



1  
00:00:08,570 --> 00:00:17,190

[Music]

2  
00:00:25,480 --> 00:00:20,680

welcome to shattered reality with your

3  
00:00:28,509 --> 00:00:25,490

hosts Kate Valentine and furs prepare to

4  
00:00:34,810 --> 00:00:28,519

have your paradigm shifted in the truths

5  
00:00:35,740 --> 00:00:34,820

questioned and now shattered reality hey

6  
00:00:38,380 --> 00:00:35,750

Kate

7  
00:00:41,470 --> 00:00:38,390

hello Lucia how are you I'm doing pretty

8  
00:00:44,170 --> 00:00:41,480

well and here we are again in the

9  
00:00:46,900 --> 00:00:44,180

summertime now it's the summertime and

10  
00:00:49,420 --> 00:00:46,910

we're here on shattered reality podcast

11  
00:00:53,200 --> 00:00:49,430

mm-hmm and you want to slate the day

12  
00:00:55,390 --> 00:00:53,210

today's 7-eleven 7-eleven how about in

13  
00:00:57,550 --> 00:00:55,400

seven eleven seventeen very lucky number

14

00:01:04,509 --> 00:00:57,560

yet says it's a sort of a palindrome

15

00:01:07,810 --> 00:01:04,519

almost it is it is indeed so today we

16

00:01:10,630 --> 00:01:07,820

are fortunate enough to have a very

17

00:01:11,800 --> 00:01:10,640

interesting fellow he is like a

18

00:01:16,330 --> 00:01:11,810

Renaissance man

19

00:01:19,930 --> 00:01:16,340

his name is Michael J Reddy he is a PhD

20

00:01:22,000 --> 00:01:19,940

he has done medical and cognitive

21

00:01:25,590 --> 00:01:22,010

research at the University of Chicago

22

00:01:30,460 --> 00:01:25,600

and at Columbia University where he also

23

00:01:33,820 --> 00:01:30,470

taught his PhD is in cognitive

24

00:01:37,600 --> 00:01:33,830

linguistics of the English language from

25

00:01:40,030 --> 00:01:37,610

the University of Chicago his Bachelor

26

00:01:44,980 --> 00:01:40,040

of Science is from the University of

27

00:01:47,500 --> 00:01:44,990

Santa Clara in philosophy and physics in

28

00:01:50,710 --> 00:01:47,510

addition he had a seven-year

29

00:01:53,649 --> 00:01:50,720

apprenticeship and shamanic healing and

30

00:01:56,680 --> 00:01:53,659

worked with a person who is a big

31

00:01:58,660 --> 00:01:56,690

favorite of mine son bear and before

32

00:02:01,330 --> 00:01:58,670

Michael gets off the phone with us I

33

00:02:04,600 --> 00:02:01,340

have to ask him about an experience that

34

00:02:06,039 --> 00:02:04,610

I had with son bear once but one of the

35

00:02:08,710 --> 00:02:06,049

things that he's going to talk about

36

00:02:11,740 --> 00:02:08,720

today is what is one of the things he's

37

00:02:14,380 --> 00:02:11,750

doing currently he has studied advanced

38

00:02:18,629 --> 00:02:14,390

German conversation and has been

39

00:02:20,320 --> 00:02:18,639

certified in basic and advanced systemic

40

00:02:23,430 --> 00:02:20,330

constellation training

41

00:02:28,480 --> 00:02:23,440

which is commonly known as family

42

00:02:31,780 --> 00:02:28,490

constellation therapy so Michael are you

43

00:02:33,700 --> 00:02:31,790

here with us I am and glad to be here

44

00:02:35,890 --> 00:02:33,710

thanks Michael

45

00:02:38,770 --> 00:02:35,900

you don't mind us calling you Michael I

46

00:02:41,140 --> 00:02:38,780

mean we both man Michael on a personal

47

00:02:44,470 --> 00:02:41,150

level so I've taken the liberty of

48

00:02:49,150 --> 00:02:44,480

calling him Michael is ok with you

49

00:02:54,070 --> 00:02:49,160

Michael is great but he's also doctor

50

00:02:55,750 --> 00:02:54,080

ready just so you know any anyhow tell

51  
00:02:57,280 --> 00:02:55,760  
us about the songs that you're gonna

52  
00:02:59,140 --> 00:02:57,290  
sing at least tell us about the first

53  
00:03:01,290 --> 00:02:59,150  
one and then we'll talk about the

54  
00:03:04,720 --> 00:03:01,300  
history of the second one ok

55  
00:03:06,490 --> 00:03:04,730  
about four years ago Bob Schwartz and I

56  
00:03:08,410 --> 00:03:06,500  
Bob is executive director of the

57  
00:03:10,680 --> 00:03:08,420  
Association for comprehensive energy

58  
00:03:13,120 --> 00:03:10,690  
psychology we've formed a duo and

59  
00:03:16,060 --> 00:03:13,130  
started writing and singing songs to

60  
00:03:18,310 --> 00:03:16,070  
introduce keynote speeches at the yearly

61  
00:03:20,550 --> 00:03:18,320  
conferences of the Association for

62  
00:03:23,740 --> 00:03:20,560  
comprehensive energy psychology and

63  
00:03:26,350 --> 00:03:23,750

we've now I've been we've done this at

64

00:03:28,840 --> 00:03:26,360

ions conference and I also did this

65

00:03:31,600 --> 00:03:28,850

recently at the Society for scientific

66

00:03:33,520 --> 00:03:31,610

education and this this is kind of one

67

00:03:36,570 --> 00:03:33,530

of the favorite songs this is Bob

68

00:03:39,820 --> 00:03:36,580

Dylan's the times they are a-changin

69

00:03:42,850 --> 00:03:39,830

which was a powerful song in the 60s but

70

00:03:44,830 --> 00:03:42,860

the times really didn't change and I've

71

00:03:56,880 --> 00:03:44,840

rewritten it as the paradigm is it

72

00:04:20,170 --> 00:04:15,520

skeptics energies that you cannot so you

73

00:04:31,350 --> 00:04:27,180

[Music]

74

00:04:40,209 --> 00:04:34,990

don't physicists really let's drop the

75

00:04:43,420 --> 00:04:40,219

charade when no one is looking wave is

76

00:04:47,890 --> 00:04:43,430

arrayed only when you observe it a

77

00:04:52,110 --> 00:04:47,900

particle is made time and space they're

78

00:04:55,679 --> 00:04:52,120

not fundamental you might have to let

79

00:05:08,800 --> 00:04:55,689

consciousness join the parade or the

80

00:05:13,510 --> 00:05:08,810

paradigm interchange cosmologists up

81

00:05:16,990 --> 00:05:13,520

there with all your big bucks or down in

82

00:05:19,719 --> 00:05:17,000

my lucia where string theory plucks for

83

00:05:24,040 --> 00:05:19,729

a billion years distant while we stay

84

00:05:28,959 --> 00:05:24,050

sitting ducks ecosystems collapsing

85

00:05:30,990 --> 00:05:28,969

around us won't have a planet to study

86

00:05:46,230 --> 00:05:31,000

that flux for the

87

00:05:54,490 --> 00:05:50,230

how mainstream come media it's time to

88

00:05:57,760 --> 00:05:54,500

wake up you can't drink the truth from

89

00:06:02,920 --> 00:05:57,770

the corporate Cup institutional science

90

00:06:04,830 --> 00:06:02,930

now really holds up the growth of new

91

00:06:08,170 --> 00:06:04,840

knowledge and wisdom

92

00:06:11,880 --> 00:06:08,180

if you drop some of the dogmas new

93

00:06:25,120 --> 00:06:11,890

truths which show up for the paradigm

94

00:06:30,310 --> 00:06:25,130

interchange abattoir we hear now on

95

00:06:32,860 --> 00:06:30,320

others to pound not everyone sees yet

96

00:06:35,980 --> 00:06:32,870

the new things we've found on the

97

00:06:40,270 --> 00:06:35,990

shoulders of giants we sing this new

98

00:06:44,500 --> 00:06:40,280

sound and all have their place in the

99

00:06:51,690 --> 00:06:44,510

music some must be child while some

100

00:06:51,700 --> 00:06:56,040

it's a change

101  
00:06:56,050 --> 00:07:00,640  
it's attained

102  
00:07:00,650 --> 00:07:15,130  
[Music]

103  
00:07:21,170 --> 00:07:18,770  
thank you thank you Michael very nice so

104  
00:07:24,950 --> 00:07:21,180  
that you know that's a really

105  
00:07:27,530 --> 00:07:24,960  
interesting take on the paradigm

106  
00:07:31,220 --> 00:07:27,540  
shifting that we talked about so much on

107  
00:07:34,430 --> 00:07:31,230  
shattered reality podcast I know that

108  
00:07:38,210 --> 00:07:34,440  
your second song revolves around someone

109  
00:07:42,860 --> 00:07:38,220  
who had very famously a near-death

110  
00:07:47,060 --> 00:07:42,870  
experience a person that I'm very very

111  
00:07:50,420 --> 00:07:47,070  
vaguely acquainted with from the Monroe

112  
00:07:55,430 --> 00:07:50,430  
Institute so maybe you'd like to just

113  
00:07:56,600 --> 00:07:55,440

encapsulate the story of who it is yes

114

00:08:00,560 --> 00:07:56,610

certainly

115

00:08:02,990 --> 00:08:00,570

um so eben Alexander is I believe a

116

00:08:05,120 --> 00:08:03,000

Harvard trained neurosurgeon who's had

117

00:08:10,250 --> 00:08:05,130

appointments in a number of different

118

00:08:12,800 --> 00:08:10,260

hospitals and in 2008 he was he was

119

00:08:16,580 --> 00:08:12,810

somehow infected with gram-negative B

120

00:08:19,820 --> 00:08:16,590

coli bacteria and it literally dissolved

121

00:08:22,040 --> 00:08:19,830

his cortex and he was in a coma for

122

00:08:25,700 --> 00:08:22,050

something like a week and the hospital

123

00:08:29,000 --> 00:08:25,710

declared him dead and while he was quote

124

00:08:30,890 --> 00:08:29,010

dead unquote he was having a you know

125

00:08:33,529 --> 00:08:30,900

what we call a near-death an NDE and

126

00:08:35,719 --> 00:08:33,539

near-death experience and he spent

127

00:08:38,420 --> 00:08:35,729

something like four years thinking about

128

00:08:40,760 --> 00:08:38,430

it I mean it took him a while to recover

129

00:08:43,250 --> 00:08:40,770

after he came back and he wrote a book

130

00:08:46,280 --> 00:08:43,260

called proof of heaven a neuro surgeons

131

00:08:49,160 --> 00:08:46,290

journey into the afterlife which has

132

00:08:51,290 --> 00:08:49,170

become a big bestseller and he's been

133

00:08:52,460 --> 00:08:51,300

all over the world now we had him as a

134

00:08:56,990 --> 00:08:52,470

keynote speaker

135

00:09:00,079 --> 00:08:57,000

I guess at ACF maybe three years ago so

136

00:09:02,120 --> 00:09:00,089

I wrote this song to kind of honor his

137

00:09:04,940 --> 00:09:02,130

journey and this is how we introduced

138

00:09:06,800 --> 00:09:04,950

him Association for comprehensive energy

139

00:09:08,360 --> 00:09:06,810

psychology it's it's interesting to be

140

00:09:10,490 --> 00:09:08,370

there for the keynotes because we

141

00:09:13,400 --> 00:09:10,500

typically try to write some kind of

142

00:09:15,860 --> 00:09:13,410

songs or something that either you know

143

00:09:17,340 --> 00:09:15,870

are humorous or poignant or something

144

00:09:19,800 --> 00:09:17,350

this one is this one

145

00:09:23,790 --> 00:09:19,810

is really just a complete record of his

146

00:09:25,140 --> 00:09:23,800

experience and he was attacked by by by

147

00:09:28,500 --> 00:09:25,150

the media and different at different

148

00:09:31,140 --> 00:09:28,510

times uh by skeptics who didn't believe

149

00:09:34,380 --> 00:09:31,150

his story I just want to add that but go

150

00:09:36,660 --> 00:09:34,390

ahead no he's no don't be sorry

151  
00:09:38,670 --> 00:09:36,670  
he's he's definitely been attacked and

152  
00:10:00,090 --> 00:09:38,680  
the song chronicles that part of it is

153  
00:10:03,570 --> 00:10:00,100  
well it started some virus my cortex got

154  
00:10:06,360 --> 00:10:03,580  
pride went to this dark place and then

155  
00:10:10,280 --> 00:10:06,370  
towards the light some girl on a

156  
00:10:41,820 --> 00:10:10,290  
butterfly flew to my consciousness

157  
00:10:45,020 --> 00:10:41,830  
consciousness so how can this be where

158  
00:11:04,070 --> 00:10:59,880  
still I think all as well my cortex shut

159  
00:11:08,310 --> 00:11:04,080  
down and there's some missing link baby

160  
00:11:11,430 --> 00:11:08,320  
the source of my mind the more like the

161  
00:11:17,840 --> 00:11:11,440  
filter for a light unrefined singing

162  
00:11:24,690 --> 00:11:17,850  
consciousness consciousness so I really

163  
00:11:28,139 --> 00:11:24,700

but are we really well I researched and

164

00:11:31,199 --> 00:11:28,149

pondered and wondered and from it seems

165

00:11:34,889 --> 00:11:31,209

like my worldview had turned upside down

166

00:11:39,000 --> 00:11:34,899

if neurons came last and awareness was

167

00:11:39,720 --> 00:11:39,010

first that meant my Newtonian bubble had

168

00:11:42,740 --> 00:11:39,730

burst

169

00:11:48,180 --> 00:11:42,750

singing consciousness consciousness oh

170

00:11:49,410 --> 00:11:48,190

that's what I maybe that's what we all

171

00:11:55,310 --> 00:11:49,420

are

172

00:12:02,670 --> 00:11:59,220

well I rolled up my journey and boy did

173

00:12:05,670 --> 00:12:02,680

it sell but right away skeptics and

174

00:12:08,840 --> 00:12:05,680

cynics all yelled you don't prove a

175

00:12:11,519 --> 00:12:08,850

thing and it's probably faked

176

00:12:15,620 --> 00:12:11,529

consciousness first and it must be

177

00:12:23,180 --> 00:12:15,630

half-baked singing paradigms paradigms

178

00:12:32,210 --> 00:12:23,190

Monday such fun they shape what we see

179

00:12:37,050 --> 00:12:35,730

well I'll stick to my message I'll stick

180

00:12:44,490 --> 00:12:37,060

to my guns

181

00:12:48,660 --> 00:12:44,500

we're far is the fabric of which we are

182

00:12:49,560 --> 00:12:48,670

knit it's the only hypothesis that seems

183

00:12:52,470 --> 00:12:49,570

to fit

184

00:12:56,730 --> 00:12:52,480

singing consciousness consciousness soul

185

00:13:11,970 --> 00:13:09,630

that's what we that was very lovely

186

00:13:12,300 --> 00:13:11,980

thank you thank you yeah that was fun

187

00:13:18,750 --> 00:13:12,310

right

188

00:13:22,500 --> 00:13:18,760

yeah what's cool y'all go ahead please

189

00:13:25,110 --> 00:13:22,510

first well there's a few things that we

190

00:13:28,590 --> 00:13:25,120

want to talk about one of them is your

191

00:13:31,770 --> 00:13:28,600

family constellation therapy work and

192

00:13:36,450 --> 00:13:31,780

the other is your connection to

193

00:13:39,900 --> 00:13:36,460

shamanism and so why don't we start with

194

00:13:45,540 --> 00:13:39,910

the family constellation work and let us

195

00:13:48,960 --> 00:13:45,550

ask you I know the the founder was a

196

00:13:50,190 --> 00:13:48,970

priest named Bert Hellinger I believe in

197

00:13:54,000 --> 00:13:50,200

Germany is that correct

198

00:13:56,640 --> 00:13:54,010

yes it is I mean he's a synthesizer

199

00:13:59,100 --> 00:13:56,650

really he came to the United States and

200

00:14:01,770 --> 00:13:59,110

picked up a lot of what he put into

201  
00:14:03,600 --> 00:14:01,780  
family constellations actually from

202  
00:14:05,670 --> 00:14:03,610  
therapists in the United States and he's

203  
00:14:08,250 --> 00:14:05,680  
he deserves great recognition as a

204  
00:14:10,470 --> 00:14:08,260  
synthesizer but at the same time he did

205  
00:14:12,750 --> 00:14:10,480  
not invent this out of whole cloth well

206  
00:14:16,110 --> 00:14:12,760  
and for those of us unfamiliar with it

207  
00:14:18,330 --> 00:14:16,120  
could you just give a definition because

208  
00:14:20,880 --> 00:14:18,340  
I'm not really quite sure what you mean

209  
00:14:23,520 --> 00:14:20,890  
by it you you can describe family

210  
00:14:28,530 --> 00:14:23,530  
constellations quickly in a number of

211  
00:14:30,720 --> 00:14:28,540  
ways it's it's a tool for revealing and

212  
00:14:32,610 --> 00:14:30,730  
realigning hidden loyalties and family

213  
00:14:35,370 --> 00:14:32,620

systems and when we talk about family

214

00:14:37,620 --> 00:14:35,380

systems now we're right in your

215

00:14:39,900 --> 00:14:37,630

shattered reality ballpark because we're

216

00:14:43,850 --> 00:14:39,910

talking about transgenerational psychic

217

00:14:47,160 --> 00:14:43,860

organisms now when you talk about family

218

00:14:50,340 --> 00:14:47,170

is that in specifically family or just

219

00:14:53,400 --> 00:14:50,350

people that are close to you or what

220

00:14:57,360 --> 00:14:53,410

what is the relationship it's it starts

221

00:15:00,650 --> 00:14:57,370

with ancestors but it can extend any

222

00:15:04,590 --> 00:15:00,660

time some kind of profound bond is

223

00:15:08,390 --> 00:15:04,600

formed that shapes the life of a family

224

00:15:10,470 --> 00:15:08,400

then the people that get bonded that way

225

00:15:12,930 --> 00:15:10,480

tend to become

226

00:15:16,319 --> 00:15:12,940

of this family soul or family system for

227

00:15:22,259 --> 00:15:16,329

example combat buddies that you know die

228

00:15:25,800 --> 00:15:22,269

or people well let's just stick with

229

00:15:30,449 --> 00:15:25,810

that one but so it can expand past

230

00:15:32,699 --> 00:15:30,459

actual yeah biological families but it

231

00:15:35,639 --> 00:15:32,709

but ancestors are sort of the key to

232

00:15:38,340 --> 00:15:35,649

this is that correct your voice is just

233

00:15:42,180 --> 00:15:38,350

a little fuzzy I'm sorry yeah ancestors

234

00:15:47,030 --> 00:15:42,190

are just the key to this ancestors are

235

00:15:51,569 --> 00:15:47,040

the key I mean it's sort of the basic

236

00:15:55,019 --> 00:15:51,579

the key unit the key to it ancestors are

237

00:15:57,030 --> 00:15:55,029

the primary yeah there's two kinds of

238

00:15:59,490 --> 00:15:57,040

trauma in the world there's the kind you

239

00:16:01,829 --> 00:15:59,500

experience yourself and there's the kind

240

00:16:05,069 --> 00:16:01,839

that your ancestors experienced and

241

00:16:08,730 --> 00:16:05,079

never dealt with and that that energy

242

00:16:11,220 --> 00:16:08,740

stays in this transgenerational family

243

00:16:15,210 --> 00:16:11,230

system and it comes up in later

244

00:16:16,819 --> 00:16:15,220

generations there's some epic there's

245

00:16:20,129 --> 00:16:16,829

there's increasing evidence in

246

00:16:23,040 --> 00:16:20,139

epigenetics for the transmission of this

247

00:16:29,040 --> 00:16:23,050

kind of stuff but a lot of it is just

248

00:16:32,280 --> 00:16:29,050

it's psychic you know looking out at

249

00:16:36,269 --> 00:16:32,290

what I've researched on the web about

250

00:16:38,340 --> 00:16:36,279

this subject some people bring it into a

251  
00:16:40,800 --> 00:16:38,350  
very psychic realm I mean some

252  
00:16:45,240 --> 00:16:40,810  
therapists tend to bring it into a very

253  
00:16:47,009 --> 00:16:45,250  
psychic realm while others seem to you

254  
00:16:49,949 --> 00:16:47,019  
know work with it more or less as

255  
00:16:52,980 --> 00:16:49,959  
transactional psychology if that's a

256  
00:16:56,090 --> 00:16:52,990  
good description don't worry do you find

257  
00:16:59,069 --> 00:16:56,100  
that there that the group of family

258  
00:17:01,530 --> 00:16:59,079  
constellation therapists fall on one

259  
00:17:04,590 --> 00:17:01,540  
side or the other of that equation

260  
00:17:09,360 --> 00:17:04,600  
um they fall all over the place frankly

261  
00:17:14,039 --> 00:17:09,370  
okay family constellations is a fairly

262  
00:17:16,829 --> 00:17:14,049  
new modality it's it's in almost every

263  
00:17:19,640 --> 00:17:16,839

country of the world it lags a lot in

264

00:17:21,990 --> 00:17:19,650

North America because we're very

265

00:17:23,909 --> 00:17:22,000

individualistic here and we're

266

00:17:26,490 --> 00:17:23,919

rootless in the sense that we're mostly

267

00:17:30,930 --> 00:17:26,500

immigrants you know several generations

268

00:17:33,060 --> 00:17:30,940

back in any case so there are people who

269

00:17:35,430 --> 00:17:33,070

regard family I mean when you look at

270

00:17:37,740 --> 00:17:35,440

how a constellation looks it looks like

271

00:17:41,340 --> 00:17:37,750

unscripted in the workshop form it looks

272

00:17:44,370 --> 00:17:41,350

like unscripted psychodrama oK you've

273

00:17:47,360 --> 00:17:44,380

got people standing up and someone

274

00:17:51,090 --> 00:17:47,370

someone presents an issue a problem and

275

00:17:54,390 --> 00:17:51,100

the inner the facilitator interviews

276

00:17:57,840 --> 00:17:54,400

that person briefly and and sets up what

277

00:18:00,659 --> 00:17:57,850

he or she thinks are likely roots of the

278

00:18:02,970 --> 00:18:00,669

problem so you you might have someone

279

00:18:06,779 --> 00:18:02,980

representing the grandfather and someone

280

00:18:10,230 --> 00:18:06,789

else representing an uncle and this is a

281

00:18:14,580 --> 00:18:10,240

in this form this becomes a kind of

282

00:18:19,680 --> 00:18:14,590

group channeling it's quite fascinating

283

00:18:21,060 --> 00:18:19,690

almost I'm never seen there are people

284

00:18:24,390 --> 00:18:21,070

who come into these kind of workshops

285

00:18:27,840 --> 00:18:24,400

very skeptical and at the same time they

286

00:18:31,909 --> 00:18:27,850

start to do this they in some sense

287

00:18:35,250 --> 00:18:31,919

share their awareness with an ancestor

288

00:18:38,279 --> 00:18:35,260

it's an amazing thing to watch it's very

289

00:18:42,779 --> 00:18:38,289

very interesting and what we're trying

290

00:18:44,190 --> 00:18:42,789

to do is to sort out the fates of the I

291

00:18:46,799 --> 00:18:44,200

hope I'm not going too fast but we're

292

00:18:50,130 --> 00:18:46,809

trying to sort out the fates of the

293

00:18:54,390 --> 00:18:50,140

people in the family if if if my

294

00:18:57,380 --> 00:18:54,400

grandfather was teaching explosives it

295

00:19:01,310 --> 00:18:57,390

wasn't but if he was teaching explosives

296

00:19:05,190 --> 00:19:01,320

in in a World War one or something and

297

00:19:07,890 --> 00:19:05,200

he got he you know a faulty grenade blew

298

00:19:09,659 --> 00:19:07,900

up and it crippled him and he came home

299

00:19:11,460 --> 00:19:09,669

instead of being a hero he came home

300

00:19:14,070 --> 00:19:11,470

kind of a buffoon because he was an

301  
00:19:16,649 --> 00:19:14,080  
instructor and he couldn't even handle a

302  
00:19:20,880 --> 00:19:16,659  
grenade it wasn't his fault

303  
00:19:23,430 --> 00:19:20,890  
and then I may well be somebody as a

304  
00:19:27,529 --> 00:19:23,440  
grandson who has a lot of trouble giving

305  
00:19:31,740 --> 00:19:27,539  
public speeches because in my in my

306  
00:19:35,100 --> 00:19:31,750  
inheritance is a kind of sentence that

307  
00:19:35,549 --> 00:19:35,110  
says public speeches can you all

308  
00:19:37,409 --> 00:19:35,559  
right

309  
00:19:40,950 --> 00:19:37,419  
that makes sense did I go too fast only

310  
00:19:43,259 --> 00:19:40,960  
it made sense but only I think where

311  
00:19:47,210 --> 00:19:43,269  
that was a little missing link in there

312  
00:19:49,529 --> 00:19:47,220  
was that the grandfather was giving an

313  
00:19:54,029 --> 00:19:49,539

instruction in the form of the speech to

314

00:19:56,430 --> 00:19:54,039

a group of soldiers is why yes so that

315

00:19:59,009 --> 00:19:56,440

part was missing but other than that I

316

00:20:01,440 --> 00:19:59,019

think that we've gotten it now one thing

317

00:20:04,919 --> 00:20:01,450

I want to say right off the bat and that

318

00:20:07,940 --> 00:20:04,929

is that Michael has a book dr. Michael

319

00:20:11,549 --> 00:20:07,950

ready health happiness and family

320

00:20:14,820 --> 00:20:11,559

constellations how ancestors family

321

00:20:18,060 --> 00:20:14,830

systems and hidden loyalties shape your

322

00:20:22,710 --> 00:20:18,070

life and what you can do about it you is

323

00:20:28,580 --> 00:20:22,720

emphasized so perhaps you'll tell us how

324

00:20:31,799 --> 00:20:28,590

you got into this in 2008 I developed

325

00:20:34,799 --> 00:20:31,809

sensory neuropathies in my feet kind of

326

00:20:37,109 --> 00:20:34,809

out of the blue and they got really bad

327

00:20:40,769 --> 00:20:37,119

and I tried about five different

328

00:20:44,009 --> 00:20:40,779

alternative therapies acupuncture and I

329

00:20:46,080 --> 00:20:44,019

had a regular therapist homeopathy and

330

00:20:47,850 --> 00:20:46,090

nothing was working and I finally went

331

00:20:50,549 --> 00:20:47,860

to mainstream medicine which I am loathe

332

00:20:53,759 --> 00:20:50,559

to do but I did and they just put me on

333

00:20:56,639 --> 00:20:53,769

some kind of stuff that I had to get off

334

00:21:03,149 --> 00:20:56,649

of it didn't really help it was it was

335

00:21:05,639 --> 00:21:03,159

some kind of steroid you know it was

336

00:21:10,049 --> 00:21:05,649

medicine for psychological problems

337

00:21:12,419 --> 00:21:10,059

anxiety medicine and so wait wait your

338

00:21:15,389 --> 00:21:12,429

feet hurt and they gave you anxiety

339

00:21:17,190 --> 00:21:15,399

medication they don't know what to do

340

00:21:24,919 --> 00:21:17,200

with what they call idiopathic

341

00:21:28,289 --> 00:21:24,929

neuropathy so I didn't I'm sorry okay so

342

00:21:29,669 --> 00:21:28,299

your feet were bothering what how no

343

00:21:31,769 --> 00:21:29,679

when you say if you were bothering you I

344

00:21:33,989 --> 00:21:31,779

mean obviously there's it can be really

345

00:21:36,600 --> 00:21:33,999

serious pain like plantar fasciitis and

346

00:21:38,730 --> 00:21:36,610

so on which I've had and it's no joy and

347

00:21:41,399 --> 00:21:38,740

there is absolutely no treat before it

348

00:21:43,740 --> 00:21:41,409

does in time but I mean what was your

349

00:21:46,470 --> 00:21:43,750

pain like it was like your whole foot

350

00:21:48,480 --> 00:21:46,480

hurt or it was Walker

351

00:21:51,330 --> 00:21:48,490

it was the hot

352

00:21:55,680 --> 00:21:51,340

cold stinging Bernie's okay and they

353

00:21:58,110 --> 00:21:55,690

they got really bad really bad and high

354

00:22:00,840 --> 00:21:58,120

I wasn't sure I even wanted to live

355

00:22:03,240 --> 00:22:00,850

anymore cuz vicodin and other things

356

00:22:08,040 --> 00:22:03,250

like that didn't really help and it was

357

00:22:10,260 --> 00:22:08,050

constant it came in spells came this

358

00:22:13,470 --> 00:22:10,270

spells at last 18 hours or so until I

359

00:22:17,299 --> 00:22:13,480

whoa whoa that's a pretty long yes it

360

00:22:21,840 --> 00:22:17,309

was long and I read a book that said

361

00:22:24,600 --> 00:22:21,850

that this might not be mine that this

362

00:22:27,060 --> 00:22:24,610

might belong to an ancestor and it

363

00:22:29,880 --> 00:22:27,070

suddenly dawned on me that my mother had

364

00:22:31,980 --> 00:22:29,890

told me that my father had terrible

365

00:22:34,890 --> 00:22:31,990

trouble with his feet in the Pacific in

366

00:22:37,230 --> 00:22:34,900

World War two mm-hmm and I just had this

367

00:22:39,840 --> 00:22:37,240

big flash and I got somebody to drive me

368

00:22:42,720 --> 00:22:39,850

down to South Carolina in a workshop

369

00:22:44,940 --> 00:22:42,730

where the guy that had written the book

370

00:22:49,350 --> 00:22:44,950

was leading the workshop and I had this

371

00:22:51,660 --> 00:22:49,360

constellation in which I basically gave

372

00:22:54,470 --> 00:22:51,670

back I mean I was care my father became

373

00:22:58,230 --> 00:22:54,480

an alcoholic and he never dealt with his

374

00:23:00,270 --> 00:22:58,240

experiences in the war there was no help

375

00:23:06,299 --> 00:23:00,280

back then did you understand me I mean

376

00:23:08,700 --> 00:23:06,309

they barely existed then right and I I

377

00:23:11,370 --> 00:23:08,710

had kind of a mystical experience and I

378

00:23:14,850 --> 00:23:11,380

actually ended up taking a walk in a

379

00:23:18,120 --> 00:23:14,860

graveyard after this constellation and

380

00:23:20,280 --> 00:23:18,130

had I it's hard I mean it's written in

381

00:23:23,840 --> 00:23:20,290

the prologue of the book it was a very

382

00:23:26,310 --> 00:23:23,850

profound experience and I just felt this

383

00:23:30,240 --> 00:23:26,320

honestly the truth is I felt all these

384

00:23:31,890 --> 00:23:30,250

these people in these graves saying to

385

00:23:33,919 --> 00:23:31,900

me listen you need to stay on the planet

386

00:23:36,630 --> 00:23:33,929

and learn how to do this and try to help

387

00:23:39,060 --> 00:23:36,640

mm-hmm

388

00:23:41,340 --> 00:23:39,070

and it took took maybe two or three

389

00:23:43,760 --> 00:23:41,350

months but the neuropathies basically

390

00:23:46,620 --> 00:23:43,770

went away on their own after that mm-hmm

391

00:23:49,380 --> 00:23:46,630

but but I was living my father's faith I

392

00:23:51,120 --> 00:23:49,390

mean he he never he never dealt with his

393

00:23:54,270 --> 00:23:51,130

experience do you understand me he just

394

00:23:56,160 --> 00:23:54,280

drowned himself in alcohol and that

395

00:23:59,790 --> 00:23:56,170

experience stayed in the family system

396

00:24:02,280 --> 00:23:59,800

and as his oldest son I held it for him

397

00:24:04,320 --> 00:24:02,290

it's it it's a bonding

398

00:24:09,420 --> 00:24:04,330

that happens I think when your very very

399

00:24:12,590 --> 00:24:09,430

little very very young hmm I've seen

400

00:24:15,150 --> 00:24:12,600

things of this nature in my work with

401  
00:24:17,820 --> 00:24:15,160  
clients doing intuitive and psychic

402  
00:24:21,830 --> 00:24:17,830  
readings that sometimes they carry

403  
00:24:25,380 --> 00:24:21,840  
forward issues from their family group

404  
00:24:29,550 --> 00:24:25,390  
particularly immigrants do this a lot

405  
00:24:32,730 --> 00:24:29,560  
maybe almost more than general Americans

406  
00:24:34,830 --> 00:24:32,740  
but that might be that may or may not be

407  
00:24:38,580 --> 00:24:34,840  
true might just be my area of the

408  
00:24:44,880 --> 00:24:38,590  
experience that being said perhaps you

409  
00:24:49,110 --> 00:24:44,890  
would like to describe how a session

410  
00:24:52,290 --> 00:24:49,120  
what with one person might go in other

411  
00:24:55,230 --> 00:24:52,300  
words I understand from your book that

412  
00:24:57,630 --> 00:24:55,240  
there are generally a group of people

413  
00:25:01,050 --> 00:24:57,640

anywhere from six to thirty people that

414

00:25:03,330 --> 00:25:01,060

gather in a circle in it's in this sort

415

00:25:06,740 --> 00:25:03,340

of it is a type of group therapy we'd

416

00:25:08,880 --> 00:25:06,750

have to say but what sets it apart and

417

00:25:12,600 --> 00:25:08,890

how does it proceed

418

00:25:15,180 --> 00:25:12,610

well there's this comes in two forms the

419

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

one of them is the group form and it

420

00:25:20,790 --> 00:25:17,200

looks like unscripted psychodrama

421

00:25:25,920 --> 00:25:20,800

basically the other way is in private

422

00:25:28,200 --> 00:25:25,930

sessions you basically set up objects

423

00:25:31,260 --> 00:25:28,210

now I'm a shaman so I call them object

424

00:25:33,330 --> 00:25:31,270

persons which is like you know the

425

00:25:35,820 --> 00:25:33,340

Native Americans my teachers would talk

426  
00:25:38,640 --> 00:25:35,830  
about the stone people and the plant

427  
00:25:43,410 --> 00:25:38,650  
people and little little household

428  
00:25:46,080 --> 00:25:43,420  
objects get set up in a pattern and you

429  
00:25:49,500 --> 00:25:46,090  
and the client take turns going and

430  
00:25:52,950 --> 00:25:49,510  
playing this child's game of pretending

431  
00:25:56,910 --> 00:25:52,960  
to be whoever it is that that little

432  
00:25:59,850 --> 00:25:56,920  
object is representing so if you go over

433  
00:26:02,520 --> 00:25:59,860  
and you stand next to your dad's little

434  
00:26:04,550 --> 00:26:02,530  
object person you you try to become your

435  
00:26:07,970 --> 00:26:04,560  
dad and you try to look at the other

436  
00:26:10,440 --> 00:26:07,980  
other object persons the other

437  
00:26:14,070 --> 00:26:10,450  
representatives in the constellation as

438  
00:26:15,580 --> 00:26:14,080

if you were dad so I'm not Michael I'm

439

00:26:18,850 --> 00:26:15,590

dad

440

00:26:20,560 --> 00:26:18,860

and I get I get my clients doing this I

441

00:26:23,290 --> 00:26:20,570

tell them it's a child game we're just

442

00:26:25,840 --> 00:26:23,300

playing dolls and so much of what I

443

00:26:30,370 --> 00:26:25,850

learned around shamanism was very

444

00:26:32,800 --> 00:26:30,380

childlike it's so too simple for for a

445

00:26:34,780 --> 00:26:32,810

lot of us to you know us educated people

446

00:26:38,710 --> 00:26:34,790

to deal with very easily but you

447

00:26:40,630 --> 00:26:38,720

basically feel into being that that

448

00:26:42,880 --> 00:26:40,640

person and you have this array of

449

00:26:46,090 --> 00:26:42,890

objects set out in some kind of pattern

450

00:26:49,570 --> 00:26:46,100

and as the constellation develops and

451

00:26:52,540 --> 00:26:49,580

you and the client take turns feeling

452

00:26:55,060 --> 00:26:52,550

into being different parts of the system

453

00:26:58,180 --> 00:26:55,070

you begin to get a sense of what the

454

00:27:00,640 --> 00:26:58,190

larger system is doing like where who's

455

00:27:03,550 --> 00:27:00,650

holding what who who what are the

456

00:27:06,700 --> 00:27:03,560

secrets what what needs to happen for

457

00:27:09,040 --> 00:27:06,710

the goal that the client came in with to

458

00:27:12,010 --> 00:27:09,050

become realizable as opposed to all

459

00:27:15,070 --> 00:27:12,020

blocked what sense am I making is this

460

00:27:18,490 --> 00:27:15,080

good so far yes it's good I wonder if

461

00:27:21,010 --> 00:27:18,500

you could give examples of maybe two or

462

00:27:23,620 --> 00:27:21,020

three or more types of goals people

463

00:27:25,680 --> 00:27:23,630

might typically either come to the group

464

00:27:29,500 --> 00:27:25,690

session or the personal session with

465

00:27:32,830 --> 00:27:29,510

well a very common one is I've got some

466

00:27:36,040 --> 00:27:32,840

kind of illness I've got like Michael's

467

00:27:41,340 --> 00:27:36,050

my neuropathies or I had a I had a

468

00:27:43,720 --> 00:27:41,350

person with with cancer and we set up

469

00:27:45,070 --> 00:27:43,730

now this is this is not a private

470

00:27:46,840 --> 00:27:45,080

constellation do you want a private

471

00:27:48,850 --> 00:27:46,850

constellation or a workshop or does it

472

00:27:52,260 --> 00:27:48,860

matter it doesn't really matter we just

473

00:27:57,580 --> 00:27:52,270

want to know um how this modality works

474

00:28:00,550 --> 00:27:57,590

this was a group and we set up a mother

475

00:28:02,110 --> 00:28:00,560

the clients mother we you you set up a

476

00:28:04,930 --> 00:28:02,120

representative for the client the client

477

00:28:07,630 --> 00:28:04,940

sits next to you and watches so that the

478

00:28:10,900 --> 00:28:07,640

client can get a sense of looking at the

479

00:28:12,790 --> 00:28:10,910

system from the outside and it may be at

480

00:28:16,210 --> 00:28:12,800

the end you'll put the client into in

481

00:28:19,330 --> 00:28:16,220

for the representative but often

482

00:28:21,420 --> 00:28:19,340

sometimes not anyway we set up her the

483

00:28:25,840 --> 00:28:21,430

clients mother we set up a grandmother

484

00:28:28,760 --> 00:28:25,850

who had lived in some town in Germany

485

00:28:33,770 --> 00:28:31,640

and I also set up the cancer I had a

486

00:28:35,840 --> 00:28:33,780

representative for the cancer so the

487

00:28:39,140 --> 00:28:35,850

cancer was like a being in other words

488

00:28:44,450 --> 00:28:39,150

the cancer was where were personifying

489

00:28:48,770 --> 00:28:44,460

everything here and we set up a woman

490

00:28:50,510 --> 00:28:48,780

who was the cancer and the cancer when

491

00:28:52,370 --> 00:28:50,520

we watch that in this kind of

492

00:28:55,670 --> 00:28:52,380

constellation we're watching the

493

00:28:58,820 --> 00:28:55,680

behavior of the representatives and this

494

00:29:02,330 --> 00:28:58,830

happens slowly it happens without a lot

495

00:29:04,400 --> 00:29:02,340

of words in some cases it might take an

496

00:29:08,540 --> 00:29:04,410

hour and a half or two hours to develop

497

00:29:11,480 --> 00:29:08,550

but the cancer was the cancer was the

498

00:29:14,390 --> 00:29:11,490

the person representing the cancer kept

499

00:29:17,780 --> 00:29:14,400

coming around and seeming like she was

500

00:29:21,860 --> 00:29:17,790

trying to protect the person who had the

501  
00:29:25,400 --> 00:29:21,870  
cancer and so of course we start to ask

502  
00:29:28,640 --> 00:29:25,410  
you know what what is this disease doing

503  
00:29:31,280 --> 00:29:28,650  
what is it here for and in this case

504  
00:29:33,020 --> 00:29:31,290  
this went back to this town in Germany I

505  
00:29:35,800 --> 00:29:33,030  
don't know if I can remember all the

506  
00:29:38,150 --> 00:29:35,810  
details but there was the grandmother

507  
00:29:43,490 --> 00:29:38,160  
something happened to the grandmother in

508  
00:29:49,510 --> 00:29:43,500  
Germany and she was very very she was

509  
00:29:54,260 --> 00:29:49,520  
ostracized and you know sort of cast out

510  
00:30:01,160 --> 00:29:54,270  
and the the cancer was trying to somehow

511  
00:30:03,170 --> 00:30:01,170  
get get this get the grandmother deal

512  
00:30:07,640 --> 00:30:03,180  
with the issues that the grandmother had

513  
00:30:09,320 --> 00:30:07,650

never dealt with I don't know this is

514

00:30:11,210 --> 00:30:09,330

kind of hard to talk about and I may not

515

00:30:16,280 --> 00:30:11,220

be making as much sense as I would like

516

00:30:21,320 --> 00:30:16,290

but the resolution of this was in fact

517

00:30:24,470 --> 00:30:21,330

that we had to go back and I mean this

518

00:30:28,970 --> 00:30:24,480

gets complicated folks we've had to go

519

00:30:32,210 --> 00:30:28,980

back and help the soul of this

520

00:30:35,780 --> 00:30:32,220

grandmother who had suffered greatly and

521

00:30:38,870 --> 00:30:35,790

had never never happened helped with it

522

00:30:41,330 --> 00:30:38,880

never had any clarity around it

523

00:30:42,740 --> 00:30:41,340

should I keep on going on yeah yeah I

524

00:30:45,470 --> 00:30:42,750

was just thinking the person

525

00:30:47,510 --> 00:30:45,480

had the cancer had no direct connection

526

00:30:50,780 --> 00:30:47,520

with the grandmother I mean she had

527

00:30:53,990 --> 00:30:50,790

already passed on she would yes she had

528

00:30:56,390 --> 00:30:54,000

passed on this this one was very bonded

529

00:30:59,510 --> 00:30:56,400

to this grandmother oh she will new her

530

00:31:02,870 --> 00:30:59,520

in other words they were that was her

531

00:31:03,560 --> 00:31:02,880

favorite ancestor okay I mean but did

532

00:31:09,440 --> 00:31:03,570

she

533

00:31:12,860 --> 00:31:09,450

her or not the grandma was still alive

534

00:31:14,330 --> 00:31:12,870

when this person who had the cancer well

535

00:31:16,880 --> 00:31:14,340

the person who had the cancer was in her

536

00:31:19,070 --> 00:31:16,890

60s so the grandmother was gone right

537

00:31:21,740 --> 00:31:19,080

but as a child this woman did know the

538

00:31:24,290 --> 00:31:21,750

grandmother yeah okay okay so you sort

539

00:31:27,590 --> 00:31:24,300

of have to have it can't be like a

540

00:31:33,290 --> 00:31:27,600

distant ancestor that you never met it

541

00:31:35,750 --> 00:31:33,300

might be oh but she had a close bond to

542

00:31:37,670 --> 00:31:35,760

this lady that was ostracized and was

543

00:31:40,370 --> 00:31:37,680

suffering and couldn't really resolve

544

00:31:43,640 --> 00:31:40,380

that issue was she being shunned like in

545

00:31:45,860 --> 00:31:43,650

that in the typical European manner this

546

00:31:47,810 --> 00:31:45,870

was this was breast I'm trying to

547

00:31:51,020 --> 00:31:47,820

remember this this was breast cancer I

548

00:31:54,220 --> 00:31:51,030

believe and this this grandmother had

549

00:31:58,730 --> 00:31:54,230

had a child out of wedlock and had been

550

00:32:02,570 --> 00:31:58,740

ostracized and the the the you know the

551  
00:32:05,120 --> 00:32:02,580  
connection was around you know Maternity

552  
00:32:08,870 --> 00:32:05,130  
basically was around okay

553  
00:32:10,670 --> 00:32:08,880  
but what we're trying to do this gets

554  
00:32:13,460 --> 00:32:10,680  
into what happens after people die I

555  
00:32:15,200 --> 00:32:13,470  
mean I think is you you guys probably

556  
00:32:18,620 --> 00:32:15,210  
have talked about people don't just

557  
00:32:21,080 --> 00:32:18,630  
disappear when they die their souls if

558  
00:32:23,930 --> 00:32:21,090  
they have entanglements if they're if

559  
00:32:25,940 --> 00:32:23,940  
they're if they've got children and

560  
00:32:29,810 --> 00:32:25,950  
grandchildren who are carrying their

561  
00:32:31,460 --> 00:32:29,820  
fate who are living lives where they're

562  
00:32:33,350 --> 00:32:31,470  
walking around and instead of

563  
00:32:35,780 --> 00:32:33,360

experiencing their own life they've got

564

00:32:38,210 --> 00:32:35,790

a huge block that really belongs to a

565

00:32:40,520 --> 00:32:38,220

grandparent then that grandparent

566

00:32:43,700 --> 00:32:40,530

doesn't seem to go all the way into the

567

00:32:47,000 --> 00:32:43,710

light that grandparent seems to stay in

568

00:32:49,430 --> 00:32:47,010

the astral or mental if whatever I would

569

00:32:52,220 --> 00:32:49,440

guess those if you want to talk that way

570

00:32:54,260 --> 00:32:52,230

and what we're doing in the

571

00:32:56,090 --> 00:32:54,270

constellation is lending our

572

00:32:58,720 --> 00:32:56,100

consciousness lending our

573

00:33:02,360 --> 00:32:58,730

lending our physical and etheric bodies

574

00:33:06,680 --> 00:33:02,370

to these to these you know deceased

575

00:33:09,230 --> 00:33:06,690

people that aren't present and helping

576

00:33:12,080 --> 00:33:09,240

them accept what happened to them

577

00:33:14,660 --> 00:33:12,090

and giving them some support and comfort

578

00:33:18,200 --> 00:33:14,670

around what happened to them and thereby

579

00:33:20,210 --> 00:33:18,210

trying to free the client from carrying

580

00:33:23,240 --> 00:33:20,220

it for them carrying the burden of the

581

00:33:25,070 --> 00:33:23,250

ancestor yes yes exactly

582

00:33:27,770 --> 00:33:25,080

and you seem to have success with this

583

00:33:30,380 --> 00:33:27,780

obviously it's it's I mean it doesn't

584

00:33:33,290 --> 00:33:30,390

work all the time yes it did the cancer

585

00:33:35,420 --> 00:33:33,300

disappeared within a couple months I

586

00:33:37,310 --> 00:33:35,430

have to say to be honest I believe it

587

00:33:39,290 --> 00:33:37,320

came back two or three years later and I

588

00:33:40,790 --> 00:33:39,300

wasn't involved in that but it did go

589

00:33:44,810 --> 00:33:40,800

away mm-hmm

590

00:33:47,090 --> 00:33:44,820

there are a lot of uncanny successes in

591

00:33:50,600 --> 00:33:47,100

this work people are doing this all over

592

00:33:53,870 --> 00:33:50,610

the world literally all over the world

593

00:33:58,460 --> 00:33:53,880

it's it's still very it's not very

594

00:34:00,020 --> 00:33:58,470

organized people kind of you know

595

00:34:01,730 --> 00:34:00,030

there's no there's no professional

596

00:34:03,890 --> 00:34:01,740

Society in the United States yet or

597

00:34:06,920 --> 00:34:03,900

anything like that there's there's one

598

00:34:08,690 --> 00:34:06,930

in in Europe the International systemic

599

00:34:10,520 --> 00:34:08,700

constellation Association but it's

600

00:34:12,860 --> 00:34:10,530

fallen to pieces a couple times and then

601  
00:34:17,720 --> 00:34:12,870  
put back together again it's still very

602  
00:34:20,120 --> 00:34:17,730  
new and Bert Hellinger is a kind of he's

603  
00:34:23,780 --> 00:34:20,130  
kind of like a mountain man he he will

604  
00:34:26,330 --> 00:34:23,790  
he just you know he explored but he's

605  
00:34:28,760 --> 00:34:26,340  
not a great example for therapists to

606  
00:34:31,100 --> 00:34:28,770  
follow and he's not going to build roads

607  
00:34:34,610 --> 00:34:31,110  
for people did you understand me he's

608  
00:34:37,940 --> 00:34:34,620  
not going to help people get to the

609  
00:34:41,000 --> 00:34:37,950  
place that he's gotten to let me ask a

610  
00:34:45,170 --> 00:34:41,010  
question about what do you do if there's

611  
00:34:47,630 --> 00:34:45,180  
somebody who has no family or very

612  
00:34:51,050 --> 00:34:47,640  
little family and has one of these

613  
00:34:53,930 --> 00:34:51,060

problems yeah okay so I worked at one

614

00:34:55,970 --> 00:34:53,940

point with a Korean War baby and if you

615

00:34:58,070 --> 00:34:55,980

know what a Korean war baby is it's

616

00:35:00,950 --> 00:34:58,080

during the Korean War there were all

617

00:35:03,920 --> 00:35:00,960

these parentless children who were

618

00:35:06,020 --> 00:35:03,930

shipped over to the United States they

619

00:35:08,780 --> 00:35:06,030

were orphans and they were called the

620

00:35:10,010 --> 00:35:08,790

Korean War babies so I did a

621

00:35:13,580 --> 00:35:10,020

constellation with

622

00:35:18,440 --> 00:35:13,590

with a woman in her 30s several years

623

00:35:21,470 --> 00:35:18,450

ago who was a Korean War baby and you

624

00:35:23,960 --> 00:35:21,480

know we didn't really know anything and

625

00:35:26,000 --> 00:35:23,970

we just knew that she had an adopted

626  
00:35:28,580 --> 00:35:26,010  
family and we weren't interested in that

627  
00:35:31,730 --> 00:35:28,590  
at this point though in some cases we

628  
00:35:33,590 --> 00:35:31,740  
might be but we weren't so I said you

629  
00:35:36,680 --> 00:35:33,600  
know we set up and this was a one-to-one

630  
00:35:39,860 --> 00:35:36,690  
constellation we set up an object person

631  
00:35:43,130 --> 00:35:39,870  
for her birth father and one for her

632  
00:35:47,090 --> 00:35:43,140  
birth mother and we took turns and went

633  
00:35:49,190 --> 00:35:47,100  
and stood and felt in to the father and

634  
00:35:52,520 --> 00:35:49,200  
the mother and you get all kinds of

635  
00:35:56,870 --> 00:35:52,530  
different reactions he this is a this is

636  
00:35:59,210 --> 00:35:56,880  
a form of channeling and the reaction we

637  
00:36:02,030 --> 00:35:59,220  
both got without comparing them I mean I

638  
00:36:03,830 --> 00:36:02,040

don't tell them what I am experiencing I

639

00:36:05,840 --> 00:36:03,840

usually let the client tell me first

640

00:36:07,190 --> 00:36:05,850

because I don't want to impose you know

641

00:36:09,920 --> 00:36:07,200

I'm the authority and I don't want to

642

00:36:12,380 --> 00:36:09,930

impose on them but we both felt that

643

00:36:15,530 --> 00:36:12,390

both parents were very very interested

644

00:36:17,990 --> 00:36:15,540

in this person they were not they were

645

00:36:21,080 --> 00:36:18,000

not it's like they didn't get rid of her

646

00:36:24,860 --> 00:36:21,090

willingly or anything and at that point

647

00:36:27,290 --> 00:36:24,870

the client remembered that the only fact

648

00:36:29,840 --> 00:36:27,300

that she knew and we hadn't said

649

00:36:32,900 --> 00:36:29,850

anything about this before the only fact

650

00:36:35,630 --> 00:36:32,910

that she knew was that they had left her

651  
00:36:38,840 --> 00:36:35,640  
in a trash can right by the police

652  
00:36:41,480 --> 00:36:38,850  
station and the client had always felt

653  
00:36:45,440 --> 00:36:41,490  
like this meant that they had thrown her

654  
00:36:48,110 --> 00:36:45,450  
out and in the course of this you know

655  
00:36:51,020 --> 00:36:48,120  
feeling into the parents and feeling the

656  
00:36:53,510 --> 00:36:51,030  
energies of the parents that there was

657  
00:36:56,930 --> 00:36:53,520  
this huge cognitive shift in the client

658  
00:36:59,420 --> 00:36:56,940  
it was like oh my god my my parents

659  
00:37:01,430 --> 00:36:59,430  
loved me deeply and they could not take

660  
00:37:04,520 --> 00:37:01,440  
care of me and the best they could do

661  
00:37:08,330 --> 00:37:04,530  
for me was put me where they knew the

662  
00:37:11,630 --> 00:37:08,340  
police would find me and she walked out

663  
00:37:13,670 --> 00:37:11,640

of that constellation in some sense now

664

00:37:16,280 --> 00:37:13,680

is this fact I mean I don't know what

665

00:37:19,460 --> 00:37:16,290

but it changed her does that make sense

666

00:37:20,740 --> 00:37:19,470

yes it does it makes a lot of sense it

667

00:37:24,210 --> 00:37:20,750

makes a lot of sense

668

00:37:27,180 --> 00:37:24,220

suddenly felt that she had been loved

669

00:37:28,650 --> 00:37:27,190

in a tragic and difficult situation I

670

00:37:32,670 --> 00:37:28,660

made all the difference in the world to

671

00:37:35,849 --> 00:37:32,680

her it makes a lot of sense and for some

672

00:37:39,210 --> 00:37:35,859

reason I I have to mention this even

673

00:37:43,140 --> 00:37:39,220

though it's a slightly off topic that in

674

00:37:46,109 --> 00:37:43,150

Japan in past generations it was

675

00:37:51,839 --> 00:37:46,119

considered extraordinarily unlucky to be

676

00:37:56,400 --> 00:37:51,849

a twin and families often took one of

677

00:37:59,009 --> 00:37:56,410

the twins and gave them to a person who

678

00:38:02,460 --> 00:37:59,019

might be a farmer or in a rural

679

00:38:05,339 --> 00:38:02,470

neighborhood as a and gave them maybe

680

00:38:08,999 --> 00:38:05,349

some money or something to adopt the

681

00:38:12,239 --> 00:38:09,009

twin and I've read some like very moving

682

00:38:15,029 --> 00:38:12,249

literature about what it's like to be

683

00:38:18,390 --> 00:38:15,039

one of the one of those rejected twins

684

00:38:21,960 --> 00:38:18,400

in Japan that I believe the practices

685

00:38:25,229 --> 00:38:21,970

now stopped but it was going on up until

686

00:38:27,539 --> 00:38:25,239

let's say before the Second World War

687

00:38:29,279 --> 00:38:27,549

that's an aside and it doesn't exactly

688

00:38:30,930 --> 00:38:29,289

have to do with what you were saying but

689

00:38:33,390 --> 00:38:30,940

I couldn't help thinking of it when you

690

00:38:37,319 --> 00:38:33,400

were telling the story of the Korean War

691

00:38:41,430 --> 00:38:37,329

baby which was very moving do you want

692

00:38:44,759 --> 00:38:41,440

to mention anything about your website

693

00:38:48,210 --> 00:38:44,769

or maybe where people can take a look at

694

00:38:56,039 --> 00:38:48,220

a film of one of these constellations

695

00:39:07,140 --> 00:39:02,700

double DUI it's not re ad Y and you can

696

00:39:11,700 --> 00:39:07,150

see some people in Munich have put

697

00:39:14,700 --> 00:39:11,710

together a a cloud-based software system

698

00:39:16,289 --> 00:39:14,710

in which you have these 3d avatars that

699

00:39:18,239 --> 00:39:16,299

you can use to set up remote

700

00:39:22,499 --> 00:39:18,249

constellations on both you and the

701  
00:39:26,400 --> 00:39:22,509  
client can see these and so I have this

702  
00:39:30,239 --> 00:39:26,410  
15 minute model of a constellation done

703  
00:39:37,590 --> 00:39:30,249  
with these 3d avatars and that's just

704  
00:39:43,140 --> 00:39:37,600  
that is at tiny URL right tiny URL STI

705  
00:39:47,160 --> 00:39:43,150  
my url dot-com forward slash and then

706  
00:39:49,590 --> 00:39:47,170  
just constellation 3d its numeral three

707  
00:39:52,670 --> 00:39:49,600  
and D and that's that is probably the

708  
00:39:55,590 --> 00:39:52,680  
most compact picture of a constellation

709  
00:39:58,110 --> 00:39:55,600  
anywhere in the world that's on the web

710  
00:40:01,350 --> 00:39:58,120  
well that sounds like it would be really

711  
00:40:04,800 --> 00:40:01,360  
good for our listeners because I think

712  
00:40:07,980 --> 00:40:04,810  
that they will then be able to more

713  
00:40:11,160 --> 00:40:07,990

clearly conceptualize what it is that

714

00:40:13,820 --> 00:40:11,170

happens don't you yeah I I think it's a

715

00:40:18,690 --> 00:40:13,830

very wonderful teaching tool frankly

716

00:40:21,360 --> 00:40:18,700

okay so moving away from this just a

717

00:40:26,730 --> 00:40:21,370

little bit and talking a little bit

718

00:40:28,770 --> 00:40:26,740

about your work as a shaman a prior to

719

00:40:31,800 --> 00:40:28,780

getting involved with the constellations

720

00:40:37,890 --> 00:40:31,810

which I realize can be seen as a form of

721

00:40:40,530 --> 00:40:37,900

shamanism in itself indeed yes so tell

722

00:40:45,810 --> 00:40:40,540

us about your training with a Sun Bear

723

00:40:49,710 --> 00:40:45,820

for instance I apprenticed formally to

724

00:40:58,110 --> 00:40:49,720

Sun bear in 1986 and was apprentice to

725

00:41:02,130 --> 00:40:58,120

him through 92 when he died I in 1989

726

00:41:04,290 --> 00:41:02,140

I organized and ran the something called

727

00:41:07,290 --> 00:41:04,300

the lower Hudson bear tribe Sun bears

728

00:41:09,660 --> 00:41:07,300

group was called a bear tribe right and

729

00:41:11,160 --> 00:41:09,670

the lower Hudson bear tribe which we

730

00:41:12,570 --> 00:41:11,170

called it lower Hudson because we didn't

731

00:41:14,970 --> 00:41:12,580

want to use the word New York City

732

00:41:19,950 --> 00:41:14,980

mm-hmm but basically it was New York

733

00:41:22,170 --> 00:41:19,960

City based and and also it went up into

734

00:41:25,860 --> 00:41:22,180

the Catskills too so so it was lower

735

00:41:28,350 --> 00:41:25,870

Hudson but we we became the largest of

736

00:41:31,050 --> 00:41:28,360

the local groups we had a 500-person

737

00:41:35,720 --> 00:41:31,060

mailing list back in the 90s when it was

738

00:41:39,660 --> 00:41:35,730

really mail physical mail right and

739

00:41:43,530 --> 00:41:39,670

basically we had various elders come and

740

00:41:47,400 --> 00:41:43,540

teach and I slowly learned to do various

741

00:41:50,070 --> 00:41:47,410

rituals and ceremonies and I have to say

742

00:41:51,779 --> 00:41:50,080

however though I was you know was an M

743

00:41:55,690 --> 00:41:51,789

mate all

744

00:42:00,309 --> 00:41:55,700

educated white man so there was always

745

00:42:02,200 --> 00:42:00,319

some flak around me and and you probably

746

00:42:06,670 --> 00:42:02,210

know Sunbear was controversial too

747

00:42:08,740 --> 00:42:06,680

because he was one of the many Native

748

00:42:11,170 --> 00:42:08,750

American indigenous people who felt that

749

00:42:12,880 --> 00:42:11,180

the medicine should be shared that it

750

00:42:15,519 --> 00:42:12,890

was too important that it was a

751  
00:42:19,059 --> 00:42:15,529  
spiritual legacy you know for the whole

752  
00:42:21,430 --> 00:42:19,069  
world and that if it wasn't shared it

753  
00:42:25,380 --> 00:42:21,440  
would it would not help save the planet

754  
00:42:28,180 --> 00:42:25,390  
and it would perhaps fail the other

755  
00:42:32,470 --> 00:42:28,190  
perspective on that which we heard

756  
00:42:36,099 --> 00:42:32,480  
constantly from many sources was you're

757  
00:42:37,900 --> 00:42:36,109  
stealing our religion that really

758  
00:42:40,269 --> 00:42:37,910  
doesn't make sense if I take a nickel

759  
00:42:42,819 --> 00:42:40,279  
from you you don't have it anymore

760  
00:42:45,549 --> 00:42:42,829  
but if I take your way of life and

761  
00:42:48,789 --> 00:42:45,559  
Sicily learn it and practice it and

762  
00:42:52,240 --> 00:42:48,799  
spread it you still have it and a lot of

763  
00:42:54,160 --> 00:42:52,250

other people have it too yes and I never

764

00:42:56,589 --> 00:42:54,170

made any money I'm not like Lynne

765

00:42:59,109 --> 00:42:56,599

what's-her-name who you know I'm not

766

00:43:01,269 --> 00:42:59,119

Carlos Castaneda I didn't ever write

767

00:43:09,960 --> 00:43:01,279

books and you know I went bankrupt doing

768

00:43:14,799 --> 00:43:09,970

this frankly but it we you know we we we

769

00:43:17,200 --> 00:43:14,809

brought a lot of elders I and some of

770

00:43:19,269 --> 00:43:17,210

them some of them you know I can names I

771

00:43:22,660 --> 00:43:19,279

can mention and others don't want their

772

00:43:26,440 --> 00:43:22,670

names mentioned in in conjunction with

773

00:43:29,440 --> 00:43:26,450

either me or Sunbear because there was

774

00:43:32,470 --> 00:43:29,450

just you know we were called the plastic

775

00:43:35,430 --> 00:43:32,480

medicine people out there may I ask you

776

00:43:39,099 --> 00:43:35,440

if there were a lot of Vietnam vets

777

00:43:43,120 --> 00:43:39,109

involved in this group this lower Hudson

778

00:43:45,400 --> 00:43:43,130

Sun bear group son there were some I

779

00:43:46,329 --> 00:43:45,410

wouldn't say a lot I can think of three

780

00:43:52,779 --> 00:43:46,339

offhand

781

00:43:57,609 --> 00:43:52,789

okay when in the 90s I was a student at

782

00:44:00,610 --> 00:43:57,619

jeevan mukti yoga studio run by David

783

00:44:03,580 --> 00:44:00,620

Lyfe and Sharon Gannon

784

00:44:06,100 --> 00:44:03,590

they had every once in a while every

785

00:44:08,680 --> 00:44:06,110

couple of months or maybe as often as

786

00:44:12,940 --> 00:44:08,690

once a month from time to time a guest

787

00:44:17,820 --> 00:44:12,950

come to their yoga studio which was then

788

00:44:22,900 --> 00:44:17,830

on Second Avenue around ninth Street and

789

00:44:27,450 --> 00:44:22,910

one evening they had Sunbear there and I

790

00:44:31,900 --> 00:44:27,460

went to this gathering and I was

791

00:44:34,540 --> 00:44:31,910

interested in what he was doing and he

792

00:44:36,640 --> 00:44:34,550

had a nice evening with some chanting

793

00:44:39,760 --> 00:44:36,650

and drumming and some other stuff and he

794

00:44:42,910 --> 00:44:39,770

asked everybody to stand up and say

795

00:44:45,220 --> 00:44:42,920

where their ancestry was from I I never

796

00:44:51,160 --> 00:44:45,230

understood why he wanted to know that

797

00:44:53,620 --> 00:44:51,170

but he did and then I liked it I was I

798

00:44:55,690 --> 00:44:53,630

thought he was a decent a very decent

799

00:44:58,480 --> 00:44:55,700

individual you know a very heartfelt

800

00:45:01,120 --> 00:44:58,490

indecent individual but I really didn't

801  
00:45:06,700 --> 00:45:01,130  
know what to think beyond that but when

802  
00:45:08,890 --> 00:45:06,710  
I got home from that event other people

803  
00:45:10,210 --> 00:45:08,900  
were going to be going out but I I don't

804  
00:45:12,580 --> 00:45:10,220  
know I didn't have the money or I didn't

805  
00:45:14,770 --> 00:45:12,590  
have the time or whatever and I kind of

806  
00:45:17,830 --> 00:45:14,780  
missed going out with the group but I

807  
00:45:21,880 --> 00:45:17,840  
came back home and all of a sudden I

808  
00:45:25,150 --> 00:45:21,890  
found myself running around my living

809  
00:45:28,600 --> 00:45:25,160  
room in circles just running around I

810  
00:45:32,230 --> 00:45:28,610  
had to do it it sounds sort of crazy but

811  
00:45:35,860 --> 00:45:32,240  
it was as though this energy was

812  
00:45:38,740 --> 00:45:35,870  
transmitted to me in some way that I

813  
00:45:41,350 --> 00:45:38,750

cannot to this day explain I mean I can

814

00:45:43,600 --> 00:45:41,360

explain it but I can't really say for

815

00:45:48,720 --> 00:45:43,610

certainty that that's what happened but

816

00:45:52,120 --> 00:45:48,730

this is not not my my normal way of

817

00:45:55,210 --> 00:45:52,130

acting I don't generally run around my

818

00:45:57,340 --> 00:45:55,220

living room kind of in circles sort of

819

00:45:59,860 --> 00:45:57,350

whooping it up a little bit and it was

820

00:46:03,730 --> 00:45:59,870

no music nothing I do dance and I enjoy

821

00:46:06,010 --> 00:46:03,740

dancing but this was just hours at least

822

00:46:10,170 --> 00:46:06,020

two hours of running around in a circle

823

00:46:13,750 --> 00:46:10,180

basically and I'm not generally hyper

824

00:46:14,410 --> 00:46:13,760

can I ask you a question sure so how

825

00:46:19,750 --> 00:46:14,420

were you feel

826

00:46:22,269 --> 00:46:19,760

as this happened a little bit excited a

827

00:46:25,210 --> 00:46:22,279

little bit just filled with energy

828

00:46:27,490 --> 00:46:25,220

really it's it's all about energy I was

829

00:46:30,640 --> 00:46:27,500

filled with energy I did not feel

830

00:46:32,740 --> 00:46:30,650

unhappy I wouldn't say I felt in any way

831

00:46:35,890 --> 00:46:32,750

sad but I wouldn't say that I was

832

00:46:37,870 --> 00:46:35,900

exactly joyous but I was more on the

833

00:46:39,970 --> 00:46:37,880

positive side of the needle than the

834

00:46:43,569 --> 00:46:39,980

negative side of the needle but I just

835

00:46:46,599 --> 00:46:43,579

thought as a person who obviously knew

836

00:46:49,990 --> 00:46:46,609

Sunbear you might be able to shed some

837

00:46:52,390 --> 00:46:50,000

light on this conundrum of mine well I

838

00:46:53,650 --> 00:46:52,400

mean a couple things come to mind can

839

00:46:57,160 --> 00:46:53,660

may I ask you another question

840

00:46:58,990 --> 00:46:57,170

oh yeah which hand was towards the

841

00:47:02,829 --> 00:46:59,000

center of the circle your right hand or

842

00:47:06,519 --> 00:47:02,839

your left hand do you remember you know

843

00:47:10,259 --> 00:47:06,529

I believe my right hand was but I to say

844

00:47:14,349 --> 00:47:10,269

that I knew that that I know that now

845

00:47:18,009 --> 00:47:14,359

twenty odd years later would be saying

846

00:47:22,839 --> 00:47:18,019

as much you know almost all indigenous

847

00:47:25,950 --> 00:47:22,849

societies dance around a fire you can go

848

00:47:30,190 --> 00:47:25,960

to neo pagan festivals to this day and

849

00:47:32,230 --> 00:47:30,200

you you'll get big fires at night with a

850

00:47:35,170 --> 00:47:32,240

lot of drummers and a lot of dancers and

851  
00:47:37,740 --> 00:47:35,180  
they're they're typically moving sunwise

852  
00:47:40,240 --> 00:47:37,750  
that is to say with their right hand

853  
00:47:43,349 --> 00:47:40,250  
towards the center of the circle or

854  
00:47:46,240 --> 00:47:43,359  
towards the fire around the circle so

855  
00:47:48,249 --> 00:47:46,250  
the form I mean the first thing that

856  
00:47:51,249 --> 00:47:48,259  
strikes me is the form of what you were

857  
00:47:52,839 --> 00:47:51,259  
doing is an indigenous dance form I

858  
00:47:55,210 --> 00:47:52,849  
don't know I mean what are you really

859  
00:47:57,460 --> 00:47:55,220  
running or were you you were moving

860  
00:48:00,279 --> 00:47:57,470  
quickly I was moving quickly

861  
00:48:02,890 --> 00:48:00,289  
I went from I think sometimes I was

862  
00:48:05,049 --> 00:48:02,900  
actually running but I I don't

863  
00:48:07,990 --> 00:48:05,059

you've seen me Michael and you know that

864

00:48:12,460 --> 00:48:08,000

I'm not exactly Swift in my my movements

865

00:48:14,829 --> 00:48:12,470

so I wasn't really fast running fast if

866

00:48:18,009 --> 00:48:14,839

I was running but it was I felt

867

00:48:22,059 --> 00:48:18,019

compelled to do it and this is not my

868

00:48:26,589 --> 00:48:22,069

normal behavior I am by and large a very

869

00:48:28,329 --> 00:48:26,599

spiritual but not a joiner per se and it

870

00:48:31,029 --> 00:48:28,339

was an unusual

871

00:48:33,910 --> 00:48:31,039

variance for me let me say that one more

872

00:48:35,650 --> 00:48:33,920

question sure as long as I get to say no

873

00:48:36,479 --> 00:48:35,660

if I don't want to answer no go ahead

874

00:48:40,180 --> 00:48:36,489

Michael

875

00:48:47,759 --> 00:48:40,190

what is your ethnicity what is your

876  
00:48:51,309 --> 00:48:47,769  
ancestry at Northern European okay just

877  
00:48:54,759 --> 00:48:51,319  
unfortunately not not any Native

878  
00:48:58,539 --> 00:48:54,769  
American at all as far as you know the

879  
00:49:02,229 --> 00:48:58,549  
the people at the at the genome testing

880  
00:49:03,999 --> 00:49:02,239  
thing tell me well there's there's two

881  
00:49:07,630 --> 00:49:04,009  
ways to look at this Native American

882  
00:49:10,359 --> 00:49:07,640  
thing right I don't think that the souls

883  
00:49:12,729 --> 00:49:10,369  
that were incarnated into Native

884  
00:49:15,519 --> 00:49:12,739  
American bodies two three four hundred

885  
00:49:18,099 --> 00:49:15,529  
years ago are the same kind of souls

886  
00:49:21,160 --> 00:49:18,109  
that are incarnated into Native American

887  
00:49:25,089 --> 00:49:21,170  
bodies now and I don't know what sort of

888  
00:49:28,709 --> 00:49:25,099

past life stuff you have but but you're

889

00:49:33,759 --> 00:49:28,719

you were doing an indigenous dance form

890

00:49:38,890 --> 00:49:33,769

somehow compulsively and I find that

891

00:49:41,890 --> 00:49:38,900

first of all fascinating and you know

892

00:49:44,739 --> 00:49:41,900

we'll we'll see if I can't feel into

893

00:49:46,599 --> 00:49:44,749

that a little bit okay I practice I do

894

00:49:48,670 --> 00:49:46,609

something called slow intuition people

895

00:49:50,709 --> 00:49:48,680

asked me questions about a dream or

896

00:49:52,660 --> 00:49:50,719

something and I say well give me a

897

00:49:54,459 --> 00:49:52,670

little bit sometimes that means sleeping

898

00:49:57,819 --> 00:49:54,469

on it overnight I sit on these things

899

00:50:01,209 --> 00:49:57,829

like eggs and they hatch the symbols

900

00:50:03,940 --> 00:50:01,219

hatch out indeed indeed I do know what

901  
00:50:06,339 --> 00:50:03,950  
you're saying and I just wanted to throw

902  
00:50:09,819 --> 00:50:06,349  
that out there because of my one

903  
00:50:12,459 --> 00:50:09,829  
connection with mr. Sun bear there who

904  
00:50:15,430 --> 00:50:12,469  
is no longer with us I believe and sadly

905  
00:50:18,099 --> 00:50:15,440  
missed well I mean you obviously were

906  
00:50:21,880 --> 00:50:18,109  
energized and second of all you were

907  
00:50:25,930 --> 00:50:21,890  
moving in a sacred circle yes so that

908  
00:50:28,329 --> 00:50:25,940  
much we can say what else that had to do

909  
00:50:30,519 --> 00:50:28,339  
with anything I don't know at this point

910  
00:50:33,459 --> 00:50:30,529  
but it's fascinating well we can take

911  
00:50:35,890 --> 00:50:33,469  
this up at a later date you know but I

912  
00:50:37,719 --> 00:50:35,900  
thought that maybe the our listeners

913  
00:50:40,539 --> 00:50:37,729

would find that to be kind of an

914

00:50:42,190 --> 00:50:40,549

interesting experience because it was I

915

00:50:44,700 --> 00:50:42,200

would describe it

916

00:50:50,319 --> 00:50:44,710

an unexpected transmission of energy

917

00:50:52,420 --> 00:50:50,329

yeah I hear you well I just to get back

918

00:50:54,730 --> 00:50:52,430

to the healing aspect of this I mean

919

00:50:58,930 --> 00:50:54,740

certainly psychosomatic medicine has

920

00:51:01,540 --> 00:50:58,940

some I guess some belief within modern

921

00:51:05,280 --> 00:51:01,550

medicine and it seems like I mean to use

922

00:51:08,230 --> 00:51:05,290

a really trite term mind over matter and

923

00:51:12,040 --> 00:51:08,240

as someone who has absolutely no

924

00:51:13,930 --> 00:51:12,050

experiences to the different modalities

925

00:51:18,790 --> 00:51:13,940

that you're speaking about it just

926  
00:51:24,339 --> 00:51:18,800  
strikes me as being something of giving

927  
00:51:26,710 --> 00:51:24,349  
a person not an excuse but like no not a

928  
00:51:31,020 --> 00:51:26,720  
message just relieving them the

929  
00:51:34,380 --> 00:51:31,030  
responsibility of not adhering to a

930  
00:51:38,170 --> 00:51:34,390  
modality that they are familiar with but

931  
00:51:42,540 --> 00:51:38,180  
actually utilizing something other than

932  
00:51:45,370 --> 00:51:42,550  
that but sort of freeing themselves from

933  
00:51:47,500 --> 00:51:45,380  
the bondage of Western medicine if you

934  
00:51:50,370 --> 00:51:47,510  
will but you know certainly of the mind

935  
00:51:53,079 --> 00:51:50,380  
does have a lot of ability to heal and

936  
00:51:55,359 --> 00:51:53,089  
most of us don't believe that it does

937  
00:51:58,559 --> 00:51:55,369  
and I think what you're doing is freeing

938  
00:52:01,089 --> 00:51:58,569

that up and allowing us to believe

939

00:52:05,380 --> 00:52:01,099

that's what strikes me from what you've

940

00:52:08,440 --> 00:52:05,390

been saying um I have to apologize

941

00:52:19,420 --> 00:52:08,450

because Kate your voice oh I'm sorry I'm

942

00:52:22,210 --> 00:52:19,430

sorry is that better let me say this I I

943

00:52:26,160 --> 00:52:22,220

think that mm-hmm it's people's belief

944

00:52:29,470 --> 00:52:26,170

systems are are very powerful in healing

945

00:52:31,270 --> 00:52:29,480

the placebo effect has gotten to the

946

00:52:35,020 --> 00:52:31,280

point now where people are realizing

947

00:52:38,260 --> 00:52:35,030

that they need to study it and and that

948

00:52:39,970 --> 00:52:38,270

it so like and I work with people I work

949

00:52:43,030 --> 00:52:39,980

with some people who are very much into

950

00:52:45,250 --> 00:52:43,040

mainstream medicine and then I am you

951  
00:52:47,890 --> 00:52:45,260  
know I I try to help them with that and

952  
00:52:50,530 --> 00:52:47,900  
I try to help them avoid the structural

953  
00:52:53,260 --> 00:52:50,540  
problems of mainstream medicine like you

954  
00:52:54,960 --> 00:52:53,270  
know too many cover-your-ass tests and

955  
00:52:57,810 --> 00:52:54,970  
things like this

956  
00:53:00,840 --> 00:52:57,820  
but you know I mean you probably know

957  
00:53:03,140 --> 00:53:00,850  
that there are many just amazing

958  
00:53:07,260 --> 00:53:03,150  
experiences that have been written up of

959  
00:53:08,790 --> 00:53:07,270  
people who's you know plus able cures I

960  
00:53:11,610 --> 00:53:08,800  
mean the one in particular is the guy

961  
00:53:14,670 --> 00:53:11,620  
who was given a drug that was supposed

962  
00:53:16,800 --> 00:53:14,680  
to be some brand new drug and and was

963  
00:53:19,650 --> 00:53:16,810

supposed to be miraculous and it cured

964

00:53:22,080 --> 00:53:19,660

him of cancer and then he read he read a

965

00:53:27,270 --> 00:53:22,090

newspaper a few months later that said

966

00:53:29,700 --> 00:53:27,280

oh no then this is theirs so then the

967

00:53:33,150 --> 00:53:29,710

doctor found out that no he hadn't given

968

00:53:35,250 --> 00:53:33,160

him the miracle drug then he got cancer

969

00:53:37,470 --> 00:53:35,260

the cancer came back so this time he

970

00:53:39,750 --> 00:53:37,480

gave him the miracle drug and the cancer

971

00:53:42,420 --> 00:53:39,760

went away and then a few years later

972

00:53:44,520 --> 00:53:42,430

they found out that now this drug really

973

00:53:46,260 --> 00:53:44,530

wasn't a miracle drug and it didn't do

974

00:53:48,750 --> 00:53:46,270

it and the cancer came back and he died

975

00:53:50,160 --> 00:53:48,760

there were three different well

976  
00:53:52,710 --> 00:53:50,170  
that's what I'm saying I think what you

977  
00:53:54,810 --> 00:53:52,720  
do is just allow people to have their

978  
00:53:57,300 --> 00:53:54,820  
face that they can cure themselves I

979  
00:53:59,700 --> 00:53:57,310  
think most of us don't believe what

980  
00:54:02,490 --> 00:53:59,710  
you're saying because it we just haven't

981  
00:54:05,580 --> 00:54:02,500  
been taught to think along those lines

982  
00:54:09,960 --> 00:54:05,590  
and when you do start thinking along

983  
00:54:12,060 --> 00:54:09,970  
those lines it does allow you to free up

984  
00:54:14,790 --> 00:54:12,070  
all the abilities that you've had to

985  
00:54:16,560 --> 00:54:14,800  
cure and I think what you've been doing

986  
00:54:22,580 --> 00:54:16,570  
and what other people have been doing is

987  
00:54:28,230 --> 00:54:25,560  
okay I'm closer to the microphone

988  
00:54:29,520 --> 00:54:28,240

I would totally agree with you and I can

989

00:54:35,060 --> 00:54:29,530

hear you much better now I don't know

990

00:54:37,980 --> 00:54:35,070

what you did it's a powerful thing yeah

991

00:54:40,350 --> 00:54:37,990

you know like even Christian Science is

992

00:54:42,720 --> 00:54:40,360

fine but you know it's like you really

993

00:54:46,050 --> 00:54:42,730

have to believe I mean you can't just

994

00:54:49,410 --> 00:54:46,060

say well this is or you know like even a

995

00:54:51,030 --> 00:54:49,420

shaman you have to believe and then

996

00:54:52,650 --> 00:54:51,040

there are some things that cannot be

997

00:54:55,860 --> 00:54:52,660

cured there are actually physical

998

00:55:02,730 --> 00:54:55,870

problems I mean if I have an appendix

999

00:55:04,830 --> 00:55:02,740

attack I'm definitely going surgery okay

1000

00:55:06,850 --> 00:55:04,840

well that makes sense that makes a

1001  
00:55:12,060 --> 00:55:06,860  
license

1002  
00:55:15,370 --> 00:55:12,070  
work with chronic illness and and I do

1003  
00:55:17,710 --> 00:55:15,380  
what I loose Lee call acute illnesses

1004  
00:55:21,400 --> 00:55:17,720  
then you go to mainstream medicine for

1005  
00:55:22,990 --> 00:55:21,410  
that and there was also something else

1006  
00:55:27,460 --> 00:55:23,000  
but I can't think of it right now it got

1007  
00:55:30,630 --> 00:55:27,470  
lost all of a sudden in any case now you

1008  
00:55:32,500 --> 00:55:30,640  
know we were gonna share there's one

1009  
00:55:34,930 --> 00:55:32,510  
there's one thing I'd like to say about

1010  
00:55:42,160 --> 00:55:34,940  
this constellation work in terms of

1011  
00:55:45,700 --> 00:55:42,170  
shamanism think about this a second if

1012  
00:55:48,220 --> 00:55:45,710  
if I take us some objects and I have the

1013  
00:55:51,250 --> 00:55:48,230

client distribute them around the an

1014

00:55:56,980 --> 00:55:51,260

open floor of a room and we use that as

1015

00:56:01,810 --> 00:55:56,990

a as a starting point yeah that's a form

1016

00:56:04,120 --> 00:56:01,820

of divination the essential essentially

1017

00:56:05,740 --> 00:56:04,130

where we're laying out you know and my

1018

00:56:07,450 --> 00:56:05,750

teachers the way my teachers would talk

1019

00:56:11,140 --> 00:56:07,460

they say oh you called spirits into

1020

00:56:13,290 --> 00:56:11,150

those objects and that's fine I mean I

1021

00:56:16,840 --> 00:56:13,300

could talk that way too but I

1022

00:56:18,880 --> 00:56:16,850

western-educated boy I tend to say those

1023

00:56:23,350 --> 00:56:18,890

objects have come into resonance with

1024

00:56:25,570 --> 00:56:23,360

something unseen but that's you you you

1025

00:56:27,610 --> 00:56:25,580

know if a client the only way a client

1026

00:56:31,090 --> 00:56:27,620

can mess this up is that if they try to

1027

00:56:33,130 --> 00:56:31,100

make an intellectual pattern they mess

1028

00:56:34,450 --> 00:56:33,140

it up immediately like if they're if our

1029

00:56:38,140 --> 00:56:34,460

minds know the answer we wouldn't be

1030

00:56:40,690 --> 00:56:38,150

doing this so random is better than that

1031

00:56:42,970 --> 00:56:40,700

anything you think up in terms of laying

1032

00:56:46,270 --> 00:56:42,980

this pattern out that's like divination

1033

00:56:49,630 --> 00:56:46,280

and if a constellation works which

1034

00:56:52,480 --> 00:56:49,640

requires respect and patience and a

1035

00:56:55,630 --> 00:56:52,490

careful effort to preserve the resonance

1036

00:56:57,850 --> 00:56:55,640

that has begun to exist between either

1037

00:57:01,480 --> 00:56:57,860

the people who are representing in

1038

00:57:03,490 --> 00:57:01,490

workshop or the object persons and

1039

00:57:06,070 --> 00:57:03,500

that's my language given that are

1040

00:57:09,670 --> 00:57:06,080

representing on the floor in a private

1041

00:57:13,270 --> 00:57:09,680

session that is just what to compare my

1042

00:57:15,760 --> 00:57:13,280

concern just going to say that in my

1043

00:57:18,850 --> 00:57:15,770

mind especially what you're doing when

1044

00:57:20,770 --> 00:57:18,860

you're doing your the constellations as

1045

00:57:24,310 --> 00:57:20,780

a family alters sort of

1046

00:57:27,940 --> 00:57:24,320

situation that it is clearly sympathetic

1047

00:57:30,130 --> 00:57:27,950

magic when you're using the people it

1048

00:57:33,910 --> 00:57:30,140

then it becomes more like a channeling

1049

00:57:38,020 --> 00:57:33,920

thing yeah so would you like to give

1050

00:57:40,240 --> 00:57:38,030

your where people can reach you and

1051  
00:57:42,550 --> 00:57:40,250  
maybe repeat the name of your book and

1052  
00:57:44,980 --> 00:57:42,560  
your website and all of that stuff

1053  
00:57:52,870 --> 00:57:44,990  
because we're drawing to a close at this

1054  
00:57:54,820 --> 00:57:52,880  
juncture certainly yes yeah let me just

1055  
00:57:56,470 --> 00:57:54,830  
let me just give a quick definition of

1056  
00:57:59,620 --> 00:57:56,480  
sympathetic magic if I may I mean

1057  
00:58:01,510 --> 00:57:59,630  
sympathetic sympathetic magic means that

1058  
00:58:05,890 --> 00:58:01,520  
we've established some kind of resonance

1059  
00:58:07,380 --> 00:58:05,900  
between objects and other you know think

1060  
00:58:12,100 --> 00:58:07,390  
of the voodoo doll or something right

1061  
00:58:14,440 --> 00:58:12,110  
and what what we're doing is it we reach

1062  
00:58:16,660 --> 00:58:14,450  
we reach the point if we're careful and

1063  
00:58:19,870 --> 00:58:16,670

respectful and and have a certain belief

1064

00:58:23,380 --> 00:58:19,880

in this where what we do to the objects

1065

00:58:28,420 --> 00:58:23,390

goes into the unseen and bubbles up in

1066

00:58:28,720 --> 00:58:28,430

reality someplace else and how to reach

1067

00:58:31,570 --> 00:58:28,730

me

1068

00:58:34,360 --> 00:58:31,580

you know I'm Mike already you can always

1069

00:58:37,780 --> 00:58:34,370

call me on the phone at six one oh four

1070

00:58:40,960 --> 00:58:37,790

six nine seven five eight eight I'm

1071

00:59:07,530 --> 00:58:40,970

located right near Philadelphia just

1072

00:59:07,540 --> 00:59:13,570

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1073

00:59:13,580 --> 00:59:34,599

[Music]

1074

00:59:39,999 --> 00:59:37,210

the camera all over the place over these

1075

00:59:42,880 --> 00:59:40,009

3d figures and you can't you can't do

1076

00:59:44,829 --> 00:59:42,890

this you can't do this you know with a

1077

00:59:46,690 --> 00:59:44,839

live constellation you can go to youtube

1078

00:59:49,420 --> 00:59:46,700

and see a lot of live constellations but

1079

00:59:55,269 --> 00:59:49,430

there they take two hours and there you

1080

00:59:58,960 --> 00:59:55,279

can't you can't really see the health

1081

01:00:03,430 --> 00:59:58,970

happiness family constellations how

1082

01:00:06,210 --> 01:00:03,440

ancestors family systems yeah It's shape

1083

01:00:09,579 --> 01:00:06,220

your life and what you can do about it

1084

01:00:11,680 --> 01:00:09,589

thank you so much Michael ready dr.

1085

01:00:14,680 --> 01:00:11,690

Michael ready you've been a lovely guest

1086

01:00:17,529 --> 01:00:14,690

and we very much enjoyed your music at

1087

01:00:19,779 --> 01:00:17,539

the beginning it was excellent and thank

1088

01:00:23,019 --> 01:00:19,789

you for all your work in helping people

1089

01:00:25,749 --> 01:00:23,029

to that's a very very nice thing for you

1090

01:00:28,690 --> 01:00:25,759

have done and hopefully if you have

1091

01:00:30,849 --> 01:00:28,700

descendants they will inherit all your

1092

01:00:40,210 --> 01:00:30,859

good works and none of your bad works

1093

01:00:43,150 --> 01:00:40,220

amen oh all right here I can't be any

1094

01:00:46,150 --> 01:00:43,160

closer you'll have to hear the nice

1095

01:00:56,160 --> 01:00:46,160

words that Kate has said to you when

1096

01:01:01,180 --> 01:00:59,049

okay listen thank you both very much

1097

01:01:04,120 --> 01:01:01,190

I've enjoyed this immensely it's an

1098

01:01:05,650 --> 01:01:04,130

honor to be here and I think the work

1099

01:01:09,700 --> 01:01:05,660

you guys are doing is wonderful I've

1100

01:01:13,089 --> 01:01:09,710

listened thank you very much and we

1101  
01:01:15,420 --> 01:01:13,099  
shall body work okay take care take care

1102  
01:01:20,440 --> 01:01:15,430  
now bye bye

1103  
01:01:23,680 --> 01:01:20,450  
so who's very interesting show I really

1104  
01:01:27,059 --> 01:01:23,690  
it was a little bit complex and I hope

1105  
01:01:30,519 --> 01:01:27,069  
that our listeners like look into it and

1106  
01:01:32,799 --> 01:01:30,529  
yeah because it's too complex a subject

1107  
01:01:35,259 --> 01:01:32,809  
just to brush over I have to actually

1108  
01:01:38,499 --> 01:01:35,269  
look into it read about it but it's nice

1109  
01:01:39,519 --> 01:01:38,509  
to be aware that it exists and that's

1110  
01:01:41,680 --> 01:01:39,529  
the important thing

1111  
01:01:44,170 --> 01:01:41,690  
yes maybe it'll help somebody out there

1112  
01:01:47,170 --> 01:01:44,180  
and maybe they'll look into just what

1113  
01:01:48,460 --> 01:01:47,180

Michael was speaking about by looking at

1114

01:01:51,130 --> 01:01:48,470

his website and

1115

01:01:53,050 --> 01:01:51,140

going to the to the URL with or getting

1116

01:01:57,550 --> 01:01:53,060

his book let's push the book push the

1117

01:02:00,339 --> 01:01:57,560

book family constellations how ancestors

1118

01:02:03,040 --> 01:02:00,349

family systems and hidden loyalties

1119

01:02:07,180 --> 01:02:03,050

shape your life and what you can do

1120

01:02:09,670 --> 01:02:07,190

about it Michael J Reddy PhD and I

1121

01:02:11,589 --> 01:02:09,680

wanted to ask him now that it's done

1122

01:02:14,770 --> 01:02:11,599

unfortunately I remembered that I wanted

1123

01:02:18,040 --> 01:02:14,780

to ask him about a constellation where

1124

01:02:20,380 --> 01:02:18,050

an ancestor prior to this had been

1125

01:02:23,410 --> 01:02:20,390

unknown to the person aside from just

1126

01:02:25,240 --> 01:02:23,420

the Korean War baby one which I mean she

1127

01:02:27,370 --> 01:02:25,250

knew she had a mother and father so but

1128

01:02:30,010 --> 01:02:27,380

where something came up but we'll we'll

1129

01:02:34,720 --> 01:02:30,020

save that for next time he's speaking of

1130

01:02:37,599 --> 01:02:34,730

next time this Valentine this our next

1131

01:02:41,790 --> 01:02:37,609

show mm-hmm will feature two

1132

01:02:45,550 --> 01:02:41,800

accomplished ladies okay one of whom is

1133

01:02:48,880 --> 01:02:45,560

Nancy Smith who works with the

1134

01:02:52,120 --> 01:02:48,890

International remote viewers Association

1135

01:02:55,470 --> 01:02:52,130

and who has also attended the Monroe

1136

01:03:02,430 --> 01:02:55,480

Institute and she's attended classes

1137

01:03:09,160 --> 01:03:05,440

all of a sudden I can't think of the

1138

01:03:11,290 --> 01:03:09,170

man's first name Dean Dean ready no I'm

1139

01:03:13,720 --> 01:03:11,300

not doing writing Schwartz of the

1140

01:03:16,510 --> 01:03:13,730

Schwartz report I can't be sorry well

1141

01:03:17,290 --> 01:03:16,520

but mr. Schwartz mr. Schwartz yes it's

1142

01:03:20,260 --> 01:03:17,300

just weird

1143

01:03:22,420 --> 01:03:20,270

it's old age I think but in any case

1144

01:03:26,349 --> 01:03:22,430

there may be an ancestor blocking you

1145

01:03:28,120 --> 01:03:26,359

maybe Nancy Smith Nancy Smith is coming

1146

01:03:31,540 --> 01:03:28,130

on and talking about

1147

01:03:35,800 --> 01:03:31,550

amongst other things remote viewing and

1148

01:03:40,870 --> 01:03:35,810

dreaming and then we have one

1149

01:03:45,730 --> 01:03:40,880

Lucina Stone who has written a book

1150

01:03:49,060 --> 01:03:45,740

called Santa where they and she is a

1151

01:03:52,329 --> 01:03:49,070

regular listener to shattered reality

1152

01:03:55,270 --> 01:03:52,339

podcast didn't we have someone with

1153

01:03:58,810 --> 01:03:55,280

santa wart what we did have two people

1154

01:04:01,090 --> 01:03:58,820

yeah I discussed these things that go on

1155

01:04:04,050 --> 01:04:01,100

in Latin America mmm one of

1156

01:04:07,720 --> 01:04:04,060

whom was Andrew chestnut right who is a

1157

01:04:09,760 --> 01:04:07,730

professor of religion at a university in

1158

01:04:13,180 --> 01:04:09,770

Virginia with the name of which

1159

01:04:16,120 --> 01:04:13,190

currently escapes me and the other of

1160

01:04:19,570 --> 01:04:16,130

whom was cm Mayo who was talking about

1161

01:04:21,790 --> 01:04:19,580

spiritism and the Mexican Revolution so

1162

01:04:25,420 --> 01:04:21,800

while these things are not quite the

1163

01:04:27,820 --> 01:04:25,430

same they do feed into this and I can

1164

01:04:30,730 --> 01:04:27,830

only hope that miss Lucina Stone who is

1165

01:04:36,250 --> 01:04:30,740

our regular listener was was somehow

1166

01:04:38,080 --> 01:04:36,260

inspired by our podcast in some of her

1167

01:04:41,410 --> 01:04:38,090

fictional writing which is quite

1168

01:04:44,110 --> 01:04:41,420

impressive so she's going to be in on

1169

01:04:46,390 --> 01:04:44,120

the show in the the second part of it

1170

01:04:48,220 --> 01:04:46,400

which is our listeners corner but in

1171

01:04:50,830 --> 01:04:48,230

this case our listener is very

1172

01:04:56,380 --> 01:04:50,840

accomplished certainly most of them are

1173

01:05:00,450 --> 01:04:56,390

yes yes they are so I think that's it