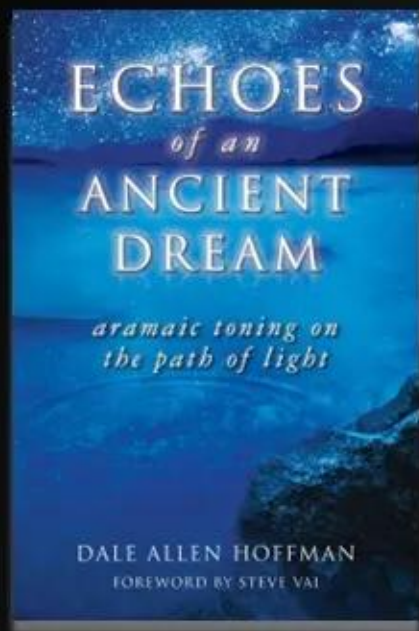


"Navigating the Cosmic Shift"



 CENTER OF LIGHT
FOUNDATION 
~ Fire • Clarity • Action ~

Dale Allen Hoffman

5.26.2022

5pm PT • 7pm CT • 8pm ET



CenterofLightRadio.com



[YouTube.com/CenterofLightRadio](https://www.youtube.com/CenterofLightRadio)

1
00:03:11,670 --> 00:02:01,880

[Music]

2
00:03:15,110 --> 00:03:13,910
welcome to the center of the light

3
00:03:16,949 --> 00:03:15,120
aum

4
00:03:18,550 --> 00:03:16,959
guru devadatta

5
00:03:21,110 --> 00:03:18,560
center of light foundation you're

6
00:03:25,509 --> 00:03:21,120
stationed for divine unfoldment

7
00:03:29,670 --> 00:03:27,110
center of light is being reinforced

8
00:03:31,270 --> 00:03:29,680
reinforced by the divine there is a god

9
00:03:33,430 --> 00:03:31,280
man on the earth today his name is

10
00:03:35,509 --> 00:03:33,440
swamiji vista yogi let me show you who

11
00:03:38,390 --> 00:03:35,519
he is

12
00:03:44,630 --> 00:03:41,110
this is swansea on your left you see

13
00:03:47,350 --> 00:03:44,640

what looks like could be mooses

14

00:03:49,350 --> 00:03:47,360

sitting on this throne and in the center

15

00:03:51,270 --> 00:03:49,360

swami walking as if he's gliding on

16

00:03:52,149 --> 00:03:51,280

water and all the way to the right you

17

00:03:54,630 --> 00:03:52,159

see

18

00:03:56,710 --> 00:03:54,640

swamiji sitting in this chair uh with

19

00:03:59,030 --> 00:03:56,720

this light phenomena coming from his

20

00:04:02,229 --> 00:03:59,040

body this is not photoshop please do not

21

00:04:04,789 --> 00:04:03,190

so

22

00:04:07,270 --> 00:04:04,799

this is what's going on with center of

23

00:04:08,949 --> 00:04:07,280

light foundation by being

24

00:04:10,630 --> 00:04:08,959

spiritually supported

25

00:04:12,390 --> 00:04:10,640

uh by swansea he gave me the blessing

26

00:04:14,789 --> 00:04:12,400

the other night go forth keith and do

27

00:04:16,069 --> 00:04:14,799

this thing so i said grateful

28

00:04:17,990 --> 00:04:16,079

welcome to center of light tonight my

29

00:04:19,270 --> 00:04:18,000

guest is mr dale

30

00:04:20,870 --> 00:04:19,280

allen

31

00:04:22,469 --> 00:04:20,880

hoffman and we're going to be speaking

32

00:04:24,870 --> 00:04:22,479

about some of his work i came across

33

00:04:28,469 --> 00:04:24,880

steele

34

00:04:30,629 --> 00:04:28,479

on youtube a while back really enjoyed

35

00:04:32,870 --> 00:04:30,639

his word crafting his place he comes

36

00:04:34,469 --> 00:04:32,880

from inside where he delivers

37

00:04:37,510 --> 00:04:34,479

his passion is fire

38

00:04:39,350 --> 00:04:37,520

um so much so i sent him an email and uh

39

00:04:41,030 --> 00:04:39,360

time went by and he finally contacted me

40

00:04:43,350 --> 00:04:41,040

and he said how about tomorrow let's do

41

00:04:45,990 --> 00:04:43,360

it and here he is welcome to center of

42

00:04:49,030 --> 00:04:46,000

light let me get my little notes here

43

00:04:50,550 --> 00:04:49,040

dale i i've been posting dale's

44

00:04:53,030 --> 00:04:50,560

websites and

45

00:04:54,790 --> 00:04:53,040

merch and youtube and these forums go

46

00:04:57,590 --> 00:04:54,800

stomp all over his page make a big stink

47

00:04:59,030 --> 00:04:57,600

let him know you're ready to get into

48

00:05:01,510 --> 00:04:59,040

the uh

49

00:05:03,590 --> 00:05:01,520

navigating the cosmic shift

50

00:05:07,590 --> 00:05:03,600

reverend dale allen hoffman is an

51
00:05:09,189 --> 00:05:07,600
ancient aramaic wisdom keeper mystic

52
00:05:11,110 --> 00:05:09,199
an energetic healer revealing

53
00:05:13,189 --> 00:05:11,120
long-suppressed ancient secrets and

54
00:05:15,590 --> 00:05:13,199
healing modalities

55
00:05:17,830 --> 00:05:15,600
dale's childhood was punctuated by

56
00:05:18,790 --> 00:05:17,840
profound experiences of paranormal and

57
00:05:21,510 --> 00:05:18,800
natural

58
00:05:23,830 --> 00:05:21,520
phenomena extraterrestrial visitations

59
00:05:25,749 --> 00:05:23,840
and spiritual epiphanies for over 30

60
00:05:27,670 --> 00:05:25,759
years dale has been what many call the

61
00:05:29,270 --> 00:05:27,680
teacher behind the teachers gotta love

62
00:05:31,510 --> 00:05:29,280
that

63
00:05:34,710 --> 00:05:31,520

since coining the term aramaic toning in

64

00:05:36,830 --> 00:05:34,720

the early 1990s dale is the frequent

65

00:05:39,510 --> 00:05:36,840

go-to authority

66

00:05:41,990 --> 00:05:39,520

for many well-known spiritual teachers

67

00:05:43,029 --> 00:05:42,000

celebrities business icons musicians etc

68

00:05:44,469 --> 00:05:43,039

we're going to talk about some of his

69

00:05:48,150 --> 00:05:44,479

music as well

70

00:05:50,230 --> 00:05:48,160

on how to awaken the experiential

71

00:05:55,510 --> 00:05:50,240

one of my favorite words is core

72

00:05:57,270 --> 00:05:55,520

on how to awaken the experiential core

73

00:05:58,710 --> 00:05:57,280

of ancient teachings in the most

74

00:06:00,629 --> 00:05:58,720

practical

75

00:06:02,309 --> 00:06:00,639

ways possible

76

00:06:04,309 --> 00:06:02,319

he is regarded as one of the world's

77

00:06:06,390 --> 00:06:04,319

foremost authorities on the incredible

78

00:06:08,710 --> 00:06:06,400

transformational power

79

00:06:11,909 --> 00:06:08,720

of the ancient aramaic energy and

80

00:06:13,749 --> 00:06:11,919

energetic alchemy teachings of yeshua

81

00:06:15,670 --> 00:06:13,759

for those who don't know that

82

00:06:17,430 --> 00:06:15,680

it would be jesus

83

00:06:19,270 --> 00:06:17,440

and magdalene

84

00:06:21,670 --> 00:06:19,280

and for those who don't know

85

00:06:24,629 --> 00:06:21,680

possible wife gave birth i'll leave that

86

00:06:26,469 --> 00:06:24,639

for another time possibly

87

00:06:27,590 --> 00:06:26,479

and they're original to that there's

88

00:06:30,150 --> 00:06:27,600

more guys

89

00:06:32,629 --> 00:06:30,160

looking of the room you'll see

90

00:06:34,550 --> 00:06:32,639

his full bio check him out my brother

91

00:06:37,510 --> 00:06:34,560

they are welcome to center of light

92

00:06:40,230 --> 00:06:37,520

radio

93

00:06:41,909 --> 00:06:40,240

thank you keith it's awesome to be here

94

00:06:44,710 --> 00:06:41,919

yeah there's a lot of long hairs on the

95

00:06:49,270 --> 00:06:46,629

fantastic how's life treating you bro

96

00:06:50,150 --> 00:06:49,280

how you treating me amazing i i mean you

97

00:06:52,469 --> 00:06:50,160

know

98

00:06:55,430 --> 00:06:52,479

except i'm always in this like expansion

99

00:06:57,189 --> 00:06:55,440

mode even more so than ever now and so

100

00:06:59,430 --> 00:06:57,199

it's interesting to be

101
00:07:01,830 --> 00:06:59,440
really feeling like this while it feels

102
00:07:03,510 --> 00:07:01,840
like a lot of forces a lot of the world

103
00:07:06,390 --> 00:07:03,520
whatever that means is kind of moving

104
00:07:09,029 --> 00:07:06,400
like that at the same time so

105
00:07:10,950 --> 00:07:09,039
navigating those kinds of um

106
00:07:13,029 --> 00:07:10,960
energies it's been interesting that's

107
00:07:14,950 --> 00:07:13,039
one way to put it

108
00:07:17,510 --> 00:07:14,960
i love the way you crafted that sir

109
00:07:19,189 --> 00:07:17,520
absolutely it's

110
00:07:21,350 --> 00:07:19,199
a matter of

111
00:07:23,110 --> 00:07:21,360
having done something for so long you

112
00:07:25,110 --> 00:07:23,120
begin you have a state of balance and

113
00:07:27,749 --> 00:07:25,120

equilibrium about yourself in other

114

00:07:29,749 --> 00:07:27,759

words you know when 2000 came in

115

00:07:31,430 --> 00:07:29,759

uh things got wonky real quick and

116

00:07:33,589 --> 00:07:31,440

everybody's walking on this rickety

117

00:07:35,909 --> 00:07:33,599

crickety rope bridge yeah and some of

118

00:07:38,390 --> 00:07:35,919

them had a little more intuitive natural

119

00:07:39,270 --> 00:07:38,400

skills to to be balanced but others it

120

00:07:41,749 --> 00:07:39,280

really

121

00:07:43,430 --> 00:07:41,759

you know that rope bridge turned over

122

00:07:47,189 --> 00:07:43,440

how are you doing it

123

00:07:49,749 --> 00:07:47,199

you know i um i i'm at a like it's been

124

00:07:52,710 --> 00:07:49,759

like for a few months now where

125

00:07:54,550 --> 00:07:52,720

i've realized that the i've been sort of

126

00:07:56,629 --> 00:07:54,560

focusing a lot on letting people know

127

00:07:58,629 --> 00:07:56,639

look keep walking keep your eyes on the

128

00:08:01,430 --> 00:07:58,639

horizon keep going

129

00:08:04,390 --> 00:08:01,440

and i've realized that really

130

00:08:06,309 --> 00:08:04,400

when the these energy flows get really

131

00:08:08,230 --> 00:08:06,319

heavy or intense

132

00:08:10,710 --> 00:08:08,240

the way they have been

133

00:08:13,430 --> 00:08:10,720

what's most important is that we're able

134

00:08:15,110 --> 00:08:13,440

to stay grounded we're able to be rooted

135

00:08:16,869 --> 00:08:15,120

we're able to be aware of the rise and

136

00:08:19,189 --> 00:08:16,879

fall of our breath

137

00:08:20,710 --> 00:08:19,199

and allow realize you know like i say to

138

00:08:22,390 --> 00:08:20,720

navigate the cosmic shift we're

139

00:08:23,909 --> 00:08:22,400

literally the grounding rods for

140

00:08:27,589 --> 00:08:23,919

humanity so

141

00:08:29,909 --> 00:08:27,599

being able to allow the resonance the

142

00:08:31,990 --> 00:08:29,919

processing of incredible amounts of

143

00:08:34,310 --> 00:08:32,000

energy funny i i

144

00:08:35,829 --> 00:08:34,320

back in my late teens early 20s i spent

145

00:08:37,589 --> 00:08:35,839

a lot of time around

146

00:08:39,110 --> 00:08:37,599

well not just musicians but guys like

147

00:08:41,589 --> 00:08:39,120

wayne dyer and

148

00:08:43,430 --> 00:08:41,599

stuart wild different people like that

149

00:08:44,790 --> 00:08:43,440

real close to a guy named richie havens

150

00:08:46,790 --> 00:08:44,800

you know the played woodstock i've

151
00:08:49,030 --> 00:08:46,800
always been around these

152
00:08:50,470 --> 00:08:49,040
the people like i sort of gravitated to

153
00:08:53,269 --> 00:08:50,480
the ones that were

154
00:08:54,870 --> 00:08:53,279
sort of moving vast amounts of energy is

155
00:08:56,550 --> 00:08:54,880
one good way to put it but i remember

156
00:08:59,430 --> 00:08:56,560
stuart telling me

157
00:09:01,190 --> 00:08:59,440
way back i guess i was maybe 22

158
00:09:03,509 --> 00:09:01,200
stuart wilde was like you know it's like

159
00:09:06,150 --> 00:09:03,519
we got thrown down into the grossness of

160
00:09:07,990 --> 00:09:06,160
matter into the underworld and we're

161
00:09:09,590 --> 00:09:08,000
being able to like navigate in a

162
00:09:11,350 --> 00:09:09,600
swimming pool

163
00:09:12,949 --> 00:09:11,360

and i'm like yeah that's true it's like

164

00:09:15,110 --> 00:09:12,959

a swimming pool and then all of a sudden

165

00:09:17,269 --> 00:09:15,120

like in the last few years it starts

166

00:09:19,269 --> 00:09:17,279

feeling like oh it's like starting to

167

00:09:21,350 --> 00:09:19,279

turn into like jello

168

00:09:23,430 --> 00:09:21,360

so now i really have to be open i've

169

00:09:25,829 --> 00:09:23,440

really got to be able to

170

00:09:27,509 --> 00:09:25,839

have that maximum fluidity within the

171

00:09:29,269 --> 00:09:27,519

grossness of matter and then it's like

172

00:09:31,829 --> 00:09:29,279

the last few months it's like oh the

173

00:09:33,670 --> 00:09:31,839

jello is turning to paste okay

174

00:09:36,230 --> 00:09:33,680

so it's like another it's all about

175

00:09:38,150 --> 00:09:36,240

really just being open and not biting

176

00:09:40,790 --> 00:09:38,160

the hooks of

177

00:09:43,110 --> 00:09:40,800

the divine play the cosmic drama as

178

00:09:44,630 --> 00:09:43,120

yogananda would call it you know

179

00:09:47,990 --> 00:09:44,640

not easy

180

00:09:49,350 --> 00:09:48,000

yeah the leela is not so funny when you

181

00:09:51,509 --> 00:09:49,360

when you're unaware but when you're

182

00:09:53,750 --> 00:09:51,519

aware you can you could didn't you would

183

00:09:55,350 --> 00:09:53,760

learn how to get out of the riddle yeah

184

00:09:57,110 --> 00:09:55,360

because for the longest time the joke

185

00:09:58,790 --> 00:09:57,120

the joke is always on us

186

00:10:01,190 --> 00:09:58,800

so to speak and when we learn how to

187

00:10:03,590 --> 00:10:01,200

step in and out of this cosmic give and

188

00:10:04,790 --> 00:10:03,600

take to and fro hither and the

189

00:10:07,829 --> 00:10:04,800

damn

190

00:10:09,670 --> 00:10:07,839

you know it gets a little easy

191

00:10:11,350 --> 00:10:09,680

yogananda was like he talked about

192

00:10:14,470 --> 00:10:11,360

transferring our sense of identity from

193

00:10:16,389 --> 00:10:14,480

the pseudo soul our ego ego is a coin a

194

00:10:18,389 --> 00:10:16,399

greek word that all it means is

195

00:10:20,150 --> 00:10:18,399

individualized self it's almost like a

196

00:10:22,630 --> 00:10:20,160

safety mechanism but

197

00:10:25,190 --> 00:10:22,640

to become the ever joyous witness of a

198

00:10:27,590 --> 00:10:25,200

stupendous cosmic drama

199

00:10:30,150 --> 00:10:27,600

and it's like wow so i can be the

200

00:10:31,829 --> 00:10:30,160

character in the movie i can

201
00:10:33,670 --> 00:10:31,839
funny we just came my wife and i came

202
00:10:35,190 --> 00:10:33,680
back from europe a couple weeks ago and

203
00:10:37,350 --> 00:10:35,200
i'm watching a movie on this little

204
00:10:39,750 --> 00:10:37,360
screen this big it was the big lebowski

205
00:10:41,509 --> 00:10:39,760
of course because i am an official dudes

206
00:10:43,350 --> 00:10:41,519
priest in the church of latter day dude

207
00:10:45,430 --> 00:10:43,360
and that's true actually

208
00:10:47,269 --> 00:10:45,440
but i love it

209
00:10:48,710 --> 00:10:47,279
like on a little screen

210
00:10:50,949 --> 00:10:48,720
on the seat in front of me and every

211
00:10:52,710 --> 00:10:50,959
once in a while as tiny as it was the

212
00:10:54,630 --> 00:10:52,720
frame would fall away and i'd be in

213
00:10:55,750 --> 00:10:54,640

there and i'm right there with the dude

214

00:11:03,190 --> 00:10:55,760

and

215

00:11:05,590 --> 00:11:03,200

like i'm watching a little tiny screen

216

00:11:08,069 --> 00:11:05,600

here i'm not actually in the movie but

217

00:11:09,829 --> 00:11:08,079

imagine if you're surrounded by it and

218

00:11:12,069 --> 00:11:09,839

it's above you and it's

219

00:11:14,550 --> 00:11:12,079

seemingly behind you

220

00:11:17,110 --> 00:11:14,560

and imagine that you're so fully

221

00:11:19,030 --> 00:11:17,120

immersed in it that it's even easier to

222

00:11:21,750 --> 00:11:19,040

forget that you're in a movie but when

223

00:11:24,310 --> 00:11:21,760

you wake up and you start to realize

224

00:11:26,470 --> 00:11:24,320

hold on i can shift this and i can move

225

00:11:28,389 --> 00:11:26,480

this from here to here and i'm

226

00:11:30,550 --> 00:11:28,399

not just one of the characters and all

227

00:11:32,630 --> 00:11:30,560

of the characters all of a sudden you

228

00:11:35,190 --> 00:11:32,640

start realizing that what you're looking

229

00:11:37,110 --> 00:11:35,200

for is what is looking

230

00:11:39,350 --> 00:11:37,120

and when i started that started

231

00:11:40,230 --> 00:11:39,360

uncovering for me

232

00:11:43,750 --> 00:11:40,240

uh

233

00:11:46,230 --> 00:11:43,760

i can't say life was just easier

234

00:11:47,750 --> 00:11:46,240

but it sure was clearer

235

00:11:49,430 --> 00:11:47,760

and so is this what happened when you

236

00:11:51,430 --> 00:11:49,440

were seven years old

237

00:11:54,870 --> 00:11:51,440

well when i was seven there's so much

238

00:11:58,069 --> 00:11:54,880

happened that year it was 1979 and i

239

00:12:00,470 --> 00:11:58,079

mean i had an experience literally just

240

00:12:02,389 --> 00:12:00,480

it was vacation bible school and i used

241

00:12:04,389 --> 00:12:02,399

to spend all this time outside in the

242

00:12:05,590 --> 00:12:04,399

woods my parents had just gone through a

243

00:12:08,629 --> 00:12:05,600

really

244

00:12:11,030 --> 00:12:08,639

intense divorce and we were sort of my

245

00:12:13,990 --> 00:12:11,040

brother and sister and i were kind of

246

00:12:16,150 --> 00:12:14,000

flopped you know side to side like take

247

00:12:18,230 --> 00:12:16,160

sides etc which i didn't want to do i

248

00:12:20,790 --> 00:12:18,240

was the peacemaker so i spent all my

249

00:12:23,350 --> 00:12:20,800

time out in the woods out in nature

250

00:12:25,829 --> 00:12:23,360

encountering beings and countering

251

00:12:28,310 --> 00:12:25,839

phenomena that uh some some of it i

252

00:12:29,829 --> 00:12:28,320

still understand there i i get today

253

00:12:31,110 --> 00:12:29,839

some i still don't know exactly what

254

00:12:32,470 --> 00:12:31,120

happened but

255

00:12:35,430 --> 00:12:32,480

i was at this

256

00:12:38,230 --> 00:12:35,440

in a methodist church that i grew up in

257

00:12:41,750 --> 00:12:38,240

and we were they were in vacation bible

258

00:12:42,710 --> 00:12:41,760

school it was like june or july of 79

259

00:12:43,430 --> 00:12:42,720

and

260

00:13:24,310 --> 00:12:43,440

i

261

00:13:27,750 --> 00:13:24,320

and

262

00:13:29,829 --> 00:13:27,760

all of a sudden i literally saw

263

00:13:33,030 --> 00:13:29,839

the only way i can explain it is like

264

00:13:36,150 --> 00:13:33,040

layers within the page

265

00:13:37,990 --> 00:13:36,160

like i'm looking down at the words

266

00:13:39,750 --> 00:13:38,000

and within that there's different

267

00:13:42,310 --> 00:13:39,760

languages there was four different

268

00:13:45,110 --> 00:13:42,320

languages besides the english

269

00:13:46,949 --> 00:13:45,120

in layers kind of in like indented

270

00:13:48,470 --> 00:13:46,959

almost like an outline in different

271

00:13:50,550 --> 00:13:48,480

colors

272

00:13:53,750 --> 00:13:50,560

and i would it be fair to say it was an

273

00:13:56,150 --> 00:13:53,760

encryption of some sort yeah

274

00:13:58,150 --> 00:13:56,160

it was like i was seeing codes almost

275

00:14:00,710 --> 00:13:58,160

you know and what i would at least say

276

00:14:03,670 --> 00:14:00,720

now is that and encryption's a very good

277

00:14:05,910 --> 00:14:03,680

way to put that and uh

278

00:14:07,430 --> 00:14:05,920

i looked down and i realized there was

279

00:14:09,030 --> 00:14:07,440

like a glow to the page i remember

280

00:14:10,150 --> 00:14:09,040

putting my hand over it i didn't feel

281

00:14:12,069 --> 00:14:10,160

any heat

282

00:14:13,670 --> 00:14:12,079

and i'm just staring down at this page

283

00:14:15,189 --> 00:14:13,680

i'm not really comprehending what i'm

284

00:14:17,350 --> 00:14:15,199

seeing

285

00:14:20,310 --> 00:14:17,360

and then i look up and i realize the

286

00:14:22,150 --> 00:14:20,320

room is dark and there's nobody in it

287

00:14:24,150 --> 00:14:22,160

and i'm going

288

00:14:26,150 --> 00:14:24,160

and i hear voices and i look to i

289

00:14:27,750 --> 00:14:26,160

remember looking toward my left and the

290

00:14:30,150 --> 00:14:27,760

teacher was there

291

00:14:32,069 --> 00:14:30,160

and she's in the doorway and i realized

292

00:14:33,509 --> 00:14:32,079

all the kids are outside in the hall and

293

00:14:35,430 --> 00:14:33,519

she had turned the light out and she's

294

00:14:37,110 --> 00:14:35,440

looking at me and i'm assuming my face

295

00:14:39,030 --> 00:14:37,120

was white as a ghost because i didn't

296

00:14:40,550 --> 00:14:39,040

know what was going on and she looked at

297

00:14:41,829 --> 00:14:40,560

me like i was guilty and she was like

298

00:14:43,910 --> 00:14:41,839

are you coming

299

00:14:45,829 --> 00:14:43,920

she was this one kid's mom one kid that

300

00:14:47,350 --> 00:14:45,839

was in the class and i'm like

301
00:14:49,110 --> 00:14:47,360
and i remember standing up walking down

302
00:14:50,790 --> 00:14:49,120
the hallway walking down the brick steps

303
00:14:52,870 --> 00:14:50,800
going to the back of the church to this

304
00:14:55,829 --> 00:14:52,880
like baseball diamond

305
00:14:57,670 --> 00:14:55,839
and i'm looking around at the trees

306
00:14:59,910 --> 00:14:57,680
and it's like the trees were whistling

307
00:15:02,550 --> 00:14:59,920
but there wasn't a whistle

308
00:15:05,590 --> 00:15:02,560
uh there was like these

309
00:15:07,990 --> 00:15:05,600
dancing lights but there was no lights

310
00:15:11,030 --> 00:15:08,000
the best way i could explain it is

311
00:15:13,750 --> 00:15:11,040
almost like i sort of got my little

312
00:15:15,670 --> 00:15:13,760
stereophonic back in the 70s tuned in

313
00:15:17,910 --> 00:15:15,680

perfectly to the sound that i thought

314

00:15:19,910 --> 00:15:17,920

was great and then someone just comes

315

00:15:22,150 --> 00:15:19,920

and pulls the blanket off of the

316

00:15:24,389 --> 00:15:22,160

speakers that i didn't know was there so

317

00:15:27,069 --> 00:15:24,399

now i identify that as presence and

318

00:15:29,189 --> 00:15:27,079

there's this openness and

319

00:15:31,749 --> 00:15:29,199

hypersensitivity hyper awareness and i

320

00:15:33,590 --> 00:15:31,759

look over at the lady the teacher and

321

00:15:35,590 --> 00:15:33,600

she's still looking at me like what did

322

00:15:37,749 --> 00:15:35,600

that kid do like i know i look like i

323

00:15:40,150 --> 00:15:37,759

got my hand caught in a cookie jar but

324

00:15:41,670 --> 00:15:40,160

that was the beginning of experiences

325

00:15:42,870 --> 00:15:41,680

that i was having in the woods with

326

00:15:45,749 --> 00:15:42,880

animals

327

00:15:47,350 --> 00:15:45,759

i was having visitations um

328

00:15:49,590 --> 00:15:47,360

everything from extraterrestrial to

329

00:15:51,990 --> 00:15:49,600

trans-dimensional i was having these

330

00:15:54,230 --> 00:15:52,000

jesus experiences that

331

00:15:56,230 --> 00:15:54,240

i had nobody to talk to about this stuff

332

00:15:57,829 --> 00:15:56,240

to be honest i mean i even funny i

333

00:16:00,230 --> 00:15:57,839

remember one time i heard sammy hagar

334

00:16:02,389 --> 00:16:00,240

talking about at one one point i think

335

00:16:04,389 --> 00:16:02,399

he was younger in his life and he had

336

00:16:06,150 --> 00:16:04,399

all these great experiences like with

337

00:16:07,509 --> 00:16:06,160

his father when his father passed and

338

00:16:09,350 --> 00:16:07,519

they found him dead under a park bench

339

00:16:12,230 --> 00:16:09,360

all these different things happened but

340

00:16:13,110 --> 00:16:12,240

i remember him talking about waking up

341

00:16:16,310 --> 00:16:13,120

and

342

00:16:18,949 --> 00:16:16,320

some kind of being was in his bedroom

343

00:16:21,189 --> 00:16:18,959

and it had him hooked up to some kind of

344

00:16:23,030 --> 00:16:21,199

device and there was like some kind of

345

00:16:24,629 --> 00:16:23,040

craft like a quarter of a mile down the

346

00:16:27,110 --> 00:16:24,639

road and there was like a cable running

347

00:16:29,430 --> 00:16:27,120

to it and he had this distinct memory of

348

00:16:31,269 --> 00:16:29,440

that and the odd thing about that is i'm

349

00:16:32,710 --> 00:16:31,279

like wait a second that's

350

00:16:35,269 --> 00:16:32,720

some of the stuff that was happening to

351
00:16:36,790 --> 00:16:35,279
me these beings would show up the walls

352
00:16:38,790 --> 00:16:36,800
would become like wonder woman's

353
00:16:41,269 --> 00:16:38,800
invisible jet you know i'd see the walls

354
00:16:43,110 --> 00:16:41,279
of the house but they'd be like glassine

355
00:16:45,269 --> 00:16:43,120
and i didn't know what any of that was i

356
00:16:47,509 --> 00:16:45,279
would wake up with marks in my arm and

357
00:16:50,949 --> 00:16:47,519
feel little things in there

358
00:16:52,550 --> 00:16:50,959
that happened three separate times um

359
00:16:55,269 --> 00:16:52,560
you know even to this day all that

360
00:16:57,670 --> 00:16:55,279
hasn't been totally clarified for me but

361
00:16:59,189 --> 00:16:57,680
i did realize that i was i didn't talk

362
00:17:00,790 --> 00:16:59,199
about the stuff much until my first book

363
00:17:01,990 --> 00:17:00,800

came out i realized something was

364

00:17:03,990 --> 00:17:02,000

different

365

00:17:05,909 --> 00:17:04,000

and i didn't have anybody to talk to

366

00:17:08,630 --> 00:17:05,919

about it until i was in my 20s i had

367

00:17:10,549 --> 00:17:08,640

friends that were in their 80s and 90s

368

00:17:11,829 --> 00:17:10,559

that i finally could talk to about these

369

00:17:13,909 --> 00:17:11,839

things and they're like you're not as

370

00:17:17,110 --> 00:17:13,919

weird as you think you are you know and

371

00:17:19,829 --> 00:17:17,120

i'm like well maybe good maybe not but

372

00:17:22,470 --> 00:17:19,839

um it just it's been an interesting life

373

00:17:23,990 --> 00:17:22,480

to say the least

374

00:17:25,909 --> 00:17:24,000

wow bro

375

00:17:27,350 --> 00:17:25,919

let me ask you this

376

00:17:28,870 --> 00:17:27,360

we talked a little bit in the green room

377

00:17:30,310 --> 00:17:28,880

about you being a musician is that

378

00:17:33,350 --> 00:17:30,320

something that you took too early in

379

00:17:35,270 --> 00:17:33,360

life or oh yeah i was while 10 years old

380

00:17:37,830 --> 00:17:35,280

i didn't really start i guess you could

381

00:17:41,270 --> 00:17:37,840

say wood shedding on guitar until i was

382

00:17:46,070 --> 00:17:43,830

and my mother got me this like sears

383

00:17:48,710 --> 00:17:46,080

roeback 30 dollar special where the

384

00:17:51,430 --> 00:17:48,720

strings are like five feet off the neck

385

00:17:53,909 --> 00:17:51,440

and uh you know off the fretboard and so

386

00:17:56,470 --> 00:17:53,919

i learned the hard way and i'm plotting

387

00:17:58,070 --> 00:17:56,480

through classic rock 70s rock you know

388

00:17:59,590 --> 00:17:58,080

early 80s stuff

389

00:18:01,750 --> 00:17:59,600

and um

390

00:18:04,630 --> 00:18:01,760

finally i went out and got like a a les

391

00:18:06,549 --> 00:18:04,640

paul knockoff and it was amazing because

392

00:18:09,029 --> 00:18:06,559

when i started with a super you know i

393

00:18:12,630 --> 00:18:09,039

uh seem uh super distortion is that a

394

00:18:14,870 --> 00:18:12,640

seymour duncan pickup um but anyways um

395

00:18:17,190 --> 00:18:14,880

i or maybe it was a dimarzio but anyway

396

00:18:19,590 --> 00:18:17,200

i i and all of a sudden that's it i'm

397

00:18:21,430 --> 00:18:19,600

full on and i'm playing like every

398

00:18:23,909 --> 00:18:21,440

waking moment of my day i'm able to

399

00:18:25,590 --> 00:18:23,919

express things that i couldn't express

400

00:18:28,070 --> 00:18:25,600

in words

401
00:18:30,070 --> 00:18:28,080
and uh then i'm by the time i'm 15 i'm

402
00:18:32,630 --> 00:18:30,080
playing with bands with guys that are in

403
00:18:34,549 --> 00:18:32,640
their 20s and i'm like this bizarre

404
00:18:36,870 --> 00:18:34,559
little hot shot guitar player it's funny

405
00:18:38,630 --> 00:18:36,880
when people hear like what i'm doing now

406
00:18:39,990 --> 00:18:38,640
and they haven't seen me in 20 or 30

407
00:18:41,590 --> 00:18:40,000
years they're like alright wait a second

408
00:18:42,390 --> 00:18:41,600
dale's doing

409
00:18:43,909 --> 00:18:42,400
what

410
00:18:46,230 --> 00:18:43,919
the guy that would like play guitar with

411
00:18:48,549 --> 00:18:46,240
his teeth light his guitars on fire have

412
00:18:51,270 --> 00:18:48,559
dummy amps on stage that he would kick

413
00:18:53,110 --> 00:18:51,280

over and knock over all up he towns and

414

00:18:54,470 --> 00:18:53,120

i mean i was always doing this crazy

415

00:18:56,230 --> 00:18:54,480

stuff

416

00:18:57,430 --> 00:18:56,240

and they're like he's doing what now and

417

00:18:59,190 --> 00:18:57,440

they're like it's gonna take me some

418

00:19:00,870 --> 00:18:59,200

time to come into

419

00:19:03,110 --> 00:19:00,880

yeah because i didn't really talk about

420

00:19:05,510 --> 00:19:03,120

it with i had one friend my friend mike

421

00:19:06,470 --> 00:19:05,520

that i've known for 40 years as of the

422

00:19:08,710 --> 00:19:06,480

summer

423

00:19:10,390 --> 00:19:08,720

but even some of my other best friends i

424

00:19:12,950 --> 00:19:10,400

couldn't talk to because

425

00:19:14,710 --> 00:19:12,960

i would mention jesus or the bible and i

426
00:19:16,549 --> 00:19:14,720
wasn't religious in that sense and they

427
00:19:18,150 --> 00:19:16,559
would go

428
00:19:20,789 --> 00:19:18,160
like literally make these vomiting

429
00:19:23,029 --> 00:19:20,799
sounds so i kept to myself about it and

430
00:19:25,830 --> 00:19:23,039
but i kept at it and

431
00:19:28,230 --> 00:19:25,840
the music though intriguingly

432
00:19:30,390 --> 00:19:28,240
even now like as i speak when i'm in

433
00:19:33,270 --> 00:19:30,400
front of a group of people

434
00:19:36,710 --> 00:19:33,280
it's my awareness of the energy of the

435
00:19:40,390 --> 00:19:36,720
ecstasy of the rise and fall of

436
00:19:44,070 --> 00:19:40,400
of music of you know everything from you

437
00:19:46,710 --> 00:19:44,080
know extreme metal down to eric satie

438
00:19:48,630 --> 00:19:46,720

or like really amazing classical that i

439

00:19:50,390 --> 00:19:48,640

felt blessed that my music teacher even

440

00:19:52,549 --> 00:19:50,400

in kindergarten

441

00:19:55,110 --> 00:19:52,559

was brilliant enough to introduce me to

442

00:19:56,789 --> 00:19:55,120

classical music through cartoons

443

00:19:59,430 --> 00:19:56,799

so you know let me cut your mop and all

444

00:20:01,029 --> 00:19:59,440

that bugs bunny looney tunes all that

445

00:20:02,630 --> 00:20:01,039

all right and all of a sudden i'm like

446

00:20:05,190 --> 00:20:02,640

getting into like the william tell

447

00:20:06,630 --> 00:20:05,200

overture and stravinsky's firebird suite

448

00:20:08,950 --> 00:20:06,640

and all this stuff when i was really

449

00:20:11,830 --> 00:20:08,960

young and it was it took me a while to

450

00:20:14,310 --> 00:20:11,840

realize that the spirituality the music

451
00:20:16,630 --> 00:20:14,320
all of that was just inter-penetrated on

452
00:20:18,230 --> 00:20:16,640
so many levels absolutely when i play

453
00:20:21,270 --> 00:20:18,240
with some of the super groups that i

454
00:20:23,590 --> 00:20:21,280
play with that i'm blessed to

455
00:20:26,070 --> 00:20:23,600
after about five songs and you fall

456
00:20:28,789 --> 00:20:26,080
inside i take my shoes off

457
00:20:30,310 --> 00:20:28,799
oh yeah when i get into that cave

458
00:20:32,549 --> 00:20:30,320
not not only because of me because

459
00:20:33,750 --> 00:20:32,559
everybody settled in and you know we we

460
00:20:35,110 --> 00:20:33,760
played before throughout the years and

461
00:20:37,270 --> 00:20:35,120
we're just doing this one-off gig kind

462
00:20:39,909 --> 00:20:37,280
of thing it doesn't matter the man but

463
00:20:42,149 --> 00:20:39,919

when you get into that spot

464

00:20:44,710 --> 00:20:42,159

you can feel the oversoul the overlord

465

00:20:46,950 --> 00:20:44,720

as it moves wins its way through all the

466

00:20:50,230 --> 00:20:46,960

musicians and in that place it's like

467

00:20:53,350 --> 00:20:51,590

and the drama just

468

00:20:56,070 --> 00:20:53,360

mirrors it completely it's like you know

469

00:20:57,350 --> 00:20:56,080

we get to feel this sort of energy it's

470

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

like

471

00:21:02,149 --> 00:20:59,520

it's easy because being an artist as we

472

00:21:04,149 --> 00:21:02,159

are and other people on their own right

473

00:21:06,310 --> 00:21:04,159

when we do what we love and we fall into

474

00:21:09,110 --> 00:21:06,320

the space it's like those things we do

475

00:21:10,549 --> 00:21:09,120

are just v vehicles to

476
00:21:12,230 --> 00:21:10,559
to the gate

477
00:21:13,990 --> 00:21:12,240
to the ecstasy to the bliss that's

478
00:21:16,230 --> 00:21:14,000
always there

479
00:21:17,909 --> 00:21:16,240
absolutely you know i uh funny you were

480
00:21:19,590 --> 00:21:17,919
talking about like the groove and i

481
00:21:21,510 --> 00:21:19,600
think of times when

482
00:21:22,789 --> 00:21:21,520
like i'll like sort of have my wife i'll

483
00:21:24,149 --> 00:21:22,799
like force her i'm like come on we're

484
00:21:26,470 --> 00:21:24,159
gonna listen to miles you know and i'll

485
00:21:28,950 --> 00:21:26,480
put on kind of blue and i've got this

486
00:21:30,630 --> 00:21:28,960
we've got like a 5.1 surround sound

487
00:21:33,110 --> 00:21:30,640
funny with the big huge you know big

488
00:21:35,830 --> 00:21:33,120

65-inch 4k tv and it's great to watch

489

00:21:38,149 --> 00:21:35,840

movies on it but i actually bought

490

00:21:40,870 --> 00:21:38,159

the tv and the surround sound system to

491

00:21:42,789 --> 00:21:40,880

watch concerts and to listen to music

492

00:21:45,510 --> 00:21:42,799

and i'll sit there listening to like as

493

00:21:47,190 --> 00:21:45,520

an example like you know neil young like

494

00:21:49,669 --> 00:21:47,200

after the gold rush or harvest

495

00:21:51,990 --> 00:21:49,679

especially when when autumn comes around

496

00:21:54,710 --> 00:21:52,000

like i'm addicted to harvest

497

00:21:56,950 --> 00:21:54,720

and i'll put that on and i'm literally

498

00:21:58,950 --> 00:21:56,960

sitting there as if i'm in the studio

499

00:22:01,510 --> 00:21:58,960

with him and you listen to it in hi-rez

500

00:22:03,430 --> 00:22:01,520

you can hear him when he moves the stool

501
00:22:04,710 --> 00:22:03,440
you know you can hear his slightest

502
00:22:07,270 --> 00:22:04,720
little things

503
00:22:09,590 --> 00:22:07,280
and i'm just like all of my god bumps

504
00:22:11,350 --> 00:22:09,600
are up all over and i'll sort of look at

505
00:22:13,669 --> 00:22:11,360
her and she'll be like yeah it's cool

506
00:22:15,750 --> 00:22:13,679
it's nice and i'm like don't you get it

507
00:22:17,909 --> 00:22:15,760
i'm like oh my god it's like a main

508
00:22:19,590 --> 00:22:17,919
lining from the cosmos right now wait

509
00:22:22,230 --> 00:22:19,600
wait wait listen

510
00:22:26,549 --> 00:22:22,240
oh there's the cough you know

511
00:22:29,990 --> 00:22:26,559
it's amazing it's just it's it i feel so

512
00:22:32,230 --> 00:22:30,000
richly blessed by music because it

513
00:22:35,430 --> 00:22:32,240

allows me to make sense of a world that

514

00:22:37,669 --> 00:22:35,440

makes no sense in so many ways

515

00:22:39,510 --> 00:22:37,679

and the toning when that started coming

516

00:22:41,669 --> 00:22:39,520

into my life

517

00:22:43,190 --> 00:22:41,679

not but i think even if i wasn't a

518

00:22:45,190 --> 00:22:43,200

musician it would have but when i

519

00:22:47,270 --> 00:22:45,200

started realizing i could use just my

520

00:22:49,350 --> 00:22:47,280

own voice to shift my awareness in a

521

00:22:51,110 --> 00:22:49,360

matter of two or three seconds

522

00:22:53,270 --> 00:22:51,120

and it was like whoa and i was doing

523

00:22:55,510 --> 00:22:53,280

that when i was a kid laying back in

524

00:22:57,270 --> 00:22:55,520

streams and there was this

525

00:22:59,350 --> 00:22:57,280

i've got a whole a book called the

526

00:23:01,590 --> 00:22:59,360

tunnel or a chapter called the tunnel of

527

00:23:03,750 --> 00:23:01,600

streaming light in my book and i talked

528

00:23:05,430 --> 00:23:03,760

about it was this called like a not a

529

00:23:07,909 --> 00:23:05,440

cul-de-sac what do they call it a

530

00:23:09,590 --> 00:23:07,919

culvert like an irrigation tunnel that

531

00:23:11,590 --> 00:23:09,600

goes under the road between our house

532

00:23:13,110 --> 00:23:11,600

and the farm across the street and i

533

00:23:15,750 --> 00:23:13,120

would sit in this thing and had these

534

00:23:17,830 --> 00:23:15,760

ridges and i would go

535

00:23:19,669 --> 00:23:17,840

but because of all the ridges all these

536

00:23:21,510 --> 00:23:19,679

different voices would come back and i'd

537

00:23:23,350 --> 00:23:21,520

lose sense of which voice was leaving

538

00:23:25,669 --> 00:23:23,360

and which one's coming back

539

00:23:27,669 --> 00:23:25,679

and i'd have these epic experience and

540

00:23:29,990 --> 00:23:27,679

i'm sitting crisscross applesauce indian

541

00:23:32,310 --> 00:23:30,000

style meaning lotus but i didn't know it

542

00:23:34,789 --> 00:23:32,320

was lotus and i would sit in the woods

543

00:23:37,029 --> 00:23:34,799

and listen to the music of nature again

544

00:23:38,549 --> 00:23:37,039

in the lotus position like i say indian

545

00:23:40,549 --> 00:23:38,559

style i didn't know it was lotus i

546

00:23:43,269 --> 00:23:40,559

didn't know i was meditating i didn't

547

00:23:45,269 --> 00:23:43,279

know what i was doing i just was

548

00:23:46,870 --> 00:23:45,279

communing with nature and i'd be out

549

00:23:48,630 --> 00:23:46,880

there in the beauty and the silence and

550

00:23:51,190 --> 00:23:48,640

then i'd come back and i'd lay back and

551
00:23:53,110 --> 00:23:51,200
i'd put kiss alive two on and i'd lay

552
00:23:55,750 --> 00:23:53,120
back on the floor and

553
00:23:57,430 --> 00:23:55,760
these monster speakers surrounding my

554
00:23:59,990 --> 00:23:57,440
head i would have one on each side and

555
00:24:02,230 --> 00:24:00,000
two on top and i would just lay there as

556
00:24:05,269 --> 00:24:02,240
if it was like the hottest bird in the

557
00:24:07,990 --> 00:24:05,279
world cuz burning around you know and my

558
00:24:10,149 --> 00:24:08,000
body would light up and all of that like

559
00:24:11,669 --> 00:24:10,159
as i speak and as i write and as all

560
00:24:14,390 --> 00:24:11,679
these different modes of creation are

561
00:24:18,230 --> 00:24:14,400
happening the music's always there

562
00:24:20,390 --> 00:24:18,240
it's always there

563
00:24:21,909 --> 00:24:20,400

do you do uh just guitar do you play

564

00:24:23,909 --> 00:24:21,919

other instruments as well i mean i play

565

00:24:26,710 --> 00:24:23,919

guitar bass i dabbled with there was a

566

00:24:28,870 --> 00:24:26,720

point in the late 80s when i was

567

00:24:30,950 --> 00:24:28,880

just finishing up high school and was

568

00:24:32,710 --> 00:24:30,960

literally living in a recording studio

569

00:24:34,630 --> 00:24:32,720

and i mean we were

570

00:24:36,070 --> 00:24:34,640

literally having the time of our life to

571

00:24:38,149 --> 00:24:36,080

send you some of the recordings the

572

00:24:39,669 --> 00:24:38,159

stuff like stuff that i was writing back

573

00:24:42,070 --> 00:24:39,679

then

574

00:24:44,950 --> 00:24:42,080

stuff that i couldn't play now if i

575

00:24:46,950 --> 00:24:44,960

tried um like my just my fingers just

576

00:24:48,630 --> 00:24:46,960

won't won't do that anymore and it's

577

00:24:50,310 --> 00:24:48,640

amazing when you

578

00:24:52,470 --> 00:24:50,320

when you're in that moment and you're

579

00:24:54,870 --> 00:24:52,480

all lit up and you know you do these

580

00:24:56,310 --> 00:24:54,880

superhuman things and it can happen live

581

00:24:58,230 --> 00:24:56,320

when you're in the pocket you know when

582

00:24:59,350 --> 00:24:58,240

you're in the zone and if you're just

583

00:25:01,269 --> 00:24:59,360

trying to sit there and play it

584

00:25:03,990 --> 00:25:01,279

flippantly it just doesn't happen but

585

00:25:06,230 --> 00:25:04,000

then i didn't play almost for 20 years

586

00:25:08,149 --> 00:25:06,240

barely played for 20 years until covet

587

00:25:10,390 --> 00:25:08,159

hit and i'm like okay break out the

588

00:25:11,830 --> 00:25:10,400

guitars i ordered a new custom electric

589

00:25:13,909 --> 00:25:11,840

all these other things

590

00:25:15,190 --> 00:25:13,919

but i had to train my fingers to do

591

00:25:18,230 --> 00:25:15,200

things again and then there's a little

592

00:25:19,990 --> 00:25:18,240

bit of arthritis in there now so but the

593

00:25:22,470 --> 00:25:20,000

good thing about that is i was this like

594

00:25:25,669 --> 00:25:22,480

speed demon back in the 80s in a lot of

595

00:25:29,269 --> 00:25:25,679

ways and it really got me

596

00:25:31,110 --> 00:25:29,279

now i'm so much more mindful um in what

597

00:25:32,789 --> 00:25:31,120

i'm playing and i'm so much aware of

598

00:25:35,430 --> 00:25:32,799

that and being around guys like i had a

599

00:25:37,909 --> 00:25:35,440

friend who passed in 97

600

00:25:39,430 --> 00:25:37,919

we named our son mikey after him mike a

601
00:25:40,470 --> 00:25:39,440
guy his name was michael hedges and

602
00:25:43,110 --> 00:25:40,480
michael

603
00:25:45,190 --> 00:25:43,120
was this dear sweet soul i would

604
00:25:46,870 --> 00:25:45,200
several times was able to sit backstage

605
00:25:48,310 --> 00:25:46,880
with him this is the guy that pioneered

606
00:25:49,830 --> 00:25:48,320
the whole two-handed

607
00:25:51,350 --> 00:25:49,840
acoustic guitar technique that

608
00:25:53,430 --> 00:25:51,360
everybody's doing now

609
00:25:55,190 --> 00:25:53,440
and sadly most of the kids now don't

610
00:25:58,149 --> 00:25:55,200
even know his name

611
00:26:00,789 --> 00:25:58,159
and michael was like this alien like

612
00:26:02,390 --> 00:26:00,799
space cadet we would drink these massive

613
00:26:04,549 --> 00:26:02,400

things of you know

614

00:26:06,390 --> 00:26:04,559

of like carrot apple juice and all this

615

00:26:08,149 --> 00:26:06,400

green stuff and i'd be like what's in it

616

00:26:11,350 --> 00:26:08,159

he's like just drink it

617

00:26:12,630 --> 00:26:11,360

but michael had such a deep reverence

618

00:26:15,750 --> 00:26:12,640

for

619

00:26:18,070 --> 00:26:15,760

oh like i say the music of life

620

00:26:20,230 --> 00:26:18,080

and the other people like richie richie

621

00:26:22,149 --> 00:26:20,240

was another one richie havens that i he

622

00:26:24,950 --> 00:26:22,159

was kind of like a second father me to

623

00:26:26,549 --> 00:26:24,960

me for so long it's like i still wear a

624

00:26:29,029 --> 00:26:26,559

lot of essential oils because of

625

00:26:31,669 --> 00:26:29,039

richie's influence and it's like for me

626

00:26:34,470 --> 00:26:31,679

music is more than

627

00:26:36,549 --> 00:26:34,480

it's more than an escape it's it's it

628

00:26:38,950 --> 00:26:36,559

makes more sense than anything it's like

629

00:26:40,710 --> 00:26:38,960

the mathematics of the universe really

630

00:26:42,710 --> 00:26:40,720

in all senses right back to closeness

631

00:26:44,630 --> 00:26:42,720

it's reality third kind you know it's

632

00:26:47,430 --> 00:26:44,640

reality it's a river it's a conscious

633

00:26:48,950 --> 00:26:47,440

river that absolutely absolutely let's

634

00:26:51,269 --> 00:26:48,960

talk a little bit everyone tonight my

635

00:26:51,750 --> 00:26:51,279

guess is

636

00:26:53,110 --> 00:26:51,760

hoffman dale

637

00:26:54,470 --> 00:26:53,120

we're talking about

638

00:26:57,669 --> 00:26:54,480

some of his books some of his

639

00:27:00,470 --> 00:26:57,679

experiences tonight he titled navigating

640

00:27:01,830 --> 00:27:00,480

the cosmic shift

641

00:27:04,710 --> 00:27:01,840

let's talk a little bit about that if we

642

00:27:08,470 --> 00:27:04,720

could dale as well as toning

643

00:27:11,990 --> 00:27:08,480

as well as breathing

644

00:27:15,350 --> 00:27:13,590

well i mean just starting with

645

00:27:16,390 --> 00:27:15,360

navigating the cosmic shift you know

646

00:27:18,470 --> 00:27:16,400

i've been it's something i've been

647

00:27:20,310 --> 00:27:18,480

saying for about 20 years i've been

648

00:27:21,750 --> 00:27:20,320

saying you know we are the ones we've

649

00:27:22,950 --> 00:27:21,760

been waiting for a lot of people say

650

00:27:24,789 --> 00:27:22,960

that you know i'm saying we are the ones

651

00:27:27,190 --> 00:27:24,799

we've been waiting for we

652

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

and it's it's so clear when you when you

653

00:27:31,510 --> 00:27:29,360

start getting the true insight that we

654

00:27:33,430 --> 00:27:31,520

chose to be here at this exact moment in

655

00:27:34,870 --> 00:27:33,440

human history to help navigate the

656

00:27:36,149 --> 00:27:34,880

cosmic shift

657

00:27:39,029 --> 00:27:36,159

and people will be like what's the

658

00:27:41,669 --> 00:27:39,039

cosmic shift i'm like well every

659

00:27:44,389 --> 00:27:41,679

every relationship we have even with the

660

00:27:47,830 --> 00:27:44,399

idea is conceptual

661

00:27:49,750 --> 00:27:47,840

and yet there it you know

662

00:27:51,430 --> 00:27:49,760

we've all sensed that this was going to

663

00:27:52,230 --> 00:27:51,440

happen and it's funny if you go back to

664

00:27:54,070 --> 00:27:52,240

like

665

00:27:55,750 --> 00:27:54,080

youtube videos of mine from there's one

666

00:27:58,430 --> 00:27:55,760

that we put up like a year ago that

667

00:28:00,070 --> 00:27:58,440

actually was recorded 11 years ago in

668

00:28:02,950 --> 00:28:00,080

2011

669

00:28:05,029 --> 00:28:02,960

and i was in texas and someone the

670

00:28:07,350 --> 00:28:05,039

the minister there reverend uh ellen

671

00:28:10,549 --> 00:28:07,360

devenport in wimberley texas like

672

00:28:12,149 --> 00:28:10,559

between austin and uh san antonio she's

673

00:28:13,669 --> 00:28:12,159

like what do you see for the future you

674

00:28:15,990 --> 00:28:13,679

know how do you think it's good things

675

00:28:18,310 --> 00:28:16,000

are gonna get bad and i'm like well for

676
00:28:20,310 --> 00:28:18,320
me i really see

677
00:28:22,310 --> 00:28:20,320
almost like you know

678
00:28:25,029 --> 00:28:22,320
almost like we're like that the classic

679
00:28:27,590 --> 00:28:25,039
idea of a frog in a pot of water

680
00:28:29,750 --> 00:28:27,600
and like it's gonna be not something

681
00:28:30,950 --> 00:28:29,760
pointed like everybody was expecting in

682
00:28:33,590 --> 00:28:30,960
2012

683
00:28:35,230 --> 00:28:33,600
but almost like this sea change where it

684
00:28:37,750 --> 00:28:35,240
was coming from everywhere

685
00:28:40,389 --> 00:28:37,760
simultaneously and then all of a sudden

686
00:28:42,710 --> 00:28:40,399
we were gonna realize oh this is more

687
00:28:46,070 --> 00:28:42,720
full-on than i realized we were

688
00:28:47,909 --> 00:28:46,080

expecting these sort of jagged shifts

689

00:28:49,990 --> 00:28:47,919

but with this kind of you know whether

690

00:28:53,750 --> 00:28:50,000

it's the kala yuga whether we're getting

691

00:28:56,549 --> 00:28:53,760

to the end of an all of like an oblong

692

00:28:58,549 --> 00:28:56,559

sort of like hairpin curve like on a

693

00:29:00,310 --> 00:28:58,559

like a roller coaster whether it's

694

00:29:02,230 --> 00:29:00,320

something that i call equidistant

695

00:29:04,549 --> 00:29:02,240

expansion where i feel like i keep

696

00:29:06,149 --> 00:29:04,559

having these visions where everything's

697

00:29:09,830 --> 00:29:06,159

you know i have my hoberman sphere

698

00:29:11,029 --> 00:29:09,840

everything's expanding equidistantly

699

00:29:13,669 --> 00:29:11,039

kind of like what's called an

700

00:29:16,549 --> 00:29:13,679

expansionary constant with the big the

701
00:29:18,950 --> 00:29:16,559
big bang but it's like if everything's

702
00:29:20,149 --> 00:29:18,960
expanding at the same rate

703
00:29:21,830 --> 00:29:20,159
i'm going to look at everything around

704
00:29:23,029 --> 00:29:21,840
me i'm not going to see anything

705
00:29:25,110 --> 00:29:23,039
different

706
00:29:27,430 --> 00:29:25,120
because everything is still equidistant

707
00:29:29,269 --> 00:29:27,440
to each other space-wise size-wise but

708
00:29:30,789 --> 00:29:29,279
i'm going to feel some kind of and of

709
00:29:32,870 --> 00:29:30,799
course this is this the theory we don't

710
00:29:34,310 --> 00:29:32,880
know exactly what's happening

711
00:29:37,110 --> 00:29:34,320
that being said

712
00:29:37,909 --> 00:29:37,120
something's obviously happening and for

713
00:29:39,669 --> 00:29:37,919

me

714

00:29:42,070 --> 00:29:39,679

you know i'm going to jump past the tone

715

00:29:43,909 --> 00:29:42,080

and come back to that but the breathing

716

00:29:45,990 --> 00:29:43,919

for me

717

00:29:48,470 --> 00:29:46,000

just being aware

718

00:29:50,310 --> 00:29:48,480

of my breath being aware of the rise and

719

00:29:52,230 --> 00:29:50,320

fall and my

720

00:29:55,190 --> 00:29:52,240

funny that it took me sort of going

721

00:29:57,510 --> 00:29:55,200

sideways into buddhism quite deeply in

722

00:29:58,470 --> 00:29:57,520

the early 90s after i graduated high

723

00:30:01,110 --> 00:29:58,480

school

724

00:30:04,310 --> 00:30:01,120

and especially tiknot han

725

00:30:06,950 --> 00:30:04,320

um and and of course you know i love

726

00:30:09,269 --> 00:30:06,960

all of the you know alan watts everybody

727

00:30:12,310 --> 00:30:09,279

that i was so floored by but to think

728

00:30:14,389 --> 00:30:12,320

about tiknon han it was so

729

00:30:15,669 --> 00:30:14,399

he was so beautifully crystalline and

730

00:30:17,590 --> 00:30:15,679

simple

731

00:30:20,070 --> 00:30:17,600

and here it is i got this book being

732

00:30:22,950 --> 00:30:20,080

piece it's the year 1990

733

00:30:23,909 --> 00:30:22,960

um you know still playing ear splitting

734

00:30:27,110 --> 00:30:23,919

music

735

00:30:30,710 --> 00:30:27,120

and i read this book and the guy says

736

00:30:33,669 --> 00:30:30,720

breathing in i calm my body

737

00:30:36,630 --> 00:30:33,679

breathing out i smile

738

00:30:40,230 --> 00:30:36,640

dwelling in the present moment

739

00:30:42,310 --> 00:30:40,240

i know this is a wonderful moment

740

00:30:43,269 --> 00:30:42,320

and all of a sudden i'm seven years old

741

00:30:45,110 --> 00:30:43,279

again

742

00:30:46,789 --> 00:30:45,120

and all of a sudden i'm sort of in the

743

00:30:49,350 --> 00:30:46,799

womb again

744

00:30:52,630 --> 00:30:49,360

and i started realizing already at the

745

00:30:54,789 --> 00:30:52,640

age of 17 18 i was already rushing

746

00:30:57,029 --> 00:30:54,799

through my life and not really paying

747

00:30:58,710 --> 00:30:57,039

attention as much as the music is

748

00:31:01,029 --> 00:30:58,720

amazing and all the

749

00:31:04,230 --> 00:31:01,039

spiritual pursuits i was already in i

750

00:31:06,789 --> 00:31:04,240

was like whoa hold on a second here and

751

00:31:09,830 --> 00:31:06,799

i started really paying attention to

752

00:31:11,590 --> 00:31:09,840

those deeper aspects of

753

00:31:12,789 --> 00:31:11,600

how you know somebody pulls out in front

754

00:31:15,110 --> 00:31:12,799

of you on the road what's the first

755

00:31:16,950 --> 00:31:15,120

thing you do you lock up your breath you

756

00:31:19,990 --> 00:31:16,960

find out that there was a shooting in

757

00:31:21,830 --> 00:31:20,000

south texas you lock your breath

758

00:31:24,070 --> 00:31:21,840

you know someone says you know someone

759

00:31:26,070 --> 00:31:24,080

that you love was just tragically killed

760

00:31:28,310 --> 00:31:26,080

you lock your breath and i thought whoa

761

00:31:31,190 --> 00:31:28,320

hold on a second here

762

00:31:33,669 --> 00:31:31,200

if i can have these kinds of experiences

763

00:31:36,870 --> 00:31:33,679

and maybe even if the breath does catch

764

00:31:39,430 --> 00:31:36,880

to be aware of that

765

00:31:41,509 --> 00:31:39,440

and to get that breath moving again and

766

00:31:43,509 --> 00:31:41,519

be able to ride the rise in the fall of

767

00:31:45,830 --> 00:31:43,519

that all of a sudden that takes me into

768

00:31:48,389 --> 00:31:45,840

a whole different way of seeing the

769

00:31:50,549 --> 00:31:48,399

world of experiencing everything and

770

00:31:53,830 --> 00:31:50,559

when you take that word

771

00:31:57,509 --> 00:31:53,840

in aramaic translated as spirit

772

00:31:59,509 --> 00:31:57,519

that word in aramaic that word is

773

00:32:02,070 --> 00:31:59,519

and what it actually means is is

774

00:32:04,710 --> 00:32:02,080

vibration or frequency

775

00:32:06,310 --> 00:32:04,720

it's more accurately the word breath

776

00:32:08,230 --> 00:32:06,320

so you can actually take the word spirit

777

00:32:10,870 --> 00:32:08,240

when jesus would say that and even in

778

00:32:12,789 --> 00:32:10,880

latin spiritus meant breath but we

779

00:32:14,470 --> 00:32:12,799

forget that we turned it into this thing

780

00:32:16,310 --> 00:32:14,480

that we don't know what it means but

781

00:32:18,990 --> 00:32:16,320

that's breath that's energy that's

782

00:32:21,830 --> 00:32:19,000

heartbeat that's magnetism that's

783

00:32:25,430 --> 00:32:21,840

electromagnetism that's gravity that's

784

00:32:27,830 --> 00:32:25,440

movement of of wind etc so it's funny

785

00:32:29,990 --> 00:32:27,840

when you start going deeper into that

786

00:32:31,830 --> 00:32:30,000

all of a sudden i realize what does it

787

00:32:33,669 --> 00:32:31,840

really mean to be to live a spiritual

788

00:32:37,110 --> 00:32:33,679

life it just means

789

00:32:39,350 --> 00:32:37,120

really to pay attention be aware yeah

790

00:32:41,750 --> 00:32:39,360

just be mine and the breath is breath it

791

00:32:43,509 --> 00:32:41,760

doesn't really is that simple yeah and

792

00:32:44,549 --> 00:32:43,519

the breath brings you to become a

793

00:32:46,789 --> 00:32:44,559

greater

794

00:32:48,630 --> 00:32:46,799

spectator you can see a bigger picture

795

00:32:50,310 --> 00:32:48,640

so that when you do engage involve

796

00:32:52,230 --> 00:32:50,320

yourself you become of a greater

797

00:32:54,389 --> 00:32:52,240

influence yeah

798

00:32:57,269 --> 00:32:54,399

it's beautiful to live in this

799

00:32:59,509 --> 00:32:57,279

fire i'll call it a fire yeah i love

800

00:33:01,269 --> 00:32:59,519

fire clarity action it's beautiful it's

801
00:33:03,590 --> 00:33:01,279
beautiful what's that my son well you

802
00:33:05,110 --> 00:33:03,600
say you said fire clarity action i love

803
00:33:06,789 --> 00:33:05,120
you know i love that and it's right

804
00:33:08,389 --> 00:33:06,799
above my head here it's beautiful it's

805
00:33:10,549 --> 00:33:08,399
the first time i saw it funny because

806
00:33:11,909 --> 00:33:10,559
like that uh a buddy of mine said he

807
00:33:14,630 --> 00:33:11,919
calls him one of his production

808
00:33:16,230 --> 00:33:14,640
companies um what is it fire without

809
00:33:20,149 --> 00:33:16,240
heat

810
00:33:21,590 --> 00:33:20,159
i can't remember what what steve calls

811
00:33:22,789 --> 00:33:21,600
his i think it's light without heat or

812
00:33:26,870 --> 00:33:22,799
something like that and we've had so

813
00:33:28,230 --> 00:33:26,880

many conversations about it but um yeah

814

00:33:30,470 --> 00:33:28,240

awesome oh now what i was going to tell

815

00:33:33,029 --> 00:33:30,480

you was uh share with you um the fire

816

00:33:36,470 --> 00:33:33,039

clarity action that has to do with this

817

00:33:38,470 --> 00:33:36,480

spiritual name yanava

818

00:33:40,310 --> 00:33:38,480

zero in it means nothing

819

00:33:42,470 --> 00:33:40,320

the center the cosmic room as you said

820

00:33:44,389 --> 00:33:42,480

or a minute ago the n is the knots the

821

00:33:47,110 --> 00:33:44,399

mind the linear and the backbone is

822

00:33:48,630 --> 00:33:47,120

taking action so we have fire clarity in

823

00:33:49,830 --> 00:33:48,640

action and with these three aspects of

824

00:33:52,389 --> 00:33:49,840

ourselves

825

00:33:53,990 --> 00:33:52,399

it's beautiful you just unfold into this

826

00:33:57,029 --> 00:33:54,000

beautiful

827

00:33:58,789 --> 00:33:57,039

mess of infinite possibility well it's

828

00:34:01,190 --> 00:33:58,799

funny because you know like the

829

00:34:03,350 --> 00:34:01,200

point a greek word chaos people talk

830

00:34:05,269 --> 00:34:03,360

about turning chaos into some kind of

831

00:34:06,389 --> 00:34:05,279

order and i'm like actually it already

832

00:34:09,990 --> 00:34:06,399

is in order

833

00:34:12,869 --> 00:34:10,000

chaos is actually when we realize that

834

00:34:15,349 --> 00:34:12,879

order you know we unpack the codes we

835

00:34:16,950 --> 00:34:15,359

unpack the you know we we see the

836

00:34:19,510 --> 00:34:16,960

encryption you know as you mentioned

837

00:34:21,750 --> 00:34:19,520

earlier then it's no longer chaos it's

838

00:34:23,430 --> 00:34:21,760

now cosmos

839

00:34:25,349 --> 00:34:23,440

but that's something that's always you

840

00:34:28,310 --> 00:34:25,359

know you know one i remember one time

841

00:34:29,990 --> 00:34:28,320

wayne dyer had said to me he's like i

842

00:34:31,669 --> 00:34:30,000

was talking i was just having like a i

843

00:34:33,990 --> 00:34:31,679

could call him at any point in the

844

00:34:35,669 --> 00:34:34,000

office and maya who was his agent she

845

00:34:36,629 --> 00:34:35,679

would if he was available she'd put him

846

00:34:38,230 --> 00:34:36,639

on and

847

00:34:39,589 --> 00:34:38,240

and i remember one time i just wasn't

848

00:34:41,190 --> 00:34:39,599

having the best time things were

849

00:34:43,510 --> 00:34:41,200

challenging and he was like well maybe

850

00:34:45,909 --> 00:34:43,520

you're kind of squatting down to leap up

851
00:34:47,750 --> 00:34:45,919
to another paradigm shift but i talked

852
00:34:50,149 --> 00:34:47,760
about my life being chaos and i remember

853
00:34:52,149 --> 00:34:50,159
him he was so i hear his voice in my ear

854
00:34:53,349 --> 00:34:52,159
he's like well think of it this way he

855
00:34:54,629 --> 00:34:53,359
was like you used to live in new york

856
00:34:56,550 --> 00:34:54,639
right and i'm like yeah i lived in the

857
00:34:58,390 --> 00:34:56,560
east village and he's like well imagine

858
00:35:00,790 --> 00:34:58,400
you go down to wall street

859
00:35:04,230 --> 00:35:00,800
and you get there like 15 minutes to 9

860
00:35:06,310 --> 00:35:04,240
a.m and stand near any of the subway st

861
00:35:07,270 --> 00:35:06,320
any of the subway outlets what is it

862
00:35:08,550 --> 00:35:07,280
going to be and i'm like it's going to

863
00:35:10,630 --> 00:35:08,560

look like ants it's going to look like

864

00:35:12,630 --> 00:35:10,640

chaos he's like right and he's like what

865

00:35:14,069 --> 00:35:12,640

about after five just a few minutes

866

00:35:15,990 --> 00:35:14,079

after five i'm like it's going to play

867

00:35:18,150 --> 00:35:16,000

chaos again he's like but is it really

868

00:35:19,430 --> 00:35:18,160

chaos i'm like what do you mean he's

869

00:35:20,790 --> 00:35:19,440

like well

870

00:35:22,790 --> 00:35:20,800

do you think all those people are just

871

00:35:24,310 --> 00:35:22,800

wandering around aimlessly

872

00:35:25,589 --> 00:35:24,320

he said i'm pretty sure they know

873

00:35:27,349 --> 00:35:25,599

exactly where they're coming from and

874

00:35:29,270 --> 00:35:27,359

where they're going to he was like

875

00:35:31,670 --> 00:35:29,280

that's not chaos then is it and i'm like

876

00:35:32,870 --> 00:35:31,680

no he's like it's just an unrecognized

877

00:35:35,910 --> 00:35:32,880

order

878

00:35:37,910 --> 00:35:35,920

and i went whoa so he's like you know

879

00:35:39,270 --> 00:35:37,920

you're he kind of he was you know was

880

00:35:40,630 --> 00:35:39,280

saying i'm trying to see you couldn't

881

00:35:43,750 --> 00:35:40,640

see the forest for the trees i'm

882

00:35:45,670 --> 00:35:43,760

focusing in so much on little things and

883

00:35:47,990 --> 00:35:45,680

grokking little details to the point

884

00:35:49,750 --> 00:35:48,000

where i was almost choking my life

885

00:35:51,990 --> 00:35:49,760

rather than being able to pull back

886

00:35:55,109 --> 00:35:52,000

being aware of my breath and see the big

887

00:35:57,349 --> 00:35:55,119

picture even if i cognitively had no way

888

00:35:59,109 --> 00:35:57,359

of understanding what it was

889

00:36:02,470 --> 00:35:59,119

but i'd be able to comprehend on that

890

00:36:04,150 --> 00:36:02,480

level where i had that experience of

891

00:36:05,589 --> 00:36:04,160

omfg

892

00:36:07,990 --> 00:36:05,599

even though

893

00:36:10,230 --> 00:36:08,000

i didn't have words for it and that's

894

00:36:11,910 --> 00:36:10,240

where the toning really came in for me

895

00:36:13,430 --> 00:36:11,920

as well a lot of times let me pause you

896

00:36:15,670 --> 00:36:13,440

there my friend let me let me let me add

897

00:36:18,550 --> 00:36:15,680

this ask you let me ask you this

898

00:36:20,790 --> 00:36:18,560

question my friend um

899

00:36:22,550 --> 00:36:20,800

i love that it's a it's definitely if

900

00:36:25,109 --> 00:36:22,560

you want to expand your consciousness

901
00:36:27,430 --> 00:36:25,119
your awareness about yourself

902
00:36:29,190 --> 00:36:27,440
breath is a v

903
00:36:31,349 --> 00:36:29,200
catalyst to do that it opens you up it

904
00:36:34,310 --> 00:36:31,359
keeps you present it helps you to

905
00:36:37,589 --> 00:36:34,320
soften up all those wonderful qualities

906
00:36:39,030 --> 00:36:37,599
but i used to do this

907
00:36:40,870 --> 00:36:39,040
program uh

908
00:36:42,230 --> 00:36:40,880
of a better word many years ago called

909
00:36:44,630 --> 00:36:42,240
rebirthing

910
00:36:47,190 --> 00:36:44,640
using breath deliberately deliberately

911
00:36:49,190 --> 00:36:47,200
and powerfully

912
00:36:50,790 --> 00:36:49,200
yeah it's hyper validation people say

913
00:36:53,190 --> 00:36:50,800

how long do you think it takes it takes

914

00:36:55,190 --> 00:36:53,200

however long it takes take two hours

915

00:36:56,150 --> 00:36:55,200

um do you think it's hyperventilating

916

00:36:57,910 --> 00:36:56,160

because i'll tell you what the

917

00:36:59,589 --> 00:36:57,920

experience i had well it just means

918

00:37:01,670 --> 00:36:59,599

you're all hyperventilate means is

919

00:37:03,510 --> 00:37:01,680

you're breathing you know in an expanded

920

00:37:05,750 --> 00:37:03,520

state hyperstate right is what it

921

00:37:08,710 --> 00:37:05,760

actually is it's a form that of breath

922

00:37:10,710 --> 00:37:08,720

that leonard or developed rebirth but it

923

00:37:12,069 --> 00:37:10,720

actually goes back

924

00:37:13,750 --> 00:37:12,079

thousands of years we don't even know

925

00:37:14,470 --> 00:37:13,760

where it comes from

926
00:37:19,349 --> 00:37:14,480
so

927
00:37:21,510 --> 00:37:19,359
my version of it we call

928
00:37:24,470 --> 00:37:21,520
uh we call the rooka

929
00:37:26,790 --> 00:37:24,480
method essentially and it goes back the

930
00:37:29,030 --> 00:37:26,800
etruscans did it saint teresa of avala

931
00:37:32,470 --> 00:37:29,040
did it yogananda did it

932
00:37:34,550 --> 00:37:32,480
um muktananda sri srisri yabadabadu of

933
00:37:36,710 --> 00:37:34,560
bedrock did it all the great spiritual

934
00:37:39,190 --> 00:37:36,720
masters you know um

935
00:37:41,910 --> 00:37:39,200
in different forms and it's interesting

936
00:37:43,510 --> 00:37:41,920
for me because

937
00:37:44,790 --> 00:37:43,520
being in the room as my children were

938
00:37:46,950 --> 00:37:44,800

being born

939

00:37:49,270 --> 00:37:46,960

that is exactly the exact breath my wife

940

00:37:52,390 --> 00:37:49,280

was doing and when my mother passed from

941

00:37:55,670 --> 00:37:52,400

cancer back in 2007

942

00:37:57,589 --> 00:37:55,680

she was do not in the fast sense but

943

00:37:59,990 --> 00:37:57,599

that connected breathing

944

00:38:02,069 --> 00:38:00,000

and in a non-traumatic death that's how

945

00:38:04,150 --> 00:38:02,079

we naturally come in and that's also in

946

00:38:05,030 --> 00:38:04,160

a non-traumatic way how we naturally go

947

00:38:07,270 --> 00:38:05,040

out

948

00:38:09,589 --> 00:38:07,280

and it's amazing just having it

949

00:38:11,750 --> 00:38:09,599

connected and of course you know the

950

00:38:13,670 --> 00:38:11,760

longer the breath is it's like sort of

951
00:38:15,829 --> 00:38:13,680
in the words of john wayne it's you're

952
00:38:18,470 --> 00:38:15,839
taking the long way around the barn but

953
00:38:20,790 --> 00:38:18,480
when you speed that up

954
00:38:22,870 --> 00:38:20,800
things are going to move even faster

955
00:38:24,950 --> 00:38:22,880
so

956
00:38:27,829 --> 00:38:24,960
i can tell you how many times i've laid

957
00:38:30,790 --> 00:38:27,839
on the floor just like butter and other

958
00:38:33,190 --> 00:38:30,800
bliss after doing a rebirthing session

959
00:38:34,550 --> 00:38:33,200
oh yeah had some pretty conscious shift

960
00:38:36,390 --> 00:38:34,560
experiences

961
00:38:37,829 --> 00:38:36,400
um

962
00:38:39,270 --> 00:38:37,839
you know at first it felt a little wonky

963
00:38:41,589 --> 00:38:39,280

just trying to navigate through the

964

00:38:43,990 --> 00:38:41,599

class make sure to consciously oh yeah

965

00:38:45,589 --> 00:38:44,000

but eventually uh getting out the way

966

00:38:47,109 --> 00:38:45,599

letting things happen as they want to

967

00:38:49,190 --> 00:38:47,119

happen naturally

968

00:38:51,030 --> 00:38:49,200

creates an amazing integration let's

969

00:38:52,390 --> 00:38:51,040

talk a little bit about toning when i

970

00:38:54,630 --> 00:38:52,400

was in india

971

00:38:56,230 --> 00:38:54,640

dale i went to see bhagavan sri sathya

972

00:38:57,829 --> 00:38:56,240

sai baba he came to me in a dream and

973

00:38:59,670 --> 00:38:57,839

said come see me i said i will do this

974

00:39:01,589 --> 00:38:59,680

he said don't worry about it i got it

975

00:39:03,589 --> 00:39:01,599

two weeks later i get a phone call from

976

00:39:05,829 --> 00:39:03,599

a lady i never met offered me a first

977

00:39:07,990 --> 00:39:05,839

class roundtrip ticket to go to india

978

00:39:09,430 --> 00:39:08,000

word got to me i'm a flight attendant i

979

00:39:12,230 --> 00:39:09,440

get some companion passes they're about

980

00:39:13,430 --> 00:39:12,240

to expire can i give you a ticket so i'm

981

00:39:14,790 --> 00:39:13,440

attending

982

00:39:17,430 --> 00:39:14,800

for two weeks

983

00:39:19,030 --> 00:39:17,440

and while i'm there

984

00:39:21,109 --> 00:39:19,040

second third day once i'm settled in on

985

00:39:24,310 --> 00:39:21,119

the ashram just kind of feeling my whole

986

00:39:26,069 --> 00:39:24,320

energy and my spot my place

987

00:39:29,349 --> 00:39:26,079

and

988

00:39:30,790 --> 00:39:29,359

they're doing this toning of om

989

00:39:32,870 --> 00:39:30,800

21 times

990

00:39:34,710 --> 00:39:32,880

so i'm sitting there it's pretty cool 35

991

00:39:37,510 --> 00:39:34,720

plus thousand people right and they're

992

00:39:39,510 --> 00:39:37,520

ringing this gold bell bang bang bang

993

00:39:40,950 --> 00:39:39,520

three hits and they go in this home

994

00:39:43,109 --> 00:39:40,960

powerful with this level of

995

00:39:45,109 --> 00:39:43,119

consciousness toning

996

00:39:47,990 --> 00:39:45,119

a few days later i found out about this

997

00:39:51,829 --> 00:39:48,000

little event called super bartham

998

00:39:53,829 --> 00:39:51,839

there's this little room in the core

999

00:39:54,950 --> 00:39:53,839

of the temple and i didn't know it was

1000

00:39:56,950 --> 00:39:54,960

there

1001
00:39:58,790 --> 00:39:56,960
one day i'm running and i said what's in

1002
00:40:00,470 --> 00:39:58,800
there he said this is super barton long

1003
00:40:02,230 --> 00:40:00,480
story short he says come check it out

1004
00:40:04,950 --> 00:40:02,240
tomorrow morning

1005
00:40:05,829 --> 00:40:04,960
got there they ushered us in

1006
00:40:07,750 --> 00:40:05,839
and

1007
00:40:10,630 --> 00:40:07,760
we begin to go into that whatever the

1008
00:40:12,470 --> 00:40:10,640
ritual is for that room but when the

1009
00:40:15,670 --> 00:40:12,480
multi-thousand

1010
00:40:18,710 --> 00:40:15,680
mass people begin to tone it was all

1011
00:40:21,270 --> 00:40:18,720
funneled into this room

1012
00:40:26,630 --> 00:40:23,990
my body began to melt off of what i

1013
00:40:30,390 --> 00:40:26,640

thought was me it was disappearing

1014

00:40:33,190 --> 00:40:30,400

because of this toning and it lasted for

1015

00:40:34,870 --> 00:40:33,200

however 21 good length tone

1016

00:40:36,390 --> 00:40:34,880

mantras would last

1017

00:40:37,990 --> 00:40:36,400

wow

1018

00:40:39,589 --> 00:40:38,000

let's talk about toning how have you

1019

00:40:40,710 --> 00:40:39,599

experienced it in the power it has for

1020

00:40:43,589 --> 00:40:40,720

you and

1021

00:40:44,950 --> 00:40:43,599

you know being a musician we know that

1022

00:40:46,630 --> 00:40:44,960

tone

1023

00:40:49,670 --> 00:40:46,640

sound creates form

1024

00:40:52,069 --> 00:40:49,680

oh absolutely sound is form really you

1025

00:40:53,430 --> 00:40:52,079

know sound is the basis of everything

1026

00:40:54,790 --> 00:40:53,440

and

1027

00:40:57,109 --> 00:40:54,800

you know i

1028

00:40:58,470 --> 00:40:57,119

i re now i see it clear i mean it's

1029

00:41:00,630 --> 00:40:58,480

something i've been doing since i was a

1030

00:41:02,069 --> 00:41:00,640

kid kids do it you know the children do

1031

00:41:04,309 --> 00:41:02,079

it but

1032

00:41:06,630 --> 00:41:04,319

when i really got deep and now all these

1033

00:41:08,230 --> 00:41:06,640

years later i realize

1034

00:41:11,109 --> 00:41:08,240

it's been a while now that i've realized

1035

00:41:13,349 --> 00:41:11,119

that i don't know of any other technique

1036

00:41:15,990 --> 00:41:13,359

spiritual or otherwise

1037

00:41:18,630 --> 00:41:16,000

anything that will get a newbie meaning

1038

00:41:20,870 --> 00:41:18,640

somebody who's never done it before

1039

00:41:22,950 --> 00:41:20,880

to have a shift in how they feel in

1040

00:41:26,150 --> 00:41:22,960

their state of being faster than toning

1041

00:41:27,910 --> 00:41:26,160

not breath work not meditation no other

1042

00:41:30,230 --> 00:41:27,920

there's no other kinds of yoga none of

1043

00:41:32,150 --> 00:41:30,240

it that i'm aware of that if somebody's

1044

00:41:33,510 --> 00:41:32,160

never done it before they're gonna sure

1045

00:41:35,349 --> 00:41:33,520

if you've been meditating for a long

1046

00:41:36,309 --> 00:41:35,359

time you can get right there in half a

1047

00:41:37,910 --> 00:41:36,319

second

1048

00:41:40,710 --> 00:41:37,920

but if you haven't i don't know of

1049

00:41:44,069 --> 00:41:40,720

anything other than just going

1050

00:41:50,069 --> 00:41:47,109

like three seconds of an awe sound and i

1051
00:41:51,750 --> 00:41:50,079
literally feel very different than i did

1052
00:42:12,870 --> 00:41:51,760
but then when i put even a little bit

1053
00:42:18,550 --> 00:42:16,150
it's an entirely different world

1054
00:42:20,710 --> 00:42:18,560
entirely different world now and i'm

1055
00:42:22,790 --> 00:42:20,720
using a combination of breathing which

1056
00:42:25,030 --> 00:42:22,800
is part of it i'm meditating which means

1057
00:42:28,309 --> 00:42:25,040
to focus on something

1058
00:42:29,750 --> 00:42:28,319
and also that the tones themselves and

1059
00:42:32,150 --> 00:42:29,760
when i started

1060
00:42:34,710 --> 00:42:32,160
applying like ancient languages

1061
00:42:35,510 --> 00:42:34,720
especially the aramaic

1062
00:42:40,470 --> 00:42:35,520
to

1063
00:42:43,109 --> 00:42:40,480

you know the egyptian i always have the

1064

00:42:44,390 --> 00:42:43,119

eye of ra on funny enough and

1065

00:42:46,630 --> 00:42:44,400

the tree of life

1066

00:42:48,710 --> 00:42:46,640

i just gave my tree of life to the to

1067

00:42:51,270 --> 00:42:48,720

the stone circle at avery when i was

1068

00:42:53,270 --> 00:42:51,280

there in the uk a few weeks ago so my

1069

00:42:54,950 --> 00:42:53,280

tree of life is not on but i al instead

1070

00:42:56,630 --> 00:42:54,960

of wearing a christian cross i wear the

1071

00:42:58,630 --> 00:42:56,640

eye of rod and a

1072

00:43:00,630 --> 00:42:58,640

uh you know a semitic tree of life just

1073

00:43:02,630 --> 00:43:00,640

to remind me that the cross is somewhere

1074

00:43:05,430 --> 00:43:02,640

in the middle of that without addicting

1075

00:43:07,750 --> 00:43:05,440

on to the religion part of it but it's

1076

00:43:08,790 --> 00:43:07,760

incredible it says like yeshua before he

1077

00:43:14,309 --> 00:43:08,800

would

1078

00:43:17,270 --> 00:43:14,319

which is funny because 8th fatak is

1079

00:43:19,589 --> 00:43:17,280

the pta sound in aramaic means open and

1080

00:43:21,430 --> 00:43:19,599

it means to be open but even funnier

1081

00:43:23,349 --> 00:43:21,440

most people don't realize that pata is

1082

00:43:24,710 --> 00:43:23,359

an ancient egyptian god not really going

1083

00:43:25,990 --> 00:43:24,720

to go into that here and here is

1084

00:43:28,150 --> 00:43:26,000

invoking this

1085

00:43:29,829 --> 00:43:28,160

egyptian god but it also said he would

1086

00:43:31,750 --> 00:43:29,839

look up toward this is in the bible he

1087

00:43:33,589 --> 00:43:31,760

would look up toward the heavens look up

1088

00:43:36,630 --> 00:43:33,599

towards shamaya which is the same word

1089

00:43:38,950 --> 00:43:36,640

as sky which is our 11 year old's name

1090

00:43:41,990 --> 00:43:38,960

and he would look up and he would make

1091

00:43:44,470 --> 00:43:42,000

an audible tone an audible sigh when you

1092

00:43:46,069 --> 00:43:44,480

start looking in the pista sophia it

1093

00:43:49,030 --> 00:43:46,079

literally says that he would put his

1094

00:43:51,510 --> 00:43:49,040

hands up and look to the sky and tone

1095

00:43:53,910 --> 00:43:51,520

and it's funny that in the culture back

1096

00:43:55,670 --> 00:43:53,920

then it was quite common and then of

1097

00:43:57,750 --> 00:43:55,680

course it got pushed off as being

1098

00:43:59,589 --> 00:43:57,760

heretical and gnostic and all those

1099

00:44:01,190 --> 00:43:59,599

other kinds of things

1100

00:44:03,910 --> 00:44:01,200

and

1101
00:44:05,589 --> 00:44:03,920
crazy enough it was actually preserved

1102
00:44:08,630 --> 00:44:05,599
in sufism

1103
00:44:10,230 --> 00:44:08,640
which is now a mystic leg of islam which

1104
00:44:13,349 --> 00:44:10,240
at that time was actually connected to

1105
00:44:15,910 --> 00:44:13,359
christianity and it was in it was

1106
00:44:18,470 --> 00:44:15,920
actually preserved better in even more

1107
00:44:20,950 --> 00:44:18,480
modern ideas like rastafarianism

1108
00:44:23,510 --> 00:44:20,960
all these other places preserved the

1109
00:44:25,670 --> 00:44:23,520
toning where christianity you know

1110
00:44:27,589 --> 00:44:25,680
basically strangled it out

1111
00:44:30,470 --> 00:44:27,599
and it's amazing though those simple

1112
00:44:32,069 --> 00:44:30,480
tones like if i just use like a simple

1113
00:44:34,710 --> 00:44:32,079

phrase like the beginning of the gospel

1114

00:44:39,530 --> 00:44:34,720

of john berashite

1115

00:44:39,540 --> 00:44:43,109

[Music]

1116

00:44:47,430 --> 00:44:45,030

there's this

1117

00:44:49,430 --> 00:44:47,440

vibrational thing that's happening and

1118

00:44:51,510 --> 00:44:49,440

and if you start looking at the letters

1119

00:44:52,950 --> 00:44:51,520

you can define it by letters rather than

1120

00:44:54,630 --> 00:44:52,960

words and each of the letters had a

1121

00:44:57,270 --> 00:44:54,640

particular meaning that were expressed

1122

00:44:58,630 --> 00:44:57,280

through hand signals and sounds that

1123

00:45:00,230 --> 00:44:58,640

it's all encrypted egyptian and

1124

00:45:01,349 --> 00:45:00,240

proto-synaptic and all these other

1125

00:45:02,550 --> 00:45:01,359

languages

1126

00:45:04,550 --> 00:45:02,560

and i went down all these different

1127

00:45:05,910 --> 00:45:04,560

wormholes until i started realizing wait

1128

00:45:08,550 --> 00:45:05,920

these aren't really wormholes this

1129

00:45:10,550 --> 00:45:08,560

stuff's all connected it's all connected

1130

00:45:12,670 --> 00:45:10,560

together and then you look at woe

1131

00:45:22,710 --> 00:45:12,680

abraham

1132

00:45:25,510 --> 00:45:22,720

it was father rama well that's kashmiri

1133

00:45:27,349 --> 00:45:25,520

that's not even hebrew his original name

1134

00:45:28,230 --> 00:45:27,359

so now we're going back over to india

1135

00:45:30,390 --> 00:45:28,240

again

1136

00:45:31,829 --> 00:45:30,400

and it's funny because it took me a

1137

00:45:33,750 --> 00:45:31,839

while to realize that the people that

1138

00:45:35,430 --> 00:45:33,760

were the supposed biblical experts

1139

00:45:36,309 --> 00:45:35,440

didn't have a slight clue about any of

1140

00:45:37,670 --> 00:45:36,319

this

1141

00:45:39,750 --> 00:45:37,680

bless their hearts i love them all

1142

00:45:41,750 --> 00:45:39,760

dearly and there's some amazing ones out

1143

00:45:43,910 --> 00:45:41,760

there john shelby spong you know marcus

1144

00:45:45,510 --> 00:45:43,920

borg bless his heart you know uh you

1145

00:45:47,829 --> 00:45:45,520

know elaine pagels there's some great

1146

00:45:50,150 --> 00:45:47,839

scholars out there but the ones that the

1147

00:45:51,829 --> 00:45:50,160

official christian church holds up as

1148

00:45:55,109 --> 00:45:51,839

experts are the ones that they

1149

00:45:57,270 --> 00:45:55,119

indoctrinated and all this other stuff

1150

00:45:59,349 --> 00:45:57,280

that was there 2000 years ago had been

1151
00:46:01,430 --> 00:45:59,359
stripped away and had been bought and

1152
00:46:04,630 --> 00:46:01,440
sold and written on a piece of paper as

1153
00:46:06,470 --> 00:46:04,640
the word of god when two thousand years

1154
00:46:08,150 --> 00:46:06,480
ago something written on a page as the

1155
00:46:11,109 --> 00:46:08,160
word of god would have been considered a

1156
00:46:13,030 --> 00:46:11,119
blasphemy the word of god is what speaks

1157
00:46:14,230 --> 00:46:13,040
as you through you it's what wakes you

1158
00:46:16,950 --> 00:46:14,240
up in the middle of the night with the

1159
00:46:18,870 --> 00:46:16,960
amazing ideas so

1160
00:46:20,550 --> 00:46:18,880
there's just so many layers to it in so

1161
00:46:22,790 --> 00:46:20,560
many different directions it just shoots

1162
00:46:24,870 --> 00:46:22,800
out all over the place

1163
00:46:27,510 --> 00:46:24,880

earlier you were talking about how

1164

00:46:29,270 --> 00:46:27,520

energy is expanding exponentially

1165

00:46:31,030 --> 00:46:29,280

absolutely but do you think it's also

1166

00:46:32,710 --> 00:46:31,040

turning within itself in other words

1167

00:46:33,510 --> 00:46:32,720

it's not only just expanding out it's

1168

00:46:35,430 --> 00:46:33,520

just

1169

00:46:37,430 --> 00:46:35,440

you know it's tumbling closing the drive

1170

00:46:39,990 --> 00:46:37,440

well it's funny because there's the rna

1171

00:46:41,910 --> 00:46:40,000

dna there's so many there's so many i

1172

00:46:44,069 --> 00:46:41,920

can go off into so many directions right

1173

00:46:46,309 --> 00:46:44,079

now let me calm myself down

1174

00:46:47,829 --> 00:46:46,319

i mean we're we're on a rock we're

1175

00:46:49,349 --> 00:46:47,839

spinning on a rock through a solar

1176

00:46:51,829 --> 00:46:49,359

system this is revolving around the

1177

00:46:53,990 --> 00:46:51,839

galaxy everything is turning burning

1178

00:46:56,550 --> 00:46:54,000

churning yearning for infinite the land

1179

00:46:59,109 --> 00:46:56,560

of infinite possibility and that god

1180

00:47:00,710 --> 00:46:59,119

knows what caste is you know all

1181

00:47:03,109 --> 00:47:00,720

it's all so

1182

00:47:04,950 --> 00:47:03,119

like you go to guys like brian greene or

1183

00:47:06,550 --> 00:47:04,960

there's certain people that are on such

1184

00:47:08,870 --> 00:47:06,560

a cutting edge with what's really

1185

00:47:11,829 --> 00:47:08,880

happening not that we really have a clue

1186

00:47:14,150 --> 00:47:11,839

but what's amazing in all of that for me

1187

00:47:16,710 --> 00:47:14,160

is that when my heart's open i'm really

1188

00:47:18,069 --> 00:47:16,720

able to realize that when i'm really at

1189

00:47:20,230 --> 00:47:18,079

the core

1190

00:47:22,390 --> 00:47:20,240

when i'm at when i'm totally and

1191

00:47:25,750 --> 00:47:22,400

completely present right now at the

1192

00:47:27,990 --> 00:47:25,760

center point and my awareness is open

1193

00:47:30,230 --> 00:47:28,000

i'm also simultaneously surfing the

1194

00:47:32,950 --> 00:47:30,240

leading edge of the cosmos

1195

00:47:35,270 --> 00:47:32,960

it's like being fully here now is what

1196

00:47:37,510 --> 00:47:35,280

takes me out to the leading edge

1197

00:47:39,670 --> 00:47:37,520

and puts me out there on the edge of the

1198

00:47:41,430 --> 00:47:39,680

expansion and it's all twisting and

1199

00:47:43,510 --> 00:47:41,440

turning it's like we have ideas like the

1200

00:47:45,349 --> 00:47:43,520

eye of the needle or yeshua would say i

1201
00:47:46,870 --> 00:47:45,359
am the gate without even going into the

1202
00:47:48,870 --> 00:47:46,880
word i am he wasn't talking about

1203
00:47:52,150 --> 00:47:48,880
himself very clearly

1204
00:47:55,030 --> 00:47:52,160
but all of these ideas you know the word

1205
00:47:58,470 --> 00:47:55,040
uh gate is taraya what it actually means

1206
00:48:00,870 --> 00:47:58,480
is portal but what's funny is

1207
00:48:03,430 --> 00:48:00,880
literally the way he was teaching was

1208
00:48:06,230 --> 00:48:03,440
that we live life inside out and

1209
00:48:08,390 --> 00:48:06,240
backward what we're looking at is the

1210
00:48:10,309 --> 00:48:08,400
insides outside

1211
00:48:11,990 --> 00:48:10,319
and we don't realize that in order to

1212
00:48:14,230 --> 00:48:12,000
sort of get through the wormhole in

1213
00:48:15,990 --> 00:48:14,240

order to get through the gate i do this

1214

00:48:17,589 --> 00:48:16,000

in my retreats or in my mentoring

1215

00:48:19,589 --> 00:48:17,599

program where i work one-on-one with

1216

00:48:21,589 --> 00:48:19,599

people in order to be able to get

1217

00:48:23,510 --> 00:48:21,599

through that number one it's not a

1218

00:48:24,950 --> 00:48:23,520

masculine thing it's not in front of you

1219

00:48:27,589 --> 00:48:24,960

you don't see it

1220

00:48:28,950 --> 00:48:27,599

you actually get there by being holy

1221

00:48:31,109 --> 00:48:28,960

fully in the present moment there's

1222

00:48:32,230 --> 00:48:31,119

certain ways to use your breath to use

1223

00:48:34,630 --> 00:48:32,240

tones

1224

00:48:36,470 --> 00:48:34,640

and when you least expect it the way i

1225

00:48:38,710 --> 00:48:36,480

say it is she sort of

1226

00:48:41,030 --> 00:48:38,720

comes up behind you and puts her arms

1227

00:48:42,870 --> 00:48:41,040

around you and it's almost like falling

1228

00:48:46,069 --> 00:48:42,880

backward off a cliff with your eyes

1229

00:48:47,589 --> 00:48:46,079

closed and you kind of pop inside out

1230

00:48:48,790 --> 00:48:47,599

and backward

1231

00:48:50,390 --> 00:48:48,800

into

1232

00:48:51,910 --> 00:48:50,400

who you really are

1233

00:48:54,230 --> 00:48:51,920

so it's almost like you know and that

1234

00:48:56,309 --> 00:48:54,240

you know the first shall be last the

1235

00:48:58,150 --> 00:48:56,319

last shall be first the inside is the

1236

00:49:00,069 --> 00:48:58,160

outside the outsides the inside and the

1237

00:49:01,750 --> 00:49:00,079

gospel of thomas they're like tell us

1238

00:49:02,870 --> 00:49:01,760

how our end will come and he's like have

1239

00:49:04,790 --> 00:49:02,880

you actually found the beginning that

1240

00:49:06,470 --> 00:49:04,800

now you're looking for the end he said

1241

00:49:08,950 --> 00:49:06,480

blessed is the one who takes their begin

1242

00:49:10,710 --> 00:49:08,960

their place in the beginning at the head

1243

00:49:13,349 --> 00:49:10,720

the present moment for they will know

1244

00:49:15,670 --> 00:49:13,359

the end which is also the head and they

1245

00:49:18,470 --> 00:49:15,680

will not taste death because they will

1246

00:49:21,030 --> 00:49:18,480

no longer be lost in time and space they

1247

00:49:22,790 --> 00:49:21,040

will be space itself

1248

00:49:25,349 --> 00:49:22,800

and but it's all

1249

00:49:27,589 --> 00:49:25,359

it's it's it's all there it's all right

1250

00:49:29,990 --> 00:49:27,599

in front of our face it's sort of like a

1251
00:49:32,470 --> 00:49:30,000
spiritual just sort of like a spiritual

1252
00:49:34,630 --> 00:49:32,480
dyslexia what's that it's a spiritual

1253
00:49:36,309 --> 00:49:34,640
dyslexia very much that's a perfect way

1254
00:49:37,990 --> 00:49:36,319
exactly

1255
00:49:39,670 --> 00:49:38,000
sure you know it's like you know we

1256
00:49:41,990 --> 00:49:39,680
think you know the hands and the glove

1257
00:49:43,349 --> 00:49:42,000
we're not sure exactly or with the hand

1258
00:49:45,829 --> 00:49:43,359
that's in the glove or with the skin

1259
00:49:47,270 --> 00:49:45,839
itself the skin with the glove yeah

1260
00:49:49,270 --> 00:49:47,280
i think we're making

1261
00:49:51,190 --> 00:49:49,280
miles you know we've done very well

1262
00:49:53,190 --> 00:49:51,200
through covert i mean what else would

1263
00:49:55,670 --> 00:49:53,200

come to earth and do this free dickie

1264

00:49:57,510 --> 00:49:55,680

[h__h] right yeah yeah

1265

00:49:58,390 --> 00:49:57,520

i like we talked about in the green room

1266

00:50:01,430 --> 00:49:58,400

i believe

1267

00:50:03,670 --> 00:50:01,440

um my experience of that period two

1268

00:50:05,589 --> 00:50:03,680

years ago uh i really flowered for

1269

00:50:07,430 --> 00:50:05,599

myself in that time and i'm grateful

1270

00:50:08,309 --> 00:50:07,440

because of it blessings while other

1271

00:50:10,309 --> 00:50:08,319

people

1272

00:50:12,549 --> 00:50:10,319

didn't do so well so yeah

1273

00:50:14,790 --> 00:50:12,559

yeah for me it

1274

00:50:16,790 --> 00:50:14,800

number one it allowed me to kind of step

1275

00:50:18,470 --> 00:50:16,800

off the train

1276

00:50:20,390 --> 00:50:18,480

that i'd always already kind of getting

1277

00:50:23,430 --> 00:50:20,400

off of like from being out on the road

1278

00:50:26,950 --> 00:50:23,440

too long away from my family

1279

00:50:28,630 --> 00:50:26,960

but what's amazing is it allowed me to

1280

00:50:31,270 --> 00:50:28,640

go full circle

1281

00:50:34,150 --> 00:50:31,280

and realize that i had been you know

1282

00:50:36,549 --> 00:50:34,160

sort of in my head there was this idea

1283

00:50:38,390 --> 00:50:36,559

of a destination that i had to get to

1284

00:50:41,270 --> 00:50:38,400

that destination before i could really

1285

00:50:43,430 --> 00:50:41,280

put my my uh my focus back on to playing

1286

00:50:45,510 --> 00:50:43,440

guitar again and playing music again and

1287

00:50:47,030 --> 00:50:45,520

all these other things and now i get to

1288

00:50:48,870 --> 00:50:47,040

this point where it's like well what the

1289

00:50:51,030 --> 00:50:48,880

hell else are you gonna do dale you have

1290

00:50:52,950 --> 00:50:51,040

no schedule you know i was still doing

1291

00:50:55,430 --> 00:50:52,960

like you know one-on-one calls and stuff

1292

00:50:57,670 --> 00:50:55,440

like that so i started sat down and i

1293

00:51:00,950 --> 00:50:57,680

started playing guitar again

1294

00:51:03,190 --> 00:51:00,960

and it's funny because like for years

1295

00:51:04,309 --> 00:51:03,200

my wife or friends of mine would be they

1296

00:51:05,750 --> 00:51:04,319

would always be like oh my god have you

1297

00:51:07,670 --> 00:51:05,760

ever heard dale play guitar and they're

1298

00:51:09,349 --> 00:51:07,680

like no i've been around him for 10

1299

00:51:10,390 --> 00:51:09,359

years i've never heard him play a single

1300

00:51:11,750 --> 00:51:10,400

time

1301

00:51:14,390 --> 00:51:11,760

and it was interesting because i

1302

00:51:15,910 --> 00:51:14,400

wouldn't people would say like no no you

1303

00:51:19,990 --> 00:51:15,920

know they'll be like you play guitar and

1304

00:51:21,430 --> 00:51:20,000

i'm like no no yeah kind of but

1305

00:51:23,510 --> 00:51:21,440

and it was

1306

00:51:26,230 --> 00:51:23,520

i almost want to cry because

1307

00:51:29,190 --> 00:51:26,240

i closed a huge

1308

00:51:31,750 --> 00:51:29,200

chunk of my soul off

1309

00:51:33,990 --> 00:51:31,760

by not running my fingers across those

1310

00:51:35,430 --> 00:51:34,000

strings for a long time i kind of told

1311

00:51:37,430 --> 00:51:35,440

myself i'm gonna have to go to a certain

1312

00:51:39,589 --> 00:51:37,440

place with this before i really

1313

00:51:42,790 --> 00:51:39,599

go back to that and then it's like you

1314

00:51:45,109 --> 00:51:42,800

know why why why do you have to um you

1315

00:51:47,349 --> 00:51:45,119

know and then i realized oh my god

1316

00:51:50,150 --> 00:51:47,359

so funny and i start playing guitar and

1317

00:51:51,990 --> 00:51:50,160

i was playing just 12 hours a day during

1318

00:51:54,150 --> 00:51:52,000

clovid sometimes

1319

00:51:56,309 --> 00:51:54,160

and then all of a sudden wow everything

1320

00:51:58,230 --> 00:51:56,319

yeah like it was 30 years ago how was

1321

00:52:00,150 --> 00:51:58,240

your wrist your wrist was early i'm

1322

00:52:02,150 --> 00:52:00,160

sitting there i'm like eddie van halen

1323

00:52:03,910 --> 00:52:02,160

like the guy couldn't eat dinner he

1324

00:52:05,750 --> 00:52:03,920

would have to eat with one hand while he

1325

00:52:07,750 --> 00:52:05,760

had the other one you know on the guitar

1326

00:52:08,950 --> 00:52:07,760

eddie literally had a studio in his

1327

00:52:10,470 --> 00:52:08,960

bathroom

1328

00:52:12,309 --> 00:52:10,480

and you know he would sit there playing

1329

00:52:14,309 --> 00:52:12,319

guitar with one hand while he's sitting

1330

00:52:15,349 --> 00:52:14,319

on the john i mean i'm not that extreme

1331

00:52:18,710 --> 00:52:15,359

but um

1332

00:52:21,829 --> 00:52:18,720

i mean that's kind of crazy but it it

1333

00:52:23,670 --> 00:52:21,839

really opened me up to this architecture

1334

00:52:25,510 --> 00:52:23,680

that had been there for me that i kind

1335

00:52:27,670 --> 00:52:25,520

of closed off

1336

00:52:30,230 --> 00:52:27,680

and i started seeing even more on a

1337

00:52:33,030 --> 00:52:30,240

vibration and frequency level even more

1338

00:52:33,910 --> 00:52:33,040

on the music of the cosmos and all of

1339

00:52:36,069 --> 00:52:33,920

this

1340

00:52:38,470 --> 00:52:36,079

and it really started shifting things

1341

00:52:40,950 --> 00:52:38,480

and all of a sudden my toning

1342

00:52:42,549 --> 00:52:40,960

processes started going into a totally

1343

00:52:44,390 --> 00:52:42,559

different place

1344

00:52:46,790 --> 00:52:44,400

and it was like and i started you know

1345

00:52:47,910 --> 00:52:46,800

and i don't regret the time of not

1346

00:52:50,950 --> 00:52:47,920

playing

1347

00:52:53,829 --> 00:52:50,960

because coming back is so sweet but if i

1348

00:52:55,589 --> 00:52:53,839

i i it's like i can't i don't allow

1349

00:52:57,829 --> 00:52:55,599

myself to think of

1350

00:53:00,549 --> 00:52:57,839

where i could be on some level and far

1351
00:53:02,790 --> 00:53:00,559
as technique if i hadn't stopped but the

1352
00:53:04,150 --> 00:53:02,800
thing is coming back was so it's kind of

1353
00:53:05,990 --> 00:53:04,160
like when people ask me why should

1354
00:53:07,829 --> 00:53:06,000
humanity fall asleep

1355
00:53:10,150 --> 00:53:07,839
and i'm like because waking up is so

1356
00:53:12,230 --> 00:53:10,160
damn amazing you know going oh my god

1357
00:53:14,630 --> 00:53:12,240
i've been sleeping i'm rip van winkle my

1358
00:53:17,270 --> 00:53:14,640
beard is 53 feet long you know it's

1359
00:53:19,349 --> 00:53:17,280
great to wake up but um

1360
00:53:21,270 --> 00:53:19,359
wow and i mean if i i

1361
00:53:23,910 --> 00:53:21,280
if i just like flip like i said i've got

1362
00:53:25,990 --> 00:53:23,920
guitars all over the office here

1363
00:53:28,230 --> 00:53:26,000

um and it's nice to be able to just sit

1364

00:53:29,670 --> 00:53:28,240

here and just pick one up and like

1365

00:53:31,349 --> 00:53:29,680

noodle off a couple of notes or

1366

00:53:32,710 --> 00:53:31,359

something like that

1367

00:53:33,910 --> 00:53:32,720

or i'll just go out and sit on my front

1368

00:53:35,510 --> 00:53:33,920

porch i live in the middle of west

1369

00:53:37,030 --> 00:53:35,520

asheville north carolina and i'll just

1370

00:53:38,710 --> 00:53:37,040

we got a couch on the front porch and

1371

00:53:40,390 --> 00:53:38,720

i'll just lay back and

1372

00:53:41,190 --> 00:53:40,400

just start playing

1373

00:53:43,910 --> 00:53:41,200

um

1374

00:53:46,390 --> 00:53:43,920

it was a joy that i shut out of my life

1375

00:53:47,829 --> 00:53:46,400

yeah and um i'm not gonna do that again

1376

00:53:49,349 --> 00:53:47,839

so

1377

00:53:51,910 --> 00:53:49,359

you know like we talked about earlier

1378

00:53:53,829 --> 00:53:51,920

you and i um i'm at the place where i'm

1379

00:53:55,270 --> 00:53:53,839

thinking i'm definitely gonna exit for a

1380

00:53:57,109 --> 00:53:55,280

while truly

1381

00:53:59,190 --> 00:53:57,119

like we talked i've done it for years i

1382

00:54:01,109 --> 00:53:59,200

still love it i play once a month live

1383

00:54:02,150 --> 00:54:01,119

twice a month live with a bass and a

1384

00:54:03,750 --> 00:54:02,160

rock band

1385

00:54:05,670 --> 00:54:03,760

and it's cool when i'm there and after

1386

00:54:07,430 --> 00:54:05,680

about you know seven or eight songs i'm

1387

00:54:09,510 --> 00:54:07,440

like

1388

00:54:11,349 --> 00:54:09,520

i just don't feel that luster anymore so

1389

00:54:14,230 --> 00:54:11,359

maybe i need to go into the cave for a

1390

00:54:15,750 --> 00:54:14,240

while and kind of forget it's there and

1391

00:54:17,349 --> 00:54:15,760

maybe i'll come out breathing again and

1392

00:54:19,349 --> 00:54:17,359

supporting uh

1393

00:54:19,990 --> 00:54:19,359

its presence and it's a gift to be able

1394

00:54:21,430 --> 00:54:20,000

to

1395

00:54:22,630 --> 00:54:21,440

sit and create did you create a lot of

1396

00:54:23,510 --> 00:54:22,640

music

1397

00:54:27,750 --> 00:54:23,520

um

1398

00:54:29,510 --> 00:54:27,760

just in general

1399

00:54:31,510 --> 00:54:29,520

discovery and

1400

00:54:33,750 --> 00:54:31,520

like my it's funny like when you don't

1401

00:54:35,670 --> 00:54:33,760

play for a long time

1402

00:54:37,750 --> 00:54:35,680

creativity it wasn't really in my

1403

00:54:38,789 --> 00:54:37,760

fingers functioning that's fine you know

1404

00:54:41,030 --> 00:54:38,799

all that

1405

00:54:42,470 --> 00:54:41,040

it was almost like allowing yourself to

1406

00:54:44,630 --> 00:54:42,480

dream again

1407

00:54:46,870 --> 00:54:44,640

and i mean cert is going and playing a

1408

00:54:48,390 --> 00:54:46,880

song sure no problem i can you know blow

1409

00:54:51,030 --> 00:54:48,400

out hendrix or whatever you know

1410

00:54:52,870 --> 00:54:51,040

zeppelin or something but it's like it's

1411

00:54:57,190 --> 00:54:52,880

funny like about maybe a year ago i

1412

00:54:59,990 --> 00:54:57,200

posted a video of me from like 19

1413

00:55:01,270 --> 00:55:00,000

maybe 88 or 89 with a couple of my

1414

00:55:03,510 --> 00:55:01,280

friends

1415

00:55:07,349 --> 00:55:03,520

playing heartbreaker from zeppelin and i

1416

00:55:10,390 --> 00:55:08,870

you know although i couldn't do the bend

1417

00:55:11,990 --> 00:55:10,400

behind behind the nut i had to use my

1418

00:55:14,789 --> 00:55:12,000

whammy bar because it was a lot but

1419

00:55:16,710 --> 00:55:14,799

anyway just and just this random video

1420

00:55:18,710 --> 00:55:16,720

in the middle of all this aramaic stuff

1421

00:55:21,349 --> 00:55:18,720

and ancient texts and all of a sudden

1422

00:55:24,069 --> 00:55:21,359

here's this skinny kid with a 32 fret

1423

00:55:25,430 --> 00:55:24,079

custom guitar you know this crazy guitar

1424

00:55:27,990 --> 00:55:25,440

that i was playing

1425

00:55:30,309 --> 00:55:28,000

and doing all this crazy shredding stuff

1426

00:55:31,910 --> 00:55:30,319

you know on this like classic rock song

1427

00:55:33,990 --> 00:55:31,920

and it was funny people were texting me

1428

00:55:35,109 --> 00:55:34,000

going like i had no idea you could play

1429

00:55:36,950 --> 00:55:35,119

like that

1430

00:55:39,430 --> 00:55:36,960

and i'm like yeah i kind of forgot

1431

00:55:41,430 --> 00:55:39,440

myself you know but it was it's it's

1432

00:55:44,390 --> 00:55:41,440

amazing though to walk away and come

1433

00:55:45,990 --> 00:55:44,400

back and and see it with fresh eyes

1434

00:55:47,589 --> 00:55:46,000

and not

1435

00:55:49,510 --> 00:55:47,599

um

1436

00:55:51,109 --> 00:55:49,520

man i just really to be able to

1437

00:55:53,829 --> 00:55:51,119

appreciate it

1438

00:55:55,750 --> 00:55:53,839

and uh yeah it's just

1439

00:55:57,030 --> 00:55:55,760

oh and people are all always everybody's

1440

00:55:58,789 --> 00:55:57,040

constantly like oh you should join a

1441

00:56:02,069 --> 00:55:58,799

band and i'm like you know i have that

1442

00:56:04,470 --> 00:56:02,079

urge to want to rock out on stage

1443

00:56:05,910 --> 00:56:04,480

it comes to like joining a band and

1444

00:56:07,349 --> 00:56:05,920

doing all the work of all that kind of

1445

00:56:08,390 --> 00:56:07,359

stuff i don't know if i want to right

1446

00:56:10,230 --> 00:56:08,400

now

1447

00:56:12,630 --> 00:56:10,240

but i still do crank it up and get the

1448

00:56:13,990 --> 00:56:12,640

letter from time to time but um i'm

1449

00:56:15,750 --> 00:56:14,000

gonna start putting some videos out

1450

00:56:16,870 --> 00:56:15,760

there of me like i've got like a little

1451
00:56:18,390 --> 00:56:16,880
les paul

1452
00:56:20,390 --> 00:56:18,400
that's like you know a foot and a half

1453
00:56:22,150 --> 00:56:20,400
long that's like tuned up to

1454
00:56:23,670 --> 00:56:22,160
i can't remember what it's i think it's

1455
00:56:25,190 --> 00:56:23,680
it's either a or b

1456
00:56:27,030 --> 00:56:25,200
i think it's a it's like a fifth fret on

1457
00:56:28,789 --> 00:56:27,040
the guitar and i mean you can like

1458
00:56:30,950 --> 00:56:28,799
really go crazy on that thing i've got

1459
00:56:32,069 --> 00:56:30,960
custom electronics that i put into it

1460
00:56:33,990 --> 00:56:32,079
like and

1461
00:56:36,069 --> 00:56:34,000
you know i went and rebuilt the wiring

1462
00:56:38,069 --> 00:56:36,079
in my guitars put a screaming demon in

1463
00:56:39,750 --> 00:56:38,079

my and my one of my older guitars and

1464

00:56:42,670 --> 00:56:39,760

stuff you know the george lynch pickup

1465

00:56:45,109 --> 00:56:42,680

and it was just great it was like i but

1466

00:56:46,870 --> 00:56:45,119

simultaneously while that's happening i

1467

00:56:48,470 --> 00:56:46,880

started ruminating about being seven

1468

00:56:51,430 --> 00:56:48,480

years old and all the spiritual

1469

00:56:52,470 --> 00:56:51,440

experiences that was happening and kovid

1470

00:56:54,390 --> 00:56:52,480

i mean

1471

00:56:56,710 --> 00:56:54,400

we actually got it around christmas and

1472

00:56:58,230 --> 00:56:56,720

it wasn't a fun thing but even that had

1473

00:57:00,870 --> 00:56:58,240

a certain blessing to it because we were

1474

00:57:03,270 --> 00:57:00,880

flat on our backs for three days

1475

00:57:05,349 --> 00:57:03,280

and it forced me to kind of stop and

1476

00:57:07,270 --> 00:57:05,359

just lay there and thank god we made it

1477

00:57:09,270 --> 00:57:07,280

through a lot of people didn't

1478

00:57:10,789 --> 00:57:09,280

um so i'd love to say you know i don't

1479

00:57:13,750 --> 00:57:10,799

wouldn't love this i mean

1480

00:57:16,470 --> 00:57:13,760

i know i could probably say 2020 was an

1481

00:57:18,710 --> 00:57:16,480

awful year it was definitely different

1482

00:57:21,270 --> 00:57:18,720

but honestly the difference of it it

1483

00:57:24,069 --> 00:57:21,280

slowed me down and in a lot of ways i

1484

00:57:24,950 --> 00:57:24,079

woke up whole new levels of my being so

1485

00:57:26,710 --> 00:57:24,960

yeah

1486

00:57:28,470 --> 00:57:26,720

very much so brother what's coming down

1487

00:57:30,309 --> 00:57:28,480

the future for you what do you got going

1488

00:57:32,630 --> 00:57:30,319

well um

1489

00:57:33,990 --> 00:57:32,640

man the hard part for me is is not

1490

00:57:36,549 --> 00:57:34,000

focusing it's

1491

00:57:39,109 --> 00:57:36,559

you know i have so many ideas what i'd

1492

00:57:41,030 --> 00:57:39,119

love to do is is write some more books

1493

00:57:42,309 --> 00:57:41,040

but the thing is

1494

00:57:43,990 --> 00:57:42,319

um

1495

00:57:45,670 --> 00:57:44,000

you know i've been so busy i haven't

1496

00:57:48,230 --> 00:57:45,680

really been able to kind of and i've got

1497

00:57:51,430 --> 00:57:48,240

lots of ideas for those including one

1498

00:57:52,870 --> 00:57:51,440

called navigating the cosmic shift

1499

00:57:54,710 --> 00:57:52,880

but what i've been doing right now is

1500

00:57:56,069 --> 00:57:54,720

focusing in on my mentoring program

1501
00:57:57,430 --> 00:57:56,079
that's where i work one-on-one with

1502
00:57:58,950 --> 00:57:57,440
people there's stuff about that on my

1503
00:58:01,349 --> 00:57:58,960
website

1504
00:58:02,069 --> 00:58:01,359
but i'm also in the process of starting

1505
00:58:03,430 --> 00:58:02,079
to

1506
00:58:05,670 --> 00:58:03,440
i've been in

1507
00:58:07,990 --> 00:58:05,680
studying filmmaking

1508
00:58:09,750 --> 00:58:08,000
starting to move without doing much in

1509
00:58:11,190 --> 00:58:09,760
my videos yet although i put one out a

1510
00:58:13,190 --> 00:58:11,200
couple of days that had a lot of those

1511
00:58:16,630 --> 00:58:13,200
qualities the toning one from

1512
00:58:19,030 --> 00:58:16,640
glastonbury but starting to move toward

1513
00:58:21,750 --> 00:58:19,040

turning my as an example starting with

1514

00:58:24,549 --> 00:58:21,760

the videos on youtube from being just a

1515

00:58:26,309 --> 00:58:24,559

talking head to me filming all this

1516

00:58:29,109 --> 00:58:26,319

different footage and making them little

1517

00:58:31,510 --> 00:58:29,119

mini films with like a sort of a subject

1518

00:58:34,150 --> 00:58:31,520

in each one and then

1519

00:58:35,670 --> 00:58:34,160

i mean i mean to uh i mean to uh offer

1520

00:58:38,630 --> 00:58:35,680

this while i'm thinking about it this is

1521

00:58:40,230 --> 00:58:38,640

a uh what do you call that a time stamp

1522

00:58:41,910 --> 00:58:40,240

remind me when we're done i have

1523

00:58:43,829 --> 00:58:41,920

something for you i want to send you two

1524

00:58:45,750 --> 00:58:43,839

links to some

1525

00:58:47,750 --> 00:58:45,760

we'll talk about that later awesome so

1526

00:58:50,950 --> 00:58:47,760

yeah i mean i just um

1527

00:58:52,950 --> 00:58:50,960

it's a combination of that and i i gotta

1528

00:58:54,950 --> 00:58:52,960

say too this isn't exactly work related

1529

00:58:56,710 --> 00:58:54,960

but in a way it is our

1530

00:58:58,549 --> 00:58:56,720

my beautiful wife

1531

00:59:01,030 --> 00:58:58,559

is like three weeks away from giving

1532

00:59:03,589 --> 00:59:01,040

birth to what would be our fourth child

1533

00:59:04,710 --> 00:59:03,599

but our oldest daughter who turned 23

1534

00:59:06,150 --> 00:59:04,720

today

1535

00:59:08,710 --> 00:59:06,160

her and her husband

1536

00:59:10,630 --> 00:59:08,720

despite how much they've been trying but

1537

00:59:12,630 --> 00:59:10,640

i don't hear that about my kid but

1538

00:59:15,589 --> 00:59:12,640

they haven't been able to have a baby

1539

00:59:17,589 --> 00:59:15,599

so we're actually this is mine and my

1540

00:59:19,990 --> 00:59:17,599

wife loretta's baby she's going to be

1541

00:59:22,309 --> 00:59:20,000

born in a few weeks but our daughter and

1542

00:59:23,589 --> 00:59:22,319

her husband will be raising her as their

1543

00:59:25,990 --> 00:59:23,599

own

1544

00:59:28,549 --> 00:59:26,000

so i mean that's a big shift that's

1545

00:59:30,789 --> 00:59:28,559

coming right there

1546

00:59:33,589 --> 00:59:30,799

but in terms of my work what i'm really

1547

00:59:36,150 --> 00:59:33,599

starting to focus in on is i've got

1548

00:59:38,470 --> 00:59:36,160

several like i kind of experimented last

1549

00:59:40,150 --> 00:59:38,480

year with an introduction aramaic toning

1550

00:59:41,750 --> 00:59:40,160

video course i'm going to start doing a

1551
00:59:43,990 --> 00:59:41,760
bit more of those

1552
00:59:45,349 --> 00:59:44,000
and getting a lot of my works you know

1553
00:59:47,510 --> 00:59:45,359
out there

1554
00:59:49,510 --> 00:59:47,520
you know basically on the the video

1555
00:59:50,789 --> 00:59:49,520
level because i've already got like 30

1556
00:59:52,870 --> 00:59:50,799
cds

1557
00:59:55,349 --> 00:59:52,880
worth of audio programs because i

1558
00:59:57,510 --> 00:59:55,359
recorded everything i did so when magic

1559
00:59:58,870 --> 00:59:57,520
happened i had it and then it got to a

1560
01:00:00,549 --> 00:59:58,880
point where it's like dale i think you

1561
01:00:03,030 --> 01:00:00,559
have enough audio programs so then i

1562
01:00:05,030 --> 01:00:03,040
started now focusing on video

1563
01:00:08,789 --> 01:00:05,040

um we're gonna we got a retreat coming

1564

01:00:10,150 --> 01:00:08,799

up in july in in um north georgia

1565

01:00:12,069 --> 01:00:10,160

the north georgia mountains we're gonna

1566

01:00:14,309 --> 01:00:12,079

be doing like water blessing at the base

1567

01:00:15,990 --> 01:00:14,319

of 100 foot waterfall the intensive

1568

01:00:17,589 --> 01:00:16,000

breath work that we do

1569

01:00:18,950 --> 01:00:17,599

it's like a four day three night

1570

01:00:21,829 --> 01:00:18,960

complete

1571

01:00:23,510 --> 01:00:21,839

total exit from the world we're actually

1572

01:00:26,150 --> 01:00:23,520

even gonna get people's commitment to

1573

01:00:28,710 --> 01:00:26,160

not touch their not go on the internet

1574

01:00:31,510 --> 01:00:28,720

or text for at least friday and saturday

1575

01:00:33,270 --> 01:00:31,520

of that weekend commit to be totally off

1576

01:00:35,030 --> 01:00:33,280

the grid in that sense and it's like if

1577

01:00:36,710 --> 01:00:35,040

you have an emergency somebody can get a

1578

01:00:38,549 --> 01:00:36,720

hold of the retreat center and you'll be

1579

01:00:39,510 --> 01:00:38,559

fine just like before you had a cell

1580

01:00:41,030 --> 01:00:39,520

phone

1581

01:00:43,510 --> 01:00:41,040

but um that's going to be a pretty

1582

01:00:45,190 --> 01:00:43,520

powerful that's that sounds interesting

1583

01:00:47,430 --> 01:00:45,200

that's awesome it's the third weekend in

1584

01:00:49,430 --> 01:00:47,440

july it's the weekend of the feast day

1585

01:00:51,510 --> 01:00:49,440

of mary magdalene

1586

01:00:53,349 --> 01:00:51,520

and it's actually called the second

1587

01:00:55,829 --> 01:00:53,359

coming of the magdalene fire which is

1588

01:00:57,990 --> 01:00:55,839

what i really view

1589

01:01:01,270 --> 01:00:58,000

second coming of christ not in the level

1590

01:01:03,190 --> 01:01:01,280

of even of a person obviously but on the

1591

01:01:05,750 --> 01:01:03,200

level of all of us but bringing the

1592

01:01:07,990 --> 01:01:05,760

feminine back and bringing the feminine

1593

01:01:10,470 --> 01:01:08,000

fire back because that feminine fire

1594

01:01:11,910 --> 01:01:10,480

terrified men 2 000 years ago it still

1595

01:01:15,589 --> 01:01:11,920

does now

1596

01:01:17,910 --> 01:01:15,599

and you know it became 99.9 jesus and

1597

01:01:20,069 --> 01:01:17,920

the rest was everybody else including

1598

01:01:22,630 --> 01:01:20,079

the women mary magdalene was pushed off

1599

01:01:24,470 --> 01:01:22,640

to the side she was called a [h__\h] mother

1600

01:01:26,470 --> 01:01:24,480

mary was pushed off to the side the only

1601
01:01:28,230 --> 01:01:26,480
way she could actually conceive was if

1602
01:01:29,430 --> 01:01:28,240
it was immaculate all these things

1603
01:01:30,630 --> 01:01:29,440
happened

1604
01:01:32,150 --> 01:01:30,640
that you know

1605
01:01:33,670 --> 01:01:32,160
that's the only way they could talk

1606
01:01:35,750 --> 01:01:33,680
about the feminine well obviously the

1607
01:01:37,270 --> 01:01:35,760
feminine is coming back into balance now

1608
01:01:38,710 --> 01:01:37,280
and i'm honored to be in the middle of

1609
01:01:40,870 --> 01:01:38,720
helping people

1610
01:01:42,549 --> 01:01:40,880
it's the sweet spot of it oh absolutely

1611
01:01:45,030 --> 01:01:42,559
it's a sweet spot absolutely it's the

1612
01:01:47,430 --> 01:01:45,040
zone it's the sandwich it's the yeah

1613
01:01:49,750 --> 01:01:47,440

it's it's what we all really want well

1614

01:01:51,589 --> 01:01:49,760

we are it but we just gotta

1615

01:01:53,349 --> 01:01:51,599

find a way to stretch the

1616

01:01:54,950 --> 01:01:53,359

mind open and get the monkey out and i

1617

01:01:56,390 --> 01:01:54,960

don't mean kill the monkey right you

1618

01:01:57,910 --> 01:01:56,400

can't kill the monkey and you don't want

1619

01:01:59,990 --> 01:01:57,920

to kill anything

1620

01:02:01,910 --> 01:02:00,000

just understand who you are from soul to

1621

01:02:03,910 --> 01:02:01,920

bones and what's that my brother's like

1622

01:02:05,029 --> 01:02:03,920

it's like people like i want ego death

1623

01:02:06,630 --> 01:02:05,039

i'm like yeah then you're going to be

1624

01:02:07,990 --> 01:02:06,640

walking out in front of vehicles in the

1625

01:02:09,910 --> 01:02:08,000

street and you're going to slobber on

1626
01:02:11,349 --> 01:02:09,920
your grocery store as a matter of fact

1627
01:02:12,870 --> 01:02:11,359
you won't be in the grocery store you'll

1628
01:02:15,109 --> 01:02:12,880
be sitting in a chair staring at the

1629
01:02:16,549 --> 01:02:15,119
wall so i don't think what an ego death

1630
01:02:18,870 --> 01:02:16,559
no you just want to have a more healthy

1631
01:02:20,549 --> 01:02:18,880
relationship that's a little closer to

1632
01:02:22,230 --> 01:02:20,559
what you're looking at so

1633
01:02:24,549 --> 01:02:22,240
i enjoy my time with you bro it's

1634
01:02:25,990 --> 01:02:24,559
awesome come back any time um

1635
01:02:26,870 --> 01:02:26,000
center of light

1636
01:02:28,789 --> 01:02:26,880
group

1637
01:02:30,789 --> 01:02:28,799
that i think you joined today uh yeah

1638
01:02:32,150 --> 01:02:30,799

has a large audience please feel free to

1639

01:02:35,270 --> 01:02:32,160

use that room as if it belongs to you

1640

01:02:36,390 --> 01:02:35,280

because it does awesome cool

1641

01:02:37,750 --> 01:02:36,400

hang out with me a second you got a

1642

01:02:41,109 --> 01:02:37,760

minute absolutely

1643

01:02:43,990 --> 01:02:41,119

everyone tonight my guest tonight is mr

1644

01:02:45,589 --> 01:02:44,000

dale allen hoffman women speaking some

1645

01:02:48,150 --> 01:02:45,599

about his book some about this some

1646

01:02:50,549 --> 01:02:48,160

about that ultimately believe it or not

1647

01:02:54,069 --> 01:02:50,559

we've been speaking about you

1648

01:02:55,510 --> 01:02:54,079

me we all the one and all all in the one

1649

01:02:57,510 --> 01:02:55,520

four things that exist you can never

1650

01:03:00,789 --> 01:02:57,520

change you exist you can never exchange

1651
01:03:03,029 --> 01:03:00,799
that what you get give out you get back

1652
01:03:04,309 --> 01:03:03,039
one is the all of the one and nothing

1653
01:03:06,470 --> 01:03:04,319
ever change the only thing that will

1654
01:03:08,870 --> 01:03:06,480
never change is change itself it's not

1655
01:03:10,710 --> 01:03:08,880
really that hard try a little too hard

1656
01:03:11,990 --> 01:03:10,720
you overshoot your spiritual objective

1657
01:03:13,270 --> 01:03:12,000
your target

1658
01:03:16,789 --> 01:03:13,280
where are you going

1659
01:03:24,530 --> 01:03:16,799
he ain't going anywhere my friend

1660
01:03:30,710 --> 01:03:29,170
[Music]

1661
01:03:32,930 --> 01:03:30,720
[Applause]

1662
01:03:42,549 --> 01:03:32,940
[Music]

1663
01:03:43,730 --> 01:03:42,559

[Applause]

1664

01:03:45,680 --> 01:03:43,740

my

1665

01:04:17,589 --> 01:03:45,690

[Applause]