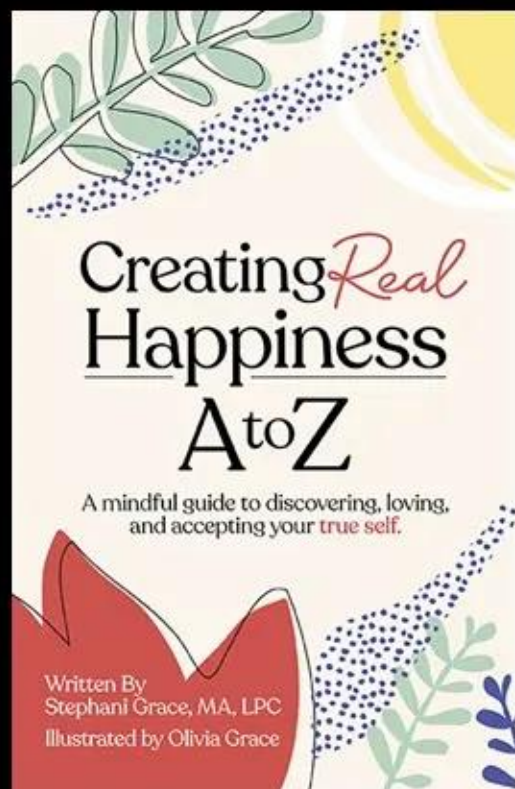


IN LIVING



Stephani Grace

5.18.2022

7pm CT/8pm ET/6pm PT



CenterofLightRadio.com



YouTube.com/CenterofLightRadio

1
00:04:25,749 --> 00:02:13,760

[Music]

2
00:04:30,629 --> 00:04:28,230

welcome to center light all you sexy

3
00:04:32,710 --> 00:04:30,639

human creatures keith anthony blanchard

4
00:04:35,430 --> 00:04:32,720

here also known as

5
00:04:38,230 --> 00:04:35,440

janava i am it's good to see you center

6
00:04:40,710 --> 00:04:38,240

of light foundation radio

7
00:04:43,350 --> 00:04:40,720

i've done it for so many years

8
00:04:45,510 --> 00:04:43,360

lots and hundreds thousands love every

9
00:04:47,830 --> 00:04:45,520

one of them i learned through everyone i

10
00:04:50,150 --> 00:04:47,840

learned from every one of you

11
00:04:52,230 --> 00:04:50,160

i had to breathe so i'm pacing myself

12
00:04:54,150 --> 00:04:52,240

i'm doing two at most a month

13
00:04:55,430 --> 00:04:54,160

it makes me look forward to it's like

14

00:04:57,830 --> 00:04:55,440

you know hearing your favorite song

15

00:04:59,110 --> 00:04:57,840

sweet home alabama so much you just

16

00:05:01,110 --> 00:04:59,120

don't want to hear it anymore no matter

17

00:05:02,550 --> 00:05:01,120

how fantastic the song really is in

18

00:05:04,270 --> 00:05:02,560

context

19

00:05:05,430 --> 00:05:04,280

i'm tired of pour some sugar on me

20

00:05:07,029 --> 00:05:05,440

[Laughter]

21

00:05:08,830 --> 00:05:07,039

all right kind of thing welcome to

22

00:05:11,350 --> 00:05:08,840

center of lights always good to see you

23

00:05:13,990 --> 00:05:11,360

everyone center light foundation is

24

00:05:15,590 --> 00:05:14,000

graduating

25

00:05:16,870 --> 00:05:15,600

who is the center final the center of

26

00:05:18,070 --> 00:05:16,880

light foundation

27

00:05:20,310 --> 00:05:18,080

it's you

28

00:05:21,749 --> 00:05:20,320

you are the center of light foundation

29

00:05:24,469 --> 00:05:21,759

it's all of us

30

00:05:25,909 --> 00:05:24,479

as we sit in the seat of the we sit on

31

00:05:28,469 --> 00:05:25,919

the throne

32

00:05:29,990 --> 00:05:28,479

of your highest version of yourself

33

00:05:31,590 --> 00:05:30,000

and you feel really good about it so

34

00:05:33,990 --> 00:05:31,600

good about it you keep turning within

35

00:05:35,830 --> 00:05:34,000

yourself to greater expressions and you

36

00:05:37,830 --> 00:05:35,840

expand and you expand so all this

37

00:05:39,110 --> 00:05:37,840

deliciousness you never thought you

38

00:05:40,790 --> 00:05:39,120

could taste like

39

00:05:42,790 --> 00:05:40,800

that's the kind of magic

40

00:05:44,790 --> 00:05:42,800

i am shooting for

41

00:05:46,150 --> 00:05:44,800

every day every possible way

42

00:05:47,670 --> 00:05:46,160

center of life is growing thanks i'm

43

00:05:49,110 --> 00:05:47,680

going to say doctor katie come here

44

00:05:51,430 --> 00:05:49,120

everyone keep dr k

45

00:05:52,790 --> 00:05:51,440

all i have to do is say kk

46

00:05:54,230 --> 00:05:52,800

dr keke

47

00:05:57,510 --> 00:05:54,240

she's went through a surgery recently

48

00:06:00,309 --> 00:05:57,520

she's my partner for the foundation

49

00:06:01,670 --> 00:06:00,319

and she's going to be fine but having

50

00:06:03,510 --> 00:06:01,680

the procedure that was done it's a

51
00:06:05,590 --> 00:06:03,520
little wonky in her body

52
00:06:08,790 --> 00:06:05,600
to be her right now until she gets

53
00:06:10,710 --> 00:06:08,800
everything balanced settled in

54
00:06:12,790 --> 00:06:10,720
center of light foundation fundraiser

55
00:06:14,390 --> 00:06:12,800
right there it's doing well people are

56
00:06:16,550 --> 00:06:14,400
chiming in people wanting greater

57
00:06:18,550 --> 00:06:16,560
expressions of that very self i just

58
00:06:21,029 --> 00:06:18,560
mentioned a little bit ago

59
00:06:22,309 --> 00:06:21,039
what does a mirror uh miracle look like

60
00:06:24,469 --> 00:06:22,319
well go look in the mirror it's a

61
00:06:27,590 --> 00:06:24,479
miracle you look in the mirror to call

62
00:06:28,790 --> 00:06:27,600
back to yourself it's a miracle miracle

63
00:06:30,309 --> 00:06:28,800

that's what you were let me tell you

64

00:06:33,110 --> 00:06:30,319

about my guest tonight on center of

65

00:06:35,510 --> 00:06:33,120

light radio stephanie grace

66

00:06:37,430 --> 00:06:35,520

she comes from a long line of john hunt

67

00:06:39,909 --> 00:06:37,440

publishing authors like material she's

68

00:06:41,350 --> 00:06:39,919

from the old book division

69

00:06:42,950 --> 00:06:41,360

we're going to be speaking about her

70

00:06:44,629 --> 00:06:42,960

brand new book i don't know how many

71

00:06:46,710 --> 00:06:44,639

books she has i don't like learning too

72

00:06:48,550 --> 00:06:46,720

much about the guests i don't read their

73

00:06:51,110 --> 00:06:48,560

books not because they're not deserving

74

00:06:53,670 --> 00:06:51,120

of it i just i like it being organic i

75

00:06:55,990 --> 00:06:53,680

like the the fresh hit if you will i'm

76

00:06:57,990 --> 00:06:56,000

going to be speaking about her book

77

00:06:59,510 --> 00:06:58,000

creating real happiness

78

00:07:00,710 --> 00:06:59,520

a to z

79

00:07:02,950 --> 00:07:00,720

she says

80

00:07:04,950 --> 00:07:02,960

you are worthy of love and acceptance or

81

00:07:07,029 --> 00:07:04,960

maybe this is someone who gave a review

82

00:07:09,749 --> 00:07:07,039

either way it's applicable i did a

83

00:07:14,629 --> 00:07:09,759

presentation two nights ago and the main

84

00:07:20,469 --> 00:07:16,870

is the level of a covenant you can ever

85

00:07:24,309 --> 00:07:22,230

i don't feel deserving oh my god i'm

86

00:07:26,309 --> 00:07:24,319

gonna go to hell if i die and all these

87

00:07:28,309 --> 00:07:26,319

kinds of ways we can spin and fragment

88

00:07:29,350 --> 00:07:28,319

this erroneous

89

00:07:31,830 --> 00:07:29,360

false

90

00:07:33,909 --> 00:07:31,840

idea what you feel you deserve

91

00:07:36,309 --> 00:07:33,919

deepens the covenant that you have with

92

00:07:37,909 --> 00:07:36,319

god really yourself

93

00:07:40,150 --> 00:07:37,919

you will never know god until you know

94

00:07:42,390 --> 00:07:40,160

yourself how can you reach the majesty

95

00:07:45,430 --> 00:07:42,400

if we don't understand what the heck

96

00:07:46,790 --> 00:07:45,440

this finite little puny self is right

97

00:07:48,710 --> 00:07:46,800

so

98

00:07:50,390 --> 00:07:48,720

what you feel you deserve you are worthy

99

00:07:53,110 --> 00:07:50,400

of love and acceptance creating real

100

00:07:55,430 --> 00:07:53,120

happiness a to z is a wonderful daily

101
00:07:58,469 --> 00:07:55,440
guide to help you be in the moment and

102
00:08:00,230 --> 00:07:58,479
find peace in the here now right here

103
00:08:02,309 --> 00:08:00,240
right now where are you going you

104
00:08:06,790 --> 00:08:02,319
actually walking a linear timeline

105
00:08:08,869 --> 00:08:06,800
forward only to come back to right now

106
00:08:11,670 --> 00:08:08,879
stephanie's story is especially poignant

107
00:08:13,510 --> 00:08:11,680
and her experience of coming home

108
00:08:17,029 --> 00:08:13,520
to herself as an incredible inspiration

109
00:08:19,670 --> 00:08:17,039
for everyone questioning if they have

110
00:08:22,309 --> 00:08:19,680
what it takes to heal

111
00:08:23,749 --> 00:08:22,319
i just read that and i'm gonna actually

112
00:08:26,629 --> 00:08:23,759
change it a little bit by putting three

113
00:08:29,029 --> 00:08:26,639

underlines three exclamation points

114

00:08:32,230 --> 00:08:29,039

italics bold print if you have what it

115

00:08:35,509 --> 00:08:33,589

this was about her book this is about

116

00:08:37,430 --> 00:08:35,519

stephanie stephanie grace is an author

117

00:08:38,949 --> 00:08:37,440

motivational speaker therapist of and

118

00:08:41,350 --> 00:08:38,959

mindful ex

119

00:08:43,110 --> 00:08:41,360

mindfulness expert she has used

120

00:08:45,110 --> 00:08:43,120

self-exploration and mindfulness to

121

00:08:46,550 --> 00:08:45,120

overcome any adversities including

122

00:08:50,710 --> 00:08:46,560

addiction

123

00:08:52,150 --> 00:08:50,720

and remnants of a traumatic upbringing

124

00:08:54,070 --> 00:08:52,160

we all have some

125

00:08:56,949 --> 00:08:54,080

some junkies in a drunkard

126

00:08:59,269 --> 00:08:56,959

to live a more vital inspired and

127

00:09:00,630 --> 00:08:59,279

fulfilling life through her personal

128

00:09:02,230 --> 00:09:00,640

inner work

129

00:09:04,870 --> 00:09:02,240

and with hundreds of her clients

130

00:09:07,190 --> 00:09:04,880

stephanie knows that everyone

131

00:09:10,230 --> 00:09:07,200

can experience the freedom of living

132

00:09:12,310 --> 00:09:10,240

life as their true self

133

00:09:14,310 --> 00:09:12,320

free from judgment and past conditioning

134

00:09:16,630 --> 00:09:14,320

to feel joy and happiness every day she

135

00:09:17,750 --> 00:09:16,640

has made it her life's mission as many

136

00:09:20,470 --> 00:09:17,760

of us do

137

00:09:21,910 --> 00:09:20,480

and he had enough yet enough

138

00:09:23,430 --> 00:09:21,920

life's mission to create helpful

139

00:09:26,150 --> 00:09:23,440

accessible and

140

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

easily applied tools to make

141

00:09:29,590 --> 00:09:27,920

whole-hearted living possible for all

142

00:09:31,750 --> 00:09:29,600

people everywhere there's a little more

143

00:09:34,870 --> 00:09:31,760

but i think we get the beautiful package

144

00:09:37,590 --> 00:09:34,880

that's about to unfold

145

00:09:39,910 --> 00:09:37,600

um everyone her book is now available on

146

00:09:41,190 --> 00:09:39,920

amazon as well as john hunt publishing

147

00:09:44,070 --> 00:09:41,200

dot com

148

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

type in the search bar

149

00:09:48,470 --> 00:09:44,959

um

150

00:09:50,949 --> 00:09:48,480

stephanie no e in the end grace

151
00:09:53,590 --> 00:09:50,959
and find your place all over her website

152
00:09:55,110 --> 00:09:53,600
let her know you exist make a big stink

153
00:09:57,350 --> 00:09:55,120
everyone uh welcome sooner or later

154
00:09:59,990 --> 00:09:57,360
stephanie grace

155
00:10:02,870 --> 00:10:00,000
hello thank you so much for having me

156
00:10:04,389 --> 00:10:02,880
how is you i'm doing great yeah i'm

157
00:10:05,190 --> 00:10:04,399
happy to be here

158
00:10:07,590 --> 00:10:05,200
yeah

159
00:10:11,030 --> 00:10:07,600
you how many books do you have i just

160
00:10:13,030 --> 00:10:11,040
have this one this is my very first book

161
00:10:14,630 --> 00:10:13,040
how long did it take

162
00:10:16,389 --> 00:10:14,640
you know writing the book didn't

163
00:10:18,710 --> 00:10:16,399

actually take that that long you know i

164

00:10:22,550 --> 00:10:18,720

kind of worked on it a little bit

165

00:10:25,190 --> 00:10:22,560

over a a year or two and um but the the

166

00:10:26,710 --> 00:10:25,200

part that's the trickiest is is finding

167

00:10:28,949 --> 00:10:26,720

a publisher and then once you get a

168

00:10:31,110 --> 00:10:28,959

publisher is that that process takes a

169

00:10:34,710 --> 00:10:31,120

year so it's been about three years

170

00:10:39,110 --> 00:10:37,350

why a book i i you know you using the

171

00:10:40,790 --> 00:10:39,120

bathroom one day you're cooking food or

172

00:10:43,190 --> 00:10:40,800

driving in your car i think i'm going to

173

00:10:45,910 --> 00:10:43,200

write a book did this happen for you

174

00:10:46,870 --> 00:10:45,920

i'm assuming like like me and many of

175

00:10:47,990 --> 00:10:46,880

the we

176

00:10:51,350 --> 00:10:48,000

we come into this state of

177

00:10:54,230 --> 00:10:51,360

self-realization at least our damnedest

178

00:10:55,269 --> 00:10:54,240

to walk such the bravery to walk such a

179

00:10:57,670 --> 00:10:55,279

path

180

00:10:59,430 --> 00:10:57,680

is because of things were just really

181

00:11:01,750 --> 00:10:59,440

wonky and not good for you is that would

182

00:11:03,509 --> 00:11:01,760

that be a true statement that that is

183

00:11:06,550 --> 00:11:03,519

true yeah that is a true statement for

184

00:11:09,750 --> 00:11:06,560

me as well yeah um i had a really

185

00:11:11,670 --> 00:11:09,760

challenging upbringing and um faced a

186

00:11:13,790 --> 00:11:11,680

lot of difficulty and adversity which

187

00:11:16,230 --> 00:11:13,800

brought me to my own path of

188

00:11:19,590 --> 00:11:16,240

spirituality and self-growth and that

189

00:11:21,670 --> 00:11:19,600

led me to wanting to be a counselor to

190

00:11:23,990 --> 00:11:21,680

bring my you know what i learned to

191

00:11:26,389 --> 00:11:24,000

others and then i reached a point where

192

00:11:28,310 --> 00:11:26,399

i felt like i wanted to reach more

193

00:11:30,230 --> 00:11:28,320

people i felt like i wanted to do more

194

00:11:33,190 --> 00:11:30,240

than just one-on-one and so

195

00:11:35,430 --> 00:11:33,200

um it yeah i decided to write a book and

196

00:11:38,150 --> 00:11:35,440

so my book creating real happiness a to

197

00:11:39,750 --> 00:11:38,160

z is basically all the things that have

198

00:11:42,230 --> 00:11:39,760

worked for me in my own life and then

199

00:11:44,470 --> 00:11:42,240

the things that i've been able to help

200

00:11:47,829 --> 00:11:44,480

others with in their lives i put it all

201
00:11:50,069 --> 00:11:47,839
into a nice little approachable book

202
00:11:52,870 --> 00:11:50,079
to hopefully reach more people and

203
00:11:54,829 --> 00:11:52,880
inspire others

204
00:11:58,550 --> 00:11:54,839
would this be a true statement at the

205
00:12:00,870 --> 00:11:58,560
beginning how long ago did this

206
00:12:02,150 --> 00:12:00,880
change in direction start how long ago

207
00:12:05,030 --> 00:12:02,160
was that for you

208
00:12:05,829 --> 00:12:05,040
um years 12 years you mean in terms of

209
00:12:06,870 --> 00:12:05,839
um

210
00:12:08,470 --> 00:12:06,880
me

211
00:12:09,430 --> 00:12:08,480
doing my own spiritual becoming

212
00:12:13,590 --> 00:12:09,440
conscious

213
00:12:16,150 --> 00:12:13,600

path yeah well interestingly enough i

214

00:12:17,910 --> 00:12:16,160

have always been this um voracious

215

00:12:20,470 --> 00:12:17,920

seeker like i mean as early as i can

216

00:12:21,990 --> 00:12:20,480

remember i've been interested in like

217

00:12:26,629 --> 00:12:22,000

spirituality

218

00:12:29,190 --> 00:12:26,639

and um religion buddhism and i would say

219

00:12:30,230 --> 00:12:29,200

i started on that path right you know in

220

00:12:33,910 --> 00:12:30,240

my

221

00:12:35,509 --> 00:12:33,920

late 20s or i mean late teens early 20s

222

00:12:38,150 --> 00:12:35,519

i started learning about buddhism and

223

00:12:39,269 --> 00:12:38,160

meditation and on that path but really i

224

00:12:41,350 --> 00:12:39,279

would say

225

00:12:43,509 --> 00:12:41,360

you know um

226

00:12:46,069 --> 00:12:43,519

major shift happened

227

00:12:48,550 --> 00:12:46,079

around probably 12 years ago i think my

228

00:12:50,310 --> 00:12:48,560

divorce was like a moment of like

229

00:12:53,430 --> 00:12:50,320

life-altering

230

00:12:58,629 --> 00:12:53,440

time for me you know

231

00:13:03,350 --> 00:13:01,509

when the thoughts of

232

00:13:05,030 --> 00:13:03,360

hey i'm interested in writing writing a

233

00:13:07,430 --> 00:13:05,040

book and then they deepened a little bit

234

00:13:09,350 --> 00:13:07,440

too you are going to write a book

235

00:13:11,269 --> 00:13:09,360

question point is on the backside of

236

00:13:13,509 --> 00:13:11,279

that from where we are now

237

00:13:15,190 --> 00:13:13,519

in hindsight when you wanted to write

238

00:13:16,230 --> 00:13:15,200

that book because you know yes amigo

239

00:13:19,430 --> 00:13:16,240

involved i want to be an author it

240

00:13:21,430 --> 00:13:19,440

sounds cool i like the idea of all of it

241

00:13:24,069 --> 00:13:21,440

but would you say now in hindsight it's

242

00:13:26,069 --> 00:13:24,079

a cult you can see it as a calling

243

00:13:27,910 --> 00:13:26,079

oh i very much do i mean i can tell you

244

00:13:30,470 --> 00:13:27,920

the exact moment i was actually taking a

245

00:13:32,870 --> 00:13:30,480

bath like in the bath and just had like

246

00:13:34,949 --> 00:13:32,880

a direct knowing of like like that was

247

00:13:36,870 --> 00:13:34,959

how i got the idea to do it a to z like

248

00:13:38,949 --> 00:13:36,880

i all of a sudden just had this idea of

249

00:13:41,509 --> 00:13:38,959

like oh i should write a book and do it

250

00:13:43,670 --> 00:13:41,519

a to z to make it like easy for people

251

00:13:45,350 --> 00:13:43,680

and just like it just came to me and i

252

00:13:47,430 --> 00:13:45,360

i've always sort of felt like i just

253

00:13:49,430 --> 00:13:47,440

kind of knew that it was going to happen

254

00:13:50,949 --> 00:13:49,440

because i felt like it came to me in

255

00:13:54,069 --> 00:13:50,959

sort of a divine

256

00:13:55,910 --> 00:13:54,079

way and i just i just knew that it

257

00:13:58,470 --> 00:13:55,920

for some reason is meant to go out there

258

00:14:00,629 --> 00:13:58,480

in the world

259

00:14:04,230 --> 00:14:00,639

well let's dive right into that and make

260

00:14:06,710 --> 00:14:04,240

a sandwich uh uh creating happiness a to

261

00:14:08,230 --> 00:14:06,720

z sammich

262

00:14:13,829 --> 00:14:08,240

everyone

263

00:14:15,509 --> 00:14:13,839

knows oodles of people that ask the most

264

00:14:17,910 --> 00:14:15,519

to them at that time in their life it's

265

00:14:22,150 --> 00:14:17,920

a very important question which is

266

00:14:24,069 --> 00:14:22,160

how do i find the love of my life

267

00:14:26,870 --> 00:14:24,079

where's my soul mate i'm just starting

268

00:14:28,470 --> 00:14:26,880

my spiritual walk so i have a twin flame

269

00:14:32,150 --> 00:14:28,480

or a soulmate

270

00:14:33,910 --> 00:14:32,160

that's a very very popular question in

271

00:14:36,470 --> 00:14:33,920

the movement when it comes to any level

272

00:14:37,750 --> 00:14:36,480

of spirituality or psychism so how do

273

00:14:39,829 --> 00:14:37,760

you find

274

00:14:42,389 --> 00:14:39,839

that particular person yeah good

275

00:14:43,750 --> 00:14:42,399

question i love this question because so

276

00:14:46,790 --> 00:14:43,760

many people are

277

00:14:49,670 --> 00:14:46,800

searching for their soulmate or the love

278

00:14:52,629 --> 00:14:49,680

of their life and so i think what what

279

00:14:54,790 --> 00:14:52,639

is really important first of all is if

280

00:14:57,509 --> 00:14:54,800

this is something that that you are

281

00:15:00,310 --> 00:14:57,519

seeking are are really looking for the

282

00:15:02,870 --> 00:15:00,320

first thing is like be really clear on

283

00:15:05,590 --> 00:15:02,880

what it is that looks like like

284

00:15:07,189 --> 00:15:05,600

what does your ideal person look like

285

00:15:09,829 --> 00:15:07,199

right and so

286

00:15:12,230 --> 00:15:09,839

then if this fantastic

287

00:15:14,790 --> 00:15:12,240

wonderful human comes knocking at your

288

00:15:17,269 --> 00:15:14,800

door how do you feel about it do you

289

00:15:19,430 --> 00:15:17,279

feel ready for them do you feel excited

290

00:15:21,670 --> 00:15:19,440

are you like okay i'm re i'm ready for

291

00:15:23,750 --> 00:15:21,680

you come on in or

292

00:15:26,230 --> 00:15:23,760

do you feel like oh i don't know if that

293

00:15:28,310 --> 00:15:26,240

person would want me i don't know if i

294

00:15:30,550 --> 00:15:28,320

would be worthy of that person so these

295

00:15:33,269 --> 00:15:30,560

are a couple of good things to explore

296

00:15:35,509 --> 00:15:33,279

if you if you're not finding them and

297

00:15:38,949 --> 00:15:35,519

and you're not you know you don't feel

298

00:15:41,509 --> 00:15:38,959

that you are ready then i'm guessing it

299

00:15:45,430 --> 00:15:41,519

means that you need to first be your

300

00:15:47,430 --> 00:15:45,440

ideal partner you need to first um

301
00:15:49,509 --> 00:15:47,440
feel that way about yourself and so in

302
00:15:51,590 --> 00:15:49,519
order to find your ideal partner it's

303
00:15:53,749 --> 00:15:51,600
important that we spend time alone and

304
00:15:55,910 --> 00:15:53,759
sometimes we we really don't want to do

305
00:15:58,550 --> 00:15:55,920
that but it's the most important time

306
00:16:01,590 --> 00:15:58,560
that we have is when we are alone

307
00:16:03,030 --> 00:16:01,600
without a partner it allows us to create

308
00:16:04,949 --> 00:16:03,040
that important relationship with

309
00:16:07,509 --> 00:16:04,959
ourselves to be our own best friend to

310
00:16:09,030 --> 00:16:07,519
be our ideal partner and so the thing is

311
00:16:11,189 --> 00:16:09,040
is you are going to get lonely and

312
00:16:12,230 --> 00:16:11,199
that's okay and you are going to have

313
00:16:13,189 --> 00:16:12,240

all these

314

00:16:15,430 --> 00:16:13,199

different

315

00:16:17,430 --> 00:16:15,440

experiences when you're on your own and

316

00:16:19,829 --> 00:16:17,440

that's when you learn how to show up for

317

00:16:21,430 --> 00:16:19,839

yourself in the way that you most need

318

00:16:24,949 --> 00:16:21,440

and you you learn to accept that

319

00:16:27,910 --> 00:16:24,959

whatever you're experiencing is is okay

320

00:16:31,509 --> 00:16:27,920

so you're saying basically um

321

00:16:34,150 --> 00:16:31,519

it's about making oneself available

322

00:16:35,829 --> 00:16:34,160

because until then nothing happens it

323

00:16:37,430 --> 00:16:35,839

can approach you but you're not going to

324

00:16:40,150 --> 00:16:37,440

allow yourself to

325

00:16:43,110 --> 00:16:40,160

engage because simply not available

326

00:16:44,870 --> 00:16:43,120

would that be a liken a parallel yeah i

327

00:16:46,790 --> 00:16:44,880

think you're exactly right right it's

328

00:16:48,550 --> 00:16:46,800

like you're not if you don't believe

329

00:16:50,310 --> 00:16:48,560

you're worthy of who you desire then

330

00:16:51,990 --> 00:16:50,320

you're you're not worthy you're not i

331

00:16:54,230 --> 00:16:52,000

mean you're not going to

332

00:16:56,550 --> 00:16:54,240

and you're not ready as well you're just

333

00:16:59,350 --> 00:16:56,560

simply not ready you're not ready a

334

00:17:01,030 --> 00:16:59,360

perfect story very long story short an

335

00:17:03,670 --> 00:17:01,040

old girlfriend of mine

336

00:17:05,270 --> 00:17:03,680

called me to complain about her recent

337

00:17:06,390 --> 00:17:05,280

boyfriends then after we had been split

338

00:17:08,230 --> 00:17:06,400

up for years

339

00:17:09,829 --> 00:17:08,240

because she knew the work i was doing

340

00:17:11,510 --> 00:17:09,839

hey keith i need some thoughts

341

00:17:13,510 --> 00:17:11,520

absolutely

342

00:17:15,510 --> 00:17:13,520

these guys they

343

00:17:16,870 --> 00:17:15,520

right and the guy she really wants and

344

00:17:19,189 --> 00:17:16,880

describes to me

345

00:17:20,549 --> 00:17:19,199

there's a stereotypical picture so one

346

00:17:22,549 --> 00:17:20,559

night i'm playing music and she's at the

347

00:17:24,470 --> 00:17:22,559

bar and i'm watching her

348

00:17:26,309 --> 00:17:24,480

guy number one she's making all kinds of

349

00:17:27,990 --> 00:17:26,319

goo-goo eyes and flirting and batting

350

00:17:29,510 --> 00:17:28,000

eyelashes and that's the guy she's

351

00:17:31,590 --> 00:17:29,520

complaining about

352

00:17:33,110 --> 00:17:31,600

right and the guy over here so

353

00:17:34,789 --> 00:17:33,120

desperately trying to get her attention

354

00:17:36,150 --> 00:17:34,799

to buy a drink and she's a she's not

355

00:17:37,990 --> 00:17:36,160

interested in him

356

00:17:40,470 --> 00:17:38,000

you know the guy the blue collar i mean

357

00:17:41,350 --> 00:17:40,480

the college shirt and just whatever

358

00:17:47,270 --> 00:17:41,360

it

359

00:17:48,070 --> 00:17:47,280

available

360

00:17:52,549 --> 00:17:48,080

yeah

361

00:17:54,870 --> 00:17:52,559

it's like once we we just we're open to

362

00:17:56,470 --> 00:17:54,880

something it's funny how we'll see the

363

00:17:58,789 --> 00:17:56,480

signs everywhere we could have been

364

00:18:00,630 --> 00:17:58,799

walking past the sign for for something

365

00:18:02,070 --> 00:18:00,640

that we need like i don't know a car or

366

00:18:04,070 --> 00:18:02,080

whatever all of a sudden it's like oh

367

00:18:05,669 --> 00:18:04,080

once we're open we see we see them

368

00:18:08,390 --> 00:18:05,679

everywhere we see it you know we see the

369

00:18:09,990 --> 00:18:08,400

opportunities come come to us

370

00:18:13,430 --> 00:18:10,000

yeah

371

00:18:16,950 --> 00:18:13,440

we are not the ego we discovering our

372

00:18:23,510 --> 00:18:17,750

yeah

373

00:18:26,710 --> 00:18:23,520

that would be a great topic and i love

374

00:18:29,430 --> 00:18:26,720

that you are not your ego discovering

375

00:18:30,630 --> 00:18:29,440

your true self

376
00:18:36,470 --> 00:18:30,640
yeah

377
00:18:37,830 --> 00:18:36,480
we are all divine i believe that we are

378
00:18:43,669 --> 00:18:37,840
born

379
00:18:48,150 --> 00:18:43,679
that we are nothing but love that we are

380
00:18:49,350 --> 00:18:48,160
worthy of all we desire and what happens

381
00:18:52,070 --> 00:18:49,360
is that

382
00:18:55,350 --> 00:18:52,080
we begin to get conditioning from our

383
00:18:57,830 --> 00:18:55,360
our families and and the world about

384
00:18:58,789 --> 00:18:57,840
who we need to be in the world in order

385
00:19:02,470 --> 00:18:58,799
to be

386
00:19:04,710 --> 00:19:02,480
accepted and loved and we begin to

387
00:19:06,710 --> 00:19:04,720
identify with that conditioning as our

388
00:19:09,190 --> 00:19:06,720

truth and

389

00:19:11,270 --> 00:19:09,200

we usually don't begin to understand

390

00:19:13,110 --> 00:19:11,280

that we are not our conditioning until

391

00:19:15,110 --> 00:19:13,120

we've had enough of suffering or enough

392

00:19:17,029 --> 00:19:15,120

of being unhappy and then we're like hmm

393

00:19:19,110 --> 00:19:17,039

maybe there's a different way you know

394

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

and maybe we go to a counselor or we

395

00:19:22,870 --> 00:19:21,360

start reading what whatever but we you

396

00:19:25,510 --> 00:19:22,880

know the important piece for us to

397

00:19:28,310 --> 00:19:25,520

understand is that that truth of who we

398

00:19:30,630 --> 00:19:28,320

are that divine self has never gone away

399

00:19:33,270 --> 00:19:30,640

is always our truth and so it's like

400

00:19:34,789 --> 00:19:33,280

coming home to that coming home and and

401
00:19:37,430 --> 00:19:34,799
understanding that that conditioning

402
00:19:39,990 --> 00:19:37,440
we've received that develops our ego

403
00:19:41,909 --> 00:19:40,000
isn't our truth and how could something

404
00:19:47,190 --> 00:19:41,919
that is so mean and you know often

405
00:19:53,270 --> 00:19:48,470
yeah

406
00:19:54,390 --> 00:19:53,280
no i am looking in the mirror

407
00:19:55,830 --> 00:19:54,400
um

408
00:19:57,350 --> 00:19:55,840
is there one thing that we can do that

409
00:19:59,350 --> 00:19:57,360
could change our life i mean i

410
00:20:01,110 --> 00:19:59,360
understand

411
00:20:03,270 --> 00:20:01,120
there are no shortcuts

412
00:20:04,710 --> 00:20:03,280
and even if there is a shortcut that

413
00:20:06,230 --> 00:20:04,720

gives me an at least an immediate

414

00:20:07,909 --> 00:20:06,240

gratification i'm gonna take that

415

00:20:09,669 --> 00:20:07,919

biscuit i'm gonna get it

416

00:20:12,149 --> 00:20:09,679

right

417

00:20:14,149 --> 00:20:12,159

is there any particular one thing that

418

00:20:16,870 --> 00:20:14,159

you'd support suggest offer that we can

419

00:20:18,390 --> 00:20:16,880

do to exponentiate our growth that would

420

00:20:19,909 --> 00:20:18,400

change our life in such a way because

421

00:20:21,510 --> 00:20:19,919

everything changes our lives even the

422

00:20:22,310 --> 00:20:21,520

horrible changes our lives it just

423

00:20:24,310 --> 00:20:22,320

takes

424

00:20:25,909 --> 00:20:24,320

a whole long radiation of time but

425

00:20:27,510 --> 00:20:25,919

changing our life meaning like wow i've

426

00:20:30,070 --> 00:20:27,520

been doing this for a month or kind of

427

00:20:31,990 --> 00:20:30,080

thing and i just had this amazing

428

00:20:33,750 --> 00:20:32,000

yeah definitely i mean one thing i

429

00:20:36,230 --> 00:20:33,760

always tell people if you're only going

430

00:20:38,310 --> 00:20:36,240

to listen to one thing i say this is

431

00:20:41,029 --> 00:20:38,320

what i recommend and i'll tell you two

432

00:20:42,549 --> 00:20:41,039

things so

433

00:20:45,270 --> 00:20:42,559

but the the first thing i would

434

00:20:47,430 --> 00:20:45,280

recommend is like

435

00:20:49,110 --> 00:20:47,440

do gratitude practice you're going to

436

00:20:50,950 --> 00:20:49,120

get great if you do gratitude practice

437

00:20:52,470 --> 00:20:50,960

you get the most bang for your buck and

438

00:20:54,470 --> 00:20:52,480

the reason why i said and if you don't

439

00:20:57,350 --> 00:20:54,480

like the word gratitude you can use

440

00:20:59,510 --> 00:20:57,360

what's working but beginning to focus on

441

00:21:02,710 --> 00:20:59,520

what's working in your life what you're

442

00:21:05,590 --> 00:21:02,720

grateful for just that alone starts to

443

00:21:08,470 --> 00:21:05,600

move us more towards self-love more

444

00:21:11,029 --> 00:21:08,480

toward thing you know being open to

445

00:21:14,149 --> 00:21:11,039

things working for us it makes us feel

446

00:21:16,549 --> 00:21:14,159

like you know oh the universe is on my

447

00:21:18,230 --> 00:21:16,559

side things can work out for me and oh i

448

00:21:19,990 --> 00:21:18,240

do actually have things working for me

449

00:21:21,590 --> 00:21:20,000

and the interesting thing is and i

450

00:21:23,909 --> 00:21:21,600

always say if you want to experiment

451
00:21:25,990 --> 00:21:23,919
with it do a science experiment and try

452
00:21:28,230 --> 00:21:26,000
doing gratitude practice for a month

453
00:21:30,549 --> 00:21:28,240
when we focus on what we're grateful for

454
00:21:33,830 --> 00:21:30,559
it creates more of that because what we

455
00:21:35,590 --> 00:21:33,840
focus on is what becomes our reality so

456
00:21:37,110 --> 00:21:35,600
that's the one i would say if that's the

457
00:21:39,430 --> 00:21:37,120
only if you're only willing to do one

458
00:21:41,510 --> 00:21:39,440
thing do that pair it with something

459
00:21:43,430 --> 00:21:41,520
you're already doing to make it easy to

460
00:21:45,750 --> 00:21:43,440
incorporate it into your life like i i

461
00:21:47,750 --> 00:21:45,760
do it every day when i walk my dog or if

462
00:21:49,110 --> 00:21:47,760
i'm ever feeling bad i just i'm like

463
00:21:50,870 --> 00:21:49,120

okay i'm gonna focus on what i'm

464

00:21:53,510 --> 00:21:50,880

grateful for and it helps shift me out

465

00:21:55,830 --> 00:21:53,520

of that negative space i was in and so

466

00:21:56,789 --> 00:21:55,840

that's that's one thing i would say um

467

00:21:58,870 --> 00:21:56,799

for sure

468

00:22:00,470 --> 00:21:58,880

that that brings me to

469

00:22:01,830 --> 00:22:00,480

you know it's kind of like you set up

470

00:22:03,590 --> 00:22:01,840

something that

471

00:22:05,990 --> 00:22:03,600

i was going to ask a question but it

472

00:22:08,470 --> 00:22:06,000

brings me to the fact that is happiness

473

00:22:10,789 --> 00:22:08,480

a choice because you know there's an old

474

00:22:13,110 --> 00:22:10,799

saying that there is no way to happiness

475

00:22:15,270 --> 00:22:13,120

happiness is the way

476

00:22:16,470 --> 00:22:15,280

if it is a choice

477

00:22:19,909 --> 00:22:16,480

how can

478

00:22:21,909 --> 00:22:19,919

one find the right tool to help really

479

00:22:23,669 --> 00:22:21,919

allow that choice to seep into their

480

00:22:26,310 --> 00:22:23,679

experience so they can choose that

481

00:22:28,710 --> 00:22:26,320

choice so is happiness a choice is it's

482

00:22:30,310 --> 00:22:28,720

as simple as a choice

483

00:22:32,630 --> 00:22:30,320

i'm just going to choose to be happy

484

00:22:34,789 --> 00:22:32,640

today i know it seems sort of silly

485

00:22:37,350 --> 00:22:34,799

doesn't it but i do believe that that

486

00:22:40,390 --> 00:22:37,360

happiness is very much a choice i think

487

00:22:43,669 --> 00:22:40,400

that when we understand that

488

00:22:46,070 --> 00:22:43,679

we have control over our internal

489

00:22:48,230 --> 00:22:46,080

circumstances then we can understand

490

00:22:50,470 --> 00:22:48,240

that it actually is a choice we don't

491

00:22:54,149 --> 00:22:50,480

have control over external i will agree

492

00:22:57,110 --> 00:22:54,159

with with anyone who says that but we do

493

00:22:59,590 --> 00:22:57,120

always have a choice over how we react

494

00:23:02,549 --> 00:22:59,600

to things so acceptance is our key to

495

00:23:04,630 --> 00:23:02,559

freedom so the more we are able to learn

496

00:23:07,590 --> 00:23:04,640

to tolerate

497

00:23:09,990 --> 00:23:07,600

the things that are out of

498

00:23:11,350 --> 00:23:10,000

you know our control or things

499

00:23:13,430 --> 00:23:11,360

that go

500

00:23:16,070 --> 00:23:13,440

in a way that we don't like the more

501
00:23:19,510 --> 00:23:16,080
we're willing to accept that and learn

502
00:23:21,270 --> 00:23:19,520
how to self soothe and and be okay we

503
00:23:22,470 --> 00:23:21,280
can learn to be happy regardless of

504
00:23:24,549 --> 00:23:22,480
what's happening

505
00:23:27,669 --> 00:23:24,559
externally

506
00:23:30,470 --> 00:23:27,679
so it's our beliefs our ideas what we

507
00:23:33,270 --> 00:23:30,480
think is real unreal possible impossible

508
00:23:35,350 --> 00:23:33,280
holy blasphemous it's our beliefs

509
00:23:37,270 --> 00:23:35,360
that are creating our reality

510
00:23:38,789 --> 00:23:37,280
yes i think that's true i think our

511
00:23:41,269 --> 00:23:38,799
beliefs create our reality so if we're

512
00:23:43,350 --> 00:23:41,279
focusing on i agree yeah it's a good one

513
00:23:45,430 --> 00:23:43,360

right

514

00:23:47,110 --> 00:23:45,440

if we're focusing on what isn't working

515

00:23:48,710 --> 00:23:47,120

or what's going wrong then we're gonna

516

00:23:52,390 --> 00:23:48,720

see a whole lot of that and it's gonna

517

00:23:54,310 --> 00:23:52,400

feel bad and we're gonna not feel good

518

00:23:55,990 --> 00:23:54,320

yeah but if we're focusing on what's

519

00:23:58,310 --> 00:23:56,000

working and and what

520

00:24:01,510 --> 00:23:58,320

feels good and what we want to create

521

00:24:06,149 --> 00:24:01,520

that that is still putting us in a space

522

00:24:08,549 --> 00:24:06,159

where um we feel good we feel happy

523

00:24:12,950 --> 00:24:08,559

and i think some of that probably no let

524

00:24:16,710 --> 00:24:14,710

forgiving yourself

525

00:24:19,029 --> 00:24:16,720

healing that inner child

526

00:24:21,350 --> 00:24:19,039

the part of us that we thought and at

527

00:24:22,710 --> 00:24:21,360

the time it's important that we see it i

528

00:24:24,070 --> 00:24:22,720

have seen it as

529

00:24:26,070 --> 00:24:24,080

i'm wounded

530

00:24:27,750 --> 00:24:26,080

there's a time for tenderness and care

531

00:24:29,510 --> 00:24:27,760

and support and nurturing and putting

532

00:24:31,190 --> 00:24:29,520

tincture on the and some ointment on the

533

00:24:35,669 --> 00:24:31,200

booboo

534

00:24:39,190 --> 00:24:38,070

for me the way i healed my inner child

535

00:24:41,750 --> 00:24:39,200

was

536

00:24:42,710 --> 00:24:41,760

i screamed even louder than i did as a

537

00:24:45,510 --> 00:24:42,720

kid

538

00:24:47,350 --> 00:24:45,520

as loud as i could was able to scream

539

00:24:47,350 --> 00:24:48,870

but through expression i don't give a

540

00:24:55,110 --> 00:24:50,310

i care

541

00:24:56,630 --> 00:24:55,120

everything that happens

542

00:24:58,149 --> 00:24:56,640

that's the way i express myself and

543

00:25:02,310 --> 00:24:58,159

saying i just don't give a i don't

544

00:25:05,430 --> 00:25:02,320

care about frivolous nonsensical things

545

00:25:07,909 --> 00:25:05,440

and everybody has their healing way um

546

00:25:10,310 --> 00:25:07,919

i had many we all have experiences but

547

00:25:12,070 --> 00:25:10,320

for mine uh lost a sister we all lose

548

00:25:13,190 --> 00:25:12,080

loved ones being in a relationship or

549

00:25:15,750 --> 00:25:13,200

earthly

550

00:25:17,190 --> 00:25:15,760

but my way was being even more

551
00:25:18,950 --> 00:25:17,200
rambunctious

552
00:25:21,590 --> 00:25:18,960
to expressing to

553
00:25:23,590 --> 00:25:21,600
realize that it is okay that i play as

554
00:25:25,269 --> 00:25:23,600
hard as i want to play and then when i

555
00:25:27,110 --> 00:25:25,279
reach that level finally

556
00:25:29,669 --> 00:25:27,120
it broke

557
00:25:31,990 --> 00:25:29,679
and i started my descent back into the

558
00:25:34,070 --> 00:25:32,000
seat instead of being so active and

559
00:25:36,070 --> 00:25:34,080
trying to get and acquire something how

560
00:25:40,070 --> 00:25:36,080
was that for you dear

561
00:25:41,669 --> 00:25:40,080
um in terms of my healing journey trauma

562
00:25:42,470 --> 00:25:41,679
being a child

563
00:25:45,430 --> 00:25:42,480

yeah

564

00:25:47,110 --> 00:25:45,440

very similar you know i i think that it

565

00:25:48,549 --> 00:25:47,120

really was

566

00:25:52,230 --> 00:25:48,559

about

567

00:25:55,990 --> 00:25:52,240

recognizing that that i had a wounded

568

00:25:59,990 --> 00:25:56,000

inner child and that i needed to be able

569

00:26:02,950 --> 00:26:00,000

to come and show up for myself as my my

570

00:26:05,190 --> 00:26:02,960

parent as my best friend and no matter

571

00:26:08,230 --> 00:26:05,200

what i'm feeling right it's

572

00:26:09,909 --> 00:26:08,240

understanding that it's okay but the

573

00:26:12,390 --> 00:26:09,919

tricky thing is is when we're taught

574

00:26:14,870 --> 00:26:12,400

that our our needs or our feelings are

575

00:26:17,750 --> 00:26:14,880

unacceptable or people don't have you

576

00:26:19,510 --> 00:26:17,760

know the time for them we we start doing

577

00:26:21,830 --> 00:26:19,520

that to ourselves as well so it's like

578

00:26:23,669 --> 00:26:21,840

when those wounded parts of us show up

579

00:26:25,510 --> 00:26:23,679

we feel ashamed of them or we feel like

580

00:26:27,350 --> 00:26:25,520

we we don't like it when they show up

581

00:26:30,549 --> 00:26:27,360

and so we want to put them away but the

582

00:26:32,470 --> 00:26:30,559

key is is to be able to accept all parts

583

00:26:36,310 --> 00:26:32,480

of us the parts of us that show up that

584

00:26:39,269 --> 00:26:36,320

are needy or you know um

585

00:26:41,510 --> 00:26:39,279

just bring us shame those parts deserve

586

00:26:44,149 --> 00:26:41,520

our love and attention just as much as

587

00:26:45,350 --> 00:26:44,159

the parts of us that we feel good about

588

00:26:47,590 --> 00:26:45,360

showing to the world the parts that

589

00:26:49,909 --> 00:26:47,600

we're proud of but it's like once we can

590

00:26:53,510 --> 00:26:49,919

see that those wounded parts that show

591

00:26:55,430 --> 00:26:53,520

up deserve um acceptance and you know

592

00:26:57,110 --> 00:26:55,440

then we can begin to attend to them and

593

00:26:58,630 --> 00:26:57,120

not feel bad when we need to advocate

594

00:27:00,630 --> 00:26:58,640

for ourselves with another person like

595

00:27:02,310 --> 00:27:00,640

in a relationship like with a partner or

596

00:27:04,070 --> 00:27:02,320

something it's like you know we we're

597

00:27:06,310 --> 00:27:04,080

like no it's okay that this is a need of

598

00:27:08,950 --> 00:27:06,320

mine that i had this experience as a

599

00:27:11,990 --> 00:27:08,960

child or growing up and it's made

600

00:27:14,310 --> 00:27:12,000

this this a trigger for me and so i i

601
00:27:16,149 --> 00:27:14,320
need to take care of myself in this way

602
00:27:20,230 --> 00:27:16,159
and once we're able to do that it helps

603
00:27:21,990 --> 00:27:20,240
us heal how good are you with triggers

604
00:27:24,950 --> 00:27:22,000
how good are you with triggers i mean

605
00:27:27,190 --> 00:27:24,960
i'm really good at it years ago

606
00:27:28,870 --> 00:27:27,200
i was a quick draw

607
00:27:30,310 --> 00:27:28,880
now it's like of course it something may

608
00:27:32,070 --> 00:27:30,320
catch you off guard it's like whoa what

609
00:27:33,750 --> 00:27:32,080
was that

610
00:27:38,149 --> 00:27:33,760
i don't necessarily like it and i don't

611
00:27:41,269 --> 00:27:39,669
i'm good

612
00:27:43,590 --> 00:27:41,279
exactly how are you with triggers same

613
00:27:44,950 --> 00:27:43,600

way that's exactly i mean it's painful

614

00:27:46,389 --> 00:27:44,960

isn't it i mean whenever of course we

615

00:27:48,549 --> 00:27:46,399

don't like it when we get triggered

616

00:27:51,029 --> 00:27:48,559

because it's it's push something's

617

00:27:52,549 --> 00:27:51,039

pushing on something that still needs a

618

00:27:54,950 --> 00:27:52,559

little bit of healing and it's always

619

00:27:56,950 --> 00:27:54,960

painful but it's like once we can

620

00:27:59,750 --> 00:27:56,960

recognize what's happening then like you

621

00:28:02,310 --> 00:27:59,760

said we can sit with it breathe feel the

622

00:28:04,149 --> 00:28:02,320

pain and understand what caused it and

623

00:28:06,870 --> 00:28:04,159

what we need and then we don't have to

624

00:28:09,430 --> 00:28:06,880

put it on other people you know

625

00:28:11,269 --> 00:28:09,440

but that initial sting that initial

626

00:28:13,430 --> 00:28:11,279

punch in the sternum

627

00:28:15,430 --> 00:28:13,440

we do put that's the point we put it on

628

00:28:16,389 --> 00:28:15,440

the other person immediately as soon as

629

00:28:18,310 --> 00:28:16,399

it happens

630

00:28:20,630 --> 00:28:18,320

that's why it's called triggered you

631

00:28:22,149 --> 00:28:20,640

triggered me because without the other

632

00:28:24,310 --> 00:28:22,159

you there would be no trigger you'd be

633

00:28:26,070 --> 00:28:24,320

sitting by yourself on the park bench

634

00:28:28,310 --> 00:28:26,080

feeding pigeons

635

00:28:31,110 --> 00:28:28,320

exactly so it's about it's about

636

00:28:32,710 --> 00:28:31,120

accepting oneself just falling into

637

00:28:35,430 --> 00:28:32,720

acceptance

638

00:28:37,430 --> 00:28:35,440

forgiving and actually taking it beyond

639

00:28:40,070 --> 00:28:37,440

get beyond the level that i forgive my

640

00:28:41,350 --> 00:28:40,080

wounded child that's over

641

00:28:44,070 --> 00:28:41,360

i don't even

642

00:28:46,310 --> 00:28:44,080

dwell that there was a forgiving process

643

00:28:47,830 --> 00:28:46,320

that's sort of like a goal

644

00:28:50,630 --> 00:28:47,840

it's like when we get to a future

645

00:28:53,029 --> 00:28:50,640

vantage point that is so powerful

646

00:28:55,269 --> 00:28:53,039

that we might remember the past but the

647

00:28:58,630 --> 00:28:55,279

tone and the meaning of it just simply

648

00:28:59,990 --> 00:28:58,640

completely changes into something else

649

00:29:01,510 --> 00:29:00,000

and i think it's about accepting

650

00:29:04,149 --> 00:29:01,520

yourself like you said on this bullet

651
00:29:05,590 --> 00:29:04,159
list which i l and everything you had on

652
00:29:06,710 --> 00:29:05,600
this bullet list these topics were

653
00:29:09,190 --> 00:29:06,720
touching on

654
00:29:10,549 --> 00:29:09,200
they're so chronologically in order in

655
00:29:12,549 --> 00:29:10,559
other words it's not just a question and

656
00:29:15,510 --> 00:29:12,559
a question they're actually creating

657
00:29:17,430 --> 00:29:15,520
this this trickle this trail this

658
00:29:19,350 --> 00:29:17,440
um you did your homework kind of thing

659
00:29:21,190 --> 00:29:19,360
at least i'm recognizing that

660
00:29:22,789 --> 00:29:21,200
i didn't even never notice but i didn't

661
00:29:24,230 --> 00:29:22,799
yeah i mean everything is on you know

662
00:29:26,230 --> 00:29:24,240
i'm using your

663
00:29:28,710 --> 00:29:26,240

dialogue here your suggestions to weave

664

00:29:31,269 --> 00:29:28,720

things as a river and

665

00:29:33,269 --> 00:29:31,279

you definitely were in that boat so tell

666

00:29:35,269 --> 00:29:33,279

me about acceptance how do we go about

667

00:29:36,389 --> 00:29:35,279

accepting ourselves and then in turn

668

00:29:37,350 --> 00:29:36,399

others

669

00:29:40,630 --> 00:29:37,360

yeah

670

00:29:42,070 --> 00:29:40,640

acceptance is

671

00:29:43,669 --> 00:29:42,080

you know there's a couple things i mean

672

00:29:47,190 --> 00:29:43,679

there's when we're talking about

673

00:29:48,230 --> 00:29:47,200

accepting ourself i think it is first

674

00:29:50,950 --> 00:29:48,240

about

675

00:29:54,230 --> 00:29:50,960

developing that relationship with

676
00:29:56,630 --> 00:29:54,240
ourself it's about um beginning to come

677
00:29:59,269 --> 00:29:56,640
to know our true self beginning to

678
00:30:01,990 --> 00:29:59,279
understand that we are not our

679
00:30:04,310 --> 00:30:02,000
conditioning and how we i think we can

680
00:30:06,549 --> 00:30:04,320
do that best as beginning to

681
00:30:08,549 --> 00:30:06,559
meditate spend time with our true self

682
00:30:11,990 --> 00:30:08,559
spend time getting to know

683
00:30:14,070 --> 00:30:12,000
our our soul aside from our mind spend

684
00:30:16,389 --> 00:30:14,080
time in your body so that you can

685
00:30:18,950 --> 00:30:16,399
understand the difference between your

686
00:30:21,269 --> 00:30:18,960
your true self and and your conditioning

687
00:30:23,830 --> 00:30:21,279
and then thinking about acceptance one

688
00:30:26,710 --> 00:30:23,840

of my favorite things to say is

689

00:30:29,990 --> 00:30:26,720

what would it be like to be me

690

00:30:32,549 --> 00:30:30,000

with without judgment so you can just be

691

00:30:34,149 --> 00:30:32,559

out here being a human making you know

692

00:30:37,269 --> 00:30:34,159

choices sometimes are good sometimes

693

00:30:39,590 --> 00:30:37,279

they're bad uh and it without it being

694

00:30:42,549 --> 00:30:39,600

right or wrong or good or bad that is

695

00:30:45,029 --> 00:30:42,559

real true acceptance that's real love

696

00:30:47,269 --> 00:30:45,039

and once we can do that for ourself it's

697

00:30:49,190 --> 00:30:47,279

like we're just allowed to live and the

698

00:30:51,909 --> 00:30:49,200

only person who ever makes it

699

00:30:54,310 --> 00:30:51,919

you know okay or not okay or good is our

700

00:30:56,230 --> 00:30:54,320

own mind so once we we can get around

701
00:30:58,630 --> 00:30:56,240
that then we can do that for others and

702
00:31:00,710 --> 00:30:58,640
then when we're able to accept and and

703
00:31:03,190 --> 00:31:00,720
do that for others it's just so i mean

704
00:31:04,549 --> 00:31:03,200
life is so wonderful

705
00:31:07,509 --> 00:31:04,559
there's no friction there's no

706
00:31:09,750 --> 00:31:07,519
resistance it gets really easy we stop

707
00:31:11,750 --> 00:31:09,760
paddling against the current

708
00:31:13,750 --> 00:31:11,760
and we don't even have to turn the raft

709
00:31:15,350 --> 00:31:13,760
the current simply turns us and down

710
00:31:18,230 --> 00:31:15,360
with the river we go

711
00:31:20,950 --> 00:31:18,240
but when we try to face the current like

712
00:31:22,630 --> 00:31:20,960
stones our lives become rapids and we're

713
00:31:26,310 --> 00:31:22,640

trying to get to the top of the river

714

00:31:27,110 --> 00:31:26,320

like salmon only to be eaten by bear

715

00:31:28,950 --> 00:31:27,120

right

716

00:31:29,830 --> 00:31:28,960

there's nothing we want upstream nothing

717

00:31:31,590 --> 00:31:29,840

at all

718

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

and but and this leads me into your next

719

00:31:34,950 --> 00:31:33,919

segue i'm serious you might be could use

720

00:31:36,789 --> 00:31:34,960

these

721

00:31:39,590 --> 00:31:36,799

questions as a

722

00:31:41,669 --> 00:31:39,600

whatever for your promo it's fantastic

723

00:31:43,830 --> 00:31:41,679

something i have always done when

724

00:31:45,669 --> 00:31:43,840

something bothers me that's in the form

725

00:31:47,590 --> 00:31:45,679

of a fear

726
00:31:49,669 --> 00:31:47,600
an act of fear something that's a thorn

727
00:31:51,590 --> 00:31:49,679
in my mind in my side

728
00:31:53,590 --> 00:31:51,600
it's it's just aggravating

729
00:31:54,710 --> 00:31:53,600
i'm gonna go do it

730
00:31:57,190 --> 00:31:54,720
as a kid

731
00:31:58,870 --> 00:31:57,200
10 years old public swimming pool

732
00:32:00,470 --> 00:31:58,880
all my friends are diving off the high

733
00:32:02,470 --> 00:32:00,480
diving board and i'm holding on to the

734
00:32:03,509 --> 00:32:02,480
side scared to death and i'm thinking to

735
00:32:05,990 --> 00:32:03,519
myself

736
00:32:07,750 --> 00:32:06,000
how can they be possibly having such a

737
00:32:10,310 --> 00:32:07,760
blast with something that

738
00:32:13,750 --> 00:32:10,320

i am so freaked out about

739

00:32:15,669 --> 00:32:13,760

so finally i said screw that

740

00:32:17,350 --> 00:32:15,679

on any particular whatever the chosen

741

00:32:19,750 --> 00:32:17,360

day was

742

00:32:22,070 --> 00:32:19,760

got up the ladder and now there's a line

743

00:32:24,549 --> 00:32:22,080

of kids behind me ready to go so i

744

00:32:26,389 --> 00:32:24,559

cannot turn around

745

00:32:28,310 --> 00:32:26,399

so my heart's palpitating

746

00:32:29,830 --> 00:32:28,320

right so i run to the edge of the board

747

00:32:32,710 --> 00:32:29,840

and i'm freaking i stop and they're

748

00:32:35,029 --> 00:32:32,720

screaming at me come on cave man go

749

00:32:37,990 --> 00:32:35,039

i gotta go

750

00:32:39,590 --> 00:32:38,000

and when i jumped off the diving board

751
00:32:42,230 --> 00:32:39,600
things slowed down and when i hit the

752
00:32:44,710 --> 00:32:42,240
water i realized

753
00:32:46,389 --> 00:32:44,720
i didn't die

754
00:32:49,029 --> 00:32:46,399
it didn't hurt

755
00:32:50,389 --> 00:32:49,039
and the whole illusion just dissipated

756
00:32:51,909 --> 00:32:50,399
and so now i'm pushing people out the

757
00:32:55,190 --> 00:32:51,919
way so i can get ahead of them and cut

758
00:32:58,389 --> 00:32:55,200
in line just to go do it so

759
00:33:00,070 --> 00:32:58,399
face your fear for your soul i felt that

760
00:33:02,310 --> 00:33:00,080
and from that day

761
00:33:05,029 --> 00:33:02,320
all those years ago that's sort of been

762
00:33:07,190 --> 00:33:05,039
a walk for me if something bothers me

763
00:33:09,110 --> 00:33:07,200

i'm going to go do it

764

00:33:11,590 --> 00:33:09,120

and prove to myself it's just not what

765

00:33:13,350 --> 00:33:11,600

it seems how do we

766

00:33:16,310 --> 00:33:13,360

how do you suggest

767

00:33:18,070 --> 00:33:16,320

is there are there words to suggest to

768

00:33:19,909 --> 00:33:18,080

others how

769

00:33:21,269 --> 00:33:19,919

to face their fear let's just go do it

770

00:33:22,950 --> 00:33:21,279

well yeah but that's easy for you to say

771

00:33:24,389 --> 00:33:22,960

right

772

00:33:25,190 --> 00:33:24,399

how do we how do you suggest we do that

773

00:33:27,110 --> 00:33:25,200

dear

774

00:33:29,430 --> 00:33:27,120

yeah well one of the things i like to

775

00:33:31,909 --> 00:33:29,440

think is like we we really truly know

776

00:33:34,789 --> 00:33:31,919

the difference between the different

777

00:33:35,750 --> 00:33:34,799

kinds of fears right we know if we truly

778

00:33:39,590 --> 00:33:35,760

are

779

00:33:42,549 --> 00:33:39,600

in danger or if if it's maybe more that

780

00:33:45,110 --> 00:33:42,559

we're pushing up right on the edge of

781

00:33:45,990 --> 00:33:45,120

growth and so when we know that it's

782

00:33:48,310 --> 00:33:46,000

about

783

00:33:49,990 --> 00:33:48,320

you know going outside our comfort zone

784

00:33:52,549 --> 00:33:50,000

then what i think is that we can start

785

00:33:54,230 --> 00:33:52,559

to think of fear as our friend we can

786

00:33:56,630 --> 00:33:54,240

start to get a little bit excited when

787

00:33:58,870 --> 00:33:56,640

we when we feel feel fearful because we

788

00:34:00,470 --> 00:33:58,880

know it means we're leveling up it means

789

00:34:02,310 --> 00:34:00,480

we're we're growing we're right on our

790

00:34:04,389 --> 00:34:02,320

comfort zone and the thing to think

791

00:34:06,310 --> 00:34:04,399

about is that we're in good company when

792

00:34:07,830 --> 00:34:06,320

we're in fear because nobody does

793

00:34:10,069 --> 00:34:07,840

anything

794

00:34:12,470 --> 00:34:10,079

fantastic or wonderful in this world

795

00:34:14,710 --> 00:34:12,480

without fear nobody and so you can know

796

00:34:16,710 --> 00:34:14,720

that fear's normal it's something that

797

00:34:18,710 --> 00:34:16,720

you can teach yourself to

798

00:34:21,669 --> 00:34:18,720

to be okay you know to be our best

799

00:34:23,510 --> 00:34:21,679

selves to to get you know to become our

800

00:34:27,030 --> 00:34:23,520

highest best selves we do have to get

801
00:34:27,990 --> 00:34:27,040
comfortable being uncomfortable and and

802
00:34:29,990 --> 00:34:28,000
it's like

803
00:34:32,470 --> 00:34:30,000
we can even though we have fear we can

804
00:34:34,230 --> 00:34:32,480
remind we can tell ourselves it's normal

805
00:34:36,149 --> 00:34:34,240
you know everyone feels this way when

806
00:34:38,710 --> 00:34:36,159
when they're up on their comfort zone

807
00:34:41,270 --> 00:34:38,720
and we can take small steps in spite of

808
00:34:43,430 --> 00:34:41,280
our fear we can do it you know

809
00:34:45,430 --> 00:34:43,440
the biggest thing is finding what's the

810
00:34:46,550 --> 00:34:45,440
smallest step i can take in this

811
00:34:48,470 --> 00:34:46,560
direction

812
00:34:53,109 --> 00:34:48,480
and and still make a movement you know

813
00:34:57,270 --> 00:34:54,869

yeah

814

00:34:58,870 --> 00:34:57,280

when i love what you said just love it

815

00:35:00,710 --> 00:34:58,880

when we

816

00:35:02,390 --> 00:35:00,720

you're gonna have there's there's no way

817

00:35:04,470 --> 00:35:02,400

you're going to have to become

818

00:35:06,150 --> 00:35:04,480

uncomfortable you can choose that now

819

00:35:07,990 --> 00:35:06,160

and be ahead of the game

820

00:35:10,069 --> 00:35:08,000

or it's going to choose you and you will

821

00:35:11,670 --> 00:35:10,079

be one step behind as it leads you

822

00:35:15,270 --> 00:35:11,680

versus you leading it

823

00:35:17,430 --> 00:35:15,280

yeah you have to get uncomfortable yeah

824

00:35:19,910 --> 00:35:17,440

but what happens as stephanie said i

825

00:35:21,270 --> 00:35:19,920

would like to echo is that

826

00:35:23,750 --> 00:35:21,280

when you move into the fear it's going

827

00:35:25,030 --> 00:35:23,760

to feel wonky oh this feels so sticky

828

00:35:26,870 --> 00:35:25,040

and icky

829

00:35:27,670 --> 00:35:26,880

and then you realize about 30 seconds

830

00:35:29,829 --> 00:35:27,680

later

831

00:35:31,589 --> 00:35:29,839

wait a

832

00:35:32,790 --> 00:35:31,599

this is not so bad this is what i

833

00:35:34,310 --> 00:35:32,800

thought it was

834

00:35:36,310 --> 00:35:34,320

not only are you really getting

835

00:35:38,390 --> 00:35:36,320

comfortable and being uncomfortable

836

00:35:41,670 --> 00:35:38,400

those two images shatter and now you're

837

00:35:43,750 --> 00:35:41,680

closer to the real aspect of your soul

838

00:35:46,710 --> 00:35:43,760

because you're no longer bound by the

839

00:35:49,190 --> 00:35:46,720

duality of this or of that

840

00:35:51,430 --> 00:35:49,200

yeah this is the work that stephanie has

841

00:35:53,030 --> 00:35:51,440

been describing and many teachers today

842

00:35:54,790 --> 00:35:53,040

are saying they're not just telling you

843

00:35:56,950 --> 00:35:54,800

that because it's something they read

844

00:35:59,990 --> 00:35:56,960

somewhere along this teacher lineage

845

00:36:01,910 --> 00:36:00,000

line people had to experience these

846

00:36:04,230 --> 00:36:01,920

levels of reality

847

00:36:05,670 --> 00:36:04,240

and myself many of you and people that i

848

00:36:08,550 --> 00:36:05,680

bring into this forum

849

00:36:10,630 --> 00:36:08,560

are doing just that and when we begin to

850

00:36:13,349 --> 00:36:10,640

connect

851
00:36:14,550 --> 00:36:13,359
the hundred monkeys we all got a monkey

852
00:36:17,109 --> 00:36:14,560
in the head

853
00:36:20,390 --> 00:36:17,119
so when the collective monkey gets the

854
00:36:25,109 --> 00:36:22,790
so it's about self-forgiveness i talk

855
00:36:27,589 --> 00:36:25,119
about often stephanie that

856
00:36:30,550 --> 00:36:27,599
these monks in the himalayas

857
00:36:32,950 --> 00:36:30,560
ascetics sikhs yogis

858
00:36:34,310 --> 00:36:32,960
they go into caves

859
00:36:36,230 --> 00:36:34,320
to forgive

860
00:36:38,069 --> 00:36:36,240
the people who wronged them

861
00:36:39,510 --> 00:36:38,079
they go into caves they stay in there to

862
00:36:41,030 --> 00:36:39,520
forgive

863
00:36:42,950 --> 00:36:41,040

who they've wronged

864

00:36:44,310 --> 00:36:42,960

themselves about they forgive others

865

00:36:46,630 --> 00:36:44,320

who've wronged others and the others

866

00:36:49,430 --> 00:36:46,640

who've wronged all the others

867

00:36:51,430 --> 00:36:49,440

in in hawaii there's a practice called

868

00:36:54,870 --> 00:36:51,440

ho'oponopono

869

00:36:56,310 --> 00:36:54,880

which is the art practice of free not

870

00:36:59,270 --> 00:36:56,320

only forgiving yourself and those who've

871

00:37:00,870 --> 00:36:59,280

wronged you and how you've done them

872

00:37:01,910 --> 00:37:00,880

it's forgiving

873

00:37:03,589 --> 00:37:01,920

everything

874

00:37:05,670 --> 00:37:03,599

is this the self-forgiveness you were

875

00:37:08,310 --> 00:37:05,680

talking about in your notes

876

00:37:10,630 --> 00:37:08,320

well it's funny because um ho pono apono

877

00:37:12,950 --> 00:37:10,640

is something that i included in my book

878

00:37:16,870 --> 00:37:12,960

um

879

00:37:20,069 --> 00:37:16,880

the the thing

880

00:37:22,310 --> 00:37:20,079

self-forgiveness forgiveness of anybody

881

00:37:25,430 --> 00:37:22,320

is about self-love because if you think

882

00:37:26,790 --> 00:37:25,440

about it carrying around resentment or

883

00:37:29,589 --> 00:37:26,800

pains from

884

00:37:31,750 --> 00:37:29,599

um things that have been done to you

885

00:37:34,950 --> 00:37:31,760

isn't impacting anybody else it's

886

00:37:38,150 --> 00:37:34,960

impacting you so you freeing yourself

887

00:37:40,310 --> 00:37:38,160

from from any things you know that that

888

00:37:42,390 --> 00:37:40,320

have happened to you and

889

00:37:45,589 --> 00:37:42,400

being able to forgive somebody or

890

00:37:47,190 --> 00:37:45,599

yourself is clearing yourself out it's

891

00:37:48,710 --> 00:37:47,200

clearing yourself out so that you don't

892

00:37:52,390 --> 00:37:48,720

have that suffering and so that you can

893

00:37:54,950 --> 00:37:52,400

have higher vibration you know energy in

894

00:37:56,790 --> 00:37:54,960

your in your body but there there are a

895

00:38:00,069 --> 00:37:56,800

couple things in terms of forgiveness

896

00:38:02,310 --> 00:38:00,079

that i think um is really helpful i mean

897

00:38:05,430 --> 00:38:02,320

there are two important steps you know

898

00:38:07,510 --> 00:38:05,440

in order to be able to forgive someone

899

00:38:12,550 --> 00:38:07,520

you have to know

900

00:38:15,510 --> 00:38:12,560

are lovable and worthy and accept

901
00:38:19,109 --> 00:38:15,520
yourself as you are once you're able to

902
00:38:21,109 --> 00:38:19,119
do this then it allows you to not take

903
00:38:23,670 --> 00:38:21,119
other people's behavior personally it

904
00:38:26,550 --> 00:38:23,680
allows you to understand that somebody's

905
00:38:28,870 --> 00:38:26,560
behavior doesn't get to mean anything

906
00:38:30,790 --> 00:38:28,880
about you but it's hard for us to

907
00:38:32,950 --> 00:38:30,800
forgive when we are attached to

908
00:38:35,430 --> 00:38:32,960
someone's behavior when we feel like

909
00:38:37,430 --> 00:38:35,440
well if this person shows up for me in

910
00:38:39,349 --> 00:38:37,440
this way it means they love me or if

911
00:38:41,670 --> 00:38:39,359
they do this to me it means i'm not

912
00:38:44,390 --> 00:38:41,680
lovable or they don't love me and so

913
00:38:46,950 --> 00:38:44,400

that's why that piece of learning self

914

00:38:48,550 --> 00:38:46,960

love and acceptance is important so that

915

00:38:51,670 --> 00:38:48,560

we can detach from other people's

916

00:38:54,470 --> 00:38:51,680

behavior then it's easier for us to

917

00:38:56,710 --> 00:38:54,480

be able to understand you know and the

918

00:38:58,790 --> 00:38:56,720

the other thing is that is

919

00:39:01,349 --> 00:38:58,800

once we have that peace in terms of

920

00:39:03,349 --> 00:39:01,359

knowing our own worth then we can

921

00:39:05,829 --> 00:39:03,359

utilize a little bit of empathy in terms

922

00:39:07,990 --> 00:39:05,839

of like well why do they show up that

923

00:39:10,069 --> 00:39:08,000

way why do they have that behavior and

924

00:39:11,990 --> 00:39:10,079

we can see that oh okay well they had

925

00:39:13,990 --> 00:39:12,000

this sort of childhood that had these

926

00:39:16,150 --> 00:39:14,000

experiences this is why they show up

927

00:39:18,310 --> 00:39:16,160

that way and their their behaviors based

928

00:39:20,069 --> 00:39:18,320

on their conditioning has nothing to do

929

00:39:22,230 --> 00:39:20,079

with me and doesn't get to mean anything

930

00:39:27,030 --> 00:39:22,240

about me even though of course it often

931

00:39:31,109 --> 00:39:28,550

yeah

932

00:39:33,270 --> 00:39:31,119

you and i are so much alike even as i'm

933

00:39:34,870 --> 00:39:33,280

going through this

934

00:39:36,630 --> 00:39:34,880

word document and

935

00:39:38,870 --> 00:39:36,640

feeling the interview out so i can play

936

00:39:40,630 --> 00:39:38,880

good host right

937

00:39:42,790 --> 00:39:40,640

i'm just watching this flow between you

938

00:39:44,150 --> 00:39:42,800

and i's dialogue how you stepping out i

939

00:39:46,390 --> 00:39:44,160

can hear your volume with your voice

940

00:39:48,069 --> 00:39:46,400

starting to decay and you know we got

941

00:39:49,750 --> 00:39:48,079

this shake hands kind of sort of like a

942

00:39:52,069 --> 00:39:49,760

dance going on

943

00:39:55,030 --> 00:39:52,079

but something another one another bullet

944

00:39:57,430 --> 00:39:55,040

point i come to is open your heart

945

00:39:59,109 --> 00:39:57,440

live your life it's like grab your

946

00:40:02,470 --> 00:39:59,119

metaphorical

947

00:40:06,550 --> 00:40:02,480

spiritual hands and peel this thing open

948

00:40:08,230 --> 00:40:06,560

and the word i use is vulnerability

949

00:40:11,430 --> 00:40:08,240

you know passion you need the fire you

950

00:40:13,190 --> 00:40:11,440

need the god the the creative source and

951
00:40:15,190 --> 00:40:13,200
we need clarity so that when the light

952
00:40:17,270 --> 00:40:15,200
moves there's nothing in the way nothing

953
00:40:20,069 --> 00:40:17,280
gets encumbered and it projects

954
00:40:21,270 --> 00:40:20,079
projection erroneous reality

955
00:40:23,030 --> 00:40:21,280
and then you take action with the

956
00:40:25,430 --> 00:40:23,040
backbone but

957
00:40:27,430 --> 00:40:25,440
so we have passion sincerity i mean i'm

958
00:40:31,670 --> 00:40:27,440
serious about this thing that i'm

959
00:40:37,510 --> 00:40:35,829
ironically when we drop we lift

960
00:40:39,270 --> 00:40:37,520
yeah creates a vibration which opens the

961
00:40:41,030 --> 00:40:39,280
door to vulnerability and that's this is

962
00:40:41,750 --> 00:40:41,040
sort of what the passion of the christ

963
00:40:43,910 --> 00:40:41,760

is

964

00:40:45,510 --> 00:40:43,920

when he opened up that core and let that

965

00:40:50,069 --> 00:40:45,520

light out

966

00:40:51,990 --> 00:40:50,079

not only did he become a lie for eternal

967

00:40:53,270 --> 00:40:52,000

he did that for everybody else that was

968

00:40:56,790 --> 00:40:53,280

to follow

969

00:40:59,349 --> 00:40:56,800

so vulnerability when we open our heart

970

00:41:01,349 --> 00:40:59,359

is when truly we are able to step

971

00:41:03,670 --> 00:41:01,359

forward in all of our glory yeah

972

00:41:06,790 --> 00:41:03,680

yeah yeah tell me about that tell me

973

00:41:10,550 --> 00:41:06,800

about it yeah well you know um what

974

00:41:11,349 --> 00:41:10,560

you're saying is is true is that when we

975

00:41:15,430 --> 00:41:11,359

are

976
00:41:17,030 --> 00:41:15,440
open and vulnerable yes it's scary and a

977
00:41:20,550 --> 00:41:17,040
little bit dangerous because we can get

978
00:41:23,030 --> 00:41:20,560
hurt but also we get to experience

979
00:41:26,870 --> 00:41:23,040
all the great things in life we get to

980
00:41:29,510 --> 00:41:26,880
experience love and and passion and we

981
00:41:32,790 --> 00:41:29,520
get to allow ourselves to we get to

982
00:41:35,750 --> 00:41:32,800
validate our experiences if we are

983
00:41:38,069 --> 00:41:35,760
closing ourself off um because we've

984
00:41:40,470 --> 00:41:38,079
been hurt or we've had you know abuse

985
00:41:42,870 --> 00:41:40,480
any of those things to keep ourselves

986
00:41:45,829 --> 00:41:42,880
safe i mean it makes sense it's smart to

987
00:41:47,750 --> 00:41:45,839
to do that but also what happens is we

988
00:41:49,589 --> 00:41:47,760

we shut ourselves off from everything

989

00:41:51,589 --> 00:41:49,599

there's no way to

990

00:41:53,750 --> 00:41:51,599

shut yourself off from some things and

991

00:41:56,150 --> 00:41:53,760

be open to other others really it's like

992

00:41:59,270 --> 00:41:56,160

if you're closed you're missing out on

993

00:42:01,750 --> 00:41:59,280

on the important stuff and that's really

994

00:42:04,230 --> 00:42:01,760

you know how we heal that's how we you

995

00:42:07,109 --> 00:42:04,240

know live our most

996

00:42:08,710 --> 00:42:07,119

deepest passionate lives is by being

997

00:42:10,630 --> 00:42:08,720

open

998

00:42:12,870 --> 00:42:10,640

learning to feel our feelings whether

999

00:42:14,550 --> 00:42:12,880

they're negative or positive like you

1000

00:42:15,750 --> 00:42:14,560

and i were talking about a few moments

1001
00:42:19,829 --> 00:42:15,760
ago

1002
00:42:21,990 --> 00:42:19,839
you know teaching ourself that we can be

1003
00:42:25,270 --> 00:42:22,000
comfortable being uncomfortable that's

1004
00:42:27,109 --> 00:42:25,280
the key it's like we can any emotion we

1005
00:42:29,670 --> 00:42:27,119
experience they're all energy whether

1006
00:42:31,510 --> 00:42:29,680
it's positive or negative and they're

1007
00:42:33,589 --> 00:42:31,520
all the same but if we're not feeling

1008
00:42:36,470 --> 00:42:33,599
them they get trapped in our body and

1009
00:42:37,510 --> 00:42:36,480
that keeps us from living our our best

1010
00:42:40,470 --> 00:42:37,520
life

1011
00:42:41,750 --> 00:42:40,480
you're exactly right and that is it that

1012
00:42:43,990 --> 00:42:41,760
is the key

1013
00:42:46,230 --> 00:42:44,000

be okay with not being okay and

1014

00:42:48,790 --> 00:42:46,240

eventually you find yourself

1015

00:42:51,109 --> 00:42:48,800

more okay than you were before

1016

00:42:52,630 --> 00:42:51,119

and so this keeps turning within itself

1017

00:42:53,990 --> 00:42:52,640

and you keep relaxing and you keep

1018

00:42:56,470 --> 00:42:54,000

expanding

1019

00:42:58,630 --> 00:42:56,480

that's it there is no spiritual work to

1020

00:43:01,270 --> 00:42:58,640

do there really isn't it's all

1021

00:43:04,069 --> 00:43:01,280

i get it it's a methodology and you

1022

00:43:06,630 --> 00:43:04,079

follow it and it has amazing perks as if

1023

00:43:08,150 --> 00:43:06,640

you just learned the super art of not

1024

00:43:09,190 --> 00:43:08,160

giving a

1025

00:43:12,069 --> 00:43:09,200

caring

1026

00:43:13,430 --> 00:43:12,079

but not just falling into the space of i

1027

00:43:14,630 --> 00:43:13,440

don't have to like what's happening in

1028

00:43:18,069 --> 00:43:14,640

the world i don't have to like what

1029

00:43:20,309 --> 00:43:18,079

so-and-so did to someone who did to me

1030

00:43:22,550 --> 00:43:20,319

but eventually this inner dialogue just

1031

00:43:24,069 --> 00:43:22,560

simply quietens

1032

00:43:26,390 --> 00:43:24,079

no matter how spiritually enlightened

1033

00:43:27,829 --> 00:43:26,400

you are until you get to the absolution

1034

00:43:29,589 --> 00:43:27,839

of it all

1035

00:43:31,589 --> 00:43:29,599

you will always find that you don't have

1036

00:43:34,230 --> 00:43:31,599

to like something

1037

00:43:36,150 --> 00:43:34,240

but and you're not responding to it

1038

00:43:38,390 --> 00:43:36,160

you have peace

1039

00:43:39,510 --> 00:43:38,400

acceptance allow i accept this thing i

1040

00:43:41,829 --> 00:43:39,520

don't have to like it it's god's

1041

00:43:45,589 --> 00:43:41,839

creation it ain't mine for me to change

1042

00:43:47,589 --> 00:43:45,599

that's the humility yeah and so

1043

00:43:49,589 --> 00:43:47,599

so it's the acceptance the allowance i

1044

00:43:52,150 --> 00:43:49,599

allow you to be it doesn't require me to

1045

00:43:55,510 --> 00:43:52,160

allow you to be for you to be that's a

1046

00:43:57,430 --> 00:43:55,520

my head and so then we get then

1047

00:43:59,910 --> 00:43:57,440

we get to see the luster in things the

1048

00:44:01,589 --> 00:43:59,920

diamond which is i appreciate acceptance

1049

00:44:05,430 --> 00:44:01,599

allowance and appreciation

1050

00:44:06,870 --> 00:44:05,440

and this circle this interwoven

1051
00:44:08,309 --> 00:44:06,880
divine matrix

1052
00:44:10,870 --> 00:44:08,319
like stephanie's saying she's saying

1053
00:44:13,829 --> 00:44:10,880
basically

1054
00:44:15,349 --> 00:44:13,839
just fall forgive yourself love yourself

1055
00:44:18,470 --> 00:44:15,359
stop making things that are not

1056
00:44:20,309 --> 00:44:18,480
necessarily never were important

1057
00:44:22,550 --> 00:44:20,319
important any longer yeah

1058
00:44:23,750 --> 00:44:22,560
yeah yeah and these things create

1059
00:44:25,750 --> 00:44:23,760
anxiety

1060
00:44:29,510 --> 00:44:25,760
and depression and the reason they do is

1061
00:44:31,349 --> 00:44:29,520
because we go unconscious and the monkey

1062
00:44:33,349 --> 00:44:31,359
wants something

1063
00:44:35,670 --> 00:44:33,359

but we don't know that there's a monkey

1064

00:44:38,630 --> 00:44:35,680

and so we have to learn

1065

00:44:40,630 --> 00:44:38,640

that i had anxiety i would go outside at

1066

00:44:44,230 --> 00:44:40,640

three o'clock in the morning waiting for

1067

00:44:47,430 --> 00:44:44,240

nuclear bombs to hit my city

1068

00:44:48,550 --> 00:44:47,440

right yeah my skin was feeling my teeth

1069

00:44:50,870 --> 00:44:48,560

were

1070

00:44:52,790 --> 00:44:50,880

loose all these crazy things

1071

00:44:54,150 --> 00:44:52,800

and then when that girl of all those

1072

00:44:56,309 --> 00:44:54,160

years that

1073

00:44:57,670 --> 00:44:56,319

i was with for 10 years when she left

1074

00:44:59,349 --> 00:44:57,680

that brought me to the dark night of the

1075

00:45:00,150 --> 00:44:59,359

soul which we talked about earlier which

1076

00:45:02,550 --> 00:45:00,160

is

1077

00:45:07,510 --> 00:45:02,560

for many people it takes pain to shift

1078

00:45:11,990 --> 00:45:09,750

depression i was in it for two years

1079

00:45:14,550 --> 00:45:12,000

until i woke up one day and made a

1080

00:45:15,670 --> 00:45:14,560

choice of happiness i said this i'm

1081

00:45:17,430 --> 00:45:15,680

done

1082

00:45:18,470 --> 00:45:17,440

so happiness was a choice for me in that

1083

00:45:21,270 --> 00:45:18,480

moment so

1084

00:45:23,510 --> 00:45:21,280

tell me about you your clients and

1085

00:45:25,109 --> 00:45:23,520

anything you would like to offer myself

1086

00:45:27,030 --> 00:45:25,119

and i think everybody's still dealing

1087

00:45:29,670 --> 00:45:27,040

with some sort of anxiety and depression

1088

00:45:31,589 --> 00:45:29,680

on some levels because if not we would

1089

00:45:33,990 --> 00:45:31,599

truly all be exalted beings tell me

1090

00:45:36,870 --> 00:45:34,000

about your spin and your work around

1091

00:45:39,270 --> 00:45:36,880

anxiety and depression fees yeah well

1092

00:45:42,069 --> 00:45:39,280

you know the the easiest thing to think

1093

00:45:43,190 --> 00:45:42,079

about with with anxiety and depression

1094

00:45:46,470 --> 00:45:43,200

is that

1095

00:45:49,510 --> 00:45:46,480

if if you're worrying about the future

1096

00:45:52,069 --> 00:45:49,520

so your mind is in the future going over

1097

00:45:55,190 --> 00:45:52,079

worrying about different scenarios

1098

00:45:57,349 --> 00:45:55,200

that is anxiety and and our ego our

1099

00:45:59,349 --> 00:45:57,359

conditioned self tries to make us

1100

00:46:02,150 --> 00:45:59,359

believe that it's somehow useful or

1101
00:46:04,870 --> 00:46:02,160
helpful to prepare us by going over

1102
00:46:07,829 --> 00:46:04,880
these things but really all it does is

1103
00:46:11,109 --> 00:46:07,839
cause us suffering and dwelling in the

1104
00:46:13,349 --> 00:46:11,119
past going over the things that cannot

1105
00:46:15,510 --> 00:46:13,359
be changed that have already happened

1106
00:46:16,950 --> 00:46:15,520
that is how that is when we're in

1107
00:46:18,710 --> 00:46:16,960
depression is when we're in the past so

1108
00:46:20,630 --> 00:46:18,720
when we're in the past we're depressed

1109
00:46:23,910 --> 00:46:20,640
when we're in the future we're anxious

1110
00:46:25,990 --> 00:46:23,920
the only place that we are truly free is

1111
00:46:29,910 --> 00:46:26,000
in the present moment and so it's

1112
00:46:32,710 --> 00:46:29,920
learning how to be present and

1113
00:46:34,309 --> 00:46:32,720

comfortable and being uncomfortable

1114

00:46:36,470 --> 00:46:34,319

i love it

1115

00:46:41,510 --> 00:46:36,480

yeah

1116

00:46:43,190 --> 00:46:41,520

right so you you know that when you're

1117

00:46:44,470 --> 00:46:43,200

in the future it's because your thoughts

1118

00:46:46,150 --> 00:46:44,480

are worrying about something when you're

1119

00:46:48,069 --> 00:46:46,160

in the past it's because your mind is

1120

00:46:50,230 --> 00:46:48,079

dwelling in the past but

1121

00:46:52,790 --> 00:46:50,240

when you're present you're right there

1122

00:46:55,270 --> 00:46:52,800

experiencing your life and so you're

1123

00:46:57,750 --> 00:46:55,280

you're free in that moment and it's hard

1124

00:46:59,589 --> 00:46:57,760

i know it's hard to learn how to be

1125

00:47:01,910 --> 00:46:59,599

present because it requires us like you

1126
00:47:03,910 --> 00:47:01,920
were talking about to train our monkey

1127
00:47:07,270 --> 00:47:03,920
mind it requires us to learn how to be

1128
00:47:09,670 --> 00:47:07,280
in our body not in our mind and to learn

1129
00:47:11,589 --> 00:47:09,680
to you know just be present and a good

1130
00:47:14,069 --> 00:47:11,599
example is like when we're having a

1131
00:47:15,990 --> 00:47:14,079
conversation with someone be there with

1132
00:47:18,550 --> 00:47:16,000
them and really listen to what they're

1133
00:47:20,870 --> 00:47:18,560
saying be present rather than being in

1134
00:47:22,390 --> 00:47:20,880
your mind thinking about what you might

1135
00:47:23,430 --> 00:47:22,400
say next or maybe you're even thinking

1136
00:47:25,670 --> 00:47:23,440
about what you're going to have for

1137
00:47:28,390 --> 00:47:25,680
dinner but that's one way for people to

1138
00:47:30,150 --> 00:47:28,400

start right practice being present

1139

00:47:33,109 --> 00:47:30,160

you know sometimes and i totally get

1140

00:47:34,950 --> 00:47:33,119

that and sometimes uh i use the

1141

00:47:36,790 --> 00:47:34,960

opportunity with others

1142

00:47:39,349 --> 00:47:36,800

to

1143

00:47:42,230 --> 00:47:39,359

fi what helps me keep what helps keep me

1144

00:47:43,430 --> 00:47:42,240

present with those others is i find i am

1145

00:47:44,870 --> 00:47:43,440

still listening i don't have to look in

1146

00:47:46,790 --> 00:47:44,880

your eyes and watch your mouth move to

1147

00:47:48,069 --> 00:47:46,800

be listening i'll find a piece of

1148

00:47:50,150 --> 00:47:48,079

jewelry

1149

00:47:52,630 --> 00:47:50,160

or something out the way they smell the

1150

00:47:54,950 --> 00:47:52,640

way they talk and i'll stay with it

1151

00:47:57,109 --> 00:47:54,960

so that keeps me into them

1152

00:47:57,990 --> 00:47:57,119

and present and then i begin to follow

1153

00:48:00,069 --> 00:47:58,000

this

1154

00:48:01,349 --> 00:48:00,079

river that takes me deeper into that

1155

00:48:03,670 --> 00:48:01,359

person

1156

00:48:05,750 --> 00:48:03,680

and i begin to see themselves and myself

1157

00:48:07,589 --> 00:48:05,760

begin to change in the moment have this

1158

00:48:09,349 --> 00:48:07,599

deeper connection

1159

00:48:10,390 --> 00:48:09,359

one thing i would like to ask you in

1160

00:48:12,710 --> 00:48:10,400

closing and you can leave us with a

1161

00:48:15,589 --> 00:48:12,720

final thought and your contact and where

1162

00:48:21,190 --> 00:48:17,910

is what really helped me to understand

1163

00:48:22,549 --> 00:48:21,200

what anxiety is um we can tell people

1164

00:48:23,829 --> 00:48:22,559

this is what anxiety is it's being

1165

00:48:25,750 --> 00:48:23,839

afraid

1166

00:48:28,549 --> 00:48:25,760

the fear of the future and such things

1167

00:48:31,750 --> 00:48:28,559

like that but what simplified it for me

1168

00:48:33,750 --> 00:48:31,760

so i was able to see the spin

1169

00:48:35,829 --> 00:48:33,760

of the energy was

1170

00:48:38,630 --> 00:48:35,839

that we could see anxiety is not only

1171

00:48:43,430 --> 00:48:38,640

just being afraid anxiety is

1172

00:48:46,470 --> 00:48:43,440

afraid i'm afraid of being afraid

1173

00:48:48,710 --> 00:48:46,480

so it creates this ongoing biofeedback

1174

00:48:50,549 --> 00:48:48,720

loop for example being a musician from

1175

00:48:52,390 --> 00:48:50,559

all these years i know that if you take

1176
00:48:54,069 --> 00:48:52,400
a microphone and you put it close to a

1177
00:48:56,309 --> 00:48:54,079
speaker there's a feedback noise the

1178
00:48:58,710 --> 00:48:56,319
thing that makes everybody go

1179
00:49:00,549 --> 00:48:58,720
and so

1180
00:49:02,230 --> 00:49:00,559
what's happening is

1181
00:49:04,150 --> 00:49:02,240
the information from the microphone is

1182
00:49:05,829 --> 00:49:04,160
going into this speaker

1183
00:49:07,910 --> 00:49:05,839
out of the speaker into the microphone

1184
00:49:09,589 --> 00:49:07,920
out and it creates this loop and it gets

1185
00:49:12,470 --> 00:49:09,599
bigger and bigger bigger and that's

1186
00:49:14,790 --> 00:49:12,480
called feedback well with anxiety what

1187
00:49:15,750 --> 00:49:14,800
happens is when we are not in the heart

1188
00:49:20,309 --> 00:49:15,760

space

1189

00:49:22,069 --> 00:49:20,319

when this energy begins to

1190

00:49:23,109 --> 00:49:22,079

feed back like when you go hear a band

1191

00:49:24,630 --> 00:49:23,119

and doesn't know what they're doing with

1192

00:49:27,430 --> 00:49:24,640

the sound system

1193

00:49:29,670 --> 00:49:27,440

the body becomes bio feedback

1194

00:49:31,589 --> 00:49:29,680

into an anxiety spin

1195

00:49:32,390 --> 00:49:31,599

and it is not

1196

00:49:34,390 --> 00:49:32,400

fun

1197

00:49:37,190 --> 00:49:34,400

you're checking your pulse you're

1198

00:49:39,190 --> 00:49:37,200

feeling your heart you feel stuff moving

1199

00:49:42,470 --> 00:49:39,200

your body as if it's you know there's

1200

00:49:44,470 --> 00:49:42,480

air under your skin it's just hell

1201
00:49:46,470 --> 00:49:44,480
yeah there's nothing worse than any i

1202
00:49:48,630 --> 00:49:46,480
mean i'm i'm sure there is but it's like

1203
00:49:51,030 --> 00:49:48,640
some of the worst suffering ever right

1204
00:49:52,460 --> 00:49:51,040
that moment there's something

1205
00:49:54,710 --> 00:49:52,470
maybe a kidney stone

1206
00:49:56,150 --> 00:49:54,720
[Laughter]

1207
00:49:58,870 --> 00:49:56,160
would you like to leave us with a final

1208
00:50:01,030 --> 00:49:58,880
thought dear and how our beautiful tribe

1209
00:50:02,630 --> 00:50:01,040
can find more about you and what you do

1210
00:50:04,390 --> 00:50:02,640
i would love to i mean the most

1211
00:50:07,030 --> 00:50:04,400
important thing that i want people to

1212
00:50:08,710 --> 00:50:07,040
know is just that it doesn't matter

1213
00:50:11,990 --> 00:50:08,720

how

1214

00:50:14,150 --> 00:50:12,000

bad your life might feel right now or

1215

00:50:16,390 --> 00:50:14,160

what your circumstances look like or

1216

00:50:18,870 --> 00:50:16,400

what they have look like i want people

1217

00:50:21,430 --> 00:50:18,880

to know that it's possible for any human

1218

00:50:23,829 --> 00:50:21,440

being to find happiness to learn to love

1219

00:50:26,470 --> 00:50:23,839

them love and accept themselves

1220

00:50:29,270 --> 00:50:26,480

that that is possible for anyone and i

1221

00:50:32,870 --> 00:50:29,280

just i just really want people to to

1222

00:50:33,750 --> 00:50:32,880

know that and that it really just takes

1223

00:50:37,030 --> 00:50:33,760

um

1224

00:50:38,870 --> 00:50:37,040

the willingness and and also you know

1225

00:50:40,630 --> 00:50:38,880

shifting

1226
00:50:42,950 --> 00:50:40,640
being willing to do something different

1227
00:50:46,069 --> 00:50:42,960
one step at a time so i that's the thing

1228
00:50:48,870 --> 00:50:46,079
that i want people to know um and

1229
00:50:51,510 --> 00:50:48,880
come and find me on my website is

1230
00:50:53,270 --> 00:50:51,520
www.stephaniegrace.com

1231
00:50:56,589 --> 00:50:53,280
and stephanie doesn't have an e on the

1232
00:50:59,349 --> 00:50:56,599
end it's s-t-e-p-h-a-n-i

1233
00:51:01,190 --> 00:50:59,359
g-r-a-c-e and then my instagram is the

1234
00:51:03,990 --> 00:51:01,200
same that's where i'm most active and i

1235
00:51:06,309 --> 00:51:04,000
do a mindful minute um every day so

1236
00:51:08,150 --> 00:51:06,319
either a post or a video where i'm you

1237
00:51:09,829 --> 00:51:08,160
know helping people to stay on their

1238
00:51:11,990 --> 00:51:09,839

their path and maybe offer them

1239

00:51:14,470 --> 00:51:12,000

something to inspire them to do

1240

00:51:16,230 --> 00:51:14,480

something different um to help their

1241

00:51:19,030 --> 00:51:16,240

lives and so you can just search for me

1242

00:51:21,990 --> 00:51:19,040

on instagram by looking up stephanie

1243

00:51:24,790 --> 00:51:22,000

grace um and then my new book creating

1244

00:51:27,030 --> 00:51:24,800

real happiness a to z is is out now and

1245

00:51:29,109 --> 00:51:27,040

you can get it you can get it anywhere

1246

00:51:31,270 --> 00:51:29,119

pretty much so just search for that and

1247

00:51:34,309 --> 00:51:31,280

um and that is a

1248

00:51:36,390 --> 00:51:34,319

my book is a really approachable way for

1249

00:51:38,069 --> 00:51:36,400

you to begin working on self-love and

1250

00:51:39,910 --> 00:51:38,079

acceptance that's what it's about that's

1251

00:51:42,309 --> 00:51:39,920

what i why i wrote that that book it

1252

00:51:44,230 --> 00:51:42,319

offers all kinds of exercises in there

1253

00:51:46,069 --> 00:51:44,240

and hopefully you'll find some that

1254

00:51:48,309 --> 00:51:46,079

resonate for you that you can add to

1255

00:51:50,150 --> 00:51:48,319

your daily practice and help start

1256

00:51:52,069 --> 00:51:50,160

working on you know learning to love and

1257

00:51:54,150 --> 00:51:52,079

accept yourself and become you know come

1258

00:51:55,670 --> 00:51:54,160

back into your truth i love that mindful

1259

00:51:57,109 --> 00:51:55,680

minute that's just that's just so

1260

00:51:59,030 --> 00:51:57,119

perfect

1261

00:52:01,030 --> 00:51:59,040

how long has your book been out there it

1262

00:52:03,430 --> 00:52:01,040

just came out may 1st

1263

00:52:05,829 --> 00:52:03,440

congrats congrats yeah you always have

1264

00:52:07,589 --> 00:52:05,839

support here

1265

00:52:09,190 --> 00:52:07,599

yeah without a doubt anytime you have a

1266

00:52:11,190 --> 00:52:09,200

new project or just want to express

1267

00:52:14,069 --> 00:52:11,200

yourself in some way contact me

1268

00:52:15,750 --> 00:52:14,079

we'll hang out in public

1269

00:52:18,150 --> 00:52:15,760

drink or something

1270

00:52:19,670 --> 00:52:18,160

so you welcome me anytime really yeah

1271

00:52:21,190 --> 00:52:19,680

yeah i hope that i get to see and work

1272

00:52:23,030 --> 00:52:21,200

with you again i would love to such a

1273

00:52:25,510 --> 00:52:23,040

delight absolutely yeah and if you would

1274

00:52:26,710 --> 00:52:25,520

uh give me about one minute uh i'd like

1275

00:52:28,790 --> 00:52:26,720

to chat with you in the back side of the

1276
00:52:30,950 --> 00:52:28,800
green room good that sounds good thank

1277
00:52:32,710 --> 00:52:30,960
you wanda for everyone sooner or late

1278
00:52:36,630 --> 00:52:32,720
foundation radio good to see you keith

1279
00:52:39,430 --> 00:52:36,640
anthony blanchard here i love this thing

1280
00:52:41,349 --> 00:52:39,440
you are a jedi and awaken you're

1281
00:52:43,270 --> 00:52:41,359
actually more than that but we go

1282
00:52:46,710 --> 00:52:43,280
through the linear process we call life

1283
00:52:47,910 --> 00:52:46,720
enjoy your life even them what's not so

1284
00:52:50,150 --> 00:52:47,920
enjoyable

1285
00:52:52,309 --> 00:52:50,160
take it to another level another the

1286
00:52:53,510 --> 00:52:52,319
next level looks like you

1287
00:52:54,549 --> 00:52:53,520
when you can look in the mirror and say

1288
00:52:56,069 --> 00:52:54,559

i love you

1289

00:52:57,589 --> 00:52:56,079

and you don't hear the monkey say

1290

00:52:59,270 --> 00:52:57,599

something back

1291

00:53:00,710 --> 00:52:59,280

you're making correct choices higher

1292

00:53:02,710 --> 00:53:00,720

choices choices that lead you to the

1293

00:53:04,390 --> 00:53:02,720

barometer joy

1294

00:53:06,870 --> 00:53:04,400

is what every being in the universe

1295

00:53:09,190 --> 00:53:06,880

desires is the ultimate level of joy so

1296

00:53:13,190 --> 00:53:09,200

joy has to be the measurement stick

1297

00:53:15,589 --> 00:53:13,200

the more you feel joy in your being

1298

00:53:17,030 --> 00:53:15,599

you become a seeing one and a freeing

1299

00:53:18,870 --> 00:53:17,040

one dear lord

1300

00:53:20,790 --> 00:53:18,880

your life turns into

1301
00:53:23,190 --> 00:53:20,800
infinite possibilities you never thought

1302
00:53:24,549 --> 00:53:23,200
possible

1303
00:53:27,190 --> 00:53:24,559
keith anthony blanchard center of light

1304
00:53:29,360 --> 00:53:27,200
radio good to see you um tomorrow night

1305
00:53:33,750 --> 00:53:29,370
i am doing a presentation called

1306
00:53:37,510 --> 00:53:34,720
center of light

1307
00:53:39,430 --> 00:53:37,520
[Music]

1308
00:53:43,270 --> 00:53:39,440
inclusion

1309
00:53:51,380 --> 00:53:43,280
peace

1310
00:53:51,810 --> 00:53:51,390
[Music]

1311
00:54:08,360 --> 00:53:51,820
[Applause]

1312
00:54:08,370 --> 00:54:25,030
[Music]

1313
00:54:50,789 --> 00:54:28,080

stay inside