

 CENTER OF LIGHT  
FOUNDATION 

~ Fire • Clarity • Action ~

9 et • 8 ct • 6 pt

HORSESHOES,  
BULLSHIT &  
HAND GRENADES

YŃV

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

[YouTube.com/CenterofLightRadio](http://YouTube.com/CenterofLightRadio)



1  
00:05:17,749 --> 00:02:59,790

[Music]

2  
00:05:22,550 --> 00:05:20,230

welcome to center of light foundation

3  
00:05:25,270 --> 00:05:22,560

your station

4  
00:05:27,110 --> 00:05:25,280

for divine unfoldment and reinforcement

5  
00:05:28,790 --> 00:05:27,120

good to see you tonight

6  
00:05:30,950 --> 00:05:28,800

hanging out with my friend mr brian

7  
00:05:33,670 --> 00:05:30,960

harden he's an alien from another planet

8  
00:05:35,830 --> 00:05:33,680

i tell you i swell you

9  
00:05:37,189 --> 00:05:35,840

i love hanging out with my friend

10  
00:05:40,310 --> 00:05:37,199

brian and

11  
00:05:42,950 --> 00:05:40,320

i go at our time together in this way

12  
00:05:45,430 --> 00:05:42,960

uh basically two guys at a

13  
00:05:47,990 --> 00:05:45,440

bar having a beer or whatever a tavern

14

00:05:49,270 --> 00:05:48,000

having a beer and we just go at it and

15

00:05:51,029 --> 00:05:49,280

get into these

16

00:05:52,150 --> 00:05:51,039

really cool places of brotherhood

17

00:05:54,870 --> 00:05:52,160

welcome to center of light everybody

18

00:05:56,950 --> 00:05:54,880

good to see you dana uh pre happy cuckoo

19

00:05:58,550 --> 00:05:56,960

rina robert everybody everybody

20

00:06:00,950 --> 00:05:58,560

everybody care

21

00:06:02,550 --> 00:06:00,960

i care i swear

22

00:06:03,590 --> 00:06:02,560

good to see you all welcome to center of

23

00:06:06,950 --> 00:06:03,600

light

24

00:06:09,830 --> 00:06:06,960

um i i don't know about you

25

00:06:11,670 --> 00:06:09,840

i know about me i know i know me i know

26

00:06:14,629 --> 00:06:11,680

about me

27

00:06:18,390 --> 00:06:14,639

i've been in a law lately when i say law

28

00:06:20,950 --> 00:06:18,400

it's not a mood thing love you too care

29

00:06:23,510 --> 00:06:20,960

it's not a mood thing

30

00:06:24,950 --> 00:06:23,520

uh law meaning i i feel like i'm waiting

31

00:06:26,710 --> 00:06:24,960

on something

32

00:06:29,110 --> 00:06:26,720

we're not supposed to wait

33

00:06:32,710 --> 00:06:29,120

i get that but i feel like i'm in a wait

34

00:06:34,390 --> 00:06:32,720

a lobby waiting for my number recall

35

00:06:37,110 --> 00:06:34,400

i'll explain that a little more later

36

00:06:40,870 --> 00:06:37,120

also um my guest tonight mr brian d

37

00:06:42,070 --> 00:06:40,880

harden uh the last interview we did was

38

00:06:43,749 --> 00:06:42,080

titled

39

00:06:44,950 --> 00:06:43,759

click bait doesn't matter as long as you

40

00:06:47,830 --> 00:06:44,960

say the words

41

00:06:49,589 --> 00:06:47,840

you're fine uh what was it jesus aliens

42

00:06:51,510 --> 00:06:49,599

and hot crispy chicken so tonight is

43

00:06:53,670 --> 00:06:51,520

center of light

44

00:06:55,749 --> 00:06:53,680

horseshoes and hand grenades

45

00:06:57,749 --> 00:06:55,759

it's some saying from my childhood i

46

00:07:00,230 --> 00:06:57,759

never really knew what it meant hello

47

00:07:03,670 --> 00:07:00,240

mary hello pamela i never really

48

00:07:05,350 --> 00:07:03,680

knew what it meant it meant so um we're

49

00:07:07,909 --> 00:07:05,360

gonna be presenting you some horseshoes

50

00:07:10,469 --> 00:07:07,919

a lot of you can bet on that

51  
00:07:12,230 --> 00:07:10,479  
hopefully the hand grenades will be uh

52  
00:07:13,589 --> 00:07:12,240  
in a good way that things will explode

53  
00:07:15,029 --> 00:07:13,599  
and pop inside

54  
00:07:17,189 --> 00:07:15,039  
and turn on some lights that's what i'm

55  
00:07:19,350 --> 00:07:17,199  
hoping for me so welcome to center of

56  
00:07:20,790 --> 00:07:19,360  
light foundation i did post some links

57  
00:07:22,629 --> 00:07:20,800  
in here for brian

58  
00:07:24,629 --> 00:07:22,639  
more contact on him on youtube as well

59  
00:07:26,230 --> 00:07:24,639  
as his webpage go stomp all over his

60  
00:07:28,870 --> 00:07:26,240  
stuff and make a big old stink let him

61  
00:07:31,430 --> 00:07:28,880  
know you exist

62  
00:07:32,870 --> 00:07:31,440  
as well as center of like foundation

63  
00:07:37,589 --> 00:07:32,880

fundraiser

64

00:07:39,830 --> 00:07:37,599

um it's doing very well please choose to

65

00:07:42,070 --> 00:07:39,840

support and monetary wise if that's how

66

00:07:43,589 --> 00:07:42,080

you do it prayer wise share-wise

67

00:07:45,589 --> 00:07:43,599

care-wise

68

00:07:47,270 --> 00:07:45,599

let's all get wise let me tell you a

69

00:07:51,589 --> 00:07:47,280

little bit about my guest tonight mr

70

00:07:54,710 --> 00:07:51,599

brian d harden brian d harden is

71

00:07:59,110 --> 00:07:55,990

i thought i was going to go to this

72

00:08:00,869 --> 00:07:59,120

field didn't you where am i

73

00:08:03,589 --> 00:08:00,879

in a black hole

74

00:08:06,390 --> 00:08:03,599

oh am i not here

75

00:08:07,270 --> 00:08:06,400

uh let me refresh my cam your camera oh

76

00:08:10,150 --> 00:08:07,280

no

77

00:08:12,390 --> 00:08:10,160

just hang on a second bro do you hear me

78

00:08:14,790 --> 00:08:12,400

i can hear you fine but no maybe i'm a

79

00:08:18,629 --> 00:08:14,800

sock puppet today uh i think you have

80

00:08:23,670 --> 00:08:21,189

mute the camera

81

00:08:32,230 --> 00:08:23,680

i don't know i love these segments

82

00:08:35,430 --> 00:08:34,310

i have never seen this before muted uh

83

00:08:37,190 --> 00:08:35,440

you should be there i'll tell you what

84

00:08:38,949 --> 00:08:37,200

how about you just hang up and call me

85

00:08:41,110 --> 00:08:38,959

hang up and get out of skype and call me

86

00:08:42,469 --> 00:08:41,120

back i'll be here all right

87

00:08:45,190 --> 00:08:42,479

remember one tonight center of light

88

00:08:46,870 --> 00:08:45,200

brian d harden he's up at his mom and

89

00:08:49,030 --> 00:08:46,880

dad's place where the internet

90

00:08:50,870 --> 00:08:49,040

connection is not so good

91

00:08:52,710 --> 00:08:50,880

but i love me some b-rai

92

00:08:54,870 --> 00:08:52,720

good man solid man

93

00:08:58,150 --> 00:08:54,880

he's genuine he knows what he wants he

94

00:09:00,870 --> 00:08:58,160

knows how to get it he knows how to ease

95

00:09:02,550 --> 00:09:00,880

into it he knows how to ease and to

96

00:09:05,590 --> 00:09:02,560

bliss

97

00:09:08,550 --> 00:09:05,600

prehapaku says divine brother brain

98

00:09:10,389 --> 00:09:08,560

i always time it right and enjoy you

99

00:09:12,150 --> 00:09:10,399

guys shared lives yeah i love hanging

100

00:09:13,990 --> 00:09:12,160

out with brian this is going to be good

101

00:09:15,750 --> 00:09:14,000

it's always good it's because of brian

102

00:09:17,670 --> 00:09:15,760

because of me well it's only because of

103

00:09:19,670 --> 00:09:17,680

me because i have the platform but

104

00:09:21,110 --> 00:09:19,680

that's the guy right there let me see

105

00:09:26,470 --> 00:09:21,120

what's happening with him try calling

106

00:09:29,269 --> 00:09:27,990

hello everyone please feel free to share

107

00:09:34,230 --> 00:09:29,279

this

108

00:09:38,389 --> 00:09:36,310

broham sam today he is that sexy

109

00:09:41,509 --> 00:09:38,399

good-looking man

110

00:09:43,269 --> 00:09:41,519

i showed up instead of a blue screen

111

00:09:45,590 --> 00:09:43,279

something beyond a blue screen how you

112

00:09:49,269 --> 00:09:45,600

doing my friend

113

00:09:51,110 --> 00:09:49,279

i think i'm uh uh better than crappy but

114

00:09:52,870 --> 00:09:51,120

not much you know

115

00:09:54,230 --> 00:09:52,880

better than crappy but not much did i

116

00:09:55,829 --> 00:09:54,240

hear that correct

117

00:09:57,990 --> 00:09:55,839

yeah getting a little bit better all the

118

00:09:59,590 --> 00:09:58,000

time but yeah you know things have been

119

00:10:01,509 --> 00:09:59,600

odd for me so

120

00:10:03,750 --> 00:10:01,519

uh i just keep smiling and laughing you

121

00:10:05,269 --> 00:10:03,760

know all those principles that you and i

122

00:10:06,870 --> 00:10:05,279

speaking about

123

00:10:08,790 --> 00:10:06,880

they're good principles but when you

124

00:10:11,670 --> 00:10:08,800

forget your own

125

00:10:13,590 --> 00:10:11,680

your own you know spiel of how to be

126

00:10:15,990 --> 00:10:13,600

happy or how to be

127

00:10:17,509 --> 00:10:16,000

successful and then suddenly you fall

128

00:10:18,949 --> 00:10:17,519

off the horse in the middle of a really

129

00:10:20,550 --> 00:10:18,959

great ride

130

00:10:22,389 --> 00:10:20,560

yeah i've i fall

131

00:10:23,990 --> 00:10:22,399

it's easy for you to come off the tongue

132

00:10:25,910 --> 00:10:24,000

it's a little more difficult to take

133

00:10:28,870 --> 00:10:25,920

into the ear

134

00:10:30,470 --> 00:10:28,880

we hear it just fine but you know

135

00:10:33,269 --> 00:10:30,480

all my friends keep giving me the same

136

00:10:35,829 --> 00:10:33,279

advice i would give them right i'm like

137

00:10:37,509 --> 00:10:35,839

well i know that but i'm not doing it

138

00:10:39,829 --> 00:10:37,519

and uh all right all right it's a funny

139

00:10:42,389 --> 00:10:39,839

we attribute we attribute that

140

00:10:43,670 --> 00:10:42,399

you know the i know that and not doing

141

00:10:45,110 --> 00:10:43,680

it they're wanting the same i'm just not

142

00:10:48,069 --> 00:10:45,120

doing it

143

00:10:48,920 --> 00:10:48,079

yeah have you done that before

144

00:10:51,509 --> 00:10:48,930

it's called life

145

00:10:55,110 --> 00:10:51,519

[Laughter]

146

00:10:56,150 --> 00:10:55,120

it's called good morning sunshine yeah

147

00:10:57,190 --> 00:10:56,160

what's happening in your part of the

148

00:10:58,389 --> 00:10:57,200

country bro i know you're hanging out

149

00:11:00,550 --> 00:10:58,399

with your mom and dad right now what's

150

00:11:02,470 --> 00:11:00,560

going on over there i mean how is life

151  
00:11:03,590 --> 00:11:02,480  
for you there

152  
00:11:05,269 --> 00:11:03,600  
obviously it's different from los

153  
00:11:08,630 --> 00:11:05,279  
angeles and

154  
00:11:11,110 --> 00:11:08,640  
it's very complex and ugly and uh

155  
00:11:11,990 --> 00:11:11,120  
not as creative as i need it to be and

156  
00:11:21,110 --> 00:11:12,000  
so

157  
00:11:23,910 --> 00:11:21,120  
you in the radio green room and i did

158  
00:11:25,190 --> 00:11:23,920  
mention it uh before i brought you into

159  
00:11:27,430 --> 00:11:25,200  
the blue screen

160  
00:11:29,350 --> 00:11:27,440  
um i feel the same way like i mentioned

161  
00:11:30,949 --> 00:11:29,360  
to you earlier before the show i feel

162  
00:11:32,790 --> 00:11:30,959  
like i'm in a lull and i don't mean

163  
00:11:34,150 --> 00:11:32,800

emotion like

164

00:11:35,430 --> 00:11:34,160

though you somewhat describe that about

165

00:11:37,990 --> 00:11:35,440

yourself but

166

00:11:38,949 --> 00:11:38,000

for me i feel like i'm just in the lobby

167

00:11:41,590 --> 00:11:38,959

waiting

168

00:11:44,150 --> 00:11:41,600

for just to be called

169

00:11:46,710 --> 00:11:44,160

what that is you know i don't and i know

170

00:11:48,069 --> 00:11:46,720

a lot of people people that i follow

171

00:11:49,990 --> 00:11:48,079

that i think you know they got some

172

00:11:51,430 --> 00:11:50,000

inspiration and i want to hear what they

173

00:11:52,629 --> 00:11:51,440

woke up to this morning when they were

174

00:11:54,150 --> 00:11:52,639

getting up and they heard this in their

175

00:11:56,230 --> 00:11:54,160

head i want to hear what you got to say

176  
00:11:58,870 --> 00:11:56,240  
because i know who i know that you're

177  
00:11:59,829 --> 00:11:58,880  
walking your talk and all that stuff

178  
00:12:01,509 --> 00:11:59,839  
and

179  
00:12:02,629 --> 00:12:01,519  
a lot of them are saying they have no

180  
00:12:06,870 --> 00:12:02,639  
drive

181  
00:12:08,710 --> 00:12:06,880  
you know i wanted to talk to you today

182  
00:12:10,389 --> 00:12:08,720  
and got up and

183  
00:12:12,230 --> 00:12:10,399  
like i woke up in the middle of the

184  
00:12:13,509 --> 00:12:12,240  
night couldn't sleep all this and stuff

185  
00:12:15,110 --> 00:12:13,519  
and

186  
00:12:17,269 --> 00:12:15,120  
but i i um

187  
00:12:18,710 --> 00:12:17,279  
trudged through it but i don't feel like

188  
00:12:20,230 --> 00:12:18,720

man i'm talking to brian's not gonna get

189

00:12:22,150 --> 00:12:20,240

my stuff there together

190

00:12:23,990 --> 00:12:22,160

and do my typing and

191

00:12:26,150 --> 00:12:24,000

i just didn't have that push is that

192

00:12:28,949 --> 00:12:26,160

kind of where you're meaning as well

193

00:12:30,470 --> 00:12:28,959

well i just been so stretched away from

194

00:12:32,949 --> 00:12:30,480

my normal

195

00:12:34,310 --> 00:12:32,959

line of creativity

196

00:12:37,030 --> 00:12:34,320

that uh

197

00:12:40,629 --> 00:12:37,040

my normal horse is

198

00:12:42,470 --> 00:12:40,639

all creative input creative output and

199

00:12:45,269 --> 00:12:42,480

making creative connections so i live

200

00:12:47,110 --> 00:12:45,279

creatively and i've almost been forced

201  
00:12:49,110 --> 00:12:47,120  
to live from a different place not from

202  
00:12:50,230 --> 00:12:49,120  
my heart from my head

203  
00:12:53,430 --> 00:12:50,240  
and

204  
00:12:55,990 --> 00:12:53,440  
in order to drop down back into my heart

205  
00:12:58,710 --> 00:12:56,000  
i oh everything you and i

206  
00:13:00,310 --> 00:12:58,720  
try to speak about and live the way we

207  
00:13:01,509 --> 00:13:00,320  
try to live

208  
00:13:04,310 --> 00:13:01,519  
i have to

209  
00:13:06,470 --> 00:13:04,320  
up my game so i've had to up my game to

210  
00:13:10,150 --> 00:13:06,480  
a whole nother level of all things that

211  
00:13:13,269 --> 00:13:10,160  
i speak about and i i have forgotten

212  
00:13:16,150 --> 00:13:13,279  
some of my simple principles for

213  
00:13:18,829 --> 00:13:16,160

reconnecting and remembering and turning

214

00:13:22,470 --> 00:13:18,839

on my creative flow my abundance my

215

00:13:23,590 --> 00:13:22,480

happiness and and how i can

216

00:13:25,269 --> 00:13:23,600

manifest

217

00:13:27,110 --> 00:13:25,279

and and so

218

00:13:28,310 --> 00:13:27,120

uh it's almost like i want to ask you a

219

00:13:29,269 --> 00:13:28,320

question here

220

00:13:31,190 --> 00:13:29,279

because

221

00:13:32,710 --> 00:13:31,200

we all do this and you know what's

222

00:13:33,910 --> 00:13:32,720

something you and i you want to kind of

223

00:13:34,710 --> 00:13:33,920

talk about

224

00:13:46,150 --> 00:13:34,720

is

225

00:13:49,030 --> 00:13:46,160

and the god in everything so there's

226

00:13:52,550 --> 00:13:49,040

there's multiple levels of god and so

227

00:13:55,189 --> 00:13:52,560

uh when we see attributes or we write

228

00:13:56,790 --> 00:13:55,199

out attributes of what this god whatever

229

00:13:57,910 --> 00:13:56,800

you want to call it

230

00:14:00,069 --> 00:13:57,920

is

231

00:14:03,110 --> 00:14:00,079

i just wonder if there's any attributes

232

00:14:04,790 --> 00:14:03,120

of any version of god you know

233

00:14:05,829 --> 00:14:04,800

that that

234

00:14:08,150 --> 00:14:05,839

you

235

00:14:10,550 --> 00:14:08,160

would that just like a cape crusader

236

00:14:12,470 --> 00:14:10,560

would take on the pla the chance to be

237

00:14:14,710 --> 00:14:12,480

invisible or something i wonder if

238

00:14:17,269 --> 00:14:14,720

there's something in your in your

239

00:14:19,350 --> 00:14:17,279

versions of god that you would love to

240

00:14:21,030 --> 00:14:19,360

be that version of god

241

00:14:22,710 --> 00:14:21,040

you know there's an attribute you're

242

00:14:25,670 --> 00:14:22,720

having that to me or do you mean that

243

00:14:27,670 --> 00:14:25,680

yeah yeah what what yeah

244

00:14:29,189 --> 00:14:27,680

what a delicious beautiful

245

00:14:32,069 --> 00:14:29,199

horseshoe and hangernet

246

00:14:34,550 --> 00:14:32,079

question that's fantastic

247

00:14:37,269 --> 00:14:34,560

what is happening to me lately

248

00:14:41,990 --> 00:14:40,310

many of us understand it conceptually

249

00:14:44,230 --> 00:14:42,000

but what's integrating

250

00:14:46,470 --> 00:14:44,240

is you know i look out in the world and

251  
00:14:48,389 --> 00:14:46,480  
look at the horseshoes people making

252  
00:14:49,509 --> 00:14:48,399  
promises and the not keeping

253  
00:14:51,350 --> 00:14:49,519  
them in the hand grenades when you

254  
00:14:52,550 --> 00:14:51,360  
finally bite into it your freaking head

255  
00:14:53,990 --> 00:14:52,560  
explodes

256  
00:14:55,990 --> 00:14:54,000  
i get all that and i don't like it as

257  
00:14:59,110 --> 00:14:56,000  
much as anybody else

258  
00:15:01,030 --> 00:14:59,120  
but i'm starting to see how things of a

259  
00:15:02,069 --> 00:15:01,040  
horrid nature are actually somewhat

260  
00:15:03,350 --> 00:15:02,079  
beautiful

261  
00:15:05,509 --> 00:15:03,360  
strange

262  
00:15:07,509 --> 00:15:05,519  
because god is all of it you take god

263  
00:15:09,189 --> 00:15:07,519

completely up and you can't no one can

264

00:15:11,590 --> 00:15:09,199

argue with this

265

00:15:17,590 --> 00:15:11,600

there's no way out of the corner

266

00:15:22,150 --> 00:15:19,110

nothing happens

267

00:15:23,990 --> 00:15:22,160

nothing exists all is given permission

268

00:15:26,470 --> 00:15:24,000

if god is omnipresent present in all

269

00:15:28,870 --> 00:15:26,480

places at all times

270

00:15:31,829 --> 00:15:28,880

evil

271

00:15:34,430 --> 00:15:31,839

is not excluded god is present but what

272

00:15:37,030 --> 00:15:34,440

makes it evil is the person

273

00:15:39,829 --> 00:15:37,040

experiencing an energy and that they

274

00:15:42,870 --> 00:15:39,839

don't understand and they are absolutely

275

00:15:47,910 --> 00:15:44,870

this is what is transpiring in me and

276

00:15:50,949 --> 00:15:47,920

it's this might be that law

277

00:15:53,829 --> 00:15:50,959

so are you saying the appreciation of of

278

00:15:55,030 --> 00:15:53,839

good and bad it should be equal or

279

00:15:55,990 --> 00:15:55,040

balanced

280

00:15:58,710 --> 00:15:56,000

absolutely

281

00:16:01,030 --> 00:15:58,720

in fact the bad needs to be more

282

00:16:03,110 --> 00:16:01,040

for them

283

00:16:04,790 --> 00:16:03,120

yeah brian the band needs to be more

284

00:16:07,030 --> 00:16:04,800

appreciated because

285

00:16:08,870 --> 00:16:07,040

that's where the wound is isn't it and

286

00:16:10,710 --> 00:16:08,880

doesn't the child want to be supported

287

00:16:13,509 --> 00:16:10,720

loved and nurtured and

288

00:16:16,069 --> 00:16:13,519

well raised exalted

289

00:16:17,749 --> 00:16:16,079

with what we are calling the bad who and

290

00:16:20,310 --> 00:16:17,759

what anything in the universe wants to

291

00:16:23,670 --> 00:16:20,320

be called you're bad

292

00:16:25,110 --> 00:16:23,680

that's just scolding and smiting and so

293

00:16:27,269 --> 00:16:25,120

this is what is

294

00:16:29,509 --> 00:16:27,279

integrating inside of me and it's

295

00:16:32,230 --> 00:16:29,519

starting to get a little wonky because

296

00:16:33,269 --> 00:16:32,240

i'm leaning more into

297

00:16:35,509 --> 00:16:33,279

what i

298

00:16:38,150 --> 00:16:35,519

never knew before

299

00:16:40,550 --> 00:16:38,160

and that it's becoming true is a little

300

00:16:41,910 --> 00:16:40,560

frightening

301  
00:16:44,389 --> 00:16:41,920  
right

302  
00:16:47,030 --> 00:16:44,399  
so you know how your son you do your

303  
00:16:47,990 --> 00:16:47,040  
greatest to raise your son and make his

304  
00:16:50,470 --> 00:16:48,000  
life

305  
00:16:52,870 --> 00:16:50,480  
easy and so all the problems you had as

306  
00:16:55,350 --> 00:16:52,880  
a as a kid you don't want him to have

307  
00:16:57,910 --> 00:16:55,360  
the same problems and trip over the same

308  
00:17:00,389 --> 00:16:57,920  
things and so you you work your your

309  
00:17:01,509 --> 00:17:00,399  
butt off really hard but no matter what

310  
00:17:03,990 --> 00:17:01,519  
you still

311  
00:17:09,990 --> 00:17:04,000  
you know end up having moments where he

312  
00:17:14,630 --> 00:17:12,390  
no one said better human nature

313  
00:17:15,510 --> 00:17:14,640

yeah you're just human nature so then so

314

00:17:18,309 --> 00:17:15,520

then

315

00:17:21,110 --> 00:17:18,319

uh so when we look into trauma

316

00:17:23,590 --> 00:17:21,120

individual personal it's it's so weird

317

00:17:27,510 --> 00:17:23,600

like my my all right so

318

00:17:29,430 --> 00:17:27,520

as a child all everybody in the world

319

00:17:31,430 --> 00:17:29,440

has these moments where

320

00:17:34,549 --> 00:17:31,440

you were you know three months old or

321

00:17:37,110 --> 00:17:34,559

six months old and uh your mom just

322

00:17:39,510 --> 00:17:37,120

decided to stop breastfeeding you and

323

00:17:41,430 --> 00:17:39,520

then finally gave you a bottle well that

324

00:17:43,029 --> 00:17:41,440

was traumatic that was a trauma moment

325

00:17:46,070 --> 00:17:43,039

you were you were abandoned for that

326

00:17:47,350 --> 00:17:46,080

little thing or the way we were raised

327

00:17:49,990 --> 00:17:47,360

quite often

328

00:17:52,470 --> 00:17:50,000

you're taught that you let the baby cry

329

00:17:54,310 --> 00:17:52,480

just let them cry themselves to sleep

330

00:17:57,029 --> 00:17:54,320

right and so that's another level of

331

00:17:59,430 --> 00:17:57,039

abandonment and there's many other

332

00:18:02,310 --> 00:17:59,440

traumas that happen to you

333

00:18:05,270 --> 00:18:02,320

that that might be

334

00:18:07,190 --> 00:18:05,280

minuscule to the outside person but to

335

00:18:10,070 --> 00:18:07,200

the person experiencing it for the first

336

00:18:12,390 --> 00:18:10,080

time it's traumatic it's horrible

337

00:18:15,830 --> 00:18:12,400

so so when we

338

00:18:17,750 --> 00:18:15,840

judge someone else's trauma or problems

339

00:18:18,549 --> 00:18:17,760

and like just get over it

340

00:18:21,590 --> 00:18:18,559

um

341

00:18:23,909 --> 00:18:21,600

i'm not so sure because i'm not sure so

342

00:18:26,310 --> 00:18:23,919

sure that's the medicine they need

343

00:18:29,270 --> 00:18:26,320

sometimes what they need or what we all

344

00:18:32,310 --> 00:18:29,280

need is to actually just to vent to be

345

00:18:34,390 --> 00:18:32,320

listened to to be hugged and having a

346

00:18:36,470 --> 00:18:34,400

hug yeah yeah you know you speak to you

347

00:18:37,510 --> 00:18:36,480

spoke about trauma just think about the

348

00:18:40,230 --> 00:18:37,520

weight

349

00:18:43,830 --> 00:18:40,240

coming from the realm of light

350

00:18:47,110 --> 00:18:43,840

and now you dawn cloak this baggage of

351

00:18:48,470 --> 00:18:47,120

skin and the pressure

352

00:18:53,350 --> 00:18:48,480

being musicians we know about

353

00:18:56,710 --> 00:18:53,360

compression you go from this wild vast

354

00:18:58,230 --> 00:18:56,720

unbridled being to being compressed and

355

00:19:00,870 --> 00:18:58,240

what is it compressing it holds

356

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

frequency down

357

00:19:06,870 --> 00:19:03,120

and squashed into this density that is

358

00:19:08,950 --> 00:19:06,880

traumatic hence the baby cries

359

00:19:10,710 --> 00:19:08,960

what the fan is this

360

00:19:11,430 --> 00:19:10,720

right

361

00:19:15,750 --> 00:19:11,440

so

362

00:19:17,669 --> 00:19:15,760

earlier about

363

00:19:18,549 --> 00:19:17,679

you know those that big question about

364

00:19:19,830 --> 00:19:18,559

god

365

00:19:21,830 --> 00:19:19,840

um

366

00:19:25,750 --> 00:19:21,840

for me it's this integration of

367

00:19:27,430 --> 00:19:25,760

understanding what i never we all know

368

00:19:28,870 --> 00:19:27,440

but it's when you get to that place that

369

00:19:31,669 --> 00:19:28,880

you're ready to take a bite of this

370

00:19:32,870 --> 00:19:31,679

cookie and this cookie is to no longer

371

00:19:35,750 --> 00:19:32,880

blink

372

00:19:38,390 --> 00:19:35,760

build back better biden or blame the

373

00:19:40,549 --> 00:19:38,400

trump or blame the who whoever and i get

374

00:19:42,710 --> 00:19:40,559

it and i get in those i fall in those

375

00:19:45,350 --> 00:19:42,720

lulls i get into those wonky places

376

00:19:49,430 --> 00:19:47,029

but it doesn't go anywhere and every

377

00:19:51,909 --> 00:19:49,440

time i treat myself that way i realize

378

00:19:54,470 --> 00:19:51,919

it's not going anywhere i can yammer

379

00:19:56,710 --> 00:19:54,480

moaning complaining about i want

380

00:19:59,270 --> 00:19:56,720

even to myself in my head what i don't

381

00:20:01,510 --> 00:19:59,280

like these bad people

382

00:20:04,310 --> 00:20:01,520

and it's detrimental

383

00:20:07,909 --> 00:20:04,320

and so i'm removing myself and looking

384

00:20:09,350 --> 00:20:07,919

at the bad as probably better than the

385

00:20:11,270 --> 00:20:09,360

good because that's where all the

386

00:20:13,830 --> 00:20:11,280

nuggets are

387

00:20:16,549 --> 00:20:13,840

for expansion that is the nuggets for

388

00:20:18,950 --> 00:20:16,559

expansion or in the bat

389

00:20:20,470 --> 00:20:18,960

bring me the batshit that's sort of

390

00:20:22,710 --> 00:20:20,480

where i am

391

00:20:25,430 --> 00:20:22,720

so they say crisis is an opportunity to

392

00:20:29,149 --> 00:20:25,440

learn and grow so really it's just uh

393

00:20:31,909 --> 00:20:29,159

how are you reacting or responding or

394

00:20:35,510 --> 00:20:31,919

remembering and the members you're

395

00:20:38,630 --> 00:20:35,520

reconnecting or religion legioning

396

00:20:40,549 --> 00:20:38,640

religion religion you're reconnecting or

397

00:20:43,830 --> 00:20:40,559

the members are the mind the body the

398

00:20:46,470 --> 00:20:43,840

spirit and so the mental way of most of

399

00:20:49,510 --> 00:20:46,480

us dealing with with problems is just to

400

00:20:53,029 --> 00:20:49,520

scream back with our ego like you know

401  
00:20:54,789 --> 00:20:53,039  
uh if you're if you're if you're uh

402  
00:20:56,710 --> 00:20:54,799  
a screaming baby

403  
00:20:59,270 --> 00:20:56,720  
you know you don't just scream you

404  
00:21:01,909 --> 00:20:59,280  
scream back at the baby and try to

405  
00:21:03,830 --> 00:21:01,919  
reason with it with logic you know and

406  
00:21:06,390 --> 00:21:03,840  
if if you're in the physical mode the

407  
00:21:08,470 --> 00:21:06,400  
body mode you don't just spank the baby

408  
00:21:10,870 --> 00:21:08,480  
and and beat it up

409  
00:21:13,750 --> 00:21:10,880  
you know really what the baby wants is

410  
00:21:17,110 --> 00:21:13,760  
attention and it wants a hug it wants

411  
00:21:20,310 --> 00:21:17,120  
love that's the spiritual way and so

412  
00:21:23,029 --> 00:21:20,320  
what we all have uh usually

413  
00:21:25,750 --> 00:21:23,039

in our screaming baby mode it doesn't

414

00:21:28,070 --> 00:21:25,760

matter if you're you know 80 years old

415

00:21:30,950 --> 00:21:28,080

or eight years old we have screaming

416

00:21:33,830 --> 00:21:30,960

baby modes is we want attention and we

417

00:21:36,950 --> 00:21:33,840

want love and we want connection and we

418

00:21:39,430 --> 00:21:36,960

want appreciation and we want to be held

419

00:21:43,029 --> 00:21:39,440

and hugged not yelled at

420

00:21:45,350 --> 00:21:43,039

not spanked we need love and so that's

421

00:21:48,390 --> 00:21:45,360

in the mental way scream at them

422

00:21:51,190 --> 00:21:48,400

physical way spank them and the men in

423

00:21:53,029 --> 00:21:51,200

the spiritual way is to love them and so

424

00:21:56,070 --> 00:21:53,039

really it's get to that point of

425

00:21:57,029 --> 00:21:56,080

remembering to love

426  
00:21:58,870 --> 00:21:57,039  
right

427  
00:22:01,029 --> 00:21:58,880  
that's so perfectly describes the

428  
00:22:01,830 --> 00:22:01,039  
raising of my son

429  
00:22:03,909 --> 00:22:01,840  
with

430  
00:22:05,590 --> 00:22:03,919  
some background of my some of my

431  
00:22:08,070 --> 00:22:05,600  
background still in me

432  
00:22:09,350 --> 00:22:08,080  
17 years ago

433  
00:22:11,350 --> 00:22:09,360  
you know at first it was just a little

434  
00:22:13,510 --> 00:22:11,360  
pop on behind me i mean literally no

435  
00:22:16,230 --> 00:22:13,520  
harder than that kind of thing i get it

436  
00:22:18,149 --> 00:22:16,240  
creates an attention but

437  
00:22:20,630 --> 00:22:18,159  
and then the other couple of times after

438  
00:22:22,630 --> 00:22:20,640

i realized on the third time i am never

439

00:22:24,830 --> 00:22:22,640

going to do this again this is just not

440

00:22:27,750 --> 00:22:24,840

the way it hurts you more than

441

00:22:31,430 --> 00:22:27,760

them yeah right

442

00:22:33,830 --> 00:22:31,440

and i just i just knew and from then

443

00:22:35,510 --> 00:22:33,840

as i'm raising my son i would always get

444

00:22:37,990 --> 00:22:35,520

down to my knee

445

00:22:39,750 --> 00:22:38,000

so i can be the same height with him so

446

00:22:41,990 --> 00:22:39,760

he didn't see me as this overlord

447

00:22:43,830 --> 00:22:42,000

towering over him as some sort of

448

00:22:44,870 --> 00:22:43,840

smiting god with this big fist kind of

449

00:22:46,789 --> 00:22:44,880

thing

450

00:22:48,230 --> 00:22:46,799

and i've always told him you follow my

451  
00:22:50,070 --> 00:22:48,240  
lead i'll give you everything you can

452  
00:22:51,830 --> 00:22:50,080  
possibly want

453  
00:22:54,789 --> 00:22:51,840  
sounds like bribery

454  
00:22:56,230 --> 00:22:54,799  
well bribery raise a great kid

455  
00:22:59,510 --> 00:22:56,240  
um

456  
00:23:01,270 --> 00:22:59,520  
but i realized that the discipline is

457  
00:23:03,270 --> 00:23:01,280  
making them a disciple and not

458  
00:23:07,350 --> 00:23:03,280  
disciplining them

459  
00:23:09,110 --> 00:23:07,360  
wow disciple as the t as the the steward

460  
00:23:11,270 --> 00:23:09,120  
that's the right word and you don't own

461  
00:23:13,190 --> 00:23:11,280  
your child you're a steward and yet part

462  
00:23:14,870 --> 00:23:13,200  
of the balance of that was

463  
00:23:17,510 --> 00:23:14,880

your

464

00:23:23,029 --> 00:23:20,470

just said in the story taught you how to

465

00:23:25,270 --> 00:23:23,039

no longer punish in the bad way so

466

00:23:26,310 --> 00:23:25,280

disciple for that

467

00:23:30,390 --> 00:23:26,320

round

468

00:23:35,669 --> 00:23:31,350

yeah

469

00:23:40,230 --> 00:23:37,190

one time i was working with deepak

470

00:23:42,549 --> 00:23:40,240

chopra and i did media for him and so he

471

00:23:43,830 --> 00:23:42,559

would come into the back of the room and

472

00:23:45,990 --> 00:23:43,840

he would say

473

00:23:47,830 --> 00:23:46,000

um so what am i teaching on today you

474

00:23:49,110 --> 00:23:47,840

know these were like a week-long events

475

00:23:50,789 --> 00:23:49,120

and so he says you know so what am i

476

00:23:52,230 --> 00:23:50,799

teaching on today i got the little piece

477

00:23:55,430 --> 00:23:52,240

of paper and said oh it looks like

478

00:23:57,750 --> 00:23:55,440

you're teaching about judgment and so he

479

00:23:59,269 --> 00:23:57,760

uh he goes all right well he goes up in

480

00:24:02,470 --> 00:23:59,279

front of everybody for about one hour

481

00:24:05,110 --> 00:24:02,480

and he says that don't judge yourself

482

00:24:07,390 --> 00:24:05,120

and don't judge others it just leads to

483

00:24:09,830 --> 00:24:07,400

misery that the judgment in

484

00:24:11,750 --> 00:24:09,840

comparison just leads to misery and he

485

00:24:13,750 --> 00:24:11,760

speaks about this for one hour and

486

00:24:15,990 --> 00:24:13,760

everybody's excited and happy after the

487

00:24:18,470 --> 00:24:16,000

hour and at the end everybody goes to

488

00:24:22,549 --> 00:24:18,480

dinner and he comes back to the back to

489

00:24:24,710 --> 00:24:22,559

where i am and he says so how did i do

490

00:24:27,990 --> 00:24:24,720

he was wanting me to judge him

491

00:24:30,230 --> 00:24:28,000

and i laughed so hard and i fell to the

492

00:24:32,789 --> 00:24:30,240

ground laughing granted he's like what

493

00:24:34,549 --> 00:24:32,799

are you what are you laughing at i said

494

00:24:37,269 --> 00:24:34,559

what happened to you

495

00:24:39,669 --> 00:24:37,279

you said oh i i need to listen to myself

496

00:24:41,430 --> 00:24:39,679

more often and we're all that way it

497

00:24:44,070 --> 00:24:41,440

doesn't matter you know all the all the

498

00:24:45,750 --> 00:24:44,080

lessons you and i teach or or speak

499

00:24:48,230 --> 00:24:45,760

about we're still learning them every

500

00:24:49,830 --> 00:24:48,240

day aren't we i mean i'm muddling my way

501  
00:24:51,190 --> 00:24:49,840  
through life and i feel like everybody

502  
00:24:53,669 --> 00:24:51,200  
on the planet is muddling their way

503  
00:24:56,470 --> 00:24:53,679  
through life and we have good days and

504  
00:24:59,350 --> 00:24:56,480  
bad days where we'll make less mistakes

505  
00:25:01,990 --> 00:24:59,360  
and uh when when we're open to it

506  
00:25:03,990 --> 00:25:02,000  
um i actually made a couple films with

507  
00:25:06,470 --> 00:25:04,000  
with some some

508  
00:25:08,470 --> 00:25:06,480  
people that were kind of spiritual

509  
00:25:11,269 --> 00:25:08,480  
and i watched them stop and smell the

510  
00:25:14,630 --> 00:25:11,279  
roses i stu i watched them

511  
00:25:16,549 --> 00:25:14,640  
mentally have a open mind enough to

512  
00:25:19,029 --> 00:25:16,559  
learn from the children to learn from

513  
00:25:21,029 --> 00:25:19,039

the dogs to learn from the butterfly or

514

00:25:23,029 --> 00:25:21,039

learn from the flower you know you learn

515

00:25:24,789 --> 00:25:23,039

from everything

516

00:25:26,390 --> 00:25:24,799

and so to

517

00:25:28,549 --> 00:25:26,400

really be conscious

518

00:25:31,350 --> 00:25:28,559

you have to see your relationship to all

519

00:25:34,470 --> 00:25:31,360

literally everything to talk to your

520

00:25:37,350 --> 00:25:34,480

relationship to the cup of coffee and

521

00:25:38,630 --> 00:25:37,360

really savor it and enjoy it i mean how

522

00:25:40,870 --> 00:25:38,640

many more cups of coffee am i going to

523

00:25:42,710 --> 00:25:40,880

have in my life who knows right so i

524

00:25:45,029 --> 00:25:42,720

better enjoy this one right

525

00:25:46,950 --> 00:25:45,039

yeah the playing field's even that's

526

00:25:49,750 --> 00:25:46,960

that's that's the integration i'm

527

00:25:52,310 --> 00:25:49,760

speaking about the play in field is even

528

00:25:53,990 --> 00:25:52,320

i like coffee lots of sugar some cream

529

00:25:55,909 --> 00:25:54,000

you may not you might like coffee no

530

00:25:57,830 --> 00:25:55,919

sugar no however the combination or you

531

00:26:00,149 --> 00:25:57,840

may not like it at all

532

00:26:03,269 --> 00:26:00,159

so for you if you're not not like it at

533

00:26:06,470 --> 00:26:03,279

all person coffee bad

534

00:26:09,350 --> 00:26:06,480

but for person who likey likey coffee

535

00:26:12,710 --> 00:26:09,360

good that's that integration

536

00:26:16,310 --> 00:26:12,720

way of not really per se seeing it as a

537

00:26:18,310 --> 00:26:16,320

concept but moving into the squeeze

538

00:26:20,789 --> 00:26:18,320

becoming one with it

539

00:26:22,230 --> 00:26:20,799

it may take you know eons or lifetimes

540

00:26:24,549 --> 00:26:22,240

but

541

00:26:25,669 --> 00:26:24,559

this period that we're living in is the

542

00:26:27,830 --> 00:26:25,679

gift

543

00:26:28,789 --> 00:26:27,840

and we're all boogered and bothered and

544

00:26:30,390 --> 00:26:28,799

mad

545

00:26:32,070 --> 00:26:30,400

i get it i have my moments we're booking

546

00:26:34,149 --> 00:26:32,080

bothered and mad but this period we're

547

00:26:36,870 --> 00:26:34,159

living in is the gift

548

00:26:42,310 --> 00:26:36,880

so we can get through our cosmic

549

00:26:44,070 --> 00:26:42,320

boogered bother or mad so we can go back

550

00:26:45,590 --> 00:26:44,080

it's not enough only just to go back

551  
00:26:46,630 --> 00:26:45,600  
because we're all going to go back even

552  
00:26:48,310 --> 00:26:46,640  
when we

553  
00:26:50,950 --> 00:26:48,320  
perish

554  
00:26:52,470 --> 00:26:50,960  
the trick the gift

555  
00:26:56,710 --> 00:26:52,480  
the promise

556  
00:26:58,870 --> 00:26:56,720  
is we can go back while we are here

557  
00:27:01,190 --> 00:26:58,880  
so we can have this

558  
00:27:02,870 --> 00:27:01,200  
heaven on earth

559  
00:27:05,430 --> 00:27:02,880  
experience which is

560  
00:27:08,630 --> 00:27:05,440  
i can walk around and be swamji or sai

561  
00:27:11,430 --> 00:27:08,640  
baba or jesus a buddha a krishna and i

562  
00:27:13,430 --> 00:27:11,440  
can fly like meal

563  
00:27:15,909 --> 00:27:13,440

but live in a physical way so we can

564

00:27:17,350 --> 00:27:15,919

share and express our differences

565

00:27:23,990 --> 00:27:17,360

allow

566

00:27:26,310 --> 00:27:24,000

the gig is unity it's always unity

567

00:27:28,310 --> 00:27:26,320

everyone is a fragment of the whole so

568

00:27:31,190 --> 00:27:28,320

if we're going back to the whole

569

00:27:33,350 --> 00:27:31,200

we have to defrag ourselves

570

00:27:35,269 --> 00:27:33,360

and come back as one so we can

571

00:27:37,510 --> 00:27:35,279

experience the whole which is the heaven

572

00:27:39,909 --> 00:27:37,520

on earth i always thought the word holy

573

00:27:41,590 --> 00:27:39,919

should you be spelled with a w h oh yeah

574

00:27:43,510 --> 00:27:41,600

exactly right always there are

575

00:27:46,310 --> 00:27:43,520

derivatives there are there are actual

576

00:27:48,789 --> 00:27:46,320

word plays um grammatically in the

577

00:27:49,909 --> 00:27:48,799

dictionary um about what you just said

578

00:27:52,789 --> 00:27:49,919

in the truth of it that they are

579

00:27:56,630 --> 00:27:52,799

connected they are whole and holy and if

580

00:27:58,710 --> 00:27:56,640

even if you add the word whole h-o-l-e

581

00:28:00,470 --> 00:27:58,720

the whole it's a whole it's void it's

582

00:28:01,669 --> 00:28:00,480

nothing it's space they're all

583

00:28:03,510 --> 00:28:01,679

interconnected i love the english

584

00:28:04,710 --> 00:28:03,520

language so much it's so great and

585

00:28:05,909 --> 00:28:04,720

delicious

586

00:28:07,669 --> 00:28:05,919

yeah it is

587

00:28:10,070 --> 00:28:07,679

you've been recording bro well you you

588

00:28:12,230 --> 00:28:10,080

know when they say spell spelling is

589

00:28:14,310 --> 00:28:12,240

casting a spell so the words when you

590

00:28:17,750 --> 00:28:14,320

really start to connect to the words and

591

00:28:20,389 --> 00:28:17,760

sometimes the portion of the word you

592

00:28:22,789 --> 00:28:20,399

start to really understand the meaning

593

00:28:24,310 --> 00:28:22,799

behind everything so when we say

594

00:28:25,750 --> 00:28:24,320

ko

595

00:28:27,269 --> 00:28:25,760

meaning to

596

00:28:28,830 --> 00:28:27,279

communication

597

00:28:31,430 --> 00:28:28,840

to you know

598

00:28:34,230 --> 00:28:31,440

cooperation it takes two people to work

599

00:28:36,549 --> 00:28:34,240

together or to connect or whatever you

600

00:28:37,909 --> 00:28:36,559

know and then re-member is you know

601  
00:28:40,310 --> 00:28:37,919

putting back

602  
00:28:42,070 --> 00:28:40,320

to the and so all you start to look into

603  
00:28:43,350 --> 00:28:42,080

those words it's really it starts to be

604  
00:28:46,149 --> 00:28:43,360

fun

605  
00:28:48,389 --> 00:28:46,159

and help you find the deeper simple

606  
00:28:51,350 --> 00:28:48,399

understanding and i i don't know if it

607  
00:28:53,909 --> 00:28:51,360

was einstein one of those said uh

608  
00:28:55,830 --> 00:28:53,919

uh that if if you can't explain it to a

609  
00:28:58,870 --> 00:28:55,840

third grader you really don't know what

610  
00:29:00,870 --> 00:28:58,880

you're talking about you know and uh so

611  
00:29:03,190 --> 00:29:00,880

you know i try to i try to whittle down

612  
00:29:06,149 --> 00:29:03,200

most of my spirituality to the dumbest

613  
00:29:07,990 --> 00:29:06,159

possible thing you know like the bible

614

00:29:09,110 --> 00:29:08,000

should probably just say

615

00:29:13,510 --> 00:29:09,120

you know

616

00:29:15,350 --> 00:29:13,520

don't be a dick

617

00:29:16,789 --> 00:29:15,360

only jesus said

618

00:29:18,470 --> 00:29:16,799

only what jesus said just take

619

00:29:20,870 --> 00:29:18,480

everything else out yeah

620

00:29:22,789 --> 00:29:20,880

just let the master speak

621

00:29:24,389 --> 00:29:22,799

and then you have true scripture in my

622

00:29:27,029 --> 00:29:24,399

opinion a lot of was conjecture a lot it

623

00:29:29,269 --> 00:29:27,039

was objective a lot of was subjective i

624

00:29:29,990 --> 00:29:29,279

mean and it gets the truth gets muddled

625

00:29:31,830 --> 00:29:30,000

with

626  
00:29:33,990 --> 00:29:31,840  
a lot of nonsense and then the council

627  
00:29:37,430 --> 00:29:34,000  
of nicea in the late 300s comes along

628  
00:29:39,830 --> 00:29:37,440  
and they rearrange the entire bible and

629  
00:29:42,070 --> 00:29:39,840  
conservation of translation translation

630  
00:29:44,149 --> 00:29:42,080  
after translation

631  
00:29:46,230 --> 00:29:44,159  
and then from those 800 versions that

632  
00:29:48,310 --> 00:29:46,240  
was king james and that's when it became

633  
00:29:50,470 --> 00:29:48,320  
the thy and though i remember the first

634  
00:29:52,470 --> 00:29:50,480  
time that the bible was read to me thee

635  
00:29:54,789 --> 00:29:52,480  
thy and no i'm like

636  
00:29:56,470 --> 00:29:54,799  
so this guy in the middle east named

637  
00:29:59,110 --> 00:29:56,480  
jesus

638  
00:30:00,950 --> 00:29:59,120

you know had said thee thy and though

639

00:30:01,830 --> 00:30:00,960

and had paul john

640

00:30:02,789 --> 00:30:01,840

mark

641

00:30:05,190 --> 00:30:02,799

luke

642

00:30:07,110 --> 00:30:05,200

like in the middle east for real

643

00:30:08,549 --> 00:30:07,120

right white name

644

00:30:09,990 --> 00:30:08,559

with brown skeleton

645

00:30:11,350 --> 00:30:10,000

and you know what all the different

646

00:30:13,029 --> 00:30:11,360

translations and i understand

647

00:30:13,909 --> 00:30:13,039

translation because you want people in

648

00:30:16,549 --> 00:30:13,919

other

649

00:30:17,909 --> 00:30:16,559

dialects and tongues to understand it

650

00:30:19,909 --> 00:30:17,919

words

651  
00:30:22,310 --> 00:30:19,919  
innocently

652  
00:30:25,190 --> 00:30:22,320  
get lost without manipulation or trying

653  
00:30:27,990 --> 00:30:25,200  
to manipulate your control words

654  
00:30:30,630 --> 00:30:28,000  
actually are tough to translate

655  
00:30:35,110 --> 00:30:30,640  
as it's spread across the language

656  
00:30:39,029 --> 00:30:36,630  
but there was a lot of

657  
00:30:40,230 --> 00:30:39,039  
conscious influence of saying you know

658  
00:30:41,990 --> 00:30:40,240  
we don't want you to know about certain

659  
00:30:44,389 --> 00:30:42,000  
things and so it actually the book of

660  
00:30:45,430 --> 00:30:44,399  
the bible to me

661  
00:30:47,510 --> 00:30:45,440  
sort of

662  
00:30:49,110 --> 00:30:47,520  
no i'll just say blatantly it takes it

663  
00:30:51,830 --> 00:30:49,120

taints the life of jesus

664

00:30:53,909 --> 00:30:51,840

the the innocent beautiful man soul he's

665

00:30:54,789 --> 00:30:53,919

not he wasn't he was a man for many

666

00:30:57,509 --> 00:30:54,799

years

667

00:30:59,990 --> 00:30:57,519

declared i am a messenger of god to

668

00:31:01,509 --> 00:31:00,000

came to the realization i am a son

669

00:31:03,750 --> 00:31:01,519

you are my brother

670

00:31:05,029 --> 00:31:03,760

well that doesn't change anything it's

671

00:31:06,389 --> 00:31:05,039

all the same

672

00:31:08,950 --> 00:31:06,399

platform

673

00:31:10,789 --> 00:31:08,960

but i i think that the life of jesus is

674

00:31:13,350 --> 00:31:10,799

more sacred than what is actually told

675

00:31:15,269 --> 00:31:13,360

and some people truly adhere to the only

676

00:31:17,190 --> 00:31:15,279

what has been told

677

00:31:20,149 --> 00:31:17,200

versus the other beautiful possibilities

678

00:31:22,149 --> 00:31:20,159

that are just simply waiting to be

679

00:31:23,990 --> 00:31:22,159

seen appreciated do you think jesus

680

00:31:26,389 --> 00:31:24,000

could be an alien could have been an

681

00:31:28,070 --> 00:31:26,399

alien absolutely well we're all aliens

682

00:31:29,990 --> 00:31:28,080

we don't come from the earth exactly

683

00:31:32,070 --> 00:31:30,000

come through the earth the birth canal

684

00:31:34,070 --> 00:31:32,080

of the earth gaia is the same birth

685

00:31:36,710 --> 00:31:34,080

canal of your mother which is the same

686

00:31:39,190 --> 00:31:36,720

birth of canal the cosmos so yeah we're

687

00:31:41,350 --> 00:31:39,200

all aliens but

688

00:31:43,509 --> 00:31:41,360

even though we come from wherever that

689

00:31:46,950 --> 00:31:43,519

is which is definitely an inner plane to

690

00:31:46,960 --> 00:31:53,430

we're alien in the sense that

691

00:31:57,430 --> 00:31:55,590

as we on this place we're trying to get

692

00:32:00,789 --> 00:31:57,440

back somewhere else

693

00:32:02,549 --> 00:32:00,799

but humanity is not alien

694

00:32:05,830 --> 00:32:02,559

to this planet though we are part of

695

00:32:08,149 --> 00:32:05,840

humanity humanity as a title is not

696

00:32:09,190 --> 00:32:08,159

alien to this planet because this planet

697

00:32:10,470 --> 00:32:09,200

was created

698

00:32:13,509 --> 00:32:10,480

for

699

00:32:14,950 --> 00:32:13,519

humanity and the vanity and the

700

00:32:16,070 --> 00:32:14,960

horseshoes and hand grenades that we're

701

00:32:18,710 --> 00:32:16,080

going through

702

00:32:19,830 --> 00:32:18,720

or to bring us to that place of unity

703

00:32:21,669 --> 00:32:19,840

this is

704

00:32:23,830 --> 00:32:21,679

all this stuff is being used as a bridge

705

00:32:26,070 --> 00:32:23,840

or an instrument to bring us to that

706

00:32:28,470 --> 00:32:26,080

saving grace

707

00:32:30,630 --> 00:32:28,480

do you what is the crosby stills nation

708

00:32:32,389 --> 00:32:30,640

uh young song or whatever that uh it

709

00:32:34,789 --> 00:32:32,399

might have been joanie mitchell's song

710

00:32:37,190 --> 00:32:34,799

but it was uh we are stardust

711

00:32:40,870 --> 00:32:37,200

we are trying oh that's woodstock yeah

712

00:32:44,789 --> 00:32:40,880

woodstock well i came upon a child of

713

00:32:46,950 --> 00:32:44,799

god he was walking along the road

714

00:32:49,909 --> 00:32:46,960

and i asked himself

715

00:32:50,950 --> 00:32:49,919

young and mr tommy yeah

716

00:32:53,190 --> 00:32:50,960

yeah

717

00:32:55,269 --> 00:32:53,200

what a great what a great choice man

718

00:32:58,389 --> 00:32:55,279

yeah absolutely lyrics too

719

00:33:00,470 --> 00:32:58,399

yeah they were out there or in there

720

00:33:03,590 --> 00:33:00,480

all right so did you did you actually

721

00:33:07,029 --> 00:33:03,600

answer the question about if you had any

722

00:33:08,950 --> 00:33:07,039

attributes of any version of god it

723

00:33:10,630 --> 00:33:08,960

doesn't matter what version of god but

724

00:33:13,029 --> 00:33:10,640

any attributes that you'd like to

725

00:33:15,669 --> 00:33:13,039

incorporate into the version of yourself

726

00:33:16,710 --> 00:33:15,679

right now what would what would they be

727

00:33:19,909 --> 00:33:16,720

you know

728

00:33:24,149 --> 00:33:19,919

yeah um one would be absolute abundance

729

00:33:26,470 --> 00:33:25,750

something that's been near and dear to

730

00:33:28,950 --> 00:33:26,480

me

731

00:33:31,509 --> 00:33:28,960

recently one because it is a challenge

732

00:33:33,430 --> 00:33:31,519

two it's an act a self accolade it's a

733

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

mountain it's a goal

734

00:33:38,149 --> 00:33:35,760

by all means i am actually where

735

00:33:40,149 --> 00:33:38,159

everything is wonderful fine peachy and

736

00:33:41,590 --> 00:33:40,159

cozy

737

00:33:43,750 --> 00:33:41,600

i choose

738

00:33:44,950 --> 00:33:43,760

a deep deeper level of that a greater

739

00:33:47,350 --> 00:33:44,960

level of that

740

00:33:50,549 --> 00:33:47,360

so i've been working on the aspect of

741

00:33:53,110 --> 00:33:50,559

abundance in the form of wealth

742

00:33:57,269 --> 00:33:53,120

prosperity abundance on all levels that

743

00:34:02,149 --> 00:33:59,830

working not on but working in dialing in

744

00:34:04,149 --> 00:34:02,159

the frequency of

745

00:34:07,269 --> 00:34:04,159

to where there's no more worry effort

746

00:34:10,550 --> 00:34:07,279

strain or even gain i just know that i'm

747

00:34:14,869 --> 00:34:10,560

in this frequency is to tune into

748

00:34:20,629 --> 00:34:16,389

even when it's not

749

00:34:22,310 --> 00:34:20,639

everything's perfect because even when

750

00:34:24,869 --> 00:34:22,320

it's not has to do with me doing the

751

00:34:27,349 --> 00:34:24,879

work not it's not what's really going on

752

00:34:29,909 --> 00:34:27,359

it has to do with what i think is not

753

00:34:35,669 --> 00:34:32,069

so in in hinduism

754

00:34:36,629 --> 00:34:35,679

and in in yoga you know the chakras and

755

00:34:39,109 --> 00:34:36,639

so on

756

00:34:41,909 --> 00:34:39,119

they they have the seven chakras and at

757

00:34:44,629 --> 00:34:41,919

the throat chakra they they consider

758

00:34:47,430 --> 00:34:44,639

that they call them sutras

759

00:34:48,550 --> 00:34:47,440

and uh but with the heart show actually

760

00:34:50,389 --> 00:34:48,560

let's start with the heart but i'm going

761

00:34:53,270 --> 00:34:50,399

to really get to the throat the heart

762

00:34:54,470 --> 00:34:53,280

chakra is uh peace

763

00:34:56,629 --> 00:34:54,480

harmony

764

00:35:00,150 --> 00:34:56,639

laughter and love

765

00:35:02,630 --> 00:35:00,160

actually the one below it is actually

766

00:35:04,950 --> 00:35:02,640

interesting that one is uh your solar

767

00:35:07,589 --> 00:35:04,960

plexus and that's uh

768

00:35:10,310 --> 00:35:07,599

uh basically like thy kingdom come thy

769

00:35:13,910 --> 00:35:10,320

will be done on earth as it is in heaven

770

00:35:15,430 --> 00:35:13,920

what that is is desire what you desire

771

00:35:16,710 --> 00:35:15,440

it was right there

772

00:35:23,510 --> 00:35:16,720

intention

773

00:35:25,430 --> 00:35:23,520

uh will to do it the will to do it will

774

00:35:26,870 --> 00:35:25,440

and destiny

775

00:35:28,870 --> 00:35:26,880

thy kingdom come

776

00:35:31,510 --> 00:35:28,880

that the kingdom that you desire will

777

00:35:34,550 --> 00:35:31,520

come to you if your will to do it is

778

00:35:35,910 --> 00:35:34,560

strong enough thy will be done on earth

779

00:35:38,950 --> 00:35:35,920

physically

780

00:35:40,550 --> 00:35:38,960

as it is in heaven your spirit

781

00:35:42,710 --> 00:35:40,560

and and so

782

00:35:44,790 --> 00:35:42,720

your spiritual destiny becomes part of

783

00:35:46,230 --> 00:35:44,800

that and then your heart

784

00:35:48,710 --> 00:35:46,240

so that's that's right here with your at

785

00:35:51,750 --> 00:35:48,720

your solar plexus the next one up is

786

00:35:53,510 --> 00:35:51,760

your heart and your heart's peace

787

00:35:57,829 --> 00:35:53,520

harmony

788

00:36:01,589 --> 00:35:57,839

nature and every by everybody and

789

00:36:04,310 --> 00:36:01,599

everything uh peace harmony laughter and

790

00:36:06,390 --> 00:36:04,320

love and and then that starts to open

791

00:36:07,910 --> 00:36:06,400

the whole channel for you and then

792

00:36:10,069 --> 00:36:07,920

here's the throat chakra this is what

793

00:36:11,910 --> 00:36:10,079

i'm getting to for you and and you know

794

00:36:14,470 --> 00:36:11,920

we do this we call up our friends hey

795

00:36:16,470 --> 00:36:14,480

how you doing i'm doing good i'm doing

796

00:36:17,349 --> 00:36:16,480

really good and see no one's gonna know

797

00:36:19,510 --> 00:36:17,359

you're not

798

00:36:22,310 --> 00:36:19,520

i can hear it in your voice right yeah

799

00:36:24,790 --> 00:36:22,320

i'm doing good no you see you can hear

800

00:36:26,710 --> 00:36:24,800

you're locked up right and you're

801  
00:36:29,190 --> 00:36:26,720  
choking on your words right you're

802  
00:36:31,349 --> 00:36:29,200  
choking on your words so we do this with

803  
00:36:34,310 --> 00:36:31,359  
singers in fact you do this when you're

804  
00:36:37,030 --> 00:36:34,320  
singing you drop into this round rich

805  
00:36:39,670 --> 00:36:37,040  
tone and you let things go so when your

806  
00:36:42,150 --> 00:36:39,680  
throat chakra is right

807  
00:36:44,630 --> 00:36:42,160  
your harmony of all your chakras start

808  
00:36:47,190 --> 00:36:44,640  
to get more right and so when you're

809  
00:36:49,589 --> 00:36:47,200  
when you get in alignment right the

810  
00:36:51,430 --> 00:36:49,599  
throat goes right or the when the throat

811  
00:36:53,030 --> 00:36:51,440  
goes right the rest of us go right

812  
00:36:55,349 --> 00:36:53,040  
meaning we get in harmony with our

813  
00:36:57,829 --> 00:36:55,359

frequency of in

814

00:37:00,390 --> 00:36:57,839

of ourselves so in the throat shock or

815

00:37:03,109 --> 00:37:00,400

here's where it is

816

00:37:04,630 --> 00:37:03,119

uh desire

817

00:37:08,390 --> 00:37:04,640

uh

818

00:37:09,750 --> 00:37:08,400

excuse me affluence it's affluence

819

00:37:10,950 --> 00:37:09,760

that's what we're talking about

820

00:37:13,510 --> 00:37:10,960

affluence

821

00:37:14,710 --> 00:37:13,520

so if being affluent

822

00:37:16,310 --> 00:37:14,720

and and

823

00:37:18,790 --> 00:37:16,320

affluence

824

00:37:19,750 --> 00:37:18,800

shouldn't be only limited to me me me

825

00:37:22,710 --> 00:37:19,760

because the

826

00:37:25,109 --> 00:37:22,720

you go back to that intention down here

827

00:37:27,430 --> 00:37:25,119

when you're when your affluence says i

828

00:37:30,470 --> 00:37:27,440

need another ferrari

829

00:37:31,430 --> 00:37:30,480

i need a different color ferrari i need

830

00:37:34,390 --> 00:37:31,440

no

831

00:37:37,030 --> 00:37:34,400

when your affluence has a purpose behind

832

00:37:39,589 --> 00:37:37,040

it an intention behind it it starts to

833

00:37:41,990 --> 00:37:39,599

open up your throat because when you

834

00:37:45,109 --> 00:37:42,000

start to open up the channel

835

00:37:46,550 --> 00:37:45,119

that you need abundance so you can give

836

00:37:49,109 --> 00:37:46,560

abundance

837

00:37:51,990 --> 00:37:49,119

and so you can bring joy to others you

838

00:37:54,950 --> 00:37:52,000

can share the message the gifts that you

839

00:37:57,430 --> 00:37:54,960

have on the planet with others so then

840

00:37:59,589 --> 00:37:57,440

so affluence shouldn't be a selfish

841

00:38:02,150 --> 00:37:59,599

thing it should be a wee wee wee thing

842

00:38:03,670 --> 00:38:02,160

giving giving so affluence is one of

843

00:38:06,870 --> 00:38:03,680

those

844

00:38:09,829 --> 00:38:06,880

affluence abundance is the next one and

845

00:38:11,430 --> 00:38:09,839

that's so much abundance that you have

846

00:38:15,030 --> 00:38:11,440

so much

847

00:38:17,190 --> 00:38:15,040

storehouse to give away and when you

848

00:38:20,390 --> 00:38:17,200

when you record all that

849

00:38:22,790 --> 00:38:20,400

lock it all up it's like taking

850

00:38:24,710 --> 00:38:22,800

40 000 rolls of toilet paper and filling

851

00:38:26,710 --> 00:38:24,720

your house up with toilet paper you

852

00:38:28,630 --> 00:38:26,720

can't walk through the house anymore you

853

00:38:30,630 --> 00:38:28,640

can't do your business anymore you can't

854

00:38:33,109 --> 00:38:30,640

even get like get through it so

855

00:38:34,790 --> 00:38:33,119

sometimes when we hoard

856

00:38:37,589 --> 00:38:34,800

in our dreams and visions and

857

00:38:39,990 --> 00:38:37,599

manifestation we lock ourselves up with

858

00:38:42,630 --> 00:38:40,000

with that abundance you know we don't we

859

00:38:44,950 --> 00:38:42,640

don't give it away so when you're back

860

00:38:47,910 --> 00:38:44,960

to the intention down here when our

861

00:38:50,310 --> 00:38:47,920

intention is clear

862

00:38:53,270 --> 00:38:50,320

your desire your intention your will to

863

00:38:56,390 --> 00:38:53,280

do it and your destiny is is there

864

00:38:59,349 --> 00:38:56,400

then your abundance starts to open up so

865

00:39:01,349 --> 00:38:59,359

uh affluence abundance and here's the

866

00:39:04,069 --> 00:39:01,359

next one the third one the big one

867

00:39:06,870 --> 00:39:04,079

discernment and discernment is a funny

868

00:39:08,790 --> 00:39:06,880

one discernment is is is

869

00:39:11,670 --> 00:39:08,800

who are you giving it to

870

00:39:13,910 --> 00:39:11,680

who are you connecting with and they say

871

00:39:16,710 --> 00:39:13,920

you're about as rich and about as

872

00:39:19,430 --> 00:39:16,720

creative and about as kind and about as

873

00:39:21,670 --> 00:39:19,440

cool as the top five people you're

874

00:39:23,109 --> 00:39:21,680

hanging out with and i've i've heard

875

00:39:25,990 --> 00:39:23,119

i've heard a funny

876  
00:39:27,750 --> 00:39:26,000  
saying that you know if you're depressed

877  
00:39:29,270 --> 00:39:27,760  
maybe you gotta just look around at who

878  
00:39:31,430 --> 00:39:29,280  
you're hanging out with and if you're

879  
00:39:33,670 --> 00:39:31,440  
hanging out with a bunch of jackasses

880  
00:39:35,990 --> 00:39:33,680  
that might be why you're depressed so

881  
00:39:38,230 --> 00:39:36,000  
you might want to up your game so you

882  
00:39:40,310 --> 00:39:38,240  
know if you're if you're in a band with

883  
00:39:42,950 --> 00:39:40,320  
four people that are just making lousy

884  
00:39:45,990 --> 00:39:42,960  
music you're gonna make lousy music

885  
00:39:46,950 --> 00:39:46,000  
and so when you up your game to suddenly

886  
00:39:49,750 --> 00:39:46,960  
i'm

887  
00:39:53,270 --> 00:39:49,760  
connecting with with other people that

888  
00:39:55,510 --> 00:39:53,280

are wanting and desiring to give and

889

00:39:57,589 --> 00:39:55,520

abundant and flow

890

00:39:59,829 --> 00:39:57,599

and and and they have gifts that you

891

00:40:01,430 --> 00:39:59,839

don't even have then you can watch them

892

00:40:04,950 --> 00:40:01,440

and get better and you can give them

893

00:40:07,430 --> 00:40:04,960

some of your gifts so up your game so

894

00:40:09,670 --> 00:40:07,440

uh affluence abundance

895

00:40:10,990 --> 00:40:09,680

discernment and the other one that's

896

00:40:13,829 --> 00:40:11,000

part of that is

897

00:40:15,910 --> 00:40:13,839

creativity your creativity it's all

898

00:40:18,309 --> 00:40:15,920

right here in the throat chakra and so

899

00:40:20,470 --> 00:40:18,319

your creativity so are you really what

900

00:40:21,910 --> 00:40:20,480

are you creating are you you know i

901  
00:40:23,910 --> 00:40:21,920  
would just want to create money for

902  
00:40:25,829 --> 00:40:23,920  
myself well it's probably not going to

903  
00:40:27,910 --> 00:40:25,839  
happen very easily it's going to be a

904  
00:40:29,910 --> 00:40:27,920  
wrestling match and as easily as it

905  
00:40:32,950 --> 00:40:29,920  
shows up it might just disappear that

906  
00:40:35,750 --> 00:40:32,960  
easy so when you create something that's

907  
00:40:37,589 --> 00:40:35,760  
good for the world or good for we

908  
00:40:38,790 --> 00:40:37,599  
it starts to stick

909  
00:40:41,430 --> 00:40:38,800  
and so

910  
00:40:43,589 --> 00:40:41,440  
if it's denser it has a lot more meaning

911  
00:40:45,430 --> 00:40:43,599  
so it makes it a lot more true a lot

912  
00:40:47,589 --> 00:40:45,440  
more quicker yeah

913  
00:40:48,230 --> 00:40:47,599

right love it please continue oh no i

914

00:40:49,829 --> 00:40:48,240

mean

915

00:40:51,910 --> 00:40:49,839

that's pretty much you know that's a

916

00:40:54,470 --> 00:40:51,920

good enough that's amazing yeah because

917

00:40:56,470 --> 00:40:54,480

when i know when you make it when i

918

00:40:58,550 --> 00:40:56,480

don't make it about me well it takes the

919

00:41:00,150 --> 00:40:58,560

me to do it i get that and you deserve

920

00:41:01,030 --> 00:41:00,160

what you need to get for yourself i get

921

00:41:03,910 --> 00:41:01,040

all that

922

00:41:06,150 --> 00:41:03,920

but when the fundamental nature of what

923

00:41:08,069 --> 00:41:06,160

you're doing is about that and again i

924

00:41:10,630 --> 00:41:08,079

want to support brian something else the

925

00:41:12,230 --> 00:41:10,640

throat chakra is is about speaking it's

926  
00:41:14,710 --> 00:41:12,240  
about expression

927  
00:41:19,510 --> 00:41:14,720  
the power of the spoken word the power

928  
00:41:24,069 --> 00:41:22,550  
so when you begin to open up this center

929  
00:41:26,470 --> 00:41:24,079  
of yourself

930  
00:41:27,910 --> 00:41:26,480  
things begin to become thick like you

931  
00:41:29,190 --> 00:41:27,920  
know you can want things for yourself

932  
00:41:32,069 --> 00:41:29,200  
and that's all cool you want the parking

933  
00:41:33,829 --> 00:41:32,079  
space great what makes little even more

934  
00:41:35,190 --> 00:41:33,839  
great is if you want the parking space

935  
00:41:36,950 --> 00:41:35,200  
because you're going to do something

936  
00:41:38,710 --> 00:41:36,960  
with the parking space that you want so

937  
00:41:40,870 --> 00:41:38,720  
bad what are you going to do with that

938  
00:41:42,710 --> 00:41:40,880

maybe to help other people so it almost

939

00:41:44,950 --> 00:41:42,720

so to speak guarantees you're going to

940

00:41:48,470 --> 00:41:44,960

get what you want a lot quicker

941

00:41:50,550 --> 00:41:48,480

because it's not about you it's about

942

00:41:52,950 --> 00:41:50,560

everyone which is the power is in the

943

00:41:55,349 --> 00:41:52,960

collective so automatically immediately

944

00:41:57,430 --> 00:41:55,359

you get everyone on your side

945

00:41:59,270 --> 00:41:57,440

now the thing you may be asking for may

946

00:42:00,829 --> 00:41:59,280

take

947

00:42:05,430 --> 00:42:00,839

however long it

948

00:42:08,069 --> 00:42:05,440

needs there is a period of learning

949

00:42:09,990 --> 00:42:08,079

turning burning churning yearning

950

00:42:12,069 --> 00:42:10,000

to get to that place it's it's that's

951  
00:42:14,390 --> 00:42:12,079  
the whole thing of it it's a game we're

952  
00:42:15,829 --> 00:42:14,400  
doing this because we eternally have

953  
00:42:18,150 --> 00:42:15,839  
been bored

954  
00:42:19,829 --> 00:42:18,160  
bored just sitting in eternally uh the

955  
00:42:21,750 --> 00:42:19,839  
angels are pretty and they sing really

956  
00:42:24,150 --> 00:42:21,760  
good i want to go down the earth and get

957  
00:42:26,870 --> 00:42:24,160  
on the roller coaster man

958  
00:42:29,670 --> 00:42:26,880  
and so we slam into these traumatic

959  
00:42:31,349 --> 00:42:29,680  
experiences come out into this dense

960  
00:42:33,670 --> 00:42:31,359  
meatball

961  
00:42:35,670 --> 00:42:33,680  
only to get paint on the hiney when you

962  
00:42:38,309 --> 00:42:35,680  
do something bad

963  
00:42:40,150 --> 00:42:38,319

i think we're doing pretty good

964

00:42:42,309 --> 00:42:40,160

all right so let me let me add to what

965

00:42:44,870 --> 00:42:42,319

we just said desire intention will

966

00:42:47,829 --> 00:42:44,880

destiny peace harmony laughter love and

967

00:42:50,790 --> 00:42:47,839

then affluence abundance discernment you

968

00:42:53,190 --> 00:42:50,800

know uh in creativity so here's here's

969

00:42:56,309 --> 00:42:53,200

here's your add to that because all that

970

00:42:58,630 --> 00:42:56,319

you just said it stretched it further

971

00:42:59,829 --> 00:42:58,640

now we go to what you and i talk about a

972

00:43:01,829 --> 00:42:59,839

lot too

973

00:43:03,349 --> 00:43:01,839

you can think it think it think it into

974

00:43:05,910 --> 00:43:03,359

it into being

975

00:43:08,470 --> 00:43:05,920

you can work physically it into into

976

00:43:10,230 --> 00:43:08,480

being or you can believe it

977

00:43:13,829 --> 00:43:10,240

so the physical

978

00:43:16,870 --> 00:43:13,839

is is this work work work thing the

979

00:43:19,109 --> 00:43:16,880

mental is all this dreaming and so when

980

00:43:21,670 --> 00:43:19,119

when we when often people talk about

981

00:43:23,349 --> 00:43:21,680

manifesting manifest just think it and

982

00:43:25,990 --> 00:43:23,359

it's gonna show up

983

00:43:27,910 --> 00:43:26,000

no you gotta feel it you actually

984

00:43:29,349 --> 00:43:27,920

literally have to feel it you and i

985

00:43:31,670 --> 00:43:29,359

talked about the first time you and i

986

00:43:33,910 --> 00:43:31,680

were ever con connected i'm i'm i don't

987

00:43:35,589 --> 00:43:33,920

know five years ago or seven years ago i

988

00:43:37,510 --> 00:43:35,599

don't know when we started connecting

989

00:43:40,069 --> 00:43:37,520

but we spent a while bro it's been a

990

00:43:41,190 --> 00:43:40,079

while and you're right feeling is the

991

00:43:43,750 --> 00:43:41,200

none of it

992

00:43:46,630 --> 00:43:43,760

everything else it falls behind feeling

993

00:43:48,390 --> 00:43:46,640

if you can dial in the feeling

994

00:43:49,190 --> 00:43:48,400

like you're saying it's yours

995

00:43:52,230 --> 00:43:49,200

yeah

996

00:43:55,030 --> 00:43:52,240

i think you and i talked about these

997

00:43:57,270 --> 00:43:55,040

funny stories of like uh lamborghini or

998

00:43:59,829 --> 00:43:57,280

ferrari or something you want the red

999

00:44:02,470 --> 00:43:59,839

ferrari yeah you want the red ferrari

1000

00:44:04,230 --> 00:44:02,480

you know at some point uh in the process

1001  
00:44:05,750 --> 00:44:04,240  
of getting the red ferrari it's not the

1002  
00:44:08,470 --> 00:44:05,760  
red ferrari you're after it's the

1003  
00:44:10,710 --> 00:44:08,480  
feeling that you have once you go get to

1004  
00:44:13,510 --> 00:44:10,720  
get in the ferrari i'm i'm someone

1005  
00:44:16,230 --> 00:44:13,520  
special and then you attract attention

1006  
00:44:18,630 --> 00:44:16,240  
that way but i am someone special

1007  
00:44:21,270 --> 00:44:18,640  
because you finally start believing

1008  
00:44:24,069 --> 00:44:21,280  
you are someone special and without the

1009  
00:44:26,390 --> 00:44:24,079  
ferrari you didn't believe it so if you

1010  
00:44:29,589 --> 00:44:26,400  
start to believe you are someone special

1011  
00:44:31,829 --> 00:44:29,599  
and you have something to give the world

1012  
00:44:33,750 --> 00:44:31,839  
and and you really want to improve the

1013  
00:44:36,390 --> 00:44:33,760

world and share your gifts with the

1014

00:44:39,670 --> 00:44:36,400

world then all of a sudden that

1015

00:44:41,270 --> 00:44:39,680

manifestation that intention that desire

1016

00:44:43,270 --> 00:44:41,280

it starts opening up

1017

00:44:45,349 --> 00:44:43,280

your will it's another level of power

1018

00:44:47,109 --> 00:44:45,359

yeah it's another level of power

1019

00:44:49,510 --> 00:44:47,119

basically

1020

00:44:51,829 --> 00:44:49,520

god if we will says

1021

00:44:53,510 --> 00:44:51,839

i think he's starting to understand let

1022

00:44:55,589 --> 00:44:53,520

me give you a little more

1023

00:44:57,030 --> 00:44:55,599

a little more power see what you do with

1024

00:44:58,950 --> 00:44:57,040

that

1025

00:45:00,790 --> 00:44:58,960

and someone realized it's okay to want

1026

00:45:03,109 --> 00:45:00,800

what you want

1027

00:45:04,550 --> 00:45:03,119

but in the inclusion of other people in

1028

00:45:06,309 --> 00:45:04,560

other words get what you want ask for

1029

00:45:08,230 --> 00:45:06,319

what you want ask them you shall receive

1030

00:45:09,750 --> 00:45:08,240

now how can i use this red ferrari to

1031

00:45:11,589 --> 00:45:09,760

help other people maybe i can use that

1032

00:45:12,870 --> 00:45:11,599

as a teaching tool and now the universe

1033

00:45:15,270 --> 00:45:12,880

says ah

1034

00:45:18,630 --> 00:45:15,280

we yeah we can let you use this teaching

1035

00:45:20,870 --> 00:45:18,640

too to help us sort of idea um this has

1036

00:45:22,309 --> 00:45:20,880

been my whole life for 30 years you know

1037

00:45:23,910 --> 00:45:22,319

i went through a dark night of the soul

1038

00:45:25,349 --> 00:45:23,920

long story short we all know keith's

1039

00:45:27,670 --> 00:45:25,359

that's dory

1040

00:45:29,750 --> 00:45:27,680

oh but it's changed it's changed

1041

00:45:31,430 --> 00:45:29,760

everything for me and even in the dark

1042

00:45:33,349 --> 00:45:31,440

night of the soul in the evil and

1043

00:45:35,589 --> 00:45:33,359

darkness that it seemed it was in

1044

00:45:37,589 --> 00:45:35,599

hindsight it is the most sacred thing

1045

00:45:39,190 --> 00:45:37,599

that's one of the most sacred things

1046

00:45:41,190 --> 00:45:39,200

that's ever happened to me

1047

00:45:43,030 --> 00:45:41,200

so that brings us back to horseshoes

1048

00:45:44,710 --> 00:45:43,040

and hanging names you know

1049

00:45:46,550 --> 00:45:44,720

sometimes we put on our heart shoes we

1050

00:45:47,510 --> 00:45:46,560

have horsepower and we trudge to the mud

1051  
00:45:50,309 --> 00:45:47,520  
and

1052  
00:45:52,150 --> 00:45:50,319  
bunch of

1053  
00:45:54,230 --> 00:45:52,160  
and we bite into it

1054  
00:45:55,910 --> 00:45:54,240  
sometimes it pays off and sometimes

1055  
00:45:57,270 --> 00:45:55,920  
we're in debt and it becomes hand

1056  
00:45:59,349 --> 00:45:57,280  
grenades

1057  
00:46:01,910 --> 00:45:59,359  
you know this is the time in right now

1058  
00:46:04,069 --> 00:46:01,920  
we we've been in a low for a while

1059  
00:46:05,390 --> 00:46:04,079  
when some cray-cray some

1060  
00:46:06,950 --> 00:46:05,400  
believe it or not

1061  
00:46:09,510 --> 00:46:06,960  
well-deserved

1062  
00:46:11,430 --> 00:46:09,520  
locked up great great the earth needed

1063  
00:46:12,790 --> 00:46:11,440

it that's for sure it gave her a

1064

00:46:15,190 --> 00:46:12,800

collective breath

1065

00:46:16,950 --> 00:46:15,200

collect two collector breath it gave us

1066

00:46:19,829 --> 00:46:16,960

all the same breath strangely through

1067

00:46:23,270 --> 00:46:19,839

this lock up

1068

00:46:24,710 --> 00:46:23,280

the world simply became united

1069

00:46:27,270 --> 00:46:24,720

people all over the world singing to

1070

00:46:28,790 --> 00:46:27,280

each other and bad balconies in italy

1071

00:46:30,470 --> 00:46:28,800

because

1072

00:46:31,510 --> 00:46:30,480

you know we're going crazy being locked

1073

00:46:32,950 --> 00:46:31,520

up

1074

00:46:35,589 --> 00:46:32,960

but i think

1075

00:46:37,510 --> 00:46:35,599

the locking up is what gives us the

1076

00:46:39,829 --> 00:46:37,520

opposite reflection of what that is

1077

00:46:41,829 --> 00:46:39,839

which is liberation

1078

00:46:45,109 --> 00:46:41,839

we had enough and right now we've been

1079

00:46:47,349 --> 00:46:45,119

in the law since the whole

1080

00:46:48,710 --> 00:46:47,359

coronage

1081

00:46:50,710 --> 00:46:48,720

subsided

1082

00:46:53,109 --> 00:46:50,720

now they're trying to hit us in the face

1083

00:46:55,430 --> 00:46:53,119

sling monkey in our face

1084

00:46:57,430 --> 00:46:55,440

my apologies however anyone feels to me

1085

00:46:59,990 --> 00:46:57,440

it's monkey i'm expressing myself

1086

00:47:04,230 --> 00:47:00,000

it's monkey so all that being said

1087

00:47:07,510 --> 00:47:06,230

get your breath get your provisions and

1088

00:47:08,710 --> 00:47:07,520

i don't mean out of fear don't go to the

1089

00:47:09,829 --> 00:47:08,720

store and buy everything in the store a

1090

00:47:12,550 --> 00:47:09,839

whole bunch of toilet paper i mean get

1091

00:47:14,550 --> 00:47:12,560

you be your provisions you

1092

00:47:17,829 --> 00:47:14,560

get yourself together because another

1093

00:47:20,069 --> 00:47:17,839

another round is coming in the beast

1094

00:47:22,390 --> 00:47:20,079

while we get our breath to exhale and

1095

00:47:24,710 --> 00:47:22,400

breathe a little bit in this law

1096

00:47:26,309 --> 00:47:24,720

the beast is collecting his breath for

1097

00:47:30,790 --> 00:47:26,319

another haul

1098

00:47:35,510 --> 00:47:33,510

i'm i'm looking up right now this uh the

1099

00:47:37,270 --> 00:47:35,520

saying that i used to speak about with

1100

00:47:40,150 --> 00:47:37,280

you uh

1101

00:47:41,190 --> 00:47:40,160

uh and i i i want to read it to uh to

1102

00:47:43,750 --> 00:47:41,200

everyone

1103

00:47:46,230 --> 00:47:43,760

uh but it might take me a second here so

1104

00:47:48,870 --> 00:47:46,240

bro take your time brian uh

1105

00:47:51,589 --> 00:47:48,880

let's see uh uh here we go

1106

00:47:52,390 --> 00:47:51,599

so um i'm just gonna read it out loud

1107

00:47:53,990 --> 00:47:52,400

here

1108

00:47:55,670 --> 00:47:54,000

um

1109

00:47:57,990 --> 00:47:55,680

so

1110

00:47:59,990 --> 00:47:58,000

first of all it says this is just

1111

00:48:02,390 --> 00:48:00,000

somebody else who wrote this

1112

00:48:05,349 --> 00:48:02,400

and um

1113

00:48:06,390 --> 00:48:05,359

i actually am friends with minnie hopi

1114

00:48:08,549 --> 00:48:06,400

and some

1115

00:48:11,109 --> 00:48:08,559

hopi elder friends of mine that have

1116

00:48:12,230 --> 00:48:11,119

passed away i talked to him about this

1117

00:48:15,430 --> 00:48:12,240

and

1118

00:48:19,270 --> 00:48:15,440

this is act attributed to an unnamed

1119

00:48:22,230 --> 00:48:19,280

hopi elder and hopi nation narrati

1120

00:48:25,190 --> 00:48:22,240

uh arizona and but

1121

00:48:26,230 --> 00:48:25,200

what my one hopi elder friend has passed

1122

00:48:27,910 --> 00:48:26,240

away

1123

00:48:31,349 --> 00:48:27,920

um

1124

00:48:33,750 --> 00:48:31,359

said is this might have been an elder

1125

00:48:37,270 --> 00:48:33,760

named lansa it might have been from the

1126

00:48:38,230 --> 00:48:37,280

1950s or 60s he was the chief or in some

1127

00:48:40,790 --> 00:48:38,240

level

1128

00:48:43,589 --> 00:48:40,800

and um i don't know

1129

00:48:44,950 --> 00:48:43,599

but it's a beautiful writing even if no

1130

00:48:49,030 --> 00:48:44,960

one

1131

00:48:51,670 --> 00:48:49,040

um now hopi hopi indians are out there

1132

00:48:53,510 --> 00:48:51,680

in arizona and they have three mesas

1133

00:48:55,510 --> 00:48:53,520

and i i've happened to

1134

00:48:57,829 --> 00:48:55,520

do some ceremonies with them over the

1135

00:48:59,270 --> 00:48:57,839

years and had an incredible time and i

1136

00:49:01,510 --> 00:48:59,280

learned a lot

1137

00:49:03,510 --> 00:49:01,520

from them and their connection to the

1138

00:49:05,910 --> 00:49:03,520

earth and each other

1139

00:49:08,710 --> 00:49:05,920

and um

1140

00:49:11,430 --> 00:49:08,720

they they've been known to speak of the

1141

00:49:13,750 --> 00:49:11,440

end of the world and in their hopi

1142

00:49:16,630 --> 00:49:13,760

elders they have a thing called prophecy

1143

00:49:17,589 --> 00:49:16,640

rock and and they they in

1144

00:49:19,990 --> 00:49:17,599

within

1145

00:49:21,829 --> 00:49:20,000

the lead up to 2012 everyone is saying

1146

00:49:24,309 --> 00:49:21,839

oh it's the end of the world

1147

00:49:25,910 --> 00:49:24,319

and the hopi and many other indigenous

1148

00:49:28,150 --> 00:49:25,920

cultures were actually saying it's not

1149

00:49:30,710 --> 00:49:28,160

the end of the world it's the end of the

1150

00:49:33,829 --> 00:49:30,720

world as we know it

1151

00:49:36,470 --> 00:49:33,839

and uh there's a hopi elder

1152

00:49:40,710 --> 00:49:36,480

named uh thomas minyaka

1153

00:49:43,270 --> 00:49:40,720

who was uh spoke at united nations

1154

00:49:45,750 --> 00:49:43,280

back after we finally got the ability to

1155

00:49:48,950 --> 00:49:45,760

destroy the entire planet

1156

00:49:50,309 --> 00:49:48,960

uh with nuclear weapons he spoke

1157

00:49:51,109 --> 00:49:50,319

that uh

1158

00:49:55,750 --> 00:49:51,119

we

1159

00:49:58,630 --> 00:49:55,760

was

1160

00:50:01,270 --> 00:49:58,640

prophesized by the hopi and it needed to

1161

00:50:03,510 --> 00:50:01,280

no longer we we needed to raise our

1162

00:50:05,190 --> 00:50:03,520

consciousness to not destroy each other

1163

00:50:06,230 --> 00:50:05,200

and destroy the planet

1164

00:50:07,270 --> 00:50:06,240

so

1165

00:50:09,750 --> 00:50:07,280

uh

1166

00:50:12,790 --> 00:50:09,760

this might have come back right in the

1167

00:50:16,230 --> 00:50:12,800

1950s it might have been leading up to

1168

00:50:18,950 --> 00:50:16,240

2012 i've seen this same quote written

1169

00:50:20,150 --> 00:50:18,960

up that it was the year 2000

1170

00:50:23,030 --> 00:50:20,160

i don't know

1171

00:50:24,630 --> 00:50:23,040

um but it's a great it's it's about four

1172

00:50:28,309 --> 00:50:24,640

paragraphs

1173

00:50:29,270 --> 00:50:28,319

and it's it's sort of good for any day

1174

00:50:32,069 --> 00:50:29,280

um

1175

00:50:35,270 --> 00:50:32,079

and it ends with what that guy thomas

1176

00:50:36,950 --> 00:50:35,280

manyaka said at united nations he said

1177

00:50:41,270 --> 00:50:36,960

we

1178

00:50:42,630 --> 00:50:41,280

let me read you what it all says and

1179

00:50:44,069 --> 00:50:42,640

there's the punch line i'm going to give

1180

00:50:45,510 --> 00:50:44,079

the punch line first we are the ones

1181

00:50:47,910 --> 00:50:45,520

we've been waiting for

1182

00:50:50,790 --> 00:50:47,920

and so here's what it says

1183

00:50:52,710 --> 00:50:50,800

you have been telling people that this

1184

00:50:55,109 --> 00:50:52,720

is the 11th hour

1185

00:50:56,470 --> 00:50:55,119

meaning or the end of times

1186

00:50:59,829 --> 00:50:56,480

you've been telling people that this is

1187

00:51:03,270 --> 00:50:59,839

the 11th hour now you must go back and

1188

00:51:05,190 --> 00:51:03,280

tell the people that this is the hour

1189

00:51:06,950 --> 00:51:05,200

and that there are things to be

1190

00:51:09,510 --> 00:51:06,960

considered

1191

00:51:11,670 --> 00:51:09,520

where are you living

1192

00:51:14,630 --> 00:51:11,680

what are you doing

1193

00:51:18,309 --> 00:51:14,640

what are your relationships

1194

00:51:20,630 --> 00:51:18,319

are you in right relation

1195

00:51:27,910 --> 00:51:20,640

where is your water

1196

00:51:30,870 --> 00:51:27,920

know your garden

1197

00:51:33,430 --> 00:51:30,880

it is time to

1198

00:51:37,190 --> 00:51:33,440

get your fruit

1199

00:51:38,309 --> 00:51:37,200

create your community be good to each

1200

00:51:41,829 --> 00:51:38,319

other

1201  
00:51:43,030 --> 00:51:41,839  
do not look outside of yourself for the

1202  
00:51:44,710 --> 00:51:43,040  
leader

1203  
00:51:46,230 --> 00:51:44,720  
then he clasped his hands together and

1204  
00:51:49,510 --> 00:51:46,240  
smiled and said

1205  
00:51:51,829 --> 00:51:49,520  
this could be a good time

1206  
00:51:55,030 --> 00:51:51,839  
there is a river flowing now

1207  
00:51:58,390 --> 00:51:55,040  
very fast as the energy rises there is a

1208  
00:52:01,750 --> 00:51:58,400  
river flowing now very fast and it is so

1209  
00:52:03,750 --> 00:52:01,760  
great and swift that there are those who

1210  
00:52:06,790 --> 00:52:03,760  
will be afraid

1211  
00:52:08,710 --> 00:52:06,800  
they will try to hold on to the shore

1212  
00:52:11,109 --> 00:52:08,720  
in the spot that they're used to they

1213  
00:52:13,430 --> 00:52:11,119

will try to hold on to the shore

1214

00:52:17,990 --> 00:52:13,440

and they will feel that they are being

1215

00:52:22,230 --> 00:52:18,000

torn apart and they will suffer greatly

1216

00:52:26,150 --> 00:52:22,240

know that the river has its destination

1217

00:52:27,030 --> 00:52:26,160

the elders say we must let go of the

1218

00:52:29,190 --> 00:52:27,040

shore

1219

00:52:32,150 --> 00:52:29,200

the place that we're so used to

1220

00:52:34,470 --> 00:52:32,160

we must let go of the shore and push off

1221

00:52:36,470 --> 00:52:34,480

into the middle of the river

1222

00:52:39,109 --> 00:52:36,480

and keep your eyes open

1223

00:52:40,710 --> 00:52:39,119

and our heads above the water

1224

00:52:43,910 --> 00:52:40,720

and i say

1225

00:52:45,670 --> 00:52:43,920

see who is in there with you and

1226  
00:52:49,109 --> 00:52:45,680  
celebrate

1227  
00:52:50,230 --> 00:52:49,119  
at this time in history we are to take

1228  
00:52:51,990 --> 00:52:50,240  
nothing

1229  
00:52:55,349 --> 00:52:52,000  
personally

1230  
00:52:57,430 --> 00:52:55,359  
least of all ourselves

1231  
00:53:01,030 --> 00:52:57,440  
for the moment that we do

1232  
00:53:03,109 --> 00:53:01,040  
our spiritual growth and journey comes

1233  
00:53:07,109 --> 00:53:03,119  
to a halt

1234  
00:53:09,670 --> 00:53:07,119  
the time of the lone wolf is over the

1235  
00:53:12,150 --> 00:53:09,680  
time of the lone wolf is over

1236  
00:53:15,750 --> 00:53:12,160  
gather yourselves

1237  
00:53:19,589 --> 00:53:15,760  
banish the word struggle from your

1238  
00:53:21,670 --> 00:53:19,599

attitude and your vocabulary

1239

00:53:25,510 --> 00:53:21,680

all that we do now

1240

00:53:27,270 --> 00:53:25,520

must be done in a sacred manner and in

1241

00:53:29,750 --> 00:53:27,280

celebration

1242

00:53:32,230 --> 00:53:29,760

we are the ones that we've been waiting

1243

00:53:36,790 --> 00:53:33,910

so that's

1244

00:53:38,870 --> 00:53:36,800

that's the piece did you did you get it

1245

00:53:41,109 --> 00:53:38,880

you know

1246

00:53:43,589 --> 00:53:41,119

are you there did i lose you

1247

00:53:55,030 --> 00:53:43,599

i think i lost you

1248

00:53:57,030 --> 00:53:55,040

that hit me hard

1249

00:53:58,790 --> 00:53:57,040

good beautifully

1250

00:54:01,589 --> 00:53:58,800

so i don't think i've ever heard any

1251

00:54:03,829 --> 00:54:01,599

finer words than that yeah and this

1252

00:54:05,829 --> 00:54:03,839

might have been the 1940s right after

1253

00:54:08,950 --> 00:54:05,839

the nuclear blast

1254

00:54:11,510 --> 00:54:08,960

it might have been any time since then

1255

00:54:14,950 --> 00:54:11,520

but um wow my understanding from the

1256

00:54:18,790 --> 00:54:14,960

hopi elder uh elders that i've spoken to

1257

00:54:20,549 --> 00:54:18,800

is this probably happened more like back

1258

00:54:23,990 --> 00:54:20,559

but it's been written you know on the

1259

00:54:25,190 --> 00:54:24,000

internet as 2000 or 2006 or something

1260

00:54:29,109 --> 00:54:25,200

but it's not

1261

00:54:31,270 --> 00:54:29,119

yeah that was so powerfully amazing yeah

1262

00:54:33,990 --> 00:54:31,280

just i didn't i didn't hear the words i

1263

00:54:36,630 --> 00:54:34,000

heard everything but the words and

1264

00:54:38,710 --> 00:54:36,640

in your congrats to you

1265

00:54:41,190 --> 00:54:38,720

and you're reading it

1266

00:54:43,190 --> 00:54:41,200

i felt you channel

1267

00:54:45,349 --> 00:54:43,200

the spirit of it as to as to why it

1268

00:54:48,870 --> 00:54:45,359

affected me that i didn't hear your

1269

00:54:49,750 --> 00:54:48,880

words i heard your love for it yeah my

1270

00:54:51,270 --> 00:54:49,760

thanks

1271

00:54:52,789 --> 00:54:51,280

yeah bro

1272

00:54:54,710 --> 00:54:52,799

what you got coming down the pike for

1273

00:54:56,870 --> 00:54:54,720

you bro what's happening oh you're still

1274

00:54:59,109 --> 00:54:56,880

in that lull like me i get it but

1275

00:55:01,829 --> 00:54:59,119

anything on the horizon

1276  
00:55:02,789 --> 00:55:01,839  
i've got brilliant things happening uh

1277  
00:55:03,750 --> 00:55:02,799  
with

1278  
00:55:04,829 --> 00:55:03,760  
uh

1279  
00:55:07,349 --> 00:55:04,839  
music

1280  
00:55:08,710 --> 00:55:07,359  
film television

1281  
00:55:11,829 --> 00:55:08,720  
um

1282  
00:55:14,230 --> 00:55:11,839  
photographs that i own that were of 7

1283  
00:55:16,390 --> 00:55:14,240  
000 rock star celebrities a friend of

1284  
00:55:19,510 --> 00:55:16,400  
mine left me

1285  
00:55:20,789 --> 00:55:19,520  
i've got creative ideas i've got my own

1286  
00:55:22,309 --> 00:55:20,799  
podcast

1287  
00:55:25,270 --> 00:55:22,319  
i've got uh

1288  
00:55:28,230 --> 00:55:25,280

uh health and wellness uh

1289

00:55:31,750 --> 00:55:28,240

websites and ideas that that are going

1290

00:55:34,549 --> 00:55:31,760

i've got marketing and finance things

1291

00:55:36,390 --> 00:55:34,559

um and so i i kind of feel like

1292

00:55:37,990 --> 00:55:36,400

when you're creative

1293

00:55:40,470 --> 00:55:38,000

in one way

1294

00:55:42,950 --> 00:55:40,480

you start to be creative in all ways

1295

00:55:44,230 --> 00:55:42,960

and if if you're in a hole

1296

00:55:46,950 --> 00:55:44,240

uh

1297

00:55:49,670 --> 00:55:46,960

you start by cleaning out your your

1298

00:55:52,470 --> 00:55:49,680

drawer one drawer and then clean out the

1299

00:55:54,390 --> 00:55:52,480

closet the next day and then it starts

1300

00:55:56,789 --> 00:55:54,400

unlocking things and at some point you

1301

00:55:59,190 --> 00:55:56,799

start discovering oh i found my new

1302

00:56:00,470 --> 00:55:59,200

thingy right that i used to love and

1303

00:56:02,870 --> 00:56:00,480

then you start playing with the thingy

1304

00:56:04,549 --> 00:56:02,880

and that creativity shows up and then

1305

00:56:06,789 --> 00:56:04,559

when your creativity suddenly you're

1306

00:56:08,150 --> 00:56:06,799

playing guitar and then suddenly you're

1307

00:56:10,950 --> 00:56:08,160

playing bass and then you're playing

1308

00:56:13,349 --> 00:56:10,960

piano and then you have a tv show idea

1309

00:56:16,230 --> 00:56:13,359

and then you uh want to shoot video and

1310

00:56:17,670 --> 00:56:16,240

then you you start taking photos and

1311

00:56:22,230 --> 00:56:17,680

then you

1312

00:56:23,270 --> 00:56:22,240

and you have a restaurant idea and then

1313

00:56:26,069 --> 00:56:23,280

uh

1314

00:56:28,630 --> 00:56:26,079

you know suddenly a great new menu or

1315

00:56:31,829 --> 00:56:28,640

recipe idea and they all start flowing

1316

00:56:33,910 --> 00:56:31,839

so i think for me

1317

00:56:36,549 --> 00:56:33,920

when you are creative

1318

00:56:38,870 --> 00:56:36,559

it's contagious everything is contagious

1319

00:56:40,470 --> 00:56:38,880

so if i sit there and just watch tv and

1320

00:56:42,470 --> 00:56:40,480

take in crap

1321

00:56:44,789 --> 00:56:42,480

then i start to be crap

1322

00:56:47,190 --> 00:56:44,799

and if i start to actually put out

1323

00:56:49,910 --> 00:56:47,200

something or make something or dream

1324

00:56:51,670 --> 00:56:49,920

something it starts to manifest and it

1325

00:56:52,870 --> 00:56:51,680

it actually gets contagious within

1326  
00:56:56,230 --> 00:56:52,880  
myself

1327  
00:56:59,190 --> 00:56:56,240  
and within my community my relationships

1328  
00:57:00,630 --> 00:56:59,200  
and so on everybody starts doing it and

1329  
00:57:03,030 --> 00:57:00,640  
the great part is when you have a

1330  
00:57:05,430 --> 00:57:03,040  
community that everybody's dancing and

1331  
00:57:07,990 --> 00:57:05,440  
dreaming and creating as big and hard as

1332  
00:57:12,390 --> 00:57:08,000  
they are and so you know what we said

1333  
00:57:14,870 --> 00:57:12,400  
earlier if your five best friends aren't

1334  
00:57:17,430 --> 00:57:14,880  
challenging you to be better then maybe

1335  
00:57:20,230 --> 00:57:17,440  
you need five new best friends you need

1336  
00:57:22,150 --> 00:57:20,240  
a game right and get the new band and

1337  
00:57:24,710 --> 00:57:22,160  
get everybody because you look at those

1338  
00:57:25,510 --> 00:57:24,720

great bands that we loved musically

1339

00:57:27,990 --> 00:57:25,520

like

1340

00:57:30,789 --> 00:57:28,000

they were stacked it's just incredible

1341

00:57:33,030 --> 00:57:30,799

guys so it just seems gone i know it's

1342

00:57:35,349 --> 00:57:33,040

not going i can grab a zip album or a

1343

00:57:37,190 --> 00:57:35,359

stixx album or whatever your flavor

1344

00:57:38,789 --> 00:57:37,200

favorite flavor is some guess who and

1345

00:57:40,470 --> 00:57:38,799

like america

1346

00:57:41,430 --> 00:57:40,480

or whatever your flavor is that's cool

1347

00:57:44,069 --> 00:57:41,440

but

1348

00:57:45,829 --> 00:57:44,079

the industry and i understand technology

1349

00:57:47,270 --> 00:57:45,839

because i'm a technology everybody wants

1350

00:57:48,950 --> 00:57:47,280

to do it

1351

00:57:51,190 --> 00:57:48,960

alone and yeah

1352

00:57:53,109 --> 00:57:51,200

where's the human mistakes man that's a

1353

00:57:55,829 --> 00:57:53,119

great mistake no should i do it again

1354

00:57:58,069 --> 00:57:55,839

now no i'll do it again that's the color

1355

00:58:00,710 --> 00:57:58,079

of the song right there and but that

1356

00:58:03,109 --> 00:58:00,720

seems so lost and hopefully that in our

1357

00:58:05,510 --> 00:58:03,119

it's not with me i i demand that that

1358

00:58:07,990 --> 00:58:05,520

every artist it has to be

1359

00:58:10,150 --> 00:58:08,000

that every artist i work with attempts

1360

00:58:11,190 --> 00:58:10,160

to sing the final vocal while they're

1361

00:58:11,910 --> 00:58:11,200

playing the

1362

00:58:13,589 --> 00:58:11,920

the

1363

00:58:14,470 --> 00:58:13,599

guitar while

1364

00:58:16,789 --> 00:58:14,480

playing

1365

00:58:18,549 --> 00:58:16,799

so you've been recording oh yeah i do

1366

00:58:21,270 --> 00:58:18,559

that all the time you know it's so you

1367

00:58:23,670 --> 00:58:21,280

know some days i do a pile of different

1368

00:58:26,470 --> 00:58:23,680

things and yeah you know a band might

1369

00:58:29,430 --> 00:58:26,480

come over and record three songs

1370

00:58:32,150 --> 00:58:29,440

while i also write a tv show or

1371

00:58:35,030 --> 00:58:32,160

or you know come up with an idea or i

1372

00:58:37,430 --> 00:58:35,040

have a tv show idea that when when not

1373

00:58:39,510 --> 00:58:37,440

yeah but when you and i get rich

1374

00:58:41,109 --> 00:58:39,520

it's going to be sort of like a what's

1375

00:58:43,270 --> 00:58:41,119

that show on the

1376

00:58:45,829 --> 00:58:43,280

discovery or

1377

00:58:47,829 --> 00:58:45,839

whatever channel uh hunters we can call

1378

00:58:49,190 --> 00:58:47,839

it god hunters in search of the truth

1379

00:58:50,950 --> 00:58:49,200

and we go to the himalayas because we

1380

00:58:53,750 --> 00:58:50,960

were told there's a man that lives up

1381

00:58:55,349 --> 00:58:53,760

there who can does whatever or we go to

1382

00:58:57,430 --> 00:58:55,359

africa and find this shaman that

1383

00:58:59,510 --> 00:58:57,440

supposedly is known in the region

1384

00:59:01,190 --> 00:58:59,520

because he can

1385

00:59:02,549 --> 00:59:01,200

that'd be fun

1386

00:59:03,750 --> 00:59:02,559

that would be fun

1387

00:59:05,270 --> 00:59:03,760

yeah

1388

00:59:07,270 --> 00:59:05,280

so uh

1389

00:59:08,950 --> 00:59:07,280

once when was the last time how many

1390

00:59:11,750 --> 00:59:08,960

movies did you make with the dalai lama

1391

00:59:13,190 --> 00:59:11,760

was it two two two but you know i i got

1392

00:59:15,670 --> 00:59:13,200

something to tell you about the god

1393

00:59:18,549 --> 00:59:15,680

hunters i'll tell you

1394

00:59:19,510 --> 00:59:18,559

really all of us need to find god right

1395

00:59:21,270 --> 00:59:19,520

here

1396

00:59:22,710 --> 00:59:21,280

just inside absolutely

1397

00:59:24,870 --> 00:59:22,720

you know and

1398

00:59:27,109 --> 00:59:24,880

god isn't out there it's not about

1399

00:59:29,910 --> 00:59:27,119

clouds it's right here

1400

00:59:31,430 --> 00:59:29,920

and it's in it's in your relationship or

1401

00:59:34,069 --> 00:59:31,440

community

1402

00:59:37,430 --> 00:59:34,079

the three or the co it's the it's the

1403

00:59:38,870 --> 00:59:37,440

connection with all each other and i

1404

00:59:42,789 --> 00:59:38,880

don't think

1405

00:59:45,670 --> 00:59:42,799

by being alone in the himalayans for 14

1406

00:59:48,390 --> 00:59:45,680

years is going to bring me closer to god

1407

00:59:49,430 --> 00:59:48,400

as well as going and living

1408

00:59:54,710 --> 00:59:49,440

in

1409

00:59:57,030 --> 00:59:54,720

you know if i if i go live on skid row i

1410

01:00:00,549 --> 00:59:57,040

probably will have deeper faster

1411

01:00:02,710 --> 01:00:00,559

relationships so uh and which will lead

1412

01:00:04,470 --> 01:00:02,720

me to a doc

1413

01:00:05,750 --> 01:00:04,480

so deepak chopra you know we talked

1414

01:00:06,630 --> 01:00:05,760

about deepak

1415

01:00:08,630 --> 01:00:06,640

um

1416

01:00:11,030 --> 01:00:08,640

he said that there was this this guy who

1417

01:00:13,510 --> 01:00:11,040

lived in vegas and he was a book writer

1418

01:00:16,069 --> 01:00:13,520

and this guy said oh vegas is the most

1419

01:00:17,910 --> 01:00:16,079

spiritual city in all the world

1420

01:00:20,230 --> 01:00:17,920

and defense like what are you talking

1421

01:00:23,349 --> 01:00:20,240

about that's crazy it's where all the

1422

01:00:24,390 --> 01:00:23,359

crap happens you know and and he says no

1423

01:00:27,510 --> 01:00:24,400

no

1424

01:00:30,470 --> 01:00:27,520

when you come to vegas a prostitute is

1425

01:00:32,950 --> 01:00:30,480

proud of being a prostitute a gambler is

1426

01:00:35,109 --> 01:00:32,960

proud of being a gambler and they are

1427

01:00:37,990 --> 01:00:35,119

living their experience and a drug

1428

01:00:39,990 --> 01:00:38,000

dealer's a drug dealer in a an addict an

1429

01:00:43,750 --> 01:00:40,000

addict and they can be who they want to

1430

01:00:45,510 --> 01:00:43,760

be and what happens is it's a fast road

1431

01:00:48,150 --> 01:00:45,520

they don't have to hide behind these

1432

01:00:51,190 --> 01:00:48,160

things it's the fast road to having a

1433

01:00:54,150 --> 01:00:51,200

big experience and for only a few months

1434

01:00:56,470 --> 01:00:54,160

or whatever of being at that level they

1435

01:00:58,870 --> 01:00:56,480

give up and then they learn their lesson

1436

01:01:01,109 --> 01:00:58,880

and grow so it's a great place to grow i

1437

01:01:02,230 --> 01:01:01,119

love it that that is a new integration

1438

01:01:04,230 --> 01:01:02,240

for me brian thank you for the

1439

01:01:05,030 --> 01:01:04,240

validation of saying that

1440

01:01:07,430 --> 01:01:05,040

yeah

1441

01:01:12,710 --> 01:01:10,230

there's nothing we really want is to be

1442

01:01:13,829 --> 01:01:12,720

accepted experience and we want to be

1443

01:01:16,710 --> 01:01:13,839

conscious

1444

01:01:18,470 --> 01:01:16,720

fully in every experience which means

1445

01:01:19,829 --> 01:01:18,480

there's no more hiccups in other words

1446

01:01:21,670 --> 01:01:19,839

here's an experience his inexperience

1447

01:01:23,349 --> 01:01:21,680

hasn't experienced to where there's this

1448

01:01:26,549 --> 01:01:23,359

great dation of

1449

01:01:29,349 --> 01:01:26,559

endless that river the experience that's

1450

01:01:31,829 --> 01:01:29,359

god it's conscious experience

1451

01:01:34,710 --> 01:01:31,839

nothing else is real but you and your

1452

01:01:38,870 --> 01:01:34,720

experience

1453

01:01:41,829 --> 01:01:38,880

experiential

1454

01:01:43,750 --> 01:01:41,839

to me that is true spirituality is

1455

01:01:45,589 --> 01:01:43,760

not just having something happen

1456

01:01:48,230 --> 01:01:45,599

and then in hindsight we go this is an

1457

01:01:50,549 --> 01:01:48,240

experience i had last week it's too late

1458

01:01:52,870 --> 01:01:50,559

it's a week too late

1459

01:01:54,789 --> 01:01:52,880

but being in the moment

1460

01:01:57,430 --> 01:01:54,799

as it's going down gives us conscious

1461

01:01:58,870 --> 01:01:57,440

power because i'm here i don't look back

1462

01:02:00,390 --> 01:01:58,880

in two weeks and go oh this happened let

1463

01:02:01,910 --> 01:02:00,400

me tell you this dramatic story y'all

1464

01:02:03,430 --> 01:02:01,920

don't you'll never believe what happened

1465

01:02:05,750 --> 01:02:03,440

to me

1466

01:02:07,029 --> 01:02:05,760

well when i become conscious in my

1467

01:02:08,630 --> 01:02:07,039

experience

1468

01:02:10,069 --> 01:02:08,640

two weeks in the future i will never say

1469

01:02:11,510 --> 01:02:10,079

oh my god let me tell you this dramatic

1470

01:02:12,950 --> 01:02:11,520

story you never believe what happened to

1471

01:02:15,109 --> 01:02:12,960

me that never happens because

1472

01:02:19,270 --> 01:02:15,119

you're conscious

1473

01:02:20,870 --> 01:02:19,280

the trick we all need to master is to

1474

01:02:22,470 --> 01:02:20,880

open up that window to where we're

1475

01:02:23,829 --> 01:02:22,480

always conscious

1476

01:02:24,710 --> 01:02:23,839

and there is no other way back to the

1477

01:02:27,750 --> 01:02:24,720

garden

1478

01:02:29,910 --> 01:02:27,760

yeah we get graces and we get boosts

1479

01:02:31,910 --> 01:02:29,920

but in the long run there it's always

1480

01:02:34,390 --> 01:02:31,920

about making a conscious choice

1481

01:02:37,750 --> 01:02:34,400

so when we can integrate so fully

1482

01:02:40,069 --> 01:02:37,760

that god is truly me it's me you do in

1483

01:02:42,390 --> 01:02:40,079

fact none of you exist it's me all right

1484

01:02:43,510 --> 01:02:42,400

you begin to live in this place

1485

01:02:45,109 --> 01:02:43,520

good

1486

01:02:46,789 --> 01:02:45,119

what is awareness to you what is

1487

01:02:49,829 --> 01:02:46,799

consciousness to you can you can you

1488

01:02:55,670 --> 01:02:49,839

explain being aware of awareness or how

1489

01:03:00,630 --> 01:02:57,670

awareness is dominant awareness is

1490

01:03:03,190 --> 01:03:00,640

priority awareness is the base

1491

01:03:04,789 --> 01:03:03,200

awareness is the infinite grace that

1492

01:03:06,789 --> 01:03:04,799

simply just is

1493

01:03:08,710 --> 01:03:06,799

god is aware of itself

1494

01:03:13,190 --> 01:03:08,720

from our perspective

1495

01:03:18,549 --> 01:03:15,190

has to develop itself

1496

01:03:20,710 --> 01:03:18,559

to a level to be unders to understand

1497

01:03:23,190 --> 01:03:20,720

what the bed is which is awareness

1498

01:03:25,270 --> 01:03:23,200

awareness is infinite it always is

1499

01:03:27,430 --> 01:03:25,280

people are not always conscious

1500

01:03:28,710 --> 01:03:27,440

or consciousness we're always in

1501

01:03:33,270 --> 01:03:28,720

consciousness

1502

01:03:36,950 --> 01:03:35,109

it's a conscious choice to expand to

1503

01:03:39,349 --> 01:03:36,960

greater degrees to where the

1504

01:03:41,510 --> 01:03:39,359

consciousness actually falls greater

1505

01:03:43,910 --> 01:03:41,520

into awareness

1506

01:03:46,069 --> 01:03:43,920

they're very wonky words to sort of

1507

01:03:48,309 --> 01:03:46,079

interchange and try to make subtle

1508

01:03:51,109 --> 01:03:48,319

differences but for me awareness is the

1509

01:03:53,750 --> 01:03:51,119

ongoing the ever-present thing

1510

01:03:55,670 --> 01:03:53,760

consciousness

1511

01:03:57,190 --> 01:03:55,680

can be used as a vehicle to understand

1512

01:03:58,950 --> 01:03:57,200

that infinite presence an infinite

1513

01:04:00,470 --> 01:03:58,960

awareness i don't know how that worked

1514

01:04:04,470 --> 01:04:00,480

for you but i'm still facing all right i

1515

01:04:06,230 --> 01:04:04,480

get it all right so then number two um

1516

01:04:08,549 --> 01:04:06,240

if

1517

01:04:10,710 --> 01:04:08,559

uh could you tell me anything that

1518

01:04:13,589 --> 01:04:10,720

you're doing new

1519

01:04:17,510 --> 01:04:13,599

or even old that you remembered or

1520

01:04:21,270 --> 01:04:17,520

reconnected to that is a physical action

1521

01:04:23,589 --> 01:04:21,280

that you do to reconnect or remember or

1522

01:04:25,990 --> 01:04:23,599

whatever is there anything new or old

1523

01:04:27,190 --> 01:04:26,000

that you you're doing as a habit as a

1524

01:04:29,829 --> 01:04:27,200

practice

1525

01:04:31,589 --> 01:04:29,839

to to get there i'm doing that with you

1526

01:04:32,470 --> 01:04:31,599

right now i've been and thank you for

1527

01:04:35,430 --> 01:04:32,480

that

1528

01:04:37,190 --> 01:04:35,440

can

1529

01:04:38,470 --> 01:04:37,200

see that for myself to integrate it a

1530

01:04:41,109 --> 01:04:38,480

little further

1531

01:04:44,309 --> 01:04:41,119

i've been doing this for however long

1532

01:04:47,430 --> 01:04:44,319

however long it doesn't matter point is

1533

01:04:50,630 --> 01:04:47,440

this is what i do i use my will

1534

01:04:52,390 --> 01:04:50,640

my god fire to connect to the absolute

1535

01:04:55,029 --> 01:04:52,400

clarity that i can muster in any given

1536

01:04:57,190 --> 01:04:55,039

moment and i take action i sit here and

1537

01:04:59,190 --> 01:04:57,200

i use this platform to reach people and

1538

01:05:01,750 --> 01:04:59,200

have them reach me back

1539

01:05:02,789 --> 01:05:01,760

and i put all

1540

01:05:04,470 --> 01:05:02,799

all

1541

01:05:08,549 --> 01:05:04,480

not only myself

1542

01:05:10,549 --> 01:05:08,559

my time and my heart into it um i was

1543

01:05:12,710 --> 01:05:10,559

going to share with you earlier i i

1544

01:05:14,950 --> 01:05:12,720

think i'm at the level

1545

01:05:17,190 --> 01:05:14,960

i've shared this to you many times

1546

01:05:18,710 --> 01:05:17,200

but i think it's real i'm done playing

1547

01:05:20,789 --> 01:05:18,720

music i'm done

1548

01:05:22,870 --> 01:05:20,799

the thought of someone calling a high

1549

01:05:24,069 --> 01:05:22,880

dollar gig tomorrow i'll go do it you

1550

01:05:25,670 --> 01:05:24,079

can bet

1551  
01:05:26,470 --> 01:05:25,680  
hey keith i need to sit in and they pay

1552  
01:05:28,309 --> 01:05:26,480  
me

1553  
01:05:30,630 --> 01:05:28,319  
the wage

1554  
01:05:33,750 --> 01:05:30,640  
i don't want to do it anymore

1555  
01:05:36,230 --> 01:05:33,760  
so i'm using these

1556  
01:05:37,670 --> 01:05:36,240  
different opportunities to leverage up

1557  
01:05:39,190 --> 01:05:37,680  
to ratchet

1558  
01:05:41,190 --> 01:05:39,200  
to level up

1559  
01:05:43,190 --> 01:05:41,200  
but i do it all the time

1560  
01:05:45,109 --> 01:05:43,200  
just center of light foundation that's

1561  
01:05:47,829 --> 01:05:45,119  
where i put all of my energy into

1562  
01:05:48,870 --> 01:05:47,839  
physically and on every possible level

1563  
01:05:51,430 --> 01:05:48,880

so

1564

01:05:53,829 --> 01:05:51,440

do you believe

1565

01:05:56,470 --> 01:05:53,839

that what i talked about earlier about

1566

01:05:59,270 --> 01:05:56,480

when i start to play the music and then

1567

01:06:02,549 --> 01:05:59,280

i start to write the ideas and it's all

1568

01:06:06,390 --> 01:06:02,559

of a sudden my creativity goes

1569

01:06:07,589 --> 01:06:06,400

multiple times this works for me

1570

01:06:09,510 --> 01:06:07,599

i i don't

1571

01:06:12,710 --> 01:06:09,520

i don't put all my eggs in one basket my

1572

01:06:14,789 --> 01:06:12,720

basket is creativity so suddenly when

1573

01:06:17,910 --> 01:06:14,799

i'm really really creative and i could

1574

01:06:19,190 --> 01:06:17,920

be so busy on those creative days that i

1575

01:06:21,589 --> 01:06:19,200

don't have

1576

01:06:22,950 --> 01:06:21,599

that much time

1577

01:06:26,230 --> 01:06:22,960

you would think i wouldn't have that

1578

01:06:29,349 --> 01:06:26,240

much time but my level of doing things

1579

01:06:32,230 --> 01:06:29,359

like cooking or cleaning or the

1580

01:06:33,589 --> 01:06:32,240

meticulous way i fold my clothes after i

1581

01:06:36,470 --> 01:06:33,599

do laundry

1582

01:06:38,870 --> 01:06:36,480

ups their game but when i have nothing

1583

01:06:39,990 --> 01:06:38,880

to do all day but fold a

1584

01:06:42,870 --> 01:06:40,000

pile of

1585

01:06:45,029 --> 01:06:42,880

clothes and wash a few dishes i usually

1586

01:06:47,910 --> 01:06:45,039

go to sleep with the clothes all balled

1587

01:06:52,470 --> 01:06:47,920

up in a basket and and the dish is still

1588

01:06:55,430 --> 01:06:52,480

dirty but when i'm so busy creating i

1589

01:06:57,270 --> 01:06:55,440

i i create everything at a higher level

1590

01:06:59,270 --> 01:06:57,280

do you feel that

1591

01:07:01,910 --> 01:06:59,280

yeah and to answer your question and i

1592

01:07:03,910 --> 01:07:01,920

love your analogy for example you know i

1593

01:07:05,910 --> 01:07:03,920

want to do something creative today okay

1594

01:07:09,029 --> 01:07:05,920

so i'm looking around i want to record

1595

01:07:11,670 --> 01:07:09,039

ah where is that plug i'm looking for

1596

01:07:13,190 --> 01:07:11,680

right i don't know where it's at

1597

01:07:15,270 --> 01:07:13,200

i need this plug to connect my

1598

01:07:17,270 --> 01:07:15,280

headphones so i can cut some tracks

1599

01:07:18,950 --> 01:07:17,280

i don't have this plug a few days later

1600

01:07:20,470 --> 01:07:18,960

decide i'm gonna clean out that drawer

1601

01:07:22,309 --> 01:07:20,480

that you were talking about

1602

01:07:24,150 --> 01:07:22,319

purl the drawer open

1603

01:07:27,029 --> 01:07:24,160

you know then it brings forth the plug

1604

01:07:30,390 --> 01:07:27,039

then i can start cutting some tracks and

1605

01:07:33,109 --> 01:07:30,400

so forth and so on yeah so i think that

1606

01:07:35,750 --> 01:07:33,119

creativity doesn't only apply to

1607

01:07:37,190 --> 01:07:35,760

the task at hand it opens

1608

01:07:39,670 --> 01:07:37,200

it opens up

1609

01:07:41,910 --> 01:07:39,680

the possibilities of

1610

01:07:45,029 --> 01:07:41,920

staying in creativity mode for sure what

1611

01:07:47,349 --> 01:07:45,039

do you have there sir it's like

1612

01:07:49,190 --> 01:07:47,359

wow it's an old one isn't it

1613

01:07:50,789 --> 01:07:49,200

can you strum it that's new yorker i

1614

01:07:53,270 --> 01:07:50,799

don't um

1615

01:07:55,109 --> 01:07:53,280

i uh i

1616

01:07:57,029 --> 01:07:55,119

never wanted this particular model i

1617

01:07:59,589 --> 01:07:57,039

never even seen it before

1618

01:08:03,270 --> 01:07:59,599

and it was on sale uh somebody sold it

1619

01:08:05,349 --> 01:08:03,280

locally for 225 bucks and it's like a

1620

01:08:06,710 --> 01:08:05,359

seven or eight hundred dollar guitars

1621

01:08:08,710 --> 01:08:06,720

more than that i don't know what year is

1622

01:08:11,270 --> 01:08:08,720

it you know it's it's a probably a newer

1623

01:08:14,390 --> 01:08:11,280

one but i i just kind of fell in love

1624

01:08:17,430 --> 01:08:14,400

with gretchen's years ago i got an old

1625

01:08:18,149 --> 01:08:17,440

veggie scratch drum kit this is a newer

1626

01:08:20,550 --> 01:08:18,159

one

1627

01:08:22,390 --> 01:08:20,560

and so my intention is to actually trade

1628

01:08:23,189 --> 01:08:22,400

this for the for the guitar i really

1629

01:08:25,189 --> 01:08:23,199

want

1630

01:08:28,630 --> 01:08:25,199

uh which is another graduate big whammy

1631

01:08:30,950 --> 01:08:28,640

bar and all this stuff but i i cheat so

1632

01:08:32,950 --> 01:08:30,960

i don't i don't i don't do creativity

1633

01:08:34,390 --> 01:08:32,960

like everybody else right can you strum

1634

01:08:37,990 --> 01:08:34,400

it i watch it

1635

01:08:39,510 --> 01:08:38,000

so so let me let me just show you this i

1636

01:08:42,870 --> 01:08:39,520

don't

1637

01:08:45,910 --> 01:08:42,880

know how to do my left hand in all these

1638

01:08:47,669 --> 01:08:45,920

incredible chord change ways you know

1639

01:08:50,630 --> 01:08:47,679

and all these little things and i don't

1640

01:08:52,789 --> 01:08:50,640

want to learn that i just want to find

1641

01:08:54,709 --> 01:08:52,799

something that sounds good right

1642

01:08:57,349 --> 01:08:54,719

so what i'll do

1643

01:08:59,510 --> 01:08:57,359

this the lowest note on a guitar i don't

1644

01:09:01,910 --> 01:08:59,520

know if this is in tune i hope it is

1645

01:09:04,390 --> 01:09:01,920

uh but the lowest note on a guitar is

1646

01:09:07,269 --> 01:09:04,400

usually way way higher than i to tune

1647

01:09:09,669 --> 01:09:07,279

this i usually tune every guitar of mine

1648

01:09:11,189 --> 01:09:09,679

to something really really really low

1649

01:09:13,349 --> 01:09:11,199

and i'll tune that first one to

1650

01:09:17,030 --> 01:09:13,359

something as low as the guitar will

1651

01:09:19,749 --> 01:09:17,040

resonate and then i talk next one up

1652

01:09:22,070 --> 01:09:19,759

to something that's in harmony with it

1653

01:09:24,550 --> 01:09:22,080

and so what i'm getting to is this is

1654

01:09:26,789 --> 01:09:24,560

how i live my life too

1655

01:09:28,470 --> 01:09:26,799

find that round where where where the

1656

01:09:31,110 --> 01:09:28,480

body is

1657

01:09:33,910 --> 01:09:31,120

where the body of the guitar resonates

1658

01:09:36,149 --> 01:09:33,920

and the lowest note where it starts to

1659

01:09:37,910 --> 01:09:36,159

feel good and then i find something

1660

01:09:39,110 --> 01:09:37,920

that's in harmony with it and on this

1661

01:09:40,730 --> 01:09:39,120

one

1662

01:09:45,510 --> 01:09:40,740

it's it's an octave

1663

01:09:47,189 --> 01:09:45,520

[Music]

1664

01:09:49,110 --> 01:09:47,199

now they're not probably in tune that's

1665

01:09:51,349 --> 01:09:49,120

right let's see what the other ones know

1666

01:09:52,070 --> 01:09:51,359

i don't know what i tune this to

1667

01:10:00,310 --> 01:09:52,080

so

1668

01:10:04,070 --> 01:10:00,320

[Music]

1669

01:10:07,590 --> 01:10:04,080

that's that's a that's a

1670

01:10:18,070 --> 01:10:07,600

now what a nine i slide over to a to a

1671

01:10:23,910 --> 01:10:20,950

so i end up getting these chords that i

1672

01:10:25,830 --> 01:10:23,920

don't know what i'm doing if it's so i i

1673

01:10:28,149 --> 01:10:25,840

i don't know how to put my hand in that

1674

01:10:30,630 --> 01:10:28,159

i know i had to put a line across here

1675

01:10:32,229 --> 01:10:30,640

and so i ended up writing these things

1676  
01:10:34,470 --> 01:10:32,239  
and then i play them for musicians like

1677  
01:10:35,590 --> 01:10:34,480  
yourself and i say what what what chord

1678  
01:10:38,310 --> 01:10:35,600  
is this

1679  
01:10:40,630 --> 01:10:38,320  
and there's oh that's a it's got a

1680  
01:10:42,950 --> 01:10:40,640  
augmented fifth and a diminished seventh

1681  
01:10:45,669 --> 01:10:42,960  
on it i'm like i don't know it's cool

1682  
01:10:48,709 --> 01:10:45,679  
you know and so then i write these songs

1683  
01:10:51,350 --> 01:10:48,719  
from a place of what i feel and not what

1684  
01:10:54,390 --> 01:10:51,360  
i think i'm not trying to write a

1685  
01:10:55,910 --> 01:10:54,400  
diminished fifth and augmented seventh i

1686  
01:10:57,910 --> 01:10:55,920  
don't know all that stuff i don't wanna

1687  
01:11:00,950 --> 01:10:57,920  
know that stuff i just want to know what

1688  
01:11:04,310 --> 01:11:00,960

feels good and so my level of creativity

1689

01:11:05,910 --> 01:11:04,320

is does it feel good yum or yuck and so

1690

01:11:08,229 --> 01:11:05,920

i don't know if you've ever cooked in

1691

01:11:09,990 --> 01:11:08,239

the in the in the kitchen and you don't

1692

01:11:12,149 --> 01:11:10,000

have what the recipe is you just start

1693

01:11:14,310 --> 01:11:12,159

grabbing stuff and sticking it together

1694

01:11:15,910 --> 01:11:14,320

i kind of make music like that i just

1695

01:11:18,470 --> 01:11:15,920

start sticking stuff together and then

1696

01:11:20,950 --> 01:11:18,480

you taste it and like what's it need

1697

01:11:23,350 --> 01:11:20,960

well a fancy chef might add all this

1698

01:11:26,229 --> 01:11:23,360

paprika and all this other extra stuff

1699

01:11:28,310 --> 01:11:26,239

and saffron but maybe what you and i

1700

01:11:30,709 --> 01:11:28,320

like to do is just grab some ketchup and

1701

01:11:32,390 --> 01:11:30,719

just dump some ketchup on top of it you

1702

01:11:35,830 --> 01:11:32,400

know

1703

01:11:37,830 --> 01:11:35,840

sometimes the music i make is just a

1704

01:11:40,870 --> 01:11:37,840

bunch of ketchup over top of chocolate

1705

01:11:43,830 --> 01:11:40,880

ice cream i don't know you know it's

1706

01:11:46,630 --> 01:11:43,840

it's just it's just whatever happens

1707

01:11:47,830 --> 01:11:46,640

my go-to my go-to is onions and garlic

1708

01:11:49,910 --> 01:11:47,840

yeah

1709

01:11:52,070 --> 01:11:49,920

you know why you know why they're both

1710

01:11:54,870 --> 01:11:52,080

healing the garlic yeah

1711

01:11:56,070 --> 01:11:54,880

they're very good for uh antiseptics

1712

01:11:58,229 --> 01:11:56,080

yeah yeah

1713

01:11:59,669 --> 01:11:58,239

brian i agree with you past the album my

1714

01:12:01,110 --> 01:11:59,679

brother what you got for us would you

1715

01:12:02,390 --> 01:12:01,120

want to leave us with what kind of bang

1716

01:12:05,350 --> 01:12:02,400

you got

1717

01:12:07,910 --> 01:12:05,360

well i mean if uh the uh the real truth

1718

01:12:09,990 --> 01:12:07,920

is the onions and garlic probably that

1719

01:12:12,630 --> 01:12:10,000

uh if you're gonna cook anything you

1720

01:12:13,990 --> 01:12:12,640

should start with onions and garlic even

1721

01:12:16,310 --> 01:12:14,000

if you don't know what you're gonna cook

1722

01:12:18,709 --> 01:12:16,320

just cook up take some onions and garlic

1723

01:12:20,950 --> 01:12:18,719

and put some butter in and just slice it

1724

01:12:23,189 --> 01:12:20,960

up and everybody will come running in

1725

01:12:24,550 --> 01:12:23,199

and go wow you're the greatest chef in

1726

01:12:27,110 --> 01:12:24,560

the world

1727

01:12:28,950 --> 01:12:27,120

and you're like i'm not doing anything

1728

01:12:31,750 --> 01:12:28,960

and just cooking up onions and garlic

1729

01:12:34,630 --> 01:12:31,760

but the energy of that will open up your

1730

01:12:36,870 --> 01:12:34,640

nasal passages open up to everything and

1731

01:12:38,709 --> 01:12:36,880

you'll you'll love that and it's it's so

1732

01:12:41,990 --> 01:12:38,719

i'm telling you it's sort of like doing

1733

01:12:43,189 --> 01:12:42,000

that with with music so or with art or

1734

01:12:44,310 --> 01:12:43,199

anything else

1735

01:12:45,750 --> 01:12:44,320

so when

1736

01:12:47,750 --> 01:12:45,760

all this is contagious and it's

1737

01:12:49,669 --> 01:12:47,760

contagious within myself

1738

01:12:51,030 --> 01:12:49,679

so fear is contagious your love is

1739

01:12:53,510 --> 01:12:51,040

contagious

1740

01:12:55,350 --> 01:12:53,520

or and so my love for i just want to

1741

01:12:57,590 --> 01:12:55,360

make some goofy

1742

01:13:00,390 --> 01:12:57,600

vibrations with the music

1743

01:13:02,310 --> 01:13:00,400

and so i make these weird little things

1744

01:13:04,390 --> 01:13:02,320

and they're a totally different guitar

1745

01:13:05,590 --> 01:13:04,400

and i don't know what it's tuned to same

1746

01:13:06,709 --> 01:13:05,600

thing

1747

01:13:11,270 --> 01:13:06,719

um

1748

01:13:15,270 --> 01:13:13,350

i don't know what it is

1749

01:13:16,980 --> 01:13:15,280

keith knows

1750

01:13:23,430 --> 01:13:16,990

i like the tremolo

1751

01:13:27,350 --> 01:13:25,510

but i can write that song in a matter of

1752

01:13:29,910 --> 01:13:27,360

seconds just because i turned it to

1753

01:13:31,910 --> 01:13:29,920

something weird i'm cheating right so i

1754

01:13:34,870 --> 01:13:31,920

cheat in my life because i just i just

1755

01:13:37,189 --> 01:13:34,880

want yum so sometimes i cook

1756

01:13:39,030 --> 01:13:37,199

you know i put the ketchup on and that's

1757

01:13:41,590 --> 01:13:39,040

what i wanted and it's like yum it's

1758

01:13:43,350 --> 01:13:41,600

easy it's a go-to and it's honest it's

1759

01:13:44,229 --> 01:13:43,360

you're being yourself uh that reminds me

1760

01:13:48,470 --> 01:13:44,239

of

1761

01:13:49,669 --> 01:13:48,480

years hence motley crue is doing a

1762

01:13:51,910 --> 01:13:49,679

concert

1763

01:13:54,950 --> 01:13:51,920

and vincent his belly's out to here and

1764

01:13:57,750 --> 01:13:54,960

he's tired and he's pushing and he's on

1765

01:14:02,790 --> 01:13:57,760

he's so breath-winded he can't even sing

1766

01:14:07,270 --> 01:14:04,390

and then people are making fun and one

1767

01:14:09,189 --> 01:14:07,280

of my guitar plays friends friends said

1768

01:14:11,750 --> 01:14:09,199

at least it's honest

1769

01:14:13,750 --> 01:14:11,760

yeah at least it's on us you know

1770

01:14:16,310 --> 01:14:13,760

you know he's an old cat man he's

1771

01:14:18,950 --> 01:14:16,320

pushing his you know 60s or whatever

1772

01:14:22,229 --> 01:14:18,960

uh he's god knows what he

1773

01:14:25,590 --> 01:14:23,910

but it's honest so yeah honesty is a

1774

01:14:29,510 --> 01:14:25,600

good place you know that's not pushing

1775

01:14:31,510 --> 01:14:29,520

60 you know that was that i'm 58

1776

01:14:34,790 --> 01:14:31,520

bro i'm 58 what yeah where's your

1777

01:14:39,030 --> 01:14:34,800

birthday bro 1963 october 18th i'm a

1778

01:14:40,870 --> 01:14:39,040

libra you are a month and 15 days older

1779

01:14:44,709 --> 01:14:40,880

than me i'm i'm the balancer i'm the

1780

01:14:47,189 --> 01:14:44,719

libra balancer right yeah how about that

1781

01:14:48,709 --> 01:14:47,199

so you know i've done some astrology in

1782

01:14:51,830 --> 01:14:48,719

our in our thing if you if you look at

1783

01:14:55,110 --> 01:14:51,840

your astrology you probably have a

1784

01:14:56,390 --> 01:14:55,120

uh star tetrahedron in there you know

1785

01:14:58,149 --> 01:14:56,400

you and i will do that when we're off

1786

01:14:59,830 --> 01:14:58,159

the air you know brian i'm glad you said

1787

01:15:01,750 --> 01:14:59,840

that uh in closing i would like to add

1788

01:15:04,870 --> 01:15:01,760

you know i understand people's affinity

1789

01:15:07,669 --> 01:15:04,880

we all have our fields that we plan

1790

01:15:09,510 --> 01:15:07,679

i liked music for so many i'm done right

1791

01:15:11,830 --> 01:15:09,520

i'm down with that no you should

1792

01:15:13,430 --> 01:15:11,840

still create i mean i will do that yeah

1793

01:15:16,790 --> 01:15:13,440

i mean as far as

1794

01:15:18,390 --> 01:15:16,800

using music to create a living

1795

01:15:20,390 --> 01:15:18,400

that's done i'm not doing it anymore i

1796

01:15:22,310 --> 01:15:20,400

may have another five gigs up my sleeve

1797

01:15:23,669 --> 01:15:22,320

but i'm done

1798

01:15:25,270 --> 01:15:23,679

now

1799

01:15:27,270 --> 01:15:25,280

if i could be in a situation that

1800

01:15:28,950 --> 01:15:27,280

happens once every so often of a group

1801  
01:15:32,630 --> 01:15:28,960  
of people that you don't have to pay me

1802  
01:15:34,229 --> 01:15:32,640  
to do i'm in right

1803  
01:15:35,830 --> 01:15:34,239  
but i'm into that

1804  
01:15:39,990 --> 01:15:35,840  
that's something i'm into i will always

1805  
01:15:43,750 --> 01:15:41,110  
all right

1806  
01:15:45,270 --> 01:15:43,760  
well i i say you should keep

1807  
01:15:47,350 --> 01:15:45,280  
it always

1808  
01:15:49,750 --> 01:15:47,360  
oh for sure and it's part of it because

1809  
01:15:50,550 --> 01:15:49,760  
it is part of you yeah it is me yeah

1810  
01:15:52,550 --> 01:15:50,560  
yeah

1811  
01:15:54,149 --> 01:15:52,560  
and just like you have to cook and eat

1812  
01:15:57,270 --> 01:15:54,159  
every day you still have to play play

1813  
01:15:59,669 --> 01:15:57,280

music and eat that way eat some eat some

1814

01:16:01,669 --> 01:15:59,679

vibration it's a vibration thing it's a

1815

01:16:03,270 --> 01:16:01,679

vibrational thing you know and uh what i

1816

01:16:05,030 --> 01:16:03,280

was going to say a minute before uh i

1817

01:16:07,189 --> 01:16:05,040

kind of lost my space was

1818

01:16:10,229 --> 01:16:07,199

i just like being

1819

01:16:10,950 --> 01:16:10,239

i like being still

1820

01:16:12,950 --> 01:16:10,960

it

1821

01:16:15,990 --> 01:16:12,960

being around

1822

01:16:18,310 --> 01:16:16,000

lots of high movement and energy that is

1823

01:16:20,149 --> 01:16:18,320

i get it as part of festivity

1824

01:16:22,470 --> 01:16:20,159

going to an amusement park going to a

1825

01:16:25,030 --> 01:16:22,480

concert those kind of things i get i

1826

01:16:25,750 --> 01:16:25,040

love events

1827

01:16:28,550 --> 01:16:25,760

but

1828

01:16:31,030 --> 01:16:28,560

being in event-oriented oriented nature

1829

01:16:33,270 --> 01:16:31,040

for so many years it's like it's i'm

1830

01:16:34,790 --> 01:16:33,280

just so done with it you know i couldn't

1831

01:16:36,229 --> 01:16:34,800

if someone said hey

1832

01:16:37,990 --> 01:16:36,239

brian calls me up hey keith you want to

1833

01:16:40,709 --> 01:16:38,000

go have a beer with a couple of guys and

1834

01:16:42,870 --> 01:16:40,719

i'm all into it let's go we get there

1835

01:16:45,189 --> 01:16:42,880

and we get jaw and the truth and rag or

1836

01:16:46,709 --> 01:16:45,199

gas bagging and we're talking we're into

1837

01:16:48,630 --> 01:16:46,719

it and then the volume gets louder and

1838

01:16:50,790 --> 01:16:48,640

everybody gets unconscious and bottles

1839

01:16:53,270 --> 01:16:50,800

drop and

1840

01:16:55,669 --> 01:16:53,280

it i say bar but it's not only bars just

1841

01:16:56,950 --> 01:16:55,679

i like being alone

1842

01:16:58,790 --> 01:16:56,960

alone

1843

01:17:00,630 --> 01:16:58,800

for no other reason then the joy that

1844

01:17:03,430 --> 01:17:00,640

simply springs

1845

01:17:04,790 --> 01:17:03,440

wells up in me and doing so and i'm sure

1846

01:17:06,709 --> 01:17:04,800

that you get the same feeling when

1847

01:17:09,110 --> 01:17:06,719

you're in that studio and you know that

1848

01:17:10,950 --> 01:17:09,120

somewhat the pressure is on you brian is

1849

01:17:12,870 --> 01:17:10,960

twisting those knobs right and you're

1850

01:17:14,790 --> 01:17:12,880

bringing forth this juicy delicious

1851

01:17:16,950 --> 01:17:14,800

piece of music to look back and

1852

01:17:19,590 --> 01:17:16,960

everybody's just grooving that's got to

1853

01:17:20,630 --> 01:17:19,600

be a wonderful feeling

1854

01:17:22,390 --> 01:17:20,640

it is

1855

01:17:29,030 --> 01:17:22,400

but you know the all

1856

01:17:33,030 --> 01:17:31,030

e a-l-l-o-n-e one they're right yeah and

1857

01:17:34,950 --> 01:17:33,040

so they're there we go back to the words

1858

01:17:35,830 --> 01:17:34,960

again and you're spelling and casting a

1859

01:17:36,790 --> 01:17:35,840

spell

1860

01:17:37,590 --> 01:17:36,800

you know

1861

01:17:40,229 --> 01:17:37,600

so

1862

01:17:41,990 --> 01:17:40,239

you know yeah yeah you know for me i i

1863

01:17:43,910 --> 01:17:42,000

just i just need

1864

01:17:45,910 --> 01:17:43,920

the creativity i feel like everything's

1865

01:17:48,550 --> 01:17:45,920

contagious so when i surround myself

1866

01:17:50,870 --> 01:17:48,560

with creativity i'm more creative and so

1867

01:17:54,229 --> 01:17:50,880

i i feel as though

1868

01:17:56,870 --> 01:17:54,239

uh i have to make something and if i'm

1869

01:17:59,910 --> 01:17:56,880

not not around people that are making

1870

01:18:02,070 --> 01:17:59,920

then i just end up taking in stupid

1871

01:18:04,870 --> 01:18:02,080

watching tv and movies and i mean yeah

1872

01:18:06,470 --> 01:18:04,880

right no ideas let me ask you this bro

1873

01:18:07,990 --> 01:18:06,480

before we disconnect this is gonna be a

1874

01:18:10,630 --> 01:18:08,000

good one i'm gonna lay this okay pretty

1875

01:18:13,110 --> 01:18:10,640

heavy all right my name is brian d

1876

01:18:14,709 --> 01:18:13,120

harden right

1877

01:18:15,990 --> 01:18:14,719

i just had a great recording session

1878

01:18:18,149 --> 01:18:16,000

today

1879

01:18:19,189 --> 01:18:18,159

late night drank some wine got my belly

1880

01:18:21,430 --> 01:18:19,199

fat

1881

01:18:23,110 --> 01:18:21,440

i'm about to lay down right

1882

01:18:24,630 --> 01:18:23,120

and you zonk out

1883

01:18:27,030 --> 01:18:24,640

and you have whatever experiences are

1884

01:18:30,229 --> 01:18:27,040

not and then you find yourself coming

1885

01:18:32,470 --> 01:18:30,239

into the room waking up from it let's

1886

01:18:34,630 --> 01:18:32,480

say you in california and you're waking

1887

01:18:35,990 --> 01:18:34,640

up at seven o'clock in the morning so

1888

01:18:38,310 --> 01:18:36,000

seven o'clock in the morning you find

1889

01:18:39,750 --> 01:18:38,320

that pool begin to happen pulling you

1890

01:18:41,030 --> 01:18:39,760

from the

1891

01:18:44,390 --> 01:18:41,040

astrals

1892

01:18:46,310 --> 01:18:44,400

into the meatsuit that lull in between

1893

01:18:48,550 --> 01:18:46,320

you know i'm coming back to the world we

1894

01:18:50,070 --> 01:18:48,560

know that place right but when you open

1895

01:18:52,310 --> 01:18:50,080

your eyes

1896

01:18:56,709 --> 01:18:52,320

other than bathroom

1897

01:18:59,350 --> 01:18:56,719

scratch yourself or coffee

1898

01:19:01,189 --> 01:18:59,360

where does your desire lie

1899

01:19:02,950 --> 01:19:01,199

not what you think you have to do i mean

1900

01:19:05,750 --> 01:19:02,960

on your day off in other words

1901

01:19:08,229 --> 01:19:05,760

what immediately feels like your staple

1902

01:19:12,229 --> 01:19:08,239

i just came into the room today i just

1903

01:19:13,830 --> 01:19:12,239

woke up and this drive to do this thing

1904

01:19:16,550 --> 01:19:13,840

is at the forefront what would that be

1905

01:19:18,790 --> 01:19:16,560

all right so when i'm at my back

1906

01:19:20,709 --> 01:19:18,800

when i'm at my best my habit just like i

1907

01:19:23,590 --> 01:19:20,719

said that the habit is

1908

01:19:25,590 --> 01:19:23,600

that yum and creativity and so on

1909

01:19:28,550 --> 01:19:25,600

and so what we also talked about what

1910

01:19:29,430 --> 01:19:28,560

you focus on grows and that that if

1911

01:19:31,430 --> 01:19:29,440

you're

1912

01:19:34,310 --> 01:19:31,440

it's contagious it's contagious within

1913

01:19:37,270 --> 01:19:34,320

myself so i have found myself in a

1914

01:19:39,110 --> 01:19:37,280

depressed state or anxious state or

1915

01:19:41,990 --> 01:19:39,120

fearful state because

1916

01:19:44,790 --> 01:19:42,000

i had fearful thoughts running every

1917

01:19:47,430 --> 01:19:44,800

little tape loop and so

1918

01:19:50,870 --> 01:19:47,440

when i'm at my best the fearful thoughts

1919

01:19:54,550 --> 01:19:50,880

the self-judgment the judging others all

1920

01:19:57,830 --> 01:19:54,560

that stuff is at a minimum and i do i

1921

01:19:59,510 --> 01:19:57,840

think that dalai lama uh or deepak

1922

01:20:02,630 --> 01:19:59,520

chopra or

1923

01:20:04,870 --> 01:20:02,640

the pope uh doesn't have a depressed bad

1924

01:20:07,910 --> 01:20:04,880

time no they all everybody has a bad

1925

01:20:09,510 --> 01:20:07,920

time it's just the more enlightened or

1926

01:20:11,270 --> 01:20:09,520

more higher

1927

01:20:13,830 --> 01:20:11,280

wake up

1928

01:20:16,950 --> 01:20:13,840

conscious you are the shorter amount of

1929

01:20:20,390 --> 01:20:16,960

time you remain in that same negative

1930

01:20:22,870 --> 01:20:20,400

space so consciousness for me is being

1931

01:20:24,629 --> 01:20:22,880

aware that you're aware and what is your

1932

01:20:25,990 --> 01:20:24,639

habit what's your so

1933

01:20:28,390 --> 01:20:26,000

it goes back to the answer of the

1934

01:20:29,830 --> 01:20:28,400

question what's the habit so when i'm at

1935

01:20:30,950 --> 01:20:29,840

my best

1936

01:20:35,189 --> 01:20:30,960

i'm not

1937

01:20:37,430 --> 01:20:35,199

in this mode of fear anxiety comparison

1938

01:20:39,430 --> 01:20:37,440

or you know judgment or whatever i'm i'm

1939

01:20:40,390 --> 01:20:39,440

instead in this place like a little

1940

01:20:42,149 --> 01:20:40,400

puppy

1941

01:20:42,950 --> 01:20:42,159

so i learn from

1942

01:20:44,709 --> 01:20:42,960

so

1943

01:20:47,270 --> 01:20:44,719

every day if you've got a little puppy

1944

01:20:51,189 --> 01:20:47,280

every day the puppy's like whoa great

1945

01:20:54,470 --> 01:20:51,199

day wow fantastic hey let's go sunshine

1946

01:20:57,270 --> 01:20:54,480

take me for a walk play frisbee right

1947

01:20:58,550 --> 01:20:57,280

and so when we wake up and we're like

1948

01:20:59,669 --> 01:20:58,560

whoa

1949

01:21:00,629 --> 01:20:59,679

great day

1950

01:21:03,030 --> 01:21:00,639

well

1951

01:21:04,950 --> 01:21:03,040

maybe maybe that's what the energy is

1952

01:21:08,790 --> 01:21:04,960

that i need for the medicine

1953

01:21:11,510 --> 01:21:08,800

and and so you can even with a dog you

1954

01:21:13,910 --> 01:21:11,520

can walk out the door go go to your car

1955

01:21:16,310 --> 01:21:13,920

and come back and the dog's like hey i

1956

01:21:19,030 --> 01:21:16,320

haven't seen you in all of 30 seconds

1957

01:21:20,310 --> 01:21:19,040

right great day right so why aren't we

1958

01:21:22,870 --> 01:21:20,320

living that way

1959

01:21:25,350 --> 01:21:22,880

why aren't we realizing that i could get

1960

01:21:27,669 --> 01:21:25,360

run over this afternoon or tomorrow or

1961

01:21:29,669 --> 01:21:27,679

tonight or die of a heart attack and so

1962

01:21:31,430 --> 01:21:29,679

this cup of coffee i'm having why don't

1963

01:21:33,910 --> 01:21:31,440

i really

1964

01:21:35,350 --> 01:21:33,920

it makes it taste so much more delicious

1965

01:21:37,189 --> 01:21:35,360

it makes it more delicious why don't i

1966

01:21:39,669 --> 01:21:37,199

start to connect to the song that i'm

1967

01:21:43,110 --> 01:21:39,679

playing why don't i start to think and

1968

01:21:45,110 --> 01:21:43,120

dream of the ideas and and share my

1969

01:21:47,430 --> 01:21:45,120

gifts and get that affluence and

1970

01:21:49,750 --> 01:21:47,440

abundance and my discernment working and

1971

01:21:51,350 --> 01:21:49,760

get get all this working because i'm i'm

1972

01:21:54,310 --> 01:21:51,360

helping others and i get joy from

1973

01:21:56,950 --> 01:21:54,320

helping others so so really that we go

1974

01:21:59,030 --> 01:21:56,960

back to yum and yuck yum and yuck so

1975

01:22:01,430 --> 01:21:59,040

what am i thinking so do i try to wake

1976

01:22:02,790 --> 01:22:01,440

up like the little puppy yeah and so

1977

01:22:05,510 --> 01:22:02,800

here's what i do

1978

01:22:07,030 --> 01:22:05,520

i i actually have a couple simple things

1979

01:22:09,350 --> 01:22:07,040

you know we we said you know

1980

01:22:11,669 --> 01:22:09,360

everything's perfect even when it's not

1981

01:22:13,590 --> 01:22:11,679

and um i got this from this one artist

1982

01:22:16,470 --> 01:22:13,600

that i was working with his name is ray

1983

01:22:17,270 --> 01:22:16,480

wiley hubbard he's in a texas americana

1984

01:22:20,790 --> 01:22:17,280

guy

1985

01:22:23,270 --> 01:22:20,800

and he said uh he he was going to aaa

1986

01:22:26,149 --> 01:22:23,280

and what he picked up was uh

1987

01:22:29,590 --> 01:22:26,159

um this thing that uh

1988

01:22:32,310 --> 01:22:29,600

my life is unfolding in goodness

1989

01:22:35,669 --> 01:22:32,320

my life is on course so even when he's

1990

01:22:37,830 --> 01:22:35,679

in a bad day in a bad mood he says that

1991

01:22:39,990 --> 01:22:37,840

over and over my life is unfolding in a

1992

01:22:41,750 --> 01:22:40,000

goodness and my life is on course so

1993

01:22:45,030 --> 01:22:41,760

when you start to realize my life is on

1994

01:22:47,189 --> 01:22:45,040

course even the worst day it's on course

1995

01:22:51,270 --> 01:22:47,199

you're supposed to have this bad day so

1996

01:22:53,669 --> 01:22:51,280

that you can get stronger get better get

1997

01:22:56,629 --> 01:22:53,679

bigger and then move through that and

1998

01:22:58,709 --> 01:22:56,639

then you have new ninja skills

1999

01:23:02,149 --> 01:22:58,719

and do you need to accept the punch in

2000

01:23:04,629 --> 01:23:02,159

the face no you can learn to as the

2001

01:23:06,870 --> 01:23:04,639

punch is coming towards you you move out

2002

01:23:08,550 --> 01:23:06,880

of the way and you you let the punch go

2003

01:23:11,270 --> 01:23:08,560

by like and you know brian that's really

2004

01:23:14,070 --> 01:23:11,280

the only choice we have yeah the punch

2005

01:23:16,070 --> 01:23:14,080

in the face is coming yeah learning the

2006

01:23:17,990 --> 01:23:16,080

spiritual dance and the awareness for

2007

01:23:20,950 --> 01:23:18,000

said karma that we have deployed and

2008

01:23:24,310 --> 01:23:20,960

employed in an unconscious way is coming

2009

01:23:26,870 --> 01:23:24,320

but when we do the work and become aware

2010

01:23:29,590 --> 01:23:26,880

we can just simply move out the way

2011

01:23:31,830 --> 01:23:29,600

and we it gets missed something that you

2012

01:23:33,430 --> 01:23:31,840

said a little earlier that when i asked

2013

01:23:34,950 --> 01:23:33,440

you that last question i want my

2014

01:23:36,950 --> 01:23:34,960

apologies i wasn't clear about i want to

2015

01:23:38,790 --> 01:23:36,960

clarify when i asked you that when you

2016

01:23:40,390 --> 01:23:38,800

come out of sleep and you come into your

2017

01:23:44,149 --> 01:23:40,400

state of

2018

01:23:49,030 --> 01:23:45,669

going back to your question about what

2019

01:23:50,310 --> 01:23:49,040

are you doing to take action

2020

01:23:52,470 --> 01:23:50,320

about those things so in other words

2021

01:23:53,910 --> 01:23:52,480

brian comes to the room

2022

01:23:55,270 --> 01:23:53,920

of course you got to go pay the phone

2023

01:23:58,070 --> 01:23:55,280

bill or whatever

2024

01:24:00,229 --> 01:23:58,080

that stuff aside but now it's my turn so

2025

01:24:01,350 --> 01:24:00,239

what is brian's puppy dog tail wagging

2026

01:24:02,070 --> 01:24:01,360

to do

2027

01:24:06,950 --> 01:24:02,080

so

2028

01:24:08,950 --> 01:24:06,960

know there's body there's the physical

2029

01:24:11,110 --> 01:24:08,960

there's the mental and then there's a

2030

01:24:12,390 --> 01:24:11,120

spiritual and so it's not just one or

2031

01:24:14,629 --> 01:24:12,400

the other right

2032

01:24:16,790 --> 01:24:14,639

so so here's here's

2033

01:24:18,950 --> 01:24:16,800

you know the dumb version of what i what

2034

01:24:19,990 --> 01:24:18,960

i like to do

2035

01:24:32,070 --> 01:24:20,000

smile

2036

01:24:34,229 --> 01:24:32,080

half the time i'm smiling and i'm i

2037

01:24:36,629 --> 01:24:34,239

don't believe it i don't i have nothing

2038

01:24:38,470 --> 01:24:36,639

to smile about and so i try to wake up

2039

01:24:40,070 --> 01:24:38,480

when i'm at my best i try to wake up

2040

01:24:42,629 --> 01:24:40,080

with a smile on my face just like the

2041

01:24:44,470 --> 01:24:42,639

little puppy and so that's the physical

2042

01:24:46,070 --> 01:24:44,480

and and what happens is so here let's do

2043

01:24:48,790 --> 01:24:46,080

it with me do it with me just smile

2044

01:24:50,629 --> 01:24:48,800

right and right so you can feel it in

2045

01:24:52,470 --> 01:24:50,639

your heart your heart and cleanse yeah

2046

01:24:54,310 --> 01:24:52,480

it's very connected i can feel it my

2047

01:24:57,030 --> 01:24:54,320

heart connected to my face yes you're

2048

01:24:59,510 --> 01:24:57,040

you're breathing changed your eyes just

2049

01:25:01,910 --> 01:24:59,520

smile too and everything released it's

2050

01:25:05,110 --> 01:25:01,920

supposedly less energy to smile than it

2051  
01:25:07,669 --> 01:25:05,120  
is to frown right so so so yeah so first

2052  
01:25:09,830 --> 01:25:07,679  
thing i do is smile right and then that

2053  
01:25:11,990 --> 01:25:09,840  
forces me to breathe and so then i start

2054  
01:25:13,590 --> 01:25:12,000  
breathing

2055  
01:25:15,350 --> 01:25:13,600  
so take a couple of deep breaths while

2056  
01:25:17,430 --> 01:25:15,360  
you're smiling let's just do that right

2057  
01:25:19,430 --> 01:25:17,440  
so smile breathe right

2058  
01:25:21,669 --> 01:25:19,440  
and that forces you automatically to

2059  
01:25:28,229 --> 01:25:21,679  
relax

2060  
01:25:30,870 --> 01:25:28,239  
and what's that do that's the forces you

2061  
01:25:33,030 --> 01:25:30,880  
to let go and you start to let go so

2062  
01:25:35,910 --> 01:25:33,040  
here your brain can only think of one

2063  
01:25:38,470 --> 01:25:35,920

thing at a time either yum or yuck

2064

01:25:40,629 --> 01:25:38,480

yum or yuck positive or negative when

2065

01:25:43,189 --> 01:25:40,639

you're thinking of gratitude

2066

01:25:44,950 --> 01:25:43,199

of things that you're grateful for of of

2067

01:25:46,470 --> 01:25:44,960

of all the great things you have going

2068

01:25:49,669 --> 01:25:46,480

in life you can't think of all the

2069

01:25:52,229 --> 01:25:49,679

misery you have you have yum or yuck so

2070

01:25:53,910 --> 01:25:52,239

so you make a choice so when when i just

2071

01:25:56,149 --> 01:25:53,920

start with smiling that's the physical

2072

01:25:58,470 --> 01:25:56,159

right and then the breathing that's the

2073

01:26:00,390 --> 01:25:58,480

physical too but it starts to get the

2074

01:26:03,830 --> 01:26:00,400

emotions and all the energy start to

2075

01:26:06,629 --> 01:26:03,840

flow right so smile breathe relax and

2076  
01:26:08,950 --> 01:26:06,639  
then let go and so what happens is all

2077  
01:26:10,070 --> 01:26:08,960  
that energy starts flowing

2078  
01:26:12,390 --> 01:26:10,080  
mentally

2079  
01:26:14,550 --> 01:26:12,400  
physically spiritually it all starts

2080  
01:26:17,590 --> 01:26:14,560  
opening up and so the dumbest thing i

2081  
01:26:19,189 --> 01:26:17,600  
have to tell you is smile

2082  
01:26:20,950 --> 01:26:19,199  
and then yum

2083  
01:26:23,430 --> 01:26:20,960  
and then let's stay with that and then

2084  
01:26:24,550 --> 01:26:23,440  
let's like the dog wag your tail and see

2085  
01:26:26,950 --> 01:26:24,560  
what happens

2086  
01:26:28,550 --> 01:26:26,960  
approach the day with that and you know

2087  
01:26:31,030 --> 01:26:28,560  
does that help is that what we're going

2088  
01:26:33,590 --> 01:26:31,040

for it's a feeling you know it's a

2089

01:26:35,590 --> 01:26:33,600

feeling every being in the universe

2090

01:26:40,149 --> 01:26:35,600

seeks liberation

2091

01:26:42,709 --> 01:26:40,159

though it may look like handcuffs or

2092

01:26:44,390 --> 01:26:42,719

prison bars

2093

01:26:45,510 --> 01:26:44,400

it's really a

2094

01:26:47,669 --> 01:26:45,520

feeling

2095

01:26:50,629 --> 01:26:47,679

many people are not

2096

01:26:52,390 --> 01:26:50,639

free for example incarcerated but they

2097

01:26:54,390 --> 01:26:52,400

read the bible enough they read the

2098

01:26:57,350 --> 01:26:54,400

quran enough they read the bhagavad-gita

2099

01:26:59,590 --> 01:26:57,360

enough they were seeking liberation and

2100

01:27:01,030 --> 01:26:59,600

those bars and those prisons cannot

2101  
01:27:03,030 --> 01:27:01,040  
contain them

2102  
01:27:05,990 --> 01:27:03,040  
in just the opposite in the real world

2103  
01:27:08,629 --> 01:27:06,000  
we consider ourselves to be free

2104  
01:27:10,390 --> 01:27:08,639  
doesn't necessarily mean so i did this

2105  
01:27:12,790 --> 01:27:10,400  
incredible interview with one of the

2106  
01:27:14,790 --> 01:27:12,800  
founders of the united nations his name

2107  
01:27:16,950 --> 01:27:14,800  
was robert mueller he was in his last

2108  
01:27:19,669 --> 01:27:16,960  
years of life his health was still

2109  
01:27:21,189 --> 01:27:19,679  
pretty good and a friend of mine asked

2110  
01:27:22,950 --> 01:27:21,199  
me to come over to his house and

2111  
01:27:26,790 --> 01:27:22,960  
interview not only him

2112  
01:27:31,350 --> 01:27:26,800  
but a guy named father charlie moore and

2113  
01:27:32,950 --> 01:27:31,360

father charlie moore m-o-r-m-a-o-o-r-e

2114

01:27:34,709 --> 01:27:32,960

uh father charlie more you can look him

2115

01:27:37,270 --> 01:27:34,719

up he was it was a catholic priest and

2116

01:27:40,229 --> 01:27:37,280

he was brilliant awesome dude and he

2117

01:27:43,350 --> 01:27:40,239

finally went beyond catholicism and went

2118

01:27:45,830 --> 01:27:43,360

to more of universal religion but uh he

2119

01:27:48,070 --> 01:27:45,840

was he always pushed the edges of

2120

01:27:50,229 --> 01:27:48,080

everything and i'm i'm asked to

2121

01:27:51,910 --> 01:27:50,239

interview them i like him already

2122

01:27:54,310 --> 01:27:51,920

i i'm asked to interview them both

2123

01:27:56,470 --> 01:27:54,320

separately and my friend asked me to so

2124

01:27:57,910 --> 01:27:56,480

i drive up i have no idea who either one

2125

01:27:59,910 --> 01:27:57,920

of these guys are

2126  
01:28:01,830 --> 01:27:59,920  
and i look them up on my phone as i'm

2127  
01:28:04,390 --> 01:28:01,840  
driving up to to meet them for the first

2128  
01:28:05,750 --> 01:28:04,400  
time one's like 80 and the other one's

2129  
01:28:06,629 --> 01:28:05,760  
like 86

2130  
01:28:10,550 --> 01:28:06,639  
and

2131  
01:28:12,149 --> 01:28:10,560  
brilliant guys

2132  
01:28:14,470 --> 01:28:12,159  
on the cutting edge

2133  
01:28:16,950 --> 01:28:14,480  
and i'm asked to interview them

2134  
01:28:18,870 --> 01:28:16,960  
and uh they say so what do you uh and i

2135  
01:28:20,390 --> 01:28:18,880  
said i don't want to interview

2136  
01:28:22,229 --> 01:28:20,400  
each of you individually i want to do

2137  
01:28:24,070 --> 01:28:22,239  
both of you at the same time because i

2138  
01:28:26,550 --> 01:28:24,080

had enough cameras that i could actually

2139

01:28:27,750 --> 01:28:26,560

ask one of them a question and they and

2140

01:28:29,750 --> 01:28:27,760

they both

2141

01:28:32,310 --> 01:28:29,760

go back and forth and so what happened

2142

01:28:34,070 --> 01:28:32,320

was they both ended up telling a one-up

2143

01:28:36,229 --> 01:28:34,080

story they tell a little two-minute

2144

01:28:38,709 --> 01:28:36,239

story then the other guy would too back

2145

01:28:41,750 --> 01:28:38,719

and forth it was brilliant they talked

2146

01:28:44,229 --> 01:28:41,760

about peace harmony laughter love joy

2147

01:28:45,910 --> 01:28:44,239

innocence fearlessness gratitude

2148

01:28:48,790 --> 01:28:45,920

brilliant concepts

2149

01:28:50,790 --> 01:28:48,800

and and we kept it vague well the guy

2150

01:28:51,830 --> 01:28:50,800

who started the united nations

2151  
01:28:53,430 --> 01:28:51,840  
father

2152  
01:28:57,270 --> 01:28:53,440  
robert mueller

2153  
01:28:58,870 --> 01:28:57,280  
uh he was in a concentration camp he was

2154  
01:29:00,790 --> 01:28:58,880  
put in a concentration camp and while

2155  
01:29:03,430 --> 01:29:00,800  
he's in this concentration camp

2156  
01:29:05,270 --> 01:29:03,440  
uh on his first day everybody's packed

2157  
01:29:07,910 --> 01:29:05,280  
in there like sardines they barely have

2158  
01:29:10,070 --> 01:29:07,920  
enough air to breathe it's cold cold

2159  
01:29:11,750 --> 01:29:10,080  
cold and the people on the outside of

2160  
01:29:13,990 --> 01:29:11,760  
the room are freezing people on the

2161  
01:29:16,149 --> 01:29:14,000  
inside are sweating and so they just

2162  
01:29:18,550 --> 01:29:16,159  
started doing this dance and working

2163  
01:29:21,270 --> 01:29:18,560

together in harmony and he found a

2164

01:29:23,270 --> 01:29:21,280

little piece of coal on the ground and

2165

01:29:25,350 --> 01:29:23,280

there was a white wall so he started

2166

01:29:27,990 --> 01:29:25,360

writing this thing and involved

2167

01:29:30,310 --> 01:29:28,000

everybody to write this beautiful poem

2168

01:29:31,990 --> 01:29:30,320

in this beautiful story about how

2169

01:29:34,310 --> 01:29:32,000

beautiful the day is

2170

01:29:36,310 --> 01:29:34,320

and it's a beautiful sunshiny day and

2171

01:29:37,990 --> 01:29:36,320

we're at the beach and then everybody

2172

01:29:40,709 --> 01:29:38,000

started putting in their ideas and

2173

01:29:42,790 --> 01:29:40,719

they're dreaming the story and the story

2174

01:29:45,030 --> 01:29:42,800

was this incredible movie they're all

2175

01:29:45,990 --> 01:29:45,040

writing together as a community

2176

01:29:49,189 --> 01:29:46,000

and

2177

01:29:52,390 --> 01:29:49,199

most of the people in that jail cell

2178

01:29:55,990 --> 01:29:52,400

were let out within the day

2179

01:29:58,550 --> 01:29:56,000

and he decided i have to create united

2180

01:30:00,870 --> 01:29:58,560

nations because we cannot be

2181

01:30:03,189 --> 01:30:00,880

doing this we can't do this in the world

2182

01:30:05,590 --> 01:30:03,199

and so father charlie

2183

01:30:06,950 --> 01:30:05,600

our father robert mueller had a

2184

01:30:15,510 --> 01:30:06,960

harmonica

2185

01:30:17,669 --> 01:30:15,520

wow

2186

01:30:19,350 --> 01:30:17,679

in the united nations anytime things

2187

01:30:20,470 --> 01:30:19,360

would get heated and they're arguing

2188

01:30:22,149 --> 01:30:20,480

back and forth

2189

01:30:23,750 --> 01:30:22,159

he would just grab his harmonic and

2190

01:30:25,830 --> 01:30:23,760

start playing ode to joy on the

2191

01:30:27,750 --> 01:30:25,840

harmonica in the middle of them

2192

01:30:29,910 --> 01:30:27,760

screaming and yelling at each other he

2193

01:30:31,350 --> 01:30:29,920

would play over to joy and everybody

2194

01:30:33,270 --> 01:30:31,360

would stop

2195

01:30:35,990 --> 01:30:33,280

and go oh

2196

01:30:39,350 --> 01:30:36,000

we forgot to love one another we forgot

2197

01:30:41,910 --> 01:30:39,360

the unity wow i forgot to listen

2198

01:30:44,310 --> 01:30:41,920

that's robert mueller look him up and he

2199

01:30:46,950 --> 01:30:44,320

he wrote brilliant quotes or quotes

2200

01:30:49,669 --> 01:30:46,960

really brilliant books so little did i

2201

01:30:54,310 --> 01:30:49,679

know that would be one of his last uh

2202

01:30:55,510 --> 01:30:54,320

uh interviews and it's online on my k n

2203

01:30:58,310 --> 01:30:55,520

e w

2204

01:31:02,149 --> 01:30:58,320

w a y s new ways

2205

01:31:03,669 --> 01:31:02,159

and k e w w y s is my youtube channel

2206

01:31:05,590 --> 01:31:03,679

and if you

2207

01:31:15,110 --> 01:31:05,600

yeah

2208

01:31:19,990 --> 01:31:17,669

cool

2209

01:31:22,709 --> 01:31:20,000

so uh robert mueller and father charlie

2210

01:31:26,070 --> 01:31:22,719

moore and so charlie moore

2211

01:31:27,590 --> 01:31:26,080

uh was a brilliant guy also turns out

2212

01:31:29,990 --> 01:31:27,600

father charlie before we did the

2213

01:31:31,270 --> 01:31:30,000

interview he puts i had never met him

2214

01:31:33,590 --> 01:31:31,280

before in my life

2215

01:31:36,070 --> 01:31:33,600

he puts his face right in your mind and

2216

01:31:37,430 --> 01:31:36,080

he looks me in the eyes and he says

2217

01:31:39,270 --> 01:31:37,440

he says

2218

01:31:41,030 --> 01:31:39,280

are you gonna be responsible this with

2219

01:31:42,390 --> 01:31:41,040

this information yeah

2220

01:31:44,629 --> 01:31:42,400

he says are you gonna share it with the

2221

01:31:46,149 --> 01:31:44,639

world yeah he says well i'm going to

2222

01:31:48,870 --> 01:31:46,159

give it to you then and the interview

2223

01:31:50,870 --> 01:31:48,880

was for two and a half hours and these

2224

01:31:53,270 --> 01:31:50,880

two elder men

2225

01:31:55,110 --> 01:31:53,280

battled back and forth with great story

2226

01:31:56,870 --> 01:31:55,120

after great story and it's brilliant

2227

01:31:59,350 --> 01:31:56,880

interview

2228

01:32:02,149 --> 01:31:59,360

uh father charlie moore died three weeks

2229

01:32:03,110 --> 01:32:02,159

later and he was in great health

2230

01:32:04,629 --> 01:32:03,120

gone

2231

01:32:06,629 --> 01:32:04,639

and so we don't know when we're gonna

2232

01:32:08,390 --> 01:32:06,639

die so we start appreciating the cup of

2233

01:32:10,149 --> 01:32:08,400

coffee

2234

01:32:12,550 --> 01:32:10,159

start loving one another start helping

2235

01:32:15,510 --> 01:32:12,560

each other out and you know right now

2236

01:32:17,830 --> 01:32:15,520

you're abundant you're affluent and so

2237

01:32:20,390 --> 01:32:17,840

everything you do is to help people out

2238

01:32:22,550 --> 01:32:20,400

i see you do it you're helping people

2239

01:32:24,550 --> 01:32:22,560

wake up and to share

2240

01:32:25,990 --> 01:32:24,560

and you're sharing your gifts don't cut

2241

01:32:27,990 --> 01:32:26,000

your music off because that's part of

2242

01:32:29,830 --> 01:32:28,000

your gifts you know

2243

01:32:31,270 --> 01:32:29,840

and i just i just want to change the way

2244

01:32:32,870 --> 01:32:31,280

that i'm doing it

2245

01:32:35,110 --> 01:32:32,880

and i need a breath from that for a

2246

01:32:37,270 --> 01:32:35,120

while and then i can reinvent myself

2247

01:32:39,910 --> 01:32:37,280

creatively music wise because i love

2248

01:32:41,830 --> 01:32:39,920

music in fact in fact before you and i

2249

01:32:43,430 --> 01:32:41,840

leave this planet i am going to

2250

01:32:45,189 --> 01:32:43,440

come to california and we're going to

2251  
01:32:46,950 --> 01:32:45,199  
hang out we're going to have at least a

2252  
01:32:48,950 --> 01:32:46,960  
week of a musical

2253  
01:32:50,470 --> 01:32:48,960  
experience whether we write songs on the

2254  
01:32:53,110 --> 01:32:50,480  
spot but yeah i would never leave the

2255  
01:32:55,990 --> 01:32:53,120  
creative aspect of music but leaving the

2256  
01:32:58,550 --> 01:32:56,000  
monetary system of looking for it in

2257  
01:33:00,629 --> 01:32:58,560  
everything that it all entails and the

2258  
01:33:02,629 --> 01:33:00,639  
clubs and the management

2259  
01:33:04,229 --> 01:33:02,639  
the late hours and the setting up and

2260  
01:33:07,189 --> 01:33:04,239  
the tear down i don't think i'm better

2261  
01:33:09,189 --> 01:33:07,199  
than that i paid those dues

2262  
01:33:10,070 --> 01:33:09,199  
it's just run its course honestly for me

2263  
01:33:11,669 --> 01:33:10,080

and

2264

01:33:12,709 --> 01:33:11,679

a friend of mine did you know in hawaii

2265

01:33:15,189 --> 01:33:12,719

recently

2266

01:33:18,870 --> 01:33:15,199

and he came with three song ideas

2267

01:33:21,590 --> 01:33:18,880

and after just uh four days we had 12

2268

01:33:24,310 --> 01:33:21,600

songs finished he's like how did we do

2269

01:33:27,189 --> 01:33:24,320

it that fast and how he did it that fast

2270

01:33:29,750 --> 01:33:27,199

was innocence fearlessness gratitude he

2271

01:33:32,790 --> 01:33:29,760

was just in this place of openness and

2272

01:33:36,550 --> 01:33:32,800

ideas kept flowing through and as one in

2273

01:33:38,550 --> 01:33:36,560

his judgment of those ideas he let go

2274

01:33:40,950 --> 01:33:38,560

you know and so he just kept letting

2275

01:33:44,470 --> 01:33:40,960

things go and suddenly his his flow

2276

01:33:47,110 --> 01:33:44,480

opened up so it it can work so come come

2277

01:33:49,030 --> 01:33:47,120

and let go into the flow brian thank you

2278

01:33:50,950 --> 01:33:49,040

brother i love you man you're a

2279

01:33:53,270 --> 01:33:50,960

beautiful puppy dog wagon it's tail i

2280

01:33:54,709 --> 01:33:53,280

love it you just like me well i love you

2281

01:33:56,870 --> 01:33:54,719

thanks so much

2282

01:33:59,350 --> 01:33:56,880

blessings my friend everyone hanging out

2283

01:34:01,430 --> 01:33:59,360

with the brian d harden harsh shoes

2284

01:34:04,629 --> 01:34:01,440

and hanging out just a silly

2285

01:34:05,669 --> 01:34:04,639

title to use us stepping stones to

2286

01:34:07,030 --> 01:34:05,679

chitchat

2287

01:34:08,709 --> 01:34:07,040

everyone good to see you going to be

2288

01:34:10,470 --> 01:34:08,719

taking a break for a while i'll be

2289

01:34:12,070 --> 01:34:10,480

seeing you probably come monday night