:45,920

[Music]

1155

00:58:52,150 --> 00:58:47,680

is breathe

1156

00:58:56,309 --> 00:58:54,950

and in so doing it will widen your

1157

00:58:57,630 --> 00:58:56,319

breath

1158

00:59:03,270 --> 00:58:57,640

your

1159

00:59:08,150 --> 00:59:05,670

reality and experience of things you

1160

00:59:10,309 --> 00:59:08,160

know deep in it as well

1161

00:59:12,309 --> 00:59:10,319

and you will heighten yourself

1162

00:59:13,670 --> 00:59:12,319

as you erect

1163

00:59:18,309 --> 00:59:13,680

and ascend

1164

00:59:21,109 --> 00:59:19,910

so when something wonderful happens to

1165

00:59:24,870 --> 00:59:21,119

you

1166

00:59:27,109 --> 00:59:24,880

b-r-e-a-d

1167

00:59:29,750 --> 00:59:27,119

t-h which means with

1168

00:59:34,150 --> 00:59:29,760

and girth and quality

1169

00:59:40,230 --> 00:59:34,160

what you can do is engage your breath

1170

00:59:44,870 --> 00:59:42,470

it sounds like you're panting and you're

1171

00:59:46,870 --> 00:59:44,880

anxious that's not what it is at all

1172

00:59:48,470 --> 00:59:46,880

you're in a different heart space than

1173

00:59:50,309 --> 00:59:48,480

the mind space of being anxious

1174

00:59:51,990 --> 00:59:50,319

breathing out of painting because you're

1175

00:59:53,910 --> 00:59:52,000

scared to death

1176
00:59:55,770 --> 00:59:53,920
you're using breath

1177
00:59:57,349 --> 00:59:55,780
on purpose

1178
00:59:59,670 --> 00:59:57,359
[Music]

1179
01:00:05,430 --> 00:59:59,680
and it will shift you

1180
01:00:05,440 --> 01:00:10,789
something amazing just happened

1181
01:00:16,150 --> 01:00:14,549
it doesn't matter the breath pace

1182
01:00:18,470 --> 01:00:16,160
the toothpaste

1183
01:00:19,829 --> 01:00:18,480
from the sweet spot that you might get

1184
01:00:21,750 --> 01:00:19,839
cavities

1185
01:00:23,910 --> 01:00:21,760
a cave or a cavern

1186
01:00:26,950 --> 01:00:23,920
fall into the cavern

1187
01:00:30,630 --> 01:00:26,960
it's not necessarily truly

1188
01:00:32,069 --> 01:00:30,640

it is to some degree equally

1189

01:00:34,870 --> 01:00:32,079

the breath

1190

01:00:36,870 --> 01:00:34,880

but it's about

1191

01:00:38,950 --> 01:00:36,880

why

1192

01:00:40,950 --> 01:00:38,960

you are breathing

1193

01:00:43,190 --> 01:00:40,960

so intentionally

1194

01:00:45,510 --> 01:00:43,200

what is your goal

1195

01:00:49,430 --> 01:00:45,520

for the outcome

1196

01:00:53,030 --> 01:00:49,440

that requires the income

1197

01:00:57,670 --> 01:00:53,040

your divine escrow bank account

1198

01:01:01,750 --> 01:01:00,549

what is your income

1199

01:01:03,829 --> 01:01:01,760

input

1200

01:01:05,589 --> 01:01:03,839

to be able to deliver deliver such

1201
01:01:08,789 --> 01:01:05,599
output

1202
01:01:11,910 --> 01:01:10,870
which creates breadth

1203
01:01:13,589 --> 01:01:11,920
with

1204
01:01:14,710 --> 01:01:13,599
height

1205
01:01:16,390 --> 01:01:14,720
depth

1206
01:01:18,870 --> 01:01:16,400
dimension

1207
01:01:20,309 --> 01:01:18,880
shifting space as i mentioned

1208
01:01:21,990 --> 01:01:20,319
is not hard

1209
01:01:25,270 --> 01:01:22,000
you can go to the bathroom right now and

1210
01:01:27,030 --> 01:01:25,280
you've shifted space in your house

1211
01:01:29,910 --> 01:01:27,040
and when you go to the bathroom the

1212
01:01:31,829 --> 01:01:29,920
space within you shifts as well

1213
01:01:33,750 --> 01:01:31,839

shifts happens

1214

01:01:35,430 --> 01:01:33,760

because you're no longer in the same

1215

01:01:38,630 --> 01:01:35,440

experience you were

1216

01:01:42,870 --> 01:01:38,640

before you got off of your derriere

1217

01:01:48,230 --> 01:01:45,829

we're always shifting

1218

01:01:51,109 --> 01:01:48,240

so when you come upon an experience or

1219

01:01:53,190 --> 01:01:51,119

experience is being had

1220

01:01:55,829 --> 01:01:53,200

while it's being had

1221

01:01:58,309 --> 01:01:55,839

breathe into it

1222

01:01:59,750 --> 01:01:58,319

create breath use your breath to create

1223

01:02:04,549 --> 01:01:59,760

breath

1224

01:02:09,910 --> 01:02:07,029

and it will linger it will keep the gate

1225

01:02:10,789 --> 01:02:09,920

open and when the said experience may be

1226
01:02:12,150 --> 01:02:10,799
done

1227
01:02:14,230 --> 01:02:12,160
physically

1228
01:02:16,230 --> 01:02:14,240
don't run

1229
01:02:18,870 --> 01:02:16,240
it's still there

1230
01:02:20,390 --> 01:02:18,880
keep the gate open by being conscious of

1231
01:02:24,789 --> 01:02:20,400
your breath

1232
01:02:29,270 --> 01:02:27,349
and you will find all kind of width

1233
01:02:31,190 --> 01:02:29,280
and all kind of height

1234
01:02:35,349 --> 01:02:31,200
and all kind of depth

1235
01:02:39,990 --> 01:02:38,069
we all want equality

1236
01:02:43,109 --> 01:02:40,000
so have these

1237
01:02:44,470 --> 01:02:43,119
you deserve them in equal portions

1238
01:02:45,750 --> 01:02:44,480

breath

1239

01:02:47,190 --> 01:02:45,760

width

1240

01:02:48,470 --> 01:02:47,200

height

1241

01:02:51,349 --> 01:02:48,480

depth

1242

01:02:55,349 --> 01:02:53,589

i'm grateful versus

1243

01:02:56,950 --> 01:02:55,359

i'm so scared

1244

01:02:59,670 --> 01:02:56,960

everybody has their path

1245

01:03:03,910 --> 01:02:59,680

i understand i'm not poking fun

1246

01:03:05,829 --> 01:03:03,920

but i am making light live in the light

1247

01:03:07,750 --> 01:03:05,839

enjoy your breath gonna be right back

1248

01:03:09,670 --> 01:03:07,760

get some reading to do from homecoming

1249

01:03:11,670 --> 01:03:09,680

crossing the bridge to the soul

1250

01:03:14,150 --> 01:03:11,680

to move us further into this

1251

01:03:15,750 --> 01:03:14,160

multifaceted multi-dimensional

1252

01:03:18,630 --> 01:03:15,760

presentation about

1253

01:03:21,750 --> 01:03:20,230

in the form of

1254

01:03:24,789 --> 01:03:21,760

dimensional space

1255

01:03:27,990 --> 01:03:24,799

but also in the form of breathing

1256

01:03:32,630 --> 01:03:28,000

life-giving breath so harm to put us in

1257

01:03:34,470 --> 01:03:32,640

alternate universes alternate space says

1258

01:03:35,670 --> 01:03:34,480

and combine them all together home

1259

01:03:37,670 --> 01:03:35,680

coming across to the bridge so it's all

1260

01:03:40,549 --> 01:03:37,680

going to be right back so break

1261

01:03:44,870 --> 01:03:42,580

how about some uh

1262

01:03:45,990 --> 01:03:44,880

[Music]

1263

01:03:47,990 --> 01:03:46,000

ah

1264

01:03:53,510 --> 01:03:48,000

where they go something from my soon to

1265

01:03:59,510 --> 01:03:55,910

what do you want now it's all unproduced

1266

01:04:01,910 --> 01:03:59,520

but it's raw enjoy

1267

01:04:03,589 --> 01:04:01,920

i can't seem to figure things out

1268

01:04:06,069 --> 01:04:03,599

maybe everything i claim to know is

1269

01:04:08,870 --> 01:04:06,079

absolute [h__\h]

1270

01:04:10,549 --> 01:04:08,880

where else can i go but inward

1271

01:04:13,270 --> 01:04:10,559

nothing on the outside has ever brought

1272

01:04:16,789 --> 01:04:13,280

me some sort of peace i once heard from

1273

01:04:19,270 --> 01:04:16,799

a friend about something called samadhi

1274

01:04:21,829 --> 01:04:19,280

if i remember correctly he told me it's

1275

01:04:23,750 --> 01:04:21,839

being in a space of stillness

1276

01:04:26,549 --> 01:04:23,760

and inner quiet

1277

01:04:27,750 --> 01:04:26,559

silence on all levels sort of like being

1278

01:04:29,270 --> 01:04:27,760

in a cave

1279

01:04:32,230 --> 01:04:29,280

in meditation

1280

01:04:34,549 --> 01:04:32,240

waiting simply however long it takes for

1281

01:04:43,270 --> 01:04:34,559

god to awaken you and bring you to the

1282

01:04:43,280 --> 01:05:05,990

[Music]

1283

01:05:06,000 --> 01:05:27,190

uh

1284

01:05:27,200 --> 01:05:38,450

oh

1285

01:06:06,070 --> 01:06:04,870

[Music]

1286

01:06:16,950 --> 01:06:06,080

goodbye world

1287

01:06:16,960 --> 01:06:31,109

want hello it's your

1288

01:06:36,950 --> 01:06:33,510

come on ears what do you want

1289

01:06:39,349 --> 01:06:36,960

come on now what do you want now

1290

01:06:45,109 --> 01:06:39,359

what do you want

1291

01:06:45,119 --> 01:06:48,260

who you me

1292

01:06:54,710 --> 01:06:51,349

[Music]

1293

01:06:58,309 --> 01:06:54,720

but when you take the time just to be

1294

01:07:00,950 --> 01:06:58,319

with yourself that's when you will make

1295

01:07:02,309 --> 01:07:00,960

the score

1296

01:07:18,600 --> 01:07:02,319

what do you want

1297

01:07:48,290 --> 01:07:21,700

[Applause]

1298

01:08:21,910 --> 01:07:58,140

[Music]

1299

01:08:25,669 --> 01:08:23,510

welcome back to central of light you

1300

01:08:27,269 --> 01:08:25,679

sexy human creatures from homecoming

1301

01:08:29,269 --> 01:08:27,279

crossing the bridge to the soul tonight

1302

01:08:31,510 --> 01:08:29,279

we are speaking about for those who are

1303

01:08:35,030 --> 01:08:31,520

interested in purchasing my most recent

1304

01:08:36,470 --> 01:08:35,040

bestseller uh the top of this forum you

1305

01:08:38,470 --> 01:08:36,480

i'm absolutely sure you'll be able to

1306

01:08:40,470 --> 01:08:38,480

find this book if you can the link to

1307

01:08:43,030 --> 01:08:40,480

this book which is amazon if you cannot

1308

01:08:45,510 --> 01:08:43,040

just send me an inbox check it out 30

1309

01:08:47,269 --> 01:08:45,520

years of my life

1310

01:08:52,709 --> 01:08:47,279

joyful life

1311

01:08:54,950 --> 01:08:52,719

second volume hopefully in the very near

1312

01:08:57,910 --> 01:08:54,960

future will be coming out as well

1313

01:09:01,590 --> 01:08:59,080

do it

1314

01:09:05,669 --> 01:09:01,600

[Music]

1315

01:09:08,550 --> 01:09:05,679

the sweet spot what is the sweet spot

1316

01:09:10,709 --> 01:09:08,560

it's your g-spot guy or girl

1317

01:09:12,630 --> 01:09:10,719

no matter what world that you swirl

1318

01:09:15,430 --> 01:09:12,640

around in it's your g-spot it's your

1319

01:09:19,189 --> 01:09:15,440

erogenous zone it's when you get touched

1320

01:09:22,470 --> 01:09:21,110

on any level magic happens that's the

1321

01:09:24,390 --> 01:09:22,480

sweet spot

1322

01:09:27,189 --> 01:09:24,400

so what what happens when you actually

1323

01:09:28,950 --> 01:09:27,199

in sexual intercourse

1324

01:09:30,470 --> 01:09:28,960

when you're in a sweet spot you think

1325

01:09:31,669 --> 01:09:30,480

nobody's breathing

1326
01:09:34,149 --> 01:09:31,679
in fact they're

1327
01:09:35,189 --> 01:09:34,159
gulping up oxygen

1328
01:09:38,789 --> 01:09:35,199
right

1329
01:09:41,910 --> 01:09:38,799
likewise perfect analogy

1330
01:09:45,189 --> 01:09:41,920
the sweet spot when in a sweet spot why

1331
01:09:46,550 --> 01:09:45,199
not use the same principle technique in

1332
01:09:48,630 --> 01:09:46,560
a sexual

1333
01:09:51,510 --> 01:09:48,640
sensual encounter

1334
01:09:53,349 --> 01:09:51,520
the same way when you find yourself

1335
01:09:55,750 --> 01:09:53,359
erotic

1336
01:09:57,270 --> 01:09:55,760
in such a way about your life about an

1337
01:09:58,310 --> 01:09:57,280
experience about something that you're

1338
01:10:00,630 --> 01:09:58,320

doing

1339

01:10:02,470 --> 01:10:00,640

gardening musician drawing whatever it

1340

01:10:04,790 --> 01:10:02,480

is you do

1341

01:10:06,470 --> 01:10:04,800

breathe get into there get into the

1342

01:10:07,460 --> 01:10:06,480

erogenous zone

1343

01:10:08,790 --> 01:10:07,470

make it real

1344

01:10:12,870 --> 01:10:08,800

[Music]

1345

01:10:14,790 --> 01:10:12,880

it's the sweet spot and so breathing

1346

01:10:19,830 --> 01:10:14,800

creates breath

1347

01:10:21,110 --> 01:10:19,840

as in a dimension breath with height

1348

01:10:22,310 --> 01:10:21,120

depth

1349

01:10:24,149 --> 01:10:22,320

from home coming across from the bridge

1350

01:10:26,870 --> 01:10:24,159

to the soul here we go

1351

01:10:32,070 --> 01:10:26,880

my dialogue with spirit all those years

1352

01:10:35,830 --> 01:10:33,750

on the earth plane

1353

01:10:38,229 --> 01:10:35,840

almost everyone perceives him or herself

1354

01:10:40,790 --> 01:10:38,239

as an individualized unit separate from

1355

01:10:43,830 --> 01:10:40,800

others such spiritual deficiency

1356

01:10:45,669 --> 01:10:43,840

promotes spiritual dyslexia a view of

1357

01:10:47,110 --> 01:10:45,679

reality as outer

1358

01:10:53,750 --> 01:10:47,120

to

1359

01:10:56,189 --> 01:10:53,760

perception is an error because at the

1360

01:10:58,950 --> 01:10:56,199

subatomic level there is no separation

1361

01:11:00,870 --> 01:10:58,960

whatsoever everything is just energy

1362

01:11:02,950 --> 01:11:00,880

fluxing at god speed

1363

01:11:05,510 --> 01:11:02,960

briefly bumping around then taking off

1364

01:11:06,870 --> 01:11:05,520

to somewhere else spirit continues

1365

01:11:11,270 --> 01:11:06,880

believe it or not

1366

01:11:17,110 --> 01:11:13,990

empty space the other point zero zero

1367

01:11:20,229 --> 01:11:17,120

zero zero one percent matter is empty

1368

01:11:22,390 --> 01:11:20,239

space as well matter consists of random

1369

01:11:24,070 --> 01:11:22,400

blips of energy and informational

1370

01:11:26,630 --> 01:11:24,080

discharges informational

1371

01:11:29,110 --> 01:11:26,640

multi-dimensional discharges that

1372

01:11:31,510 --> 01:11:29,120

solidify into at least for now which

1373

01:11:34,149 --> 01:11:31,520

we're moving to fifth dimension

1374

01:11:35,910 --> 01:11:34,159

consists of uh

1375

01:11:38,470 --> 01:11:35,920

matter consists of random blips of

1376

01:11:41,030 --> 01:11:38,480

energy and informational discharges that

1377

01:11:43,590 --> 01:11:41,040

solidify into a three-dimensional

1378

01:11:46,550 --> 01:11:43,600

hologram this was 1987

1379

01:11:48,870 --> 01:11:46,560

thus creating the illusion of solidity i

1380

01:11:52,310 --> 01:11:48,880

know that grasping this concept keith

1381

01:11:54,390 --> 01:11:52,320

has been challenging for you in the past

1382

01:11:56,950 --> 01:11:54,400

but you are finally beginning to see how

1383

01:11:59,350 --> 01:11:56,960

everyone is of one body god is on the

1384

01:12:00,870 --> 01:11:59,360

present that branches into many

1385

01:12:03,910 --> 01:12:00,880

seemingly separate bodies upon the

1386

01:12:06,149 --> 01:12:03,920

physical plane and i say yes i think i

1387

01:12:09,030 --> 01:12:06,159

am and spirit continues the more you can

1388

01:12:12,630 --> 01:12:09,040

see this truth the more your tendency to

1389

01:12:17,110 --> 01:12:12,640

judge anything will diminish because you

1390

01:12:20,390 --> 01:12:17,120

will understand that everything is you

1391

01:12:24,709 --> 01:12:20,400

that is the sweet spot

1392

01:12:24,719 --> 01:12:30,229

to stay in the moment that you stretch

1393

01:12:37,189 --> 01:12:33,030

by your intent to do so

1394

01:12:39,750 --> 01:12:37,199

the more you can see this truth which is

1395

01:12:41,669 --> 01:12:39,760

you are the spirit the observer the more

1396

01:12:43,990 --> 01:12:41,679

you can see this truth the more your

1397

01:12:44,790 --> 01:12:44,000

tendency to judge anything will diminish

1398

01:12:47,669 --> 01:12:44,800

because

1399

01:12:48,630 --> 01:12:47,679

you will understand that everything is

1400

01:12:51,550 --> 01:12:48,640

you

1401

01:12:53,830 --> 01:12:51,560

no matter how bad a situation gets

1402

01:12:55,830 --> 01:12:53,840

self-preservation is your right

1403

01:12:58,870 --> 01:12:55,840

universally

1404

01:13:01,510 --> 01:12:58,880

stay present

1405

01:13:03,750 --> 01:13:01,520

when you cast judgment not only do you

1406

01:13:06,070 --> 01:13:03,760

bring about division from others you

1407

01:13:08,870 --> 01:13:06,080

deepen the conscious breach between

1408

01:13:11,910 --> 01:13:08,880

yourself and the one

1409

01:13:13,189 --> 01:13:11,920

cosmic body which is the breath

1410

01:13:14,310 --> 01:13:13,199

the width

1411

01:13:22,470 --> 01:13:14,320

the height

1412

01:13:27,910 --> 01:13:25,669

when you judge love begins to decay and

1413

01:13:30,229 --> 01:13:27,920

fear begins to expand

1414

01:13:32,709 --> 01:13:30,239

now even though it describes separation

1415

01:13:35,750 --> 01:13:32,719

as a truth in and of itself

1416

01:13:38,630 --> 01:13:35,760

in truth it is not real

1417

01:13:41,910 --> 01:13:38,640

nothing can ever leave my sight

1418

01:13:43,270 --> 01:13:41,920

that is the real truth

1419

01:13:44,709 --> 01:13:43,280

breath

1420

01:13:47,270 --> 01:13:44,719

with

1421

01:13:49,910 --> 01:13:47,280

depth height

1422

01:13:53,110 --> 01:13:49,920

that is the real truth i live in such

1423

01:13:56,910 --> 01:13:53,120

wholeness that i hold together the

1424

01:13:59,990 --> 01:13:56,920

things you may see as separate

1425

01:14:01,750 --> 01:14:00,000

[Music]

1426

01:14:02,950 --> 01:14:01,760

i'll get through here we go a little

1427

01:14:10,310 --> 01:14:02,960

more

1428

01:14:14,070 --> 01:14:12,229

here's an exercise

1429

01:14:16,229 --> 01:14:14,080

look at your hand look at your hand

1430

01:14:17,510 --> 01:14:16,239

everybody everybody class look at your

1431

01:14:19,510 --> 01:14:17,520

hands

1432

01:14:21,430 --> 01:14:19,520

look at your hand just look at it no

1433

01:14:21,770 --> 01:14:21,440

judgment just look see what it looks

1434

01:14:27,669 --> 01:14:21,780

like

1435

01:14:31,189 --> 01:14:29,669

do you see a hand

1436

01:14:31,790 --> 01:14:31,199

with separate

1437

01:14:33,830 --> 01:14:31,800

fingers

1438

01:14:35,590 --> 01:14:33,840

[Music]

1439

01:14:37,590 --> 01:14:35,600

and i say yes

1440

01:14:40,790 --> 01:14:37,600

because of those empty spaces you see

1441

01:14:43,030 --> 01:14:40,800

between them you think that one finger

1442

01:14:46,149 --> 01:14:43,040

has no connection to the others

1443

01:14:49,030 --> 01:14:46,159

this is but a perception of separation

1444

01:14:52,149 --> 01:14:49,040

caused by your lack of focus on the

1445

01:14:55,110 --> 01:14:52,159

entire hand which after all

1446

01:14:59,270 --> 01:14:55,120

is where the fingers extend from in the

1447

01:15:01,030 --> 01:14:59,280

first place your hand represents

1448

01:15:02,470 --> 01:15:01,040

the place where all things connect and

1449

01:15:04,390 --> 01:15:02,480

originate god

1450

01:15:06,790 --> 01:15:04,400

this simple lesson should lift your

1451

01:15:09,270 --> 01:15:06,800

awareness beyond any deception

1452

01:15:11,830 --> 01:15:09,280

keith do you understand it

1453

01:15:14,390 --> 01:15:11,840

and out of being a little smart ass

1454

01:15:16,470 --> 01:15:14,400

i say i've really got to hand it to you

1455

01:15:18,390 --> 01:15:16,480

you've explained it so well that i get

1456

01:15:28,310 --> 01:15:18,400

it

1457

01:15:30,149 --> 01:15:28,320

again i ask you to reflect on your body

1458

01:15:33,270 --> 01:15:30,159

and see it as one

1459

01:15:35,669 --> 01:15:33,280

living organism housing billions

1460

01:15:38,310 --> 01:15:35,679

of cells skin cells liver cells brain

1461

01:15:41,270 --> 01:15:38,320

cells blood cells and so on all of them

1462

01:15:43,990 --> 01:15:41,280

encapsulated in one wrapping of flesh

1463

01:15:45,669 --> 01:15:44,000

this holds as truth for the earth as

1464

01:15:48,149 --> 01:15:45,679

well where there are billions of

1465

01:15:50,470 --> 01:15:48,159

individual cells called people who

1466

01:15:53,590 --> 01:15:50,480

differ from one another in personality

1467

01:15:57,990 --> 01:15:53,600

appearance sex and race humans are

1468

01:16:00,630 --> 01:15:58,000

embraced by a much larger organism earth

1469

01:16:03,830 --> 01:16:00,640

humans are to earth as cells or humans

1470

01:16:08,470 --> 01:16:03,840

from micro to macro the universal design

1471

01:16:11,510 --> 01:16:08,480

is the same atomic cellular body world

1472

01:16:13,990 --> 01:16:11,520

solar galactic stellar universal

1473

01:16:17,030 --> 01:16:14,000

all systems spin around one central

1474

01:16:18,870 --> 01:16:17,040

source atoms and cells have elements

1475

01:16:21,110 --> 01:16:18,880

spinning around one central source

1476

01:16:23,189 --> 01:16:21,120

called the nucleus

1477

01:16:25,910 --> 01:16:23,199

and you and earth spin around one

1478

01:16:28,070 --> 01:16:25,920

central source called the sun the solar

1479

01:16:31,189 --> 01:16:28,080

system revolves around the milky way

1480

01:16:34,149 --> 01:16:31,199

galaxy with that huge cluster of stars

1481

01:16:38,310 --> 01:16:34,159

at its center galaxies rotate around the

1482

01:16:41,350 --> 01:16:38,320

cosmos and the universe revolves around

1483

01:16:45,990 --> 01:16:43,830

dear lord

1484

01:16:49,430 --> 01:16:46,000

the great central sun

1485

01:16:52,229 --> 01:16:49,440

i know you have all heard the expression

1486

01:16:53,350 --> 01:16:52,239

he thinks the world revolves around him

1487

01:16:56,229 --> 01:16:53,360

well

1488

01:16:58,390 --> 01:16:56,239

this is the truth of it

1489

01:17:04,550 --> 01:16:58,400

everything

1490

01:17:07,270 --> 01:17:04,560

i who spins all into life and i say it

1491

01:17:09,990 --> 01:17:07,280

sounds pretty simple i mean as far as

1492

01:17:10,870 --> 01:17:10,000

you've laid things out

1493

01:17:13,189 --> 01:17:10,880

yes

1494

01:17:14,229 --> 01:17:13,199

it is so simple that without forcing

1495

01:17:16,950 --> 01:17:14,239

anything

1496

01:17:20,870 --> 01:17:16,960

truth brings about the natural flow of

1497

01:17:22,709 --> 01:17:20,880

life and light that allows the divine to

1498

01:17:26,229 --> 01:17:22,719

be omnipresent

1499

01:17:30,149 --> 01:17:26,239

that is the sweet spot that when we use

1500

01:17:31,669 --> 01:17:30,159

any habit in a ritual any incantation

1501

01:17:35,430 --> 01:17:31,679

any voodoo

1502

01:17:37,990 --> 01:17:35,440

any hoodoo any prayer any meditation

1503

01:17:40,550 --> 01:17:38,000

whatever whatever is your where do and

1504

01:17:44,390 --> 01:17:40,560

whatever it is that you do

1505

01:17:45,190 --> 01:17:44,400

that puts you in the sweet spot

1506

01:17:46,630 --> 01:17:45,200

gives us

1507

01:17:49,830 --> 01:17:46,640

[Music]

1508

01:17:51,590 --> 01:17:49,840

glimpses of eternity the omnipresence

1509

01:17:53,990 --> 01:17:51,600

the omniscience

1510

01:17:56,550 --> 01:17:54,000

the omnipotence of god

1511

01:17:59,430 --> 01:17:56,560

to the level that we are able to digest

1512

01:18:02,470 --> 01:17:59,440

it properly so it does not throw our

1513

01:18:06,350 --> 01:18:02,480

energy off kilter

1514

01:18:11,350 --> 01:18:08,950

[Music]

1515

01:18:13,990 --> 01:18:11,360

it sounds pretty simple i mean as far as

1516

01:18:17,189 --> 01:18:14,000

you've laid things out yes keith it is

1517

01:18:19,110 --> 01:18:17,199

so simple that without forcing anything

1518

01:18:21,590 --> 01:18:19,120

truth brings about the natural flow of

1519

01:18:23,270 --> 01:18:21,600

life and light that allows the divine to

1520

01:18:26,870 --> 01:18:23,280

be omnipresent

1521

01:18:30,630 --> 01:18:26,880

this is just the way it is

1522

01:18:32,310 --> 01:18:30,640

i do not even judge it it is what it is

1523

01:18:34,470 --> 01:18:32,320

and i asked do you think i will ever get

1524

01:18:36,630 --> 01:18:34,480

there in this lifetime that is entirely

1525

01:18:38,830 --> 01:18:36,640

up to you keith and everyone else know

1526

01:18:41,590 --> 01:18:38,840

that even now you have what it takes to

1527

01:18:43,830 --> 01:18:41,600

grasp the complexity of the universe and

1528

01:18:45,750 --> 01:18:43,840

to anchor the divine principle

1529

01:18:49,430 --> 01:18:45,760

if you accept

1530

01:18:51,270 --> 01:18:49,440

living in love as your abiding criterion

1531

01:18:55,669 --> 01:18:51,280

with this new

1532

01:18:57,270 --> 01:18:55,679

relationship to earth other human beings

1533

01:19:01,189 --> 01:18:57,280

and god you

1534

01:19:03,430 --> 01:19:01,199

now have the ability to understand all

1535

01:19:05,430 --> 01:19:03,440

this was 1997.

1536

01:19:07,669 --> 01:19:05,440

you all you have the ability to

1537

01:19:09,030 --> 01:19:07,679

understand all that is taking place in

1538

01:19:10,709 --> 01:19:09,040

this era

1539

01:19:12,790 --> 01:19:10,719

that you're living in

1540

01:19:15,110 --> 01:19:12,800

i shall

1541

01:19:17,350 --> 01:19:15,120

everything so small i share with you

1542

01:19:20,470 --> 01:19:17,360

this truth of your connectedness to

1543

01:19:22,550 --> 01:19:20,480

bring you stability and to provide you

1544

01:19:23,669 --> 01:19:22,560

with a deeper

1545

01:19:24,950 --> 01:19:23,679

breath

1546

01:19:27,110 --> 01:19:24,960

with

1547

01:19:29,590 --> 01:19:27,120

height

1548

01:19:36,070 --> 01:19:29,600

comprehension of the way things will

1549

01:19:42,630 --> 01:19:39,350

it's about breathing

1550

01:19:44,630 --> 01:19:42,640

and understanding what space is

1551

01:19:47,669 --> 01:19:44,640

dimensionally as far as

1552

01:19:50,350 --> 01:19:47,679

breath with height depth and all those

1553

01:19:52,000 --> 01:19:50,360

phenomenal qualities of being a

1554

01:19:55,430 --> 01:19:52,010

multi-dimensional human being

1555

01:20:00,310 --> 01:19:58,470

but the other side of this presentation

1556

01:20:02,830 --> 01:20:00,320

was to enrich

1557

01:20:06,950 --> 01:20:02,840

good word support

1558

01:20:10,629 --> 01:20:06,960

encourage multi-dimensional human seeing

1559

01:20:11,830 --> 01:20:10,639

by using analogously

1560

01:20:13,030 --> 01:20:11,840

breath

1561

01:20:14,070 --> 01:20:13,040

with

1562

01:20:17,590 --> 01:20:14,080

height

1563

01:20:21,830 --> 01:20:17,600

[Music]

1564

01:20:26,070 --> 01:20:24,070

adept

1565

01:20:28,550 --> 01:20:26,080

breathing

1566

01:20:29,990 --> 01:20:28,560

consciously so

1567

01:20:32,310 --> 01:20:30,000

harm

1568

01:20:35,430 --> 01:20:32,320

the in-breath of god is so the out

1569

01:20:37,750 --> 01:20:36,390

breathe

1570

01:20:39,430 --> 01:20:37,760

expand

1571

01:20:41,830 --> 01:20:39,440

you have a beautiful moment happen to

1572

01:20:43,750 --> 01:20:41,840

you in your life

1573

01:20:45,910 --> 01:20:43,760

and it's at hand

1574

01:20:47,430 --> 01:20:45,920

you've been handed something by god this

1575

01:20:49,430 --> 01:20:47,440

beautiful moment

1576

01:20:50,950 --> 01:20:49,440

even the things that may not seem so

1577

01:20:57,750 --> 01:20:50,960

beautiful

1578

01:21:01,990 --> 01:20:57,760

breathe like a madman

1579

01:21:07,030 --> 01:21:05,110

it's not always about intensity

1580

01:21:08,550 --> 01:21:07,040

but intensity does help

1581

01:21:13,350 --> 01:21:08,560

so in other words something is going

1582

01:21:16,550 --> 01:21:14,950

the hand on the heart is really

1583

01:21:18,390 --> 01:21:16,560

important as well

1584

01:21:21,430 --> 01:21:18,400

it keeps you connected

1585

01:21:24,470 --> 01:21:21,440

i am intending to connect to baby jesus

1586

01:21:27,030 --> 01:21:24,480

i'm intending to connect to whatever is

1587

01:21:29,910 --> 01:21:27,040

most beautiful in your own right way of

1588

01:21:33,030 --> 01:21:29,920

doing things that's what my hand means

1589

01:21:35,350 --> 01:21:33,040

but it also it will open the gate

1590

01:21:39,430 --> 01:21:35,360

you are handing yourself

1591

01:21:41,510 --> 01:21:39,440

healing healing is always about hands

1592

01:21:42,870 --> 01:21:41,520

jesus laid healing hands it's about the

1593

01:21:45,990 --> 01:21:42,880

hands

1594

01:21:47,350 --> 01:21:46,000

the ability to grasp

1595

01:21:49,830 --> 01:21:47,360

and descend

1596

01:21:52,709 --> 01:21:49,840

to take

1597

01:21:56,390 --> 01:21:54,390

put your hand on your heart it'll keep

1598

01:21:59,030 --> 01:21:56,400

you connected it'll keep you ever so

1599

01:22:01,270 --> 01:21:59,040

present try it next time you talk to

1600

01:22:02,470 --> 01:22:01,280

someone that you're nervous to talk to

1601
01:22:06,390 --> 01:22:02,480
just do this you don't have to tell them

1602
01:22:10,220 --> 01:22:08,390
you can act like you're scratching an

1603
01:22:11,590 --> 01:22:10,230
itch if that's what you need to do

1604
01:22:15,590 --> 01:22:11,600
[Music]

1605
01:22:18,470 --> 01:22:16,709
breath

1606
01:22:19,590 --> 01:22:18,480
creates dimension

1607
01:22:28,950 --> 01:22:19,600
space

1608
01:22:31,750 --> 01:22:28,960
it's a graceful ambiance

1609
01:22:34,870 --> 01:22:31,760
god is everywhere it's you

1610
01:22:36,390 --> 01:22:34,880
we're all are due for a new awakening

1611
01:22:39,270 --> 01:22:36,400
and a new awakening

1612
01:22:42,709 --> 01:22:39,280
is being had good or bad

1613
01:22:47,990 --> 01:22:43,910

it's here

1614

01:22:49,990 --> 01:22:48,000

to say i will give you exactly

1615

01:22:52,330 --> 01:22:50,000

what you want

1616

01:22:54,149 --> 01:22:52,340

your sweet spot

1617

01:22:54,740 --> 01:22:54,159

[Music]

1618

01:22:56,070 --> 01:22:54,750

some people

1619

01:22:59,830 --> 01:22:56,080

[Music]

1620

01:23:02,229 --> 01:22:59,840

enjoy this sweet spot of misery

1621

01:23:04,950 --> 01:23:02,239

don't be such one

1622

01:23:08,310 --> 01:23:04,960

it's history you love beyond measure i

1623

01:23:13,510 --> 01:23:08,320

will see you soon god bless you

1624

01:23:18,149 --> 01:23:15,990

you are it

1625

01:23:22,629 --> 01:23:18,159

you have been blessed

1626

01:23:25,270 --> 01:23:22,639

there is nothing else you beautiful mess

1627

01:23:27,620 --> 01:23:25,280

peace loving