



TAMMY
PETERSON

TRUTH
VERSUS LOVE

1
00:00:03,669 --> 00:00:01,990
it's good to see you thank you it's very

2
00:00:05,590 --> 00:00:03,679
bright in this office this is the first

3
00:00:07,829 --> 00:00:05,600
time i've sat in here

4
00:00:10,390 --> 00:00:07,839
yeah it's different to see

5
00:00:12,709 --> 00:00:10,400
someone else's face in that seat yes

6
00:00:14,549 --> 00:00:12,719
i imagine that's for sure well i don't

7
00:00:15,589 --> 00:00:14,559
sit here very often not now that he's

8
00:00:17,029 --> 00:00:15,599
home

9
00:00:18,070 --> 00:00:17,039
do you have any questions for me before

10
00:00:20,310 --> 00:00:18,080
we start

11
00:00:22,630 --> 00:00:20,320
i read about you some you know whatever

12
00:00:25,750 --> 00:00:22,640
was online and i watched your interview

13
00:00:27,509 --> 00:00:25,760

with eric weinstein and uh

14

00:00:29,750 --> 00:00:27,519

um

15

00:00:31,429 --> 00:00:29,760

professor verveiki

16

00:00:33,510 --> 00:00:31,439

right right right yeah i was more of a

17

00:00:35,110 --> 00:00:33,520

whipper snapper back then

18

00:00:37,270 --> 00:00:35,120

how long ago were those improved how

19

00:00:38,549 --> 00:00:37,280

long ago those were almost a year ago so

20

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

verveicky was a year and a half do you

21

00:00:43,270 --> 00:00:40,559

have you ever met verviki yeah i know

22

00:00:46,790 --> 00:00:43,280

him yeah oh great great yeah i like him

23

00:00:47,910 --> 00:00:46,800

he's a cool guy yes he's a very cool guy

24

00:00:50,310 --> 00:00:47,920

and

25

00:00:51,910 --> 00:00:50,320

eric i just met virtually but yeah yeah

26

00:00:54,630 --> 00:00:51,920

i've met him too

27

00:00:56,869 --> 00:00:54,640

yeah yeah so i know them both i saw

28

00:00:58,630 --> 00:00:56,879

i listened to eric weinstein play play

29

00:00:59,830 --> 00:00:58,640

the fiddle on stage before one of

30

00:01:01,270 --> 00:00:59,840

jordan's

31

00:01:04,549 --> 00:01:01,280

lectures

32

00:01:06,789 --> 00:01:04,559

oh yeah i didn't know that yeah yep yep

33

00:01:08,710 --> 00:01:06,799

he's a man of many talents he is

34

00:01:10,630 --> 00:01:08,720

tammy why don't you tell me a little bit

35

00:01:12,550 --> 00:01:10,640

about what your average day looks like

36

00:01:14,149 --> 00:01:12,560

what time do you wake up generally do

37

00:01:15,670 --> 00:01:14,159

you have a routine do you meditate do

38

00:01:17,590 --> 00:01:15,680

you eat a certain type of meal do you do

39

00:01:19,190 --> 00:01:17,600

yoga so on and so on

40

00:01:21,270 --> 00:01:19,200

i have quite a

41

00:01:23,749 --> 00:01:21,280

structured morning

42

00:01:26,230 --> 00:01:23,759

my afternoons aren't as structured

43

00:01:28,149 --> 00:01:26,240

my evenings are pretty structured

44

00:01:30,710 --> 00:01:28,159

because i share them with my husband and

45

00:01:32,710 --> 00:01:30,720

he's very structured in his evening so

46

00:01:34,630 --> 00:01:32,720

my morning starts out

47

00:01:36,469 --> 00:01:34,640

um i get up

48

00:01:38,149 --> 00:01:36,479

i random

49

00:01:39,590 --> 00:01:38,159

time between seven and eight in the

50

00:01:40,630 --> 00:01:39,600

morning

51
00:01:42,870 --> 00:01:40,640
and

52
00:01:45,429 --> 00:01:42,880
i just wake up when i wake up before my

53
00:01:47,990 --> 00:01:45,439
alarm if i don't wake up before my alarm

54
00:01:49,270 --> 00:01:48,000
i know i'm tired so i just let myself

55
00:01:51,990 --> 00:01:49,280
sleep

56
00:01:53,510 --> 00:01:52,000
but as soon as i wake up

57
00:02:01,270 --> 00:01:53,520
i

58
00:02:03,749 --> 00:02:01,280
wake up

59
00:02:04,789 --> 00:02:03,759
uh i try if i have any

60
00:02:11,750 --> 00:02:04,799
um

61
00:02:14,390 --> 00:02:11,760
or anything on my mind that is

62
00:02:16,150 --> 00:02:14,400
an obsessive thought of any sort i just

63
00:02:18,229 --> 00:02:16,160

say that i will be done until it goes

64

00:02:20,150 --> 00:02:18,239

away

65

00:02:23,030 --> 00:02:20,160

and then i get up

66

00:02:24,630 --> 00:02:23,040

i get up and i shower and then i take my

67

00:02:26,390 --> 00:02:24,640

rosary to the front porch and it's

68

00:02:28,869 --> 00:02:26,400

really bright out there because it faces

69

00:02:31,190 --> 00:02:28,879

south and it's all it's a porch that's

70

00:02:32,550 --> 00:02:31,200

all closed in with um

71

00:02:34,390 --> 00:02:32,560

stained glass

72

00:02:36,309 --> 00:02:34,400

so it's a really pretty

73

00:02:37,990 --> 00:02:36,319

place to sit and the sun comes in

74

00:02:39,750 --> 00:02:38,000

they're really nice it's east and south

75

00:02:41,110 --> 00:02:39,760

so you get the morning sun and the

76

00:02:42,550 --> 00:02:41,120

afternoon sun

77

00:02:44,070 --> 00:02:42,560

which is very important to me it's

78

00:02:45,350 --> 00:02:44,080

always been important to me i grew up on

79

00:02:47,509 --> 00:02:45,360

the prairie where there was lots of

80

00:02:49,670 --> 00:02:47,519

sunshine and uh

81

00:02:51,350 --> 00:02:49,680

i was very interested in

82

00:02:53,670 --> 00:02:51,360

when i come home from school at noon i'd

83

00:02:55,670 --> 00:02:53,680

always lay in the sun i was quite a cat

84

00:02:57,670 --> 00:02:55,680

i just loved to be in the sun and i i

85

00:02:59,350 --> 00:02:57,680

felt the sun was

86

00:03:01,670 --> 00:02:59,360

important to me it was healing somewhere

87

00:03:04,229 --> 00:03:01,680

it was calming some way it was good and

88

00:03:06,070 --> 00:03:04,239

so i still feel that way in fact when we

89

00:03:06,949 --> 00:03:06,080

bought this house it was quite a dark

90

00:03:10,630 --> 00:03:06,959

house

91

00:03:13,030 --> 00:03:10,640

uh hadn't been renovated since 1935 so

92

00:03:15,190 --> 00:03:13,040

the wallpaper was hanging in ribbons off

93

00:03:16,390 --> 00:03:15,200

the walls when we walked in and it was

94

00:03:18,070 --> 00:03:16,400

vacant

95

00:03:19,910 --> 00:03:18,080

the family that had lived there moved in

96

00:03:22,070 --> 00:03:19,920

in 1925

97

00:03:25,509 --> 00:03:22,080

and his parents had died and he'd stayed

98

00:03:28,390 --> 00:03:25,519

there and become senile and the

99

00:03:30,630 --> 00:03:28,400

neighbors put him in a home and

100

00:03:32,630 --> 00:03:30,640

the house was sold and we bought it

101
00:03:34,070 --> 00:03:32,640
some of the neighbors who lived around

102
00:03:35,350 --> 00:03:34,080
were just renting their houses because

103
00:03:37,750 --> 00:03:35,360
they didn't want to live beside him

104
00:03:40,229 --> 00:03:37,760
because of the strange

105
00:03:41,830 --> 00:03:40,239
behavior that he had later in his life

106
00:03:44,149 --> 00:03:41,840
kind of spooked people so we moved into

107
00:03:45,509 --> 00:03:44,159
this house that had spooked people quite

108
00:03:47,990 --> 00:03:45,519
a bit

109
00:03:50,390 --> 00:03:48,000
and so that that was interesting and i

110
00:03:53,110 --> 00:03:50,400
shied away from it but i was convinced

111
00:03:55,430 --> 00:03:53,120
to move in and so we renovated it and i

112
00:03:57,270 --> 00:03:55,440
worked as the contractor and

113
00:03:59,509 --> 00:03:57,280

put it like dug it down to the basement

114

00:04:01,509 --> 00:03:59,519

and went back to the brick and rebuilt

115

00:04:02,789 --> 00:04:01,519

the whole thing in six months and we

116

00:04:03,990 --> 00:04:02,799

moved in

117

00:04:06,630 --> 00:04:04,000

so

118

00:04:08,789 --> 00:04:06,640

this house has been transformed

119

00:04:10,789 --> 00:04:08,799

a number of times and and we're still

120

00:04:13,030 --> 00:04:10,799

here we eventually put longhouse on the

121

00:04:14,470 --> 00:04:13,040

third floor so now it's our house like

122

00:04:16,229 --> 00:04:14,480

who's gonna buy a house with a long

123

00:04:17,749 --> 00:04:16,239

house on the third floor so it's house

124

00:04:18,629 --> 00:04:17,759

it's our house whether we live here or

125

00:04:20,870 --> 00:04:18,639

not

126

00:04:22,710 --> 00:04:20,880

so i go out to the front porch which is

127

00:04:23,909 --> 00:04:22,720

a glorious place to be and i pray the

128

00:04:25,030 --> 00:04:23,919

rosary

129

00:04:27,189 --> 00:04:25,040

um

130

00:04:29,030 --> 00:04:27,199

every day it only takes about 15 minutes

131

00:04:30,230 --> 00:04:29,040

so it's not a

132

00:04:31,830 --> 00:04:30,240

ridiculous

133

00:04:33,590 --> 00:04:31,840

undertaking

134

00:04:35,909 --> 00:04:33,600

to give yourself 15 minutes in the

135

00:04:38,230 --> 00:04:35,919

morning to

136

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

to focus your thoughts on god and you

137

00:04:42,710 --> 00:04:40,720

know every every rosary day every day of

138

00:04:44,790 --> 00:04:42,720

the rosary there's a different story

139

00:04:46,070 --> 00:04:44,800

that goes from you know conception to

140

00:04:47,350 --> 00:04:46,080

crucifixion

141

00:04:49,670 --> 00:04:47,360

and

142

00:04:51,270 --> 00:04:49,680

then there are five

143

00:04:52,710 --> 00:04:51,280

you know there's ten beads so there's

144

00:04:55,270 --> 00:04:52,720

five stories

145

00:04:57,749 --> 00:04:55,280

that that make up each day

146

00:04:59,430 --> 00:04:57,759

and with each story there's a

147

00:05:00,790 --> 00:04:59,440

a moral i guess

148

00:05:01,909 --> 00:05:00,800

and so you can

149

00:05:04,710 --> 00:05:01,919

you can do whatever you want with the

150

00:05:07,189 --> 00:05:04,720

rosary but i i pray on the morals so i

151

00:05:08,230 --> 00:05:07,199

pray on faith or i pray on hope or i

152

00:05:14,550 --> 00:05:08,240

pray on

153

00:05:16,469 --> 00:05:14,560

and and sometimes and i usually give a

154

00:05:18,310 --> 00:05:16,479

prayer for my dad he's 90 years old so i

155

00:05:19,909 --> 00:05:18,320

give a prayer for my dad he asks me to

156

00:05:21,350 --> 00:05:19,919

will you pray for me tom i say yeah i'll

157

00:05:23,990 --> 00:05:21,360

pray for you dad

158

00:05:25,350 --> 00:05:24,000

and uh i pray for my husband and i i

159

00:05:27,749 --> 00:05:25,360

pray for the world

160

00:05:29,189 --> 00:05:27,759

in and its

161

00:05:31,990 --> 00:05:29,199

challenges

162

00:05:33,270 --> 00:05:32,000

and so then i do that and um then i

163

00:05:36,870 --> 00:05:33,280

meditate

164

00:05:39,590 --> 00:05:36,880

minutes

165

00:05:41,909 --> 00:05:39,600

in the morning and so that's really good

166

00:05:43,749 --> 00:05:41,919

and what kind of meditation mindful

167

00:05:46,469 --> 00:05:43,759

meditation

168

00:05:51,430 --> 00:05:46,479

just so i sit and i breathe

169

00:05:55,909 --> 00:05:53,909

it depends what i'm

170

00:05:57,270 --> 00:05:55,919

concentrating on sometimes i have a

171

00:05:59,830 --> 00:05:57,280

problem

172

00:06:01,350 --> 00:05:59,840

and um

173

00:06:03,510 --> 00:06:01,360

i'll spend some of the time on that

174

00:06:06,150 --> 00:06:03,520

problem otherwise i'll just breathe and

175

00:06:07,830 --> 00:06:06,160

let god in as much as i can what you

176

00:06:09,830 --> 00:06:07,840

mean is you'll clear your mind to just

177

00:06:11,990 --> 00:06:09,840

focus on that one problem in a calmer

178

00:06:14,390 --> 00:06:12,000

state yes while breathing well i've done

179

00:06:17,029 --> 00:06:14,400

yoga since i was 13 years old that's

180

00:06:18,550 --> 00:06:17,039

when i began my i had an aunt who

181

00:06:20,710 --> 00:06:18,560

introduced me to

182

00:06:22,150 --> 00:06:20,720

hatha yoga when i was visiting in the

183

00:06:25,029 --> 00:06:22,160

summer for a couple of weeks and she

184

00:06:27,990 --> 00:06:25,039

gave me a book and i took it home

185

00:06:30,710 --> 00:06:28,000

and started doing yoga every day and so

186

00:06:34,309 --> 00:06:30,720

i've done yoga

187

00:06:36,070 --> 00:06:34,319

most days since i was 13 years old and

188

00:06:37,990 --> 00:06:36,080

that was very helpful because you know

189

00:06:40,150 --> 00:06:38,000

during your high school years they're

190

00:06:42,309 --> 00:06:40,160

very chaotic at least mine were

191

00:06:45,510 --> 00:06:42,319

and i'd come home at night and do yoga

192

00:06:46,870 --> 00:06:45,520

and it would bring me back to

193

00:06:49,670 --> 00:06:46,880

myself

194

00:06:52,469 --> 00:06:49,680

and i could

195

00:06:54,469 --> 00:06:52,479

reflect on where i was in my life

196

00:06:56,469 --> 00:06:54,479

and often it wasn't you know a very

197

00:06:59,350 --> 00:06:56,479

structured place i was

198

00:07:01,189 --> 00:06:59,360

a teenager so i was out with all the

199

00:07:02,469 --> 00:07:01,199

other kids doing wild things and i'd

200

00:07:05,189 --> 00:07:02,479

come home and think well that i'm in

201

00:07:07,589 --> 00:07:05,199

kind of a wild place that's not

202

00:07:09,189 --> 00:07:07,599

easy to go to sleep that way and so a

203

00:07:11,029 --> 00:07:09,199

wild place mentally

204

00:07:11,830 --> 00:07:11,039

yeah because i think when you go out and

205

00:07:15,589 --> 00:07:11,840

you

206

00:07:17,350 --> 00:07:15,599

definitely going to be in a wild place

207

00:07:20,950 --> 00:07:17,360

mentally too

208

00:07:23,350 --> 00:07:20,960

you know an unstructured place

209

00:07:25,670 --> 00:07:23,360

an unknown place really because in when

210

00:07:27,430 --> 00:07:25,680

you're a teenager it's uh

211

00:07:29,110 --> 00:07:27,440

difficult to run your own show so you're

212

00:07:33,510 --> 00:07:29,120

looking for

213

00:07:35,110 --> 00:07:33,520

um

214

00:07:37,270 --> 00:07:35,120

belonging you know there's lots of

215

00:07:38,230 --> 00:07:37,280

things that teenagers are looking for

216

00:07:40,150 --> 00:07:38,240

and so

217

00:07:42,230 --> 00:07:40,160

they get pulled this way in that way by

218

00:07:44,710 --> 00:07:42,240

whoever they're with was there something

219

00:07:46,950 --> 00:07:44,720

that you were looking for you you oh

220

00:07:48,710 --> 00:07:46,960

probably teenagers in general look for

221

00:07:49,830 --> 00:07:48,720

yeah i think there was something i was

222

00:07:54,790 --> 00:07:49,840

looking for

223

00:07:56,150 --> 00:07:54,800

i was trying to understand my

224

00:07:58,390 --> 00:07:56,160

motivations

225

00:08:00,550 --> 00:07:58,400

you know because you know kids they do

226

00:08:01,749 --> 00:08:00,560

things like uh go to a party and get

227

00:08:04,070 --> 00:08:01,759

drunk and then you come home and you

228

00:08:06,469 --> 00:08:04,080

think why did i do that

229

00:08:07,350 --> 00:08:06,479

what what drove me to do that like why

230

00:08:15,430 --> 00:08:07,360

did i

231

00:08:17,830 --> 00:08:15,440

with him he was drunk although my dad

232

00:08:20,869 --> 00:08:17,840

taught me to sit beside the driver and

233

00:08:23,909 --> 00:08:20,879

make sure i got home that was his advice

234

00:08:27,029 --> 00:08:23,919

uh he albertan yeah

235

00:08:28,790 --> 00:08:27,039

yeah that's right yeah were you always

236

00:08:30,150 --> 00:08:28,800

someone who focused on the body

237

00:08:34,230 --> 00:08:30,160

yes

238

00:08:36,149 --> 00:08:34,240

sportsman

239

00:08:39,029 --> 00:08:36,159

so he was a

240

00:08:41,430 --> 00:08:39,039

curler a hockey player a baseball player

241

00:08:43,269 --> 00:08:41,440

a golfer he did all of the north

242

00:08:45,030 --> 00:08:43,279

american sports

243

00:08:46,389 --> 00:08:45,040

and he did them well

244

00:08:52,230 --> 00:08:46,399

he

245

00:08:55,590 --> 00:08:52,240

so it

246

00:08:57,110 --> 00:08:55,600

sports was always there and i like to be

247

00:09:01,110 --> 00:08:57,120

outside

248

00:09:03,269 --> 00:09:01,120

little kid i used to dig up worms and

249

00:09:05,509 --> 00:09:03,279

spend a lot of time in the garden with

250

00:09:06,630 --> 00:09:05,519

with the dirt and everything that grew

251

00:09:08,230 --> 00:09:06,640

outside

252

00:09:10,389 --> 00:09:08,240

so i really like to get my hands in the

253

00:09:13,430 --> 00:09:10,399

dirt i like to pick up rocks and find

254

00:09:16,150 --> 00:09:13,440

out what was underneath them and uh

255

00:09:18,389 --> 00:09:16,160

i even had a wagon and i used to i used

256

00:09:19,750 --> 00:09:18,399

to pick up earthworms and put them in

257

00:09:21,509 --> 00:09:19,760

kleenexes and

258

00:09:24,230 --> 00:09:21,519

tuck them into bed and pull them around

259

00:09:26,150 --> 00:09:24,240

in my wake

260

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

yeah so from the time i was a little kid

261

00:09:29,509 --> 00:09:27,920

i was outside playing in the mud puddles

262

00:09:32,470 --> 00:09:29,519

you know just constantly outside

263

00:09:34,790 --> 00:09:32,480

skipping i was just outside always

264

00:09:36,790 --> 00:09:34,800

my son's first words were outside so

265

00:09:38,870 --> 00:09:36,800

he's a little bit like me wanting to be

266

00:09:40,949 --> 00:09:38,880

outside that's where god is

267

00:09:42,870 --> 00:09:40,959

for me is outside

268

00:09:44,230 --> 00:09:42,880

and so if i go for a walk

269

00:09:45,110 --> 00:09:44,240

i can

270

00:09:47,670 --> 00:09:45,120

uh

271

00:09:49,509 --> 00:09:47,680

i can have a i can have a meditation

272

00:09:51,670 --> 00:09:49,519

with god

273

00:09:54,230 --> 00:09:51,680

so i used to have a dog and when i

274

00:09:55,509 --> 00:09:54,240

walked the dog we would go and you know

275

00:09:57,030 --> 00:09:55,519

meditate

276

00:09:59,750 --> 00:09:57,040

and walk around

277

00:10:02,150 --> 00:09:59,760

and uh we as in you and the dog man the

278

00:10:04,710 --> 00:10:02,160

dog yeah man the dog would meditate dog

279

00:10:05,430 --> 00:10:04,720

would meditate with me he was he was you

280

00:10:07,269 --> 00:10:05,440

know

281

00:10:08,949 --> 00:10:07,279

he was in line with me

282

00:10:11,829 --> 00:10:08,959

he was a little more snappy than me he'd

283

00:10:14,630 --> 00:10:11,839

snap at people i didn't

284

00:10:19,190 --> 00:10:17,509

my daughter said i'm very open so i i

285

00:10:22,069 --> 00:10:19,200

ramble when i talk

286

00:10:24,150 --> 00:10:22,079

oh no no please do please keep going i

287

00:10:26,069 --> 00:10:24,160

like it it takes me to places i didn't

288

00:10:28,630 --> 00:10:26,079

think it would go as for you with the

289

00:10:31,910 --> 00:10:28,640

body see for me

290

00:10:33,910 --> 00:10:31,920

i am i like puzzles i like abstractions

291

00:10:36,389 --> 00:10:33,920

i like what takes cognitive effort

292

00:10:38,230 --> 00:10:36,399

but i'm so out of tune with my own body

293

00:10:40,870 --> 00:10:38,240

so much so that if the doctor asks me

294

00:10:43,269 --> 00:10:40,880

where do i feel a pain i have a diffuse

295

00:10:44,630 --> 00:10:43,279

notion it's somewhere here i don't know

296

00:10:45,750 --> 00:10:44,640

if it's inside i don't know if it's i

297

00:10:47,509 --> 00:10:45,760

have to

298

00:10:48,710 --> 00:10:47,519

sit and pay close attention for many

299

00:10:49,910 --> 00:10:48,720

other people they can say well it's

300

00:10:51,910 --> 00:10:49,920

precisely at the upper part of my

301
00:10:52,870 --> 00:10:51,920
kneecap on the outside for me that might

302
00:10:56,230 --> 00:10:52,880
take me

303
00:10:57,829 --> 00:10:56,240
a minute so what is that is first of all

304
00:10:59,110 --> 00:10:57,839
is that

305
00:11:00,389 --> 00:10:59,120
a negative

306
00:11:02,550 --> 00:11:00,399
you mentioned

307
00:11:04,389 --> 00:11:02,560
personal that is where god is for me

308
00:11:05,670 --> 00:11:04,399
outside so then that made me think well

309
00:11:07,750 --> 00:11:05,680
god is

310
00:11:09,829 --> 00:11:07,760
it's objective but at the same time god

311
00:11:11,990 --> 00:11:09,839
is personal so then

312
00:11:13,829 --> 00:11:12,000
does that mean that that's okay if you

313
00:11:15,910 --> 00:11:13,839

have your own individual proclivities

314

00:11:19,190 --> 00:11:15,920

curse and and

315

00:11:21,110 --> 00:11:19,200

and downsides because

316

00:11:22,790 --> 00:11:21,120

well that's just you or should i balance

317

00:11:24,310 --> 00:11:22,800

myself in some way and now pay more

318

00:11:26,069 --> 00:11:24,320

attention to my body

319

00:11:28,790 --> 00:11:26,079

well i would say you're you know

320

00:11:31,110 --> 00:11:28,800

mathematician and physicist so that's

321

00:11:33,509 --> 00:11:31,120

what you studied in in university i

322

00:11:34,710 --> 00:11:33,519

studied kinesiology

323

00:11:37,750 --> 00:11:34,720

you know

324

00:11:38,710 --> 00:11:37,760

right so i studied the body i uh i'm an

325

00:11:41,670 --> 00:11:38,720

artist

326

00:11:43,030 --> 00:11:41,680

i paint portraits and i sketch life

327

00:11:44,150 --> 00:11:43,040

drawing

328

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

um

329

00:11:47,829 --> 00:11:46,720

i do yoga i trained as a massage

330

00:11:51,990 --> 00:11:47,839

therapist

331

00:11:52,870 --> 00:11:52,000

i am i'm very much about the body

332

00:11:54,630 --> 00:11:52,880

but

333

00:11:57,110 --> 00:11:54,640

and so i know about it so if i go to the

334

00:11:59,750 --> 00:11:57,120

doctor i know you know i can explain but

335

00:12:01,430 --> 00:11:59,760

i've studied that i studied that

336

00:12:04,069 --> 00:12:01,440

intensely

337

00:12:07,750 --> 00:12:04,079

my whole life i've studied it so

338

00:12:10,389 --> 00:12:07,760

if someone asked me a question about

339

00:12:11,910 --> 00:12:10,399

anything to do with the

340

00:12:12,949 --> 00:12:11,920

solar system or anything i wouldn't be

341

00:12:14,550 --> 00:12:12,959

able to

342

00:12:16,150 --> 00:12:14,560

say anything except for rudimentary

343

00:12:19,350 --> 00:12:16,160

knowledge so

344

00:12:20,550 --> 00:12:19,360

i think your understanding of it is

345

00:12:25,190 --> 00:12:20,560

normal

346

00:12:27,190 --> 00:12:25,200

that you'd be focused otherwise and i

347

00:12:28,870 --> 00:12:27,200

would be focused in and

348

00:12:30,710 --> 00:12:28,880

and it's possibly something about being

349

00:12:32,949 --> 00:12:30,720

a woman as well because

350

00:12:35,269 --> 00:12:32,959

uh we have so many changes that go on in

351

00:12:37,750 --> 00:12:35,279

our bodies so young that it brings us

352

00:12:39,030 --> 00:12:37,760

back to our body you know at 13 all of a

353

00:12:41,190 --> 00:12:39,040

sudden we're paying attention to our

354

00:12:42,550 --> 00:12:41,200

bodies even if we hadn't paid attention

355

00:12:45,590 --> 00:12:42,560

at all

356

00:12:47,190 --> 00:12:45,600

until we were 13 at 13

357

00:12:49,350 --> 00:12:47,200

bang you're paying attention to your

358

00:12:52,310 --> 00:12:49,360

body and you have to otherwise you make

359

00:12:54,949 --> 00:12:52,320

a mess so you you have to pay attention

360

00:12:56,230 --> 00:12:54,959

and also your emotions go you know all

361

00:12:57,990 --> 00:12:56,240

over the place

362

00:13:00,230 --> 00:12:58,000

and so then you're paying attention to

363

00:13:01,030 --> 00:13:00,240

what's going on there so i think at

364

00:13:02,550 --> 00:13:01,040

least

365

00:13:05,590 --> 00:13:02,560

for myself

366

00:13:07,350 --> 00:13:05,600

i accepted that as a challenge

367

00:13:10,470 --> 00:13:07,360

and and you talked about puzzles i like

368

00:13:12,710 --> 00:13:10,480

puzzles but i think of life as a puzzle

369

00:13:15,269 --> 00:13:12,720

and i think of putting thing pieces in

370

00:13:17,670 --> 00:13:15,279

place while i get better understanding

371

00:13:19,350 --> 00:13:17,680

of myself physically emotionally and

372

00:13:22,550 --> 00:13:19,360

spiritually

373

00:13:24,710 --> 00:13:22,560

that's my puzzle that i have worked on

374

00:13:26,230 --> 00:13:24,720

if you might give me a specific example

375

00:13:27,590 --> 00:13:26,240

of a situation that you viewed as a

376
00:13:28,629 --> 00:13:27,600
puzzle and then how you thought about

377
00:13:29,990 --> 00:13:28,639
solving it

378
00:13:31,750 --> 00:13:30,000
okay

379
00:13:33,750 --> 00:13:31,760
well i did that today

380
00:13:35,990 --> 00:13:33,760
i had a piece of a puzzle that got you

381
00:13:37,110 --> 00:13:36,000
know that i understand better

382
00:13:38,550 --> 00:13:37,120
so

383
00:13:39,269 --> 00:13:38,560
um

384
00:13:50,230 --> 00:13:39,279
i

385
00:13:53,509 --> 00:13:50,240
on zoom

386
00:13:55,910 --> 00:13:53,519
all kinds of i have some post cancer

387
00:13:58,790 --> 00:13:55,920
wellness spring offers

388
00:14:00,150 --> 00:13:58,800

different programs for people who've uh

389

00:14:03,110 --> 00:14:00,160

in them are in the middle of treatment

390

00:14:04,949 --> 00:14:03,120

or who have survived treatment or their

391

00:14:06,629 --> 00:14:04,959

caregivers they can take courses through

392

00:14:09,189 --> 00:14:06,639

wellspring and some of them are art

393

00:14:11,350 --> 00:14:09,199

therapy courses so i take those

394

00:14:13,750 --> 00:14:11,360

so all that stuff is is is really good

395

00:14:14,829 --> 00:14:13,760

for me and i sit downstairs and and do

396

00:14:17,030 --> 00:14:14,839

what i

397

00:14:18,389 --> 00:14:17,040

want but

398

00:14:20,550 --> 00:14:18,399

now i can't remember your question you

399

00:14:23,590 --> 00:14:20,560

have to ask it again oh oh where's the

400

00:14:25,829 --> 00:14:23,600

puzzle oh the puzzle okay so i was in a

401

00:14:26,870 --> 00:14:25,839

class a life drawing class on sunday

402

00:14:29,030 --> 00:14:26,880

morning

403

00:14:32,790 --> 00:14:29,040

and uh my husband came down and said

404

00:14:36,230 --> 00:14:32,800

goodbye and i snapped at him

405

00:14:38,230 --> 00:14:36,240

i wasn't i wasn't you know i wasn't um

406

00:14:41,430 --> 00:14:38,240

i wasn't kind

407

00:14:43,350 --> 00:14:41,440

he'd interrupt he yesterday he

408

00:14:45,189 --> 00:14:43,360

i was concentrating on something he

409

00:14:48,550 --> 00:14:45,199

interrupted and i wasn't kind

410

00:14:49,990 --> 00:14:48,560

in my response and so later we talked

411

00:14:52,310 --> 00:14:50,000

about it

412

00:14:54,550 --> 00:14:52,320

and i thought you know

413

00:14:56,550 --> 00:14:54,560

i think i understand

414

00:14:59,110 --> 00:14:56,560

because if i look back over the last 20

415

00:15:00,629 --> 00:14:59,120

years

416

00:15:02,949 --> 00:15:00,639

of having children getting married

417

00:15:06,470 --> 00:15:02,959

having children having them grow up i

418

00:15:08,949 --> 00:15:06,480

left my art largely behind for a number

419

00:15:12,629 --> 00:15:08,959

of years and i could never understand

420

00:15:14,949 --> 00:15:12,639

why so i meditated on it this morning

421

00:15:16,310 --> 00:15:14,959

and i thought back to my mother and her

422

00:15:18,870 --> 00:15:16,320

father

423

00:15:21,829 --> 00:15:18,880

who both

424

00:15:23,670 --> 00:15:21,839

had troubled childhoods

425

00:15:28,230 --> 00:15:23,680

and

426

00:15:30,470 --> 00:15:28,240

would have been fear

427

00:15:31,990 --> 00:15:30,480

there would have been lack of love

428

00:15:33,990 --> 00:15:32,000

and

429

00:15:35,670 --> 00:15:34,000

uh my mother was

430

00:15:37,189 --> 00:15:35,680

physically she was you know some people

431

00:15:38,470 --> 00:15:37,199

you walk in the room and the room is

432

00:15:40,550 --> 00:15:38,480

cold

433

00:15:41,670 --> 00:15:40,560

so they're giving off something that you

434

00:15:44,470 --> 00:15:41,680

know is

435

00:15:46,069 --> 00:15:44,480

cold it's not a warm feeling a welcoming

436

00:15:49,590 --> 00:15:46,079

generous feeling

437

00:15:51,509 --> 00:15:49,600

and uh my mom used to have that happen

438

00:15:52,790 --> 00:15:51,519

and so i would be jumping through hoops

439

00:15:56,310 --> 00:15:52,800

trying to

440

00:15:57,910 --> 00:15:56,320

get attention from her and to get proper

441

00:16:00,550 --> 00:15:57,920

love

442

00:16:02,870 --> 00:16:00,560

in my direction when i was a kid and it

443

00:16:04,790 --> 00:16:02,880

really wouldn't change her

444

00:16:07,110 --> 00:16:04,800

it was what i wanted

445

00:16:09,030 --> 00:16:07,120

wasn't necessarily what she needed or

446

00:16:11,269 --> 00:16:09,040

wanted or knew about so it was just

447

00:16:13,910 --> 00:16:11,279

something i was doing on my end and so i

448

00:16:15,590 --> 00:16:13,920

have a tendency

449

00:16:17,749 --> 00:16:15,600

but i had a good time with her if she

450

00:16:19,910 --> 00:16:17,759

would color with me

451
00:16:21,590 --> 00:16:19,920
so doodle art i don't know if you know

452
00:16:24,069 --> 00:16:21,600
doodle art but do like they sometimes

453
00:16:25,670 --> 00:16:24,079
have great mythic uh doodle arts that

454
00:16:27,509 --> 00:16:25,680
you can color and my mom used to color

455
00:16:29,749 --> 00:16:27,519
them with me and you know i used to

456
00:16:31,749 --> 00:16:29,759
garden with her but it that was work and

457
00:16:33,590 --> 00:16:31,759
duty you know and she used to sew me

458
00:16:35,590 --> 00:16:33,600
doll clothes when i was a kid but she

459
00:16:36,710 --> 00:16:35,600
was doing the sewing and i was doing the

460
00:16:39,110 --> 00:16:36,720
watching

461
00:16:41,749 --> 00:16:39,120
but when we colored we colored together

462
00:16:44,069 --> 00:16:41,759
so that was a shared activity

463
00:16:45,990 --> 00:16:44,079

and last night i was babysitting my

464

00:16:47,670 --> 00:16:46,000

granddaughter she's three and she was

465

00:16:51,269 --> 00:16:47,680

getting sleepy and we went down to my

466

00:16:52,389 --> 00:16:51,279

art table and got out a coloring book

467

00:16:58,550 --> 00:16:52,399

and

468

00:17:00,949 --> 00:16:58,560

her

469

00:17:02,310 --> 00:17:00,959

uh hummingbird and raccoon that are in

470

00:17:04,549 --> 00:17:02,320

that story

471

00:17:05,750 --> 00:17:04,559

and i was quite enjoying it and she

472

00:17:07,590 --> 00:17:05,760

would color a bit and then she'd say

473

00:17:09,189 --> 00:17:07,600

grandma color here and i'd color there

474

00:17:11,270 --> 00:17:09,199

and then what color should that be let's

475

00:17:13,270 --> 00:17:11,280

give her pink hair red hair blue hair

476
00:17:15,350 --> 00:17:13,280
you know where it's just purple legs we

477
00:17:16,710 --> 00:17:15,360
were having a great time

478
00:17:18,870 --> 00:17:16,720
and so i thought about all that when i

479
00:17:21,829 --> 00:17:18,880
was meditating and i thought well when

480
00:17:23,990 --> 00:17:21,839
i'm doing art

481
00:17:26,549 --> 00:17:24,000
it gives me a warmth

482
00:17:29,190 --> 00:17:26,559
which was some of the only warmth i had

483
00:17:30,870 --> 00:17:29,200
with my mom not that it was that drastic

484
00:17:33,909 --> 00:17:30,880
but you know

485
00:17:35,029 --> 00:17:33,919
um my mom loved me i know she did it's

486
00:17:36,390 --> 00:17:35,039
just that

487
00:17:38,070 --> 00:17:36,400
there were certain times where i could

488
00:17:40,230 --> 00:17:38,080

feel it more than other times and art

489

00:17:41,669 --> 00:17:40,240

was one place i really felt it and that

490

00:17:43,510 --> 00:17:41,679

might be why

491

00:17:45,430 --> 00:17:43,520

although i have a

492

00:17:47,590 --> 00:17:45,440

an aptitude for art

493

00:17:50,710 --> 00:17:47,600

that's also where there's love and

494

00:17:52,789 --> 00:17:50,720

warmth and so i really like to do it

495

00:17:54,310 --> 00:17:52,799

and i left it for 20 years and didn't do

496

00:17:57,270 --> 00:17:54,320

it

497

00:17:58,789 --> 00:17:57,280

i until the art therapy until

498

00:18:02,150 --> 00:17:58,799

yeah until i

499

00:18:03,350 --> 00:18:02,160

till i had this brush with death

500

00:18:07,590 --> 00:18:03,360

and

501
00:18:09,590 --> 00:18:07,600
good space to

502
00:18:12,830 --> 00:18:09,600
set myself up

503
00:18:16,070 --> 00:18:12,840
and made it a priority

504
00:18:18,870 --> 00:18:16,080
and so i made i made the act i changed

505
00:18:21,350 --> 00:18:18,880
the action first

506
00:18:23,350 --> 00:18:21,360
and then

507
00:18:25,350 --> 00:18:23,360
when the

508
00:18:26,630 --> 00:18:25,360
underlying trouble that had been

509
00:18:28,310 --> 00:18:26,640
stopping me

510
00:18:29,990 --> 00:18:28,320
i guess maybe then it was safe enough

511
00:18:32,310 --> 00:18:30,000
for it to come up

512
00:18:34,549 --> 00:18:32,320
and it came up and i

513
00:18:35,830 --> 00:18:34,559

barked at my husband which showed me

514

00:18:38,230 --> 00:18:35,840

that i had

515

00:18:39,430 --> 00:18:38,240

spent 20 years not doing what i wanted

516

00:18:43,110 --> 00:18:39,440

to do

517

00:18:45,590 --> 00:18:43,120

and blamed him for it

518

00:18:47,270 --> 00:18:45,600

in that moment or you realize that oh

519

00:18:49,029 --> 00:18:47,280

i've known that before but it never

520

00:18:51,510 --> 00:18:49,039

really came up

521

00:18:53,510 --> 00:18:51,520

so that it was very much in the moment

522

00:18:54,150 --> 00:18:53,520

for both of us to be paying attention to

523

00:18:55,350 --> 00:18:54,160

it

524

00:18:56,789 --> 00:18:55,360

and to

525

00:18:59,750 --> 00:18:56,799

and i wasn't

526

00:19:02,870 --> 00:18:59,760

i wasn't uh confident enough or

527

00:19:04,870 --> 00:19:02,880

organized enough to answer his question

528

00:19:05,990 --> 00:19:04,880

in a way that could

529

00:19:08,310 --> 00:19:06,000

calm him

530

00:19:09,669 --> 00:19:08,320

and make him believe that i am

531

00:19:12,870 --> 00:19:09,679

addressing it and that everything will

532

00:19:15,350 --> 00:19:12,880

be okay you were suggesting that

533

00:19:16,390 --> 00:19:15,360

well actually first if you don't mind i

534

00:19:19,110 --> 00:19:16,400

don't know i would like to know the

535

00:19:20,710 --> 00:19:19,120

nature the nature of your bark because

536

00:19:22,310 --> 00:19:20,720

for me when i'm working i have a

537

00:19:24,789 --> 00:19:22,320

tendency to do something similar where i

538

00:19:26,950 --> 00:19:24,799

bark but it's not but sometimes it's

539

00:19:29,110 --> 00:19:26,960

more caustic than other times like most

540

00:19:31,270 --> 00:19:29,120

of the time it's it's babe i'm working

541

00:19:32,950 --> 00:19:31,280

i'm working but sometimes

542

00:19:35,350 --> 00:19:32,960

i can say it more harshly or i can say

543

00:19:37,110 --> 00:19:35,360

something else i don't swear right but i

544

00:19:39,590 --> 00:19:37,120

i understand that it can be

545

00:19:43,110 --> 00:19:39,600

i understand it hurts her at times yeah

546

00:19:44,550 --> 00:19:43,120

i just said i said you can go

547

00:19:45,909 --> 00:19:44,560

okay and do you mind

548

00:19:48,950 --> 00:19:45,919

[Music]

549

00:19:50,230 --> 00:19:48,960

what did he do before that and then what

550

00:19:52,310 --> 00:19:50,240

did you say like where were you in the

551
00:19:54,230 --> 00:19:52,320
kitchen and oh no i was like

552
00:19:55,909 --> 00:19:54,240
he came downstairs

553
00:19:57,510 --> 00:19:55,919
to where my art

554
00:19:59,430 --> 00:19:57,520
table is

555
00:20:01,909 --> 00:19:59,440
into the basement that's where i have it

556
00:20:04,230 --> 00:20:01,919
and i have i cut a nice big hole in the

557
00:20:06,630 --> 00:20:04,240
wall so there's light coming in the

558
00:20:08,789 --> 00:20:06,640
stairs from the upstairs are

559
00:20:11,110 --> 00:20:08,799
they're not solid so the light from

560
00:20:13,270 --> 00:20:11,120
outside comes in that way and i have a

561
00:20:14,630 --> 00:20:13,280
back basement door with a big window in

562
00:20:15,669 --> 00:20:14,640
it so there's light there's natural

563
00:20:17,029 --> 00:20:15,679

light

564

00:20:19,110 --> 00:20:17,039

right there in the basement i have

565

00:20:20,390 --> 00:20:19,120

really good overhead lights so i can

566

00:20:22,390 --> 00:20:20,400

really light

567

00:20:24,390 --> 00:20:22,400

this art table that i have so that's

568

00:20:26,470 --> 00:20:24,400

where my computer is and that's where

569

00:20:28,390 --> 00:20:26,480

i do all my art projects and whatever

570

00:20:31,029 --> 00:20:28,400

else i might be doing so i was down

571

00:20:33,029 --> 00:20:31,039

there my computer was in front of me

572

00:20:34,950 --> 00:20:33,039

it was obvious that i was

573

00:20:36,390 --> 00:20:34,960

in a class

574

00:20:38,789 --> 00:20:36,400

i was drawing

575

00:20:40,789 --> 00:20:38,799

and he came down and asked he said he

576
00:20:42,789 --> 00:20:40,799
needs some groceries

577
00:20:45,830 --> 00:20:42,799
and

578
00:20:48,549 --> 00:20:45,840
i thought that's not

579
00:20:51,430 --> 00:20:48,559
important right now to me because i'm in

580
00:20:55,190 --> 00:20:51,440
class so i said i'm in a class

581
00:20:57,750 --> 00:20:55,200
and uh he continued and i said

582
00:20:59,190 --> 00:20:57,760
that that was you know that was enough

583
00:21:00,950 --> 00:20:59,200
that he could go

584
00:21:02,870 --> 00:21:00,960
and then i called him and i said you

585
00:21:05,350 --> 00:21:02,880
know just send me a text

586
00:21:07,510 --> 00:21:05,360
just right you can go as in you can go

587
00:21:09,270 --> 00:21:07,520
get the groceries no you can just go

588
00:21:11,430 --> 00:21:09,280

he's honest

589

00:21:12,070 --> 00:21:11,440

you can leave like the king says you

590

00:21:15,110 --> 00:21:12,080

know

591

00:21:16,630 --> 00:21:15,120

hits that little bell and then whoever's

592

00:21:18,549 --> 00:21:16,640

talking to her has to get up and leave

593

00:21:19,590 --> 00:21:18,559

yeah that kind of thing

594

00:21:20,470 --> 00:21:19,600

yeah

595

00:21:23,029 --> 00:21:20,480

so

596

00:21:25,190 --> 00:21:23,039

you know there's a lot of um

597

00:21:26,630 --> 00:21:25,200

that would be pride i think or

598

00:21:28,710 --> 00:21:26,640

or um

599

00:21:31,590 --> 00:21:28,720

a sense of entitlement for sure oh so

600

00:21:34,070 --> 00:21:31,600

those those that kind of understanding

601
00:21:37,270 --> 00:21:34,080
so if i get that if i get a

602
00:21:39,350 --> 00:21:37,280
a clue that i'm acting in that way

603
00:21:41,669 --> 00:21:39,360
then i can address it then i can say

604
00:21:45,590 --> 00:21:41,679
okay where did that come from

605
00:21:50,549 --> 00:21:47,510
whatever comes up for me when i'm

606
00:21:52,390 --> 00:21:50,559
meditating and think okay well maybe

607
00:21:55,270 --> 00:21:52,400
maybe i

608
00:22:03,669 --> 00:21:55,280
need this and i haven't been getting it

609
00:22:07,029 --> 00:22:05,590
blaming someone else for something i

610
00:22:10,149 --> 00:22:07,039
didn't do

611
00:22:12,149 --> 00:22:10,159
or i was also

612
00:22:14,310 --> 00:22:12,159
whatever else i was doing i was kind of

613
00:22:15,909 --> 00:22:14,320

trying to control my environment

614

00:22:18,310 --> 00:22:15,919

of things i couldn't control and can't

615

00:22:21,350 --> 00:22:18,320

control but i was trying to

616

00:22:23,990 --> 00:22:21,360

to get if you know when people do that

617

00:22:27,270 --> 00:22:24,000

it gives them some self-gratification

618

00:22:29,190 --> 00:22:27,280

because they've gone off and and

619

00:22:30,549 --> 00:22:29,200

tried to make everything better for

620

00:22:31,830 --> 00:22:30,559

other people

621

00:22:33,750 --> 00:22:31,840

but

622

00:22:36,230 --> 00:22:33,760

have denied themselves something that

623

00:22:38,230 --> 00:22:36,240

they need like that that's a that's a

624

00:22:39,270 --> 00:22:38,240

recipe for disaster you know that's what

625

00:22:41,029 --> 00:22:39,280

that is

626
00:22:43,270 --> 00:22:41,039
and so

627
00:22:45,750 --> 00:22:43,280
i think in the past in my way of

628
00:22:46,950 --> 00:22:45,760
thinking that i was thinking before

629
00:22:49,830 --> 00:22:46,960
wasn't

630
00:22:52,830 --> 00:22:49,840
well formulated it was a an old plan

631
00:22:54,390 --> 00:22:52,840
that hadn't been updated and so it

632
00:22:56,950 --> 00:22:54,400
wasn't

633
00:22:58,470 --> 00:22:56,960
a plan that was going to work for me now

634
00:22:59,909 --> 00:22:58,480
or for my husband

635
00:23:01,590 --> 00:22:59,919
i've heard that you have this practice

636
00:23:03,350 --> 00:23:01,600
where you retreat separately and find

637
00:23:04,710 --> 00:23:03,360
the source of the problem being yourself

638
00:23:06,549 --> 00:23:04,720

when you have a fight a conflict with

639

00:23:08,230 --> 00:23:06,559

your oh sure i can imagine that it can

640

00:23:10,310 --> 00:23:08,240

be one-sided at times at least in the

641

00:23:11,830 --> 00:23:10,320

beginning where you aren't able to come

642

00:23:13,350 --> 00:23:11,840

up with an idea as to how the problem

643

00:23:14,390 --> 00:23:13,360

was you and then you get together the

644

00:23:15,430 --> 00:23:14,400

person says yeah the problem is me

645

00:23:17,270 --> 00:23:15,440

saying something you're like yeah the

646

00:23:19,750 --> 00:23:17,280

problem actually at this time was you so

647

00:23:21,990 --> 00:23:19,760

ah no no not usually

648

00:23:24,390 --> 00:23:22,000

like usually

649

00:23:27,990 --> 00:23:26,070

if there's a fight if so there's an

650

00:23:29,590 --> 00:23:28,000

argument and you go off to your own

651
00:23:31,270 --> 00:23:29,600
place then you think if there's anything

652
00:23:33,909 --> 00:23:31,280
in your life that you've done that may

653
00:23:36,230 --> 00:23:33,919
have brought this argument up

654
00:23:37,909 --> 00:23:36,240
not neces so it's not necessarily about

655
00:23:39,750 --> 00:23:37,919
actually the argument because sometimes

656
00:23:42,149 --> 00:23:39,760
the argument has nothing to do with why

657
00:23:44,950 --> 00:23:42,159
like often the argument has nothing to

658
00:23:46,789 --> 00:23:44,960
do with actually what's wrong

659
00:23:49,110 --> 00:23:46,799
maybe you're

660
00:23:50,950 --> 00:23:49,120
late on on something and you bark at

661
00:23:52,950 --> 00:23:50,960
your wife when she comes in it has

662
00:23:55,669 --> 00:23:52,960
nothing to do with you being angry at

663
00:23:57,590 --> 00:23:55,679

your wife or that she intruded it was

664

00:24:00,390 --> 00:23:57,600

that you you have a project that you're

665

00:24:02,310 --> 00:24:00,400

late on and so you have to look you have

666

00:24:05,270 --> 00:24:02,320

to separate and find out if there's a

667

00:24:10,549 --> 00:24:05,280

cause to this argument that you

668

00:24:15,750 --> 00:24:14,070

come up right then and

669

00:24:18,630 --> 00:24:15,760

shown you that there was something to

670

00:24:19,830 --> 00:24:18,640

pay attention to it's something you know

671

00:24:21,350 --> 00:24:19,840

an argument is something to pay

672

00:24:23,190 --> 00:24:21,360

attention to

673

00:24:24,950 --> 00:24:23,200

because you might learn something

674

00:24:26,149 --> 00:24:24,960

and those are gifts

675

00:24:27,750 --> 00:24:26,159

because the next time you won't have

676

00:24:31,029 --> 00:24:27,760

that same argument it won't come up

677

00:24:33,029 --> 00:24:31,039

anymore if you can figure it out did you

678

00:24:35,830 --> 00:24:33,039

pray each morning

679

00:24:37,750 --> 00:24:35,840

before your illness no

680

00:24:41,110 --> 00:24:37,760

no i didn't but

681

00:24:43,510 --> 00:24:41,120

my grandmothers were both religious

682

00:24:45,510 --> 00:24:43,520

and

683

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

if i had a religious question i could

684

00:24:49,110 --> 00:24:47,360

ask them

685

00:24:50,789 --> 00:24:49,120

um so

686

00:24:52,789 --> 00:24:50,799

there was it wasn't like there was no

687

00:24:55,510 --> 00:24:52,799

god for me before

688

00:24:59,669 --> 00:24:55,520

and i've and i've been to church and

689

00:25:02,549 --> 00:24:59,679

i and my mother died in 2007

690

00:25:04,470 --> 00:25:02,559

i pray to her

691

00:25:07,029 --> 00:25:04,480

daily i would say so

692

00:25:09,590 --> 00:25:07,039

my praying has changed since i was ill

693

00:25:11,190 --> 00:25:09,600

it's become

694

00:25:12,470 --> 00:25:11,200

more dogmatic

695

00:25:13,510 --> 00:25:12,480

and

696

00:25:16,149 --> 00:25:13,520

uh

697

00:25:18,230 --> 00:25:16,159

yeah it's become more dogmatic and also

698

00:25:20,149 --> 00:25:18,240

i have a relationship with a personal

699

00:25:21,110 --> 00:25:20,159

god now that i

700

00:25:25,190 --> 00:25:21,120

that has

701

00:25:26,950 --> 00:25:25,200

always been spiritual

702

00:25:30,310 --> 00:25:26,960

i'm more spiritual now i take it more

703

00:25:31,190 --> 00:25:30,320

seriously now i understand it better now

704

00:25:34,230 --> 00:25:31,200

um

705

00:25:38,789 --> 00:25:36,470

not an option i don't think it's an

706

00:25:41,430 --> 00:25:38,799

option for people to live a life a

707

00:25:43,669 --> 00:25:41,440

fulfilling life

708

00:25:45,669 --> 00:25:43,679

meaning that people cannot live a

709

00:25:48,230 --> 00:25:45,679

fulfilling life if they don't have god

710

00:25:49,269 --> 00:25:48,240

in their life yeah i i think so uh you

711

00:25:51,669 --> 00:25:49,279

know as

712

00:25:55,029 --> 00:25:51,679

a spiritual relationship

713

00:25:56,870 --> 00:25:55,039

with uh higher power is necessary

714

00:25:59,350 --> 00:25:56,880

what's the difference between religion

715

00:26:02,630 --> 00:25:59,360

and spirituality

716

00:26:05,510 --> 00:26:02,640

well religion is dogma

717

00:26:07,590 --> 00:26:05,520

you know so the church and and

718

00:26:10,710 --> 00:26:07,600

all the readings the bible all of that

719

00:26:12,710 --> 00:26:10,720

that's dogma spirituality is a feeling

720

00:26:14,470 --> 00:26:12,720

that god is there with you

721

00:26:17,590 --> 00:26:14,480

and that if you give him space he'll

722

00:26:19,830 --> 00:26:17,600

tell you what's right and wrong

723

00:26:23,190 --> 00:26:19,840

that's spirituality

724

00:26:25,750 --> 00:26:23,200

and so you could and they overlap

725

00:26:27,190 --> 00:26:25,760

they can't overlap but for some people

726

00:26:29,190 --> 00:26:27,200

they don't

727

00:26:30,149 --> 00:26:29,200

uh there's an intellectual understanding

728

00:26:31,990 --> 00:26:30,159

of god

729

00:26:34,390 --> 00:26:32,000

that's not a spiritual that's not a

730

00:26:35,830 --> 00:26:34,400

personal understanding of god

731

00:26:40,230 --> 00:26:35,840

and i think you need a personal

732

00:26:46,149 --> 00:26:43,590

make your move yourself forward

733

00:26:47,669 --> 00:26:46,159

in in your understanding of yourself in

734

00:26:49,190 --> 00:26:47,679

the world do you mind taking people

735

00:26:52,310 --> 00:26:49,200

through a timeline of your illness as

736

00:26:54,230 --> 00:26:52,320

well as the course of your recovery nope

737

00:26:57,590 --> 00:26:54,240

i don't mind i'm getting used to it it's

738

00:26:59,029 --> 00:26:57,600

been two years so i'm getting used to it

739

00:27:00,230 --> 00:26:59,039

um

740

00:27:03,350 --> 00:27:00,240

i had no

741

00:27:05,430 --> 00:27:03,360

indication that i was ill

742

00:27:07,750 --> 00:27:05,440

i'd gone on a walking tour with my

743

00:27:09,909 --> 00:27:07,760

sister to croatia

744

00:27:13,190 --> 00:27:09,919

we walked for 10 days

745

00:27:15,430 --> 00:27:13,200

and it was wonderful

746

00:27:16,710 --> 00:27:15,440

i flew home and two weeks later i got a

747

00:27:22,789 --> 00:27:16,720

fever

748

00:27:24,630 --> 00:27:22,799

flu of some sort

749

00:27:27,430 --> 00:27:24,640

and the fever went away

750

00:27:28,950 --> 00:27:27,440

but the digestive gastrointestinal

751

00:27:32,230 --> 00:27:28,960

trouble stayed

752

00:27:34,470 --> 00:27:32,240

and so i eventually went to the doctor

753

00:27:35,830 --> 00:27:34,480

and he told me maybe i had a parasite i

754

00:27:37,669 --> 00:27:35,840

thought oh yeah

755

00:27:40,470 --> 00:27:37,679

that's i should have thought of that

756

00:27:42,870 --> 00:27:40,480

so he gave me a a test and no i didn't

757

00:27:44,710 --> 00:27:42,880

have a parasite oh okay so then he

758

00:27:47,190 --> 00:27:44,720

thought well then let's do a

759

00:27:49,510 --> 00:27:47,200

an ultrasound of your abdomen uh have

760

00:27:51,350 --> 00:27:49,520

you do a colonoscopy you know all this

761

00:27:53,750 --> 00:27:51,360

stuff we'll just look

762

00:27:55,590 --> 00:27:53,760

and i had an ultrasound and i could see

763

00:27:57,269 --> 00:27:55,600

the screen and i saw a shadow on my

764

00:28:00,230 --> 00:27:57,279

kidney

765

00:28:04,389 --> 00:28:03,350

eventually i had a bacterial problem

766

00:28:06,710 --> 00:28:04,399

that i

767

00:28:07,510 --> 00:28:06,720

fixed before i had surgery

768

00:28:10,310 --> 00:28:07,520

but

769

00:28:12,870 --> 00:28:10,320

they told me i had a

770

00:28:14,630 --> 00:28:12,880

renal cell carcinoma which is a

771

00:28:17,350 --> 00:28:14,640

very

772

00:28:20,870 --> 00:28:17,360

common cancer and people often have it

773

00:28:22,870 --> 00:28:20,880

and it doesn't kill you because it grows

774

00:28:24,950 --> 00:28:22,880

one millimeter a year well yeah really

775

00:28:26,470 --> 00:28:24,960

really really slow

776

00:28:28,630 --> 00:28:26,480

and so then he they said don't worry

777

00:28:30,870 --> 00:28:28,640

about it you can i was traveling with my

778

00:28:32,470 --> 00:28:30,880

husband on a book tour so

779

00:28:33,669 --> 00:28:32,480

he's they said whenever you have time

780

00:28:35,990 --> 00:28:33,679

you can come in the hospital and have

781

00:28:37,269 --> 00:28:36,000

that surgery

782

00:28:39,669 --> 00:28:37,279

um i

783

00:28:43,590 --> 00:28:39,679

flew back during our book tour and had a

784

00:28:45,510 --> 00:28:43,600

biopsy and i flew back for blood i i had

785

00:28:48,389 --> 00:28:45,520

to fly back a couple of times in

786

00:28:50,789 --> 00:28:48,399

preparation for surgery and then march

787

00:28:53,029 --> 00:28:50,799

of 2019

788

00:28:56,070 --> 00:28:53,039

i went into the hospital

789

00:28:58,470 --> 00:28:56,080

and i had a partial nephrectomy

790

00:29:01,909 --> 00:28:58,480

of my left kidney and i left the

791

00:29:02,950 --> 00:29:01,919

hospital and for six weeks um

792

00:29:04,389 --> 00:29:02,960

my

793

00:29:06,789 --> 00:29:04,399

family members

794

00:29:08,630 --> 00:29:06,799

gathered around me and i got better and

795

00:29:10,710 --> 00:29:08,640

by six weeks i was walking to the

796

00:29:14,549 --> 00:29:10,720

waterfront and back to

797

00:29:16,470 --> 00:29:14,559

the annex i was healthy and

798

00:29:18,230 --> 00:29:16,480

i went to my post-op appointment with my

799

00:29:20,789 --> 00:29:18,240

husband and

800

00:29:22,230 --> 00:29:20,799

the doctor was

801
00:29:24,470 --> 00:29:22,240
nervous

802
00:29:26,470 --> 00:29:24,480
and

803
00:29:28,710 --> 00:29:26,480
loathe to talk to us

804
00:29:30,230 --> 00:29:28,720
and when he talked to us he told me that

805
00:29:31,269 --> 00:29:30,240
i had a year to live that they were

806
00:29:33,669 --> 00:29:31,279
wrong

807
00:29:35,590 --> 00:29:33,679
and that i had uh something called a

808
00:29:37,269 --> 00:29:35,600
bellini tumor

809
00:29:40,389 --> 00:29:37,279
which is

810
00:29:42,149 --> 00:29:40,399
very rare in fact so rare that no that

811
00:29:44,630 --> 00:29:42,159
they have no data on how to treat it

812
00:29:47,110 --> 00:29:44,640
because people die too quickly

813
00:29:48,630 --> 00:29:47,120

and by then it was in one of my lymph

814

00:29:50,950 --> 00:29:48,640

nodes

815

00:29:52,310 --> 00:29:50,960

a lymph node adjacent to my kidney and

816

00:29:56,070 --> 00:29:52,320

they said we have to you have to have

817

00:29:58,789 --> 00:29:56,080

surgery as soon as possible

818

00:30:01,269 --> 00:29:58,799

and this was around march 2019 this was

819

00:30:04,310 --> 00:30:01,279

april end of april

820

00:30:06,789 --> 00:30:04,320

so then june or may 9th i had

821

00:30:08,710 --> 00:30:06,799

another surgery but before i went into

822

00:30:10,070 --> 00:30:08,720

surgery the night before i went into

823

00:30:11,190 --> 00:30:10,080

surgery

824

00:30:14,070 --> 00:30:11,200

um

825

00:30:17,110 --> 00:30:14,080

i meditated

826

00:30:20,070 --> 00:30:17,120

my husband and i were really nervous

827

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

super nervous it's no wonder because

828

00:30:25,269 --> 00:30:22,960

surgery was their only treatment they

829

00:30:28,789 --> 00:30:25,279

said radiation and chemo they had no

830

00:30:31,190 --> 00:30:28,799

idea that there was no good result

831

00:30:34,710 --> 00:30:31,200

except for if they got it in time

832

00:30:36,630 --> 00:30:34,720

so my only chance was this surgery

833

00:30:37,990 --> 00:30:36,640

and so

834

00:30:40,149 --> 00:30:38,000

i had done a

835

00:30:42,470 --> 00:30:40,159

very interesting meditation when i was

836

00:30:45,029 --> 00:30:42,480

studying to be a massage therapist years

837

00:30:45,909 --> 00:30:45,039

ago when i was in my 20s

838

00:30:47,430 --> 00:30:45,919

where

839

00:30:49,510 --> 00:30:47,440

i had

840

00:30:51,909 --> 00:30:49,520

a cyst on one of my ovaries and they

841

00:30:52,870 --> 00:30:51,919

thought it was cancer it wasn't

842

00:30:55,029 --> 00:30:52,880

but

843

00:30:58,310 --> 00:30:55,039

i was working with this cool

844

00:31:00,630 --> 00:30:58,320

artist massage therapist guy and he said

845

00:31:01,830 --> 00:31:00,640

that he was going to take me on a

846

00:31:05,190 --> 00:31:01,840

journey

847

00:31:06,789 --> 00:31:05,200

and i could go see what i could find out

848

00:31:11,029 --> 00:31:06,799

about this

849

00:31:14,230 --> 00:31:11,039

so we did a meditation where i

850

00:31:19,590 --> 00:31:14,240

breathed in white light

851

00:31:21,830 --> 00:31:19,600

it ended up to be like a string of light

852

00:31:23,350 --> 00:31:21,840

that wrapped around my ovary that was

853

00:31:25,669 --> 00:31:23,360

spinning around it was light it was

854

00:31:27,909 --> 00:31:25,679

spinning around the ovary and i was

855

00:31:28,870 --> 00:31:27,919

asking what was wrong

856

00:31:33,590 --> 00:31:28,880

and if

857

00:31:35,350 --> 00:31:33,600

if you know if there was trouble there

858

00:31:36,070 --> 00:31:35,360

that it was okay it could come talk to

859

00:31:37,269 --> 00:31:36,080

me

860

00:31:38,789 --> 00:31:37,279

and so i was really trying to

861

00:31:40,149 --> 00:31:38,799

communicate

862

00:31:42,710 --> 00:31:40,159

and

863

00:31:45,909 --> 00:31:42,720

about two hours after this

864

00:31:48,230 --> 00:31:45,919

uh i had a pain out the side of my rib

865

00:31:50,389 --> 00:31:48,240

cage quite a

866

00:31:51,909 --> 00:31:50,399

real noticeable pain out the side of my

867

00:31:55,830 --> 00:31:51,919

rib cage and then

868

00:31:58,870 --> 00:31:55,840

we stopped and i went in for my surgery

869

00:32:01,190 --> 00:31:58,880

and what they told me was the size of a

870

00:32:03,430 --> 00:32:01,200

softball

871

00:32:04,230 --> 00:32:03,440

was the side of size of like a ping-pong

872

00:32:05,029 --> 00:32:04,240

ball

873

00:32:07,909 --> 00:32:05,039

so

874

00:32:11,669 --> 00:32:07,919

whatever it was and it what it was was a

875

00:32:13,269 --> 00:32:11,679

dermoid cyst which has hair and skin and

876
00:32:14,710 --> 00:32:13,279
teeth in it

877
00:32:15,590 --> 00:32:14,720
so

878
00:32:18,710 --> 00:32:15,600
teeth

879
00:32:21,190 --> 00:32:18,720
and skin and hair

880
00:32:23,190 --> 00:32:21,200
it's kind of like maybe a

881
00:32:24,389 --> 00:32:23,200
uh

882
00:32:25,590 --> 00:32:24,399
a twin

883
00:32:29,669 --> 00:32:25,600
or

884
00:32:32,710 --> 00:32:29,679
grew when i got pregnant

885
00:32:35,110 --> 00:32:32,720
so it seemed like the hormone change in

886
00:32:37,350 --> 00:32:35,120
my body when i was pregnant

887
00:32:39,350 --> 00:32:37,360
made it grow but i think it was there

888
00:32:40,830 --> 00:32:39,360

already

889

00:32:43,830 --> 00:32:40,840

so it was something

890

00:32:45,430 --> 00:32:43,840

that was waiting to to develop but i

891

00:32:47,590 --> 00:32:45,440

don't it's uh

892

00:32:50,710 --> 00:32:47,600

they're they're quite rare anyway i had

893

00:32:52,149 --> 00:32:50,720

that out i was fine

894

00:32:57,110 --> 00:32:52,159

but it was an interesting experience

895

00:32:57,120 --> 00:33:03,590

touched something inside myself that was

896

00:33:07,830 --> 00:33:05,990

troublesome and i had calmed it down

897

00:33:09,350 --> 00:33:07,840

some in this meditation it seemed that

898

00:33:11,190 --> 00:33:09,360

way so the night before my surgery i

899

00:33:13,350 --> 00:33:11,200

thought let's do that again so i got

900

00:33:15,909 --> 00:33:13,360

jordan to sit at my feet

901
00:33:18,389 --> 00:33:15,919
and move his hands like this up

902
00:33:21,990 --> 00:33:18,399
the insides of my feet

903
00:33:24,870 --> 00:33:22,000
which in reflexology is your

904
00:33:26,789 --> 00:33:24,880
spine your br your birth canal

905
00:33:29,669 --> 00:33:26,799
and so it was very it was touching it

906
00:33:31,750 --> 00:33:29,679
yeah very rhythmically up one sec up my

907
00:33:33,269 --> 00:33:31,760
feet and then down my feet

908
00:33:34,310 --> 00:33:33,279
and i said this is going to be about a

909
00:33:36,070 --> 00:33:34,320
two hour

910
00:33:37,990 --> 00:33:36,080
get comfortable because this is about a

911
00:33:39,269 --> 00:33:38,000
two hour

912
00:33:41,430 --> 00:33:39,279
meditation

913
00:33:43,430 --> 00:33:41,440

and so then i

914

00:33:45,669 --> 00:33:43,440

settled in to

915

00:33:47,430 --> 00:33:45,679

bring in the white light and i decided

916

00:33:49,269 --> 00:33:47,440

what i would do because i'd had a lot of

917

00:33:50,789 --> 00:33:49,279

letters come from

918

00:33:53,430 --> 00:33:50,799

all the people that we'd met when we

919

00:33:55,909 --> 00:33:53,440

traveled all over the world

920

00:33:58,549 --> 00:33:55,919

and i had a lot of a lot of prayers and

921

00:34:01,590 --> 00:33:58,559

a lot of letters come to me when i was

922

00:34:03,590 --> 00:34:01,600

first diagnosed with cancer and so i

923

00:34:05,029 --> 00:34:03,600

lined up all those people in my mind on

924

00:34:09,270 --> 00:34:05,039

a beach

925

00:34:10,950 --> 00:34:09,280

them pray and i breathed in all their

926
00:34:15,750 --> 00:34:10,960
prayers

927
00:34:16,869 --> 00:34:15,760
them down to my kidney

928
00:34:18,790 --> 00:34:16,879
yeah

929
00:34:20,149 --> 00:34:18,800
and i first i thought with a white light

930
00:34:23,190 --> 00:34:20,159
and then i thought well this is cancer

931
00:34:26,069 --> 00:34:23,200
let's use a gold light because this has

932
00:34:27,190 --> 00:34:26,079
got to be powerful so i breathed in gold

933
00:34:29,589 --> 00:34:27,200
light

934
00:34:31,829 --> 00:34:29,599
and did you exhale any black muck or

935
00:34:33,589 --> 00:34:31,839
were you just breathing in i didn't i

936
00:34:35,430 --> 00:34:33,599
didn't breathe out any black mug but

937
00:34:37,190 --> 00:34:35,440
after two hours

938
00:34:43,430 --> 00:34:37,200

of

939

00:34:44,950 --> 00:34:43,440

little blackness that i found in my

940

00:34:47,030 --> 00:34:44,960

kidney

941

00:34:48,629 --> 00:34:47,040

it seemed like a part of me was looking

942

00:34:50,230 --> 00:34:48,639

the other way and it turned away from me

943

00:34:52,149 --> 00:34:50,240

it looks it was my like my cells had

944

00:34:59,190 --> 00:34:52,159

turned away

945

00:35:01,349 --> 00:34:59,200

against me rather than with me that's

946

00:35:02,870 --> 00:35:01,359

how it felt to me and i realized

947

00:35:05,430 --> 00:35:02,880

somewhere in the meditation the cancer

948

00:35:07,109 --> 00:35:05,440

is much too much for one person

949

00:35:10,069 --> 00:35:07,119

that it's something that i had to give

950

00:35:12,310 --> 00:35:10,079

back to the universe and then a black

951
00:35:16,630 --> 00:35:12,320
kind of soot

952
00:35:18,390 --> 00:35:16,640
came out spun out of me and and went up

953
00:35:22,150 --> 00:35:18,400
to

954
00:35:24,390 --> 00:35:22,160
where it could be better dealt with

955
00:35:26,470 --> 00:35:24,400
because it was too much for me

956
00:35:28,150 --> 00:35:26,480
and then we went to bed

957
00:35:29,990 --> 00:35:28,160
and got up in the morning and we were

958
00:35:33,829 --> 00:35:30,000
calm

959
00:35:35,910 --> 00:35:33,839
i told the surgeon what had happened the

960
00:35:38,310 --> 00:35:35,920
night before in my meditation he said he

961
00:35:39,750 --> 00:35:38,320
took that intention into the

962
00:35:42,310 --> 00:35:39,760
surgery and

963
00:35:43,990 --> 00:35:42,320

the surgery went really well

964

00:35:45,910 --> 00:35:44,000

everything they took out nothing was

965

00:35:48,310 --> 00:35:45,920

adhered to anything else they didn't

966

00:35:51,430 --> 00:35:48,320

have to do any extra cutting they just

967

00:35:54,390 --> 00:35:51,440

pulled out the rest of the kidney and

968

00:35:55,990 --> 00:35:54,400

all the lymph from my left side

969

00:36:00,230 --> 00:35:56,000

and so

970

00:36:03,750 --> 00:36:00,240

i was left with uh my remaining kidney

971

00:36:05,589 --> 00:36:03,760

and all the lymph on the right side

972

00:36:07,430 --> 00:36:05,599

because your abdomen is just full of

973

00:36:09,990 --> 00:36:07,440

lamp lymph nodes

974

00:36:13,750 --> 00:36:10,000

and they don't there's they go i don't

975

00:36:15,910 --> 00:36:13,760

know but they go along the blood vessels

976

00:36:17,670 --> 00:36:15,920

uh the blood vessels are attached to the

977

00:36:20,870 --> 00:36:17,680

heart the lymph isn't attached to any

978

00:36:22,630 --> 00:36:20,880

pump at all the lymph is moved by your

979

00:36:27,190 --> 00:36:22,640

movement

980

00:36:29,349 --> 00:36:27,200

right and so the lymph is really the um

981

00:36:31,750 --> 00:36:29,359

you know that's the sweeping mechanism

982

00:36:34,870 --> 00:36:31,760

mechanism of the body to clean out all

983

00:36:36,710 --> 00:36:34,880

the toxins and so i lost that on my left

984

00:36:38,630 --> 00:36:36,720

side

985

00:36:41,190 --> 00:36:38,640

but that went really well

986

00:36:44,390 --> 00:36:41,200

and i was getting better

987

00:36:47,510 --> 00:36:46,310

but then i started my feet started to

988

00:36:51,910 --> 00:36:47,520

swell

989

00:36:54,230 --> 00:36:51,920

and so we called the hospital

990

00:36:56,069 --> 00:36:54,240

and talked to the nurses on the unit

991

00:36:58,150 --> 00:36:56,079

that i had stayed on that i had had my

992

00:37:00,390 --> 00:36:58,160

surgery on and they said well you know

993

00:37:03,270 --> 00:37:00,400

you've had a very major surgery it's no

994

00:37:05,990 --> 00:37:03,280

wonder that you might have some swelling

995

00:37:08,470 --> 00:37:06,000

and it was we were like oh okay

996

00:37:10,230 --> 00:37:08,480

it seems extreme but okay

997

00:37:14,630 --> 00:37:10,240

and so then i went to my six week

998

00:37:16,390 --> 00:37:14,640

appointment and uh my off my uh post got

999

00:37:19,430 --> 00:37:16,400

posted were looking like you were

1000

00:37:22,790 --> 00:37:19,440

pregnant on one side or was it a bulb

1001
00:37:25,589 --> 00:37:22,800
or what no it was my feet especially my

1002
00:37:28,310 --> 00:37:25,599
left foot were swollen up my lower legs

1003
00:37:29,510 --> 00:37:28,320
were swollen up my thighs were swollen

1004
00:37:32,470 --> 00:37:29,520
up

1005
00:37:35,430 --> 00:37:32,480
on one side or both

1006
00:37:39,589 --> 00:37:35,440
i was filling up with fluid

1007
00:37:42,550 --> 00:37:39,599
was a leak in my abdomen there was a

1008
00:37:45,349 --> 00:37:42,560
leak in the lymph nodes i see so all of

1009
00:37:47,990 --> 00:37:45,359
my fluids from my body were leaking into

1010
00:37:48,829 --> 00:37:48,000
my abdominal cavity

1011
00:37:52,390 --> 00:37:48,839
and

1012
00:37:54,630 --> 00:37:52,400
then accumulating in my body it would be

1013
00:37:56,150 --> 00:37:54,640

as if there's a hole in one of the pipes

1014

00:37:58,069 --> 00:37:56,160

in your body and the exact pipes are

1015

00:38:00,230 --> 00:37:58,079

where the limbs yeah except for the

1016

00:38:02,710 --> 00:38:00,240

lymph is like a spider web that's how

1017

00:38:05,910 --> 00:38:02,720

small it is

1018

00:38:08,390 --> 00:38:05,920

very very very very impossible thing to

1019

00:38:10,310 --> 00:38:08,400

to work with and they had tried to

1020

00:38:12,230 --> 00:38:10,320

close off every

1021

00:38:13,829 --> 00:38:12,240

i mean they had to take it all out so

1022

00:38:15,349 --> 00:38:13,839

they had to close off every little

1023

00:38:17,510 --> 00:38:15,359

spider web

1024

00:38:19,910 --> 00:38:17,520

and they missed one

1025

00:38:20,630 --> 00:38:19,920

there's a surprise

1026

00:38:24,230 --> 00:38:20,640

right

1027

00:38:27,030 --> 00:38:25,349

and you know

1028

00:38:29,829 --> 00:38:27,040

the lymph they've they've done a lot of

1029

00:38:30,870 --> 00:38:29,839

work with hearts and the lymph around

1030

00:38:32,550 --> 00:38:30,880

the heart

1031

00:38:34,230 --> 00:38:32,560

and they get leaks sometimes and they

1032

00:38:36,470 --> 00:38:34,240

really know how to fix it

1033

00:38:37,750 --> 00:38:36,480

but a leak in the abdomen is something

1034

00:38:39,190 --> 00:38:37,760

that is

1035

00:38:40,710 --> 00:38:39,200

because they weren't doing radical

1036

00:38:42,790 --> 00:38:40,720

surgeries you know what you used to hear

1037

00:38:45,109 --> 00:38:42,800

oh someone's got cancer oh it's in their

1038

00:38:46,630 --> 00:38:45,119

lymph they're gonna die right that's

1039

00:38:48,390 --> 00:38:46,640

what you'd hear when i was younger

1040

00:38:50,550 --> 00:38:48,400

that's what you would hear

1041

00:38:52,230 --> 00:38:50,560

now they can take out the lymph

1042

00:38:53,910 --> 00:38:52,240

which is radical

1043

00:38:57,109 --> 00:38:53,920

they didn't do that

1044

00:38:58,550 --> 00:38:57,119

and to and to have that go well

1045

00:39:00,470 --> 00:38:58,560

you know i don't know what the chances

1046

00:39:02,710 --> 00:39:00,480

are for it to go well

1047

00:39:05,190 --> 00:39:02,720

anyway it didn't go well for me

1048

00:39:09,430 --> 00:39:05,200

and i was in the hospital

1049

00:39:11,349 --> 00:39:09,440

twice the first time was when they

1050

00:39:12,829 --> 00:39:11,359

was when i went in and my

1051

00:39:16,790 --> 00:39:12,839

limbs were all full of

1052

00:39:19,829 --> 00:39:16,800

fluid and they drained off my abdomen

1053

00:39:22,310 --> 00:39:19,839

um they put a they put a shunt into my

1054

00:39:24,870 --> 00:39:22,320

abdomen and they drained off i can't

1055

00:39:26,069 --> 00:39:24,880

remember something like seven liters of

1056

00:39:27,910 --> 00:39:26,079

fluid

1057

00:39:29,990 --> 00:39:27,920

what would be the prognosis of this

1058

00:39:31,349 --> 00:39:30,000

death as well

1059

00:39:33,109 --> 00:39:31,359

well they didn't know what it was until

1060

00:39:34,870 --> 00:39:33,119

they drained it off one of the

1061

00:39:37,670 --> 00:39:34,880

oncologists told me he thought i had

1062

00:39:39,030 --> 00:39:37,680

cancer the liver or cancer of the

1063

00:39:40,390 --> 00:39:39,040

peritoneum

1064

00:39:43,910 --> 00:39:40,400

the the

1065

00:39:45,670 --> 00:39:43,920

abdominal cavity which didn't sound good

1066

00:39:46,790 --> 00:39:45,680

yeah that's not pleasant to hear

1067

00:39:48,870 --> 00:39:46,800

if you didn't do a test and he's

1068

00:39:51,349 --> 00:39:48,880

speculating well it could be cancer off

1069

00:39:53,030 --> 00:39:51,359

your liver i know i've had that i've had

1070

00:39:54,870 --> 00:39:53,040

that happen often i'm kind of getting

1071

00:39:57,349 --> 00:39:54,880

used to doctors doing that i think you

1072

00:39:59,910 --> 00:39:57,359

do well if you've had my history of

1073

00:40:02,710 --> 00:39:59,920

health problems then you get used to

1074

00:40:05,030 --> 00:40:02,720

doctors randomly

1075

00:40:08,470 --> 00:40:05,040

suggesting things that they don't have

1076

00:40:09,589 --> 00:40:08,480

any reason to suggest anyway

1077

00:40:13,990 --> 00:40:09,599

when they

1078

00:40:16,790 --> 00:40:14,000

milky colored which is the proper color

1079

00:40:19,990 --> 00:40:16,800

for fluid from the lymph

1080

00:40:23,270 --> 00:40:20,000

because the lymph picks up fat

1081

00:40:25,270 --> 00:40:23,280

and the white color of milk is is fat

1082

00:40:28,150 --> 00:40:25,280

so it looked like milk

1083

00:40:31,670 --> 00:40:28,160

there was no blood in it there was no

1084

00:40:33,670 --> 00:40:31,680

so it wasn't cancerous it was fluid from

1085

00:40:36,150 --> 00:40:33,680

my lymph system

1086

00:40:39,030 --> 00:40:36,160

but a lot of fluid so it was really

1087

00:40:40,630 --> 00:40:39,040

pouring out of me um people who are with

1088

00:40:42,710 --> 00:40:40,640

me probably know how much was flowing

1089

00:40:44,230 --> 00:40:42,720

out of me but it was it's hard for me to

1090

00:40:46,870 --> 00:40:44,240

remember

1091

00:40:48,950 --> 00:40:46,880

it was just i had a i had are you on

1092

00:40:50,550 --> 00:40:48,960

medication or were you just so out of it

1093

00:40:53,270 --> 00:40:50,560

because you didn't i think i was on

1094

00:40:56,230 --> 00:40:53,280

medication i was on morphine

1095

00:40:59,270 --> 00:40:56,240

for quite a bit of the time

1096

00:41:01,430 --> 00:40:59,280

and they may have put me on morphine

1097

00:41:03,190 --> 00:41:01,440

when they put the bag in

1098

00:41:05,109 --> 00:41:03,200

to keep me comfortable

1099

00:41:06,710 --> 00:41:05,119

because it wasn't comfortable

1100

00:41:08,069 --> 00:41:06,720

okay

1101
00:41:10,950 --> 00:41:08,079
so then it would have been it was kind

1102
00:41:11,829 --> 00:41:10,960
of foggy for me to know how how much i

1103
00:41:14,309 --> 00:41:11,839
was

1104
00:41:16,950 --> 00:41:14,319
losing a day but a nurse used to come to

1105
00:41:19,030 --> 00:41:16,960
my house once they sent me home

1106
00:41:20,710 --> 00:41:19,040
she would come at noon and drain off a

1107
00:41:24,550 --> 00:41:20,720
liter of fluid

1108
00:41:26,550 --> 00:41:24,560
a day and i was still very uncomfortable

1109
00:41:28,309 --> 00:41:26,560
i still was

1110
00:41:30,309 --> 00:41:28,319
you know when i

1111
00:41:33,030 --> 00:41:30,319
before i started draining i looked like

1112
00:41:35,430 --> 00:41:33,040
i was seven months pregnant now

1113
00:41:37,910 --> 00:41:35,440

now it was still kind of a

1114

00:41:39,829 --> 00:41:37,920

pregnant look but

1115

00:41:41,270 --> 00:41:39,839

wasn't as extreme

1116

00:41:44,870 --> 00:41:41,280

but i wasn't

1117

00:41:49,829 --> 00:41:47,589

rest it needed to heal

1118

00:41:51,750 --> 00:41:49,839

because there was so much fluid there

1119

00:41:54,150 --> 00:41:51,760

were doctors that speculated that if i

1120

00:41:56,309 --> 00:41:54,160

didn't have any fluid in my abdomen if i

1121

00:41:57,990 --> 00:41:56,319

drained off all the fluid

1122

00:41:59,829 --> 00:41:58,000

that it would dry and then it would

1123

00:42:01,190 --> 00:41:59,839

possibly heal because that does happen

1124

00:42:03,030 --> 00:42:01,200

sometimes as an aside where is this

1125

00:42:05,109 --> 00:42:03,040

fluid coming from because in a regular

1126

00:42:06,390 --> 00:42:05,119

person when i say regular i mean someone

1127

00:42:08,390 --> 00:42:06,400

doesn't have this issue

1128

00:42:09,670 --> 00:42:08,400

yeah they there's some

1129

00:42:11,510 --> 00:42:09,680

there's some uniform in their

1130

00:42:13,589 --> 00:42:11,520

distribution of fluid

1131

00:42:15,750 --> 00:42:13,599

now yours is pooling and then it's

1132

00:42:17,430 --> 00:42:15,760

leaving so is it getting replaced so

1133

00:42:19,109 --> 00:42:17,440

then that means it was taken from some

1134

00:42:20,230 --> 00:42:19,119

other part of your body to be placed in

1135

00:42:21,829 --> 00:42:20,240

your abdomen

1136

00:42:23,109 --> 00:42:21,839

i was eating and i was getting thinner

1137

00:42:25,349 --> 00:42:23,119

and thinner

1138

00:42:28,790 --> 00:42:25,359

i took a picture of myself

1139

00:42:31,349 --> 00:42:28,800

in one day and i thought

1140

00:42:32,550 --> 00:42:31,359

i had no body fat left at all my

1141

00:42:35,030 --> 00:42:32,560

my uh

1142

00:42:37,510 --> 00:42:35,040

scapulas were sticking off my back

1143

00:42:38,710 --> 00:42:37,520

my breasts had lost all the

1144

00:42:40,309 --> 00:42:38,720

all of the

1145

00:42:43,430 --> 00:42:40,319

everything was gone

1146

00:42:45,510 --> 00:42:43,440

my bum was gone my breasts were gone

1147

00:42:48,309 --> 00:42:45,520

my cheeks were gone they were sunken

1148

00:42:51,510 --> 00:42:48,319

like i was down to 90 pounds so i had

1149

00:42:53,990 --> 00:42:51,520

lost 30 pounds probably

1150

00:42:59,750 --> 00:42:56,390

i was getting desperate

1151

00:43:01,589 --> 00:42:59,760

and i was also not only was i on it

1152

00:43:04,150 --> 00:43:01,599

turned out not only was i on morphine

1153

00:43:05,589 --> 00:43:04,160

but because all my bodily fluids were

1154

00:43:08,150 --> 00:43:05,599

running out of me

1155

00:43:11,270 --> 00:43:08,160

i was becoming malnourished

1156

00:43:14,950 --> 00:43:11,280

and so my thought processes were getting

1157

00:43:18,470 --> 00:43:16,790

but i was at home

1158

00:43:20,470 --> 00:43:18,480

with everybody trying to help me but it

1159

00:43:22,309 --> 00:43:20,480

was really hard to know

1160

00:43:23,670 --> 00:43:22,319

what to do

1161

00:43:25,750 --> 00:43:23,680

because the doctors didn't know what to

1162

00:43:28,470 --> 00:43:25,760

do here was this this woman she had a

1163

00:43:31,750 --> 00:43:28,480

hole in her lymph in her abdomen and we

1164

00:43:35,270 --> 00:43:33,990

they looked i had so many scans of

1165

00:43:36,790 --> 00:43:35,280

different so at this point they're

1166

00:43:38,829 --> 00:43:36,800

simply draining you and you can't

1167

00:43:40,950 --> 00:43:38,839

continue like this for much

1168

00:43:42,950 --> 00:43:40,960

longer um

1169

00:43:44,309 --> 00:43:42,960

or did they tell you yeah i recall you

1170

00:43:45,829 --> 00:43:44,319

saying i don't think i could they said

1171

00:43:48,870 --> 00:43:45,839

you can live like this and you thought

1172

00:43:50,069 --> 00:43:48,880

hey that's fine i can live like this

1173

00:43:52,630 --> 00:43:50,079

well

1174

00:43:55,109 --> 00:43:52,640

i could when i i got a t when i went in

1175

00:43:56,950 --> 00:43:55,119

for the five weeks

1176

00:43:57,829 --> 00:43:56,960

which was right before i finally got

1177

00:43:59,990 --> 00:43:57,839

better

1178

00:44:01,990 --> 00:44:00,000

they changed i didn't eat anymore at

1179

00:44:04,790 --> 00:44:02,000

this point now they put a

1180

00:44:05,750 --> 00:44:04,800

a picc line near my heart and they fed

1181

00:44:08,630 --> 00:44:05,760

me

1182

00:44:10,550 --> 00:44:08,640

tpn which is a nutrition that you feed

1183

00:44:12,790 --> 00:44:10,560

people who can't use their digestive

1184

00:44:13,589 --> 00:44:12,800

system anymore and you can live like

1185

00:44:20,069 --> 00:44:13,599

that

1186

00:44:21,670 --> 00:44:20,079

what they do is they get nutrition at

1187

00:44:24,069 --> 00:44:21,680

night when they're sleeping and in the

1188

00:44:25,670 --> 00:44:24,079

day they don't eat anything

1189

00:44:28,069 --> 00:44:25,680

they get all their nutrition right

1190

00:44:31,510 --> 00:44:28,079

straight to their heart

1191

00:44:33,349 --> 00:44:31,520

and so what happened if you were to eat

1192

00:44:35,190 --> 00:44:33,359

um well

1193

00:44:37,030 --> 00:44:35,200

what how what they thought with me was

1194

00:44:39,910 --> 00:44:37,040

if they didn't go through the lymph

1195

00:44:42,309 --> 00:44:39,920

system that maybe it would get better

1196

00:44:43,829 --> 00:44:42,319

but it didn't and so for five weeks we

1197

00:44:44,870 --> 00:44:43,839

were trying to

1198

00:44:47,109 --> 00:44:44,880

heal it

1199

00:44:48,470 --> 00:44:47,119

in ways that wouldn't be cutting me open

1200

00:44:51,109 --> 00:44:48,480

again

1201
00:44:53,030 --> 00:44:51,119
and we weren't able to

1202
00:44:53,910 --> 00:44:53,040
find anything that worked

1203
00:44:55,829 --> 00:44:53,920
so

1204
00:44:57,990 --> 00:44:55,839
by the time i had been in the hospital

1205
00:44:59,829 --> 00:44:58,000
for five weeks

1206
00:45:02,710 --> 00:44:59,839
i was

1207
00:45:05,670 --> 00:45:02,720
nutrition

1208
00:45:07,430 --> 00:45:05,680
that's when i started to pray

1209
00:45:09,030 --> 00:45:07,440
right that's when you started i thought

1210
00:45:10,150 --> 00:45:09,040
you said that you started with queenie

1211
00:45:11,670 --> 00:45:10,160
queenie came to give you something

1212
00:45:13,430 --> 00:45:11,680
that's when queenie when i was in the

1213
00:45:14,870 --> 00:45:13,440

hospital for the last time this five

1214

00:45:16,710 --> 00:45:14,880

weeks

1215

00:45:18,309 --> 00:45:16,720

see my my electrolytes went out of

1216

00:45:20,150 --> 00:45:18,319

balance and i went into emergency

1217

00:45:21,030 --> 00:45:20,160

because my potassium was out of whack

1218

00:45:22,230 --> 00:45:21,040

and then you're going to have a heart

1219

00:45:23,750 --> 00:45:22,240

attack and that was going to be the end

1220

00:45:25,910 --> 00:45:23,760

of me

1221

00:45:27,829 --> 00:45:25,920

i had lost so many body fluids that my

1222

00:45:29,030 --> 00:45:27,839

electrolytes were going out of whack and

1223

00:45:30,069 --> 00:45:29,040

that's when you have a heart attack and

1224

00:45:33,670 --> 00:45:30,079

die

1225

00:45:35,589 --> 00:45:33,680

so i was i was nearly dead but not quite

1226

00:45:39,030 --> 00:45:35,599

when i got into the hospital and then

1227

00:45:41,510 --> 00:45:39,040

they pumped me full of fluids until

1228

00:45:43,670 --> 00:45:41,520

i was my electrolytes balanced and then

1229

00:45:44,790 --> 00:45:43,680

they gave me a tpn diet

1230

00:45:46,630 --> 00:45:44,800

until

1231

00:45:48,710 --> 00:45:46,640

i had enough nutrients for my brain to

1232

00:45:50,309 --> 00:45:48,720

turn back on and when that happened i

1233

00:45:51,750 --> 00:45:50,319

had been in the hospital for three or

1234

00:45:54,069 --> 00:45:51,760

four days

1235

00:45:55,750 --> 00:45:54,079

that's when queenie came to the hospital

1236

00:45:57,910 --> 00:45:55,760

and she said oh yeah who is queenie to

1237

00:46:00,790 --> 00:45:57,920

you so she came up she came up to visit

1238

00:46:02,870 --> 00:46:00,800

queenie stopped by our house a couple of

1239

00:46:04,550 --> 00:46:02,880

years ago maybe even three or four years

1240

00:46:07,030 --> 00:46:04,560

ago

1241

00:46:09,510 --> 00:46:07,040

she was a fan of my husband's and she

1242

00:46:10,630 --> 00:46:09,520

wanted some she she's uh she's a

1243

00:46:11,510 --> 00:46:10,640

catholic

1244

00:46:12,829 --> 00:46:11,520

she

1245

00:46:14,470 --> 00:46:12,839

um

1246

00:46:20,230 --> 00:46:14,480

lives

1247

00:46:21,430 --> 00:46:20,240

on uoft campus she is like a dorm dawn

1248

00:46:25,270 --> 00:46:21,440

for

1249

00:46:26,870 --> 00:46:25,280

catholic girls at u of t

1250

00:46:29,270 --> 00:46:26,880

but she also does other things she's

1251

00:46:32,630 --> 00:46:29,280

very interested in family she's very

1252

00:46:34,390 --> 00:46:32,640

interested in schooling and family and

1253

00:46:37,270 --> 00:46:34,400

things that have gone

1254

00:46:39,829 --> 00:46:37,280

i think she contacted us when

1255

00:46:44,390 --> 00:46:39,839

our prime minister

1256

00:46:45,829 --> 00:46:44,400

kathleen wyne

1257

00:46:47,109 --> 00:46:45,839

i think that's when she first came to

1258

00:46:49,190 --> 00:46:47,119

our house because she was concerned

1259

00:46:51,030 --> 00:46:49,200

about the

1260

00:46:52,710 --> 00:46:51,040

curriculum

1261

00:46:55,270 --> 00:46:52,720

and the things that were happening in

1262

00:46:57,030 --> 00:46:55,280

schools and she was

1263

00:46:59,190 --> 00:46:57,040

i don't know she was just this friendly

1264

00:47:02,150 --> 00:46:59,200

little asian woman

1265

00:47:06,790 --> 00:47:04,950

she came to the she came to the hospital

1266

00:47:08,150 --> 00:47:06,800

and she brought me a rosary and she said

1267

00:47:10,550 --> 00:47:08,160

do you want to pray

1268

00:47:12,950 --> 00:47:10,560

i said sure

1269

00:47:14,150 --> 00:47:12,960

why not let's pray

1270

00:47:17,750 --> 00:47:14,160

so

1271

00:47:20,150 --> 00:47:17,760

i grabbed my i had my bag in my pool and

1272

00:47:22,550 --> 00:47:20,160

we'd go down in the toronto general

1273

00:47:24,550 --> 00:47:22,560

there's a an atrium with it's four

1274

00:47:25,910 --> 00:47:24,560

stories high and it's full of plants and

1275

00:47:28,390 --> 00:47:25,920

sunshine

1276

00:47:30,790 --> 00:47:28,400

a little bit like being outside

1277

00:47:33,589 --> 00:47:30,800

so i could go down there

1278

00:47:35,990 --> 00:47:33,599

you must love that i loved that that was

1279

00:47:38,790 --> 00:47:36,000

like life you know to me that was good

1280

00:47:41,109 --> 00:47:38,800

so i'd go down there and i would sit

1281

00:47:42,230 --> 00:47:41,119

with her for two hours and

1282

00:47:43,829 --> 00:47:42,240

cry

1283

00:47:45,510 --> 00:47:43,839

and pray

1284

00:47:47,910 --> 00:47:45,520

okay so what gave you this idea to do

1285

00:47:50,470 --> 00:47:47,920

this on a regular basis did you already

1286

00:47:52,870 --> 00:47:50,480

know that talk therapy was curative in a

1287

00:47:55,670 --> 00:47:52,880

psychological or physical sense

1288

00:47:57,270 --> 00:47:55,680

no no she just she just showed up and

1289

00:47:59,430 --> 00:47:57,280

asked me if i wanted to do it and i just

1290

00:48:01,349 --> 00:47:59,440

said yes

1291

00:48:03,430 --> 00:48:01,359

so

1292

00:48:07,589 --> 00:48:03,440

i think she knew

1293

00:48:10,470 --> 00:48:07,599

because you know there's a there's a

1294

00:48:12,390 --> 00:48:10,480

in in catholicism there are

1295

00:48:14,630 --> 00:48:12,400

prayer

1296

00:48:16,710 --> 00:48:14,640

um

1297

00:48:18,550 --> 00:48:16,720

organized prayer

1298

00:48:20,470 --> 00:48:18,560

sessions that people can set up or you

1299

00:48:23,030 --> 00:48:20,480

can you can belong to a part of the

1300

00:48:23,829 --> 00:48:23,040

church that's all about prayer

1301

00:48:27,190 --> 00:48:23,839

so

1302

00:48:28,710 --> 00:48:27,200

i belong to a part of the church

1303

00:48:31,430 --> 00:48:28,720

that's

1304

00:48:33,829 --> 00:48:31,440

all about prayer and it's about

1305

00:48:36,150 --> 00:48:33,839

just everyday people praying for life

1306

00:48:37,990 --> 00:48:36,160

that's what they do is they pray

1307

00:48:40,870 --> 00:48:38,000

and so

1308

00:48:42,710 --> 00:48:40,880

that's what i do as i pray

1309

00:48:44,309 --> 00:48:42,720

and

1310

00:48:46,630 --> 00:48:44,319

so you went down with her to the toronto

1311

00:48:48,630 --> 00:48:46,640

general atrium and every day you talked

1312

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

for two dollars i mean sorry everyday

1313

00:48:52,549 --> 00:48:50,400

you talked not for two dollars for two

1314

00:48:54,870 --> 00:48:52,559

for two hours she didn't charge anything

1315

00:48:57,030 --> 00:48:54,880

nope she just came gave me a gave me a

1316

00:48:59,430 --> 00:48:57,040

rosary and we prayed

1317

00:49:02,630 --> 00:48:59,440

and then i would go back upstairs and

1318

00:49:03,750 --> 00:49:02,640

play cards with my family and visit with

1319

00:49:05,829 --> 00:49:03,760

them and

1320

00:49:08,870 --> 00:49:05,839

i just stayed there for five weeks

1321

00:49:10,549 --> 00:49:08,880

praying and then just before i went to

1322

00:49:14,870 --> 00:49:10,559

pennsylvania

1323

00:49:19,990 --> 00:49:19,030

heal this hole i had in my abdomen

1324

00:49:20,870 --> 00:49:20,000

um

1325

00:49:26,710 --> 00:49:20,880

i

1326
00:49:29,510 --> 00:49:26,720
and so

1327
00:49:31,589 --> 00:49:29,520
uh a priest that works with

1328
00:49:33,670 --> 00:49:31,599
father eric he works at u of t

1329
00:49:36,309 --> 00:49:33,680
he came over to our apartment

1330
00:49:37,829 --> 00:49:36,319
and he blessed me

1331
00:49:39,910 --> 00:49:37,839
and he

1332
00:49:42,870 --> 00:49:39,920
gave me the uh

1333
00:49:44,390 --> 00:49:42,880
a novena for the ill which are nine days

1334
00:49:47,430 --> 00:49:44,400
of prayer

1335
00:49:51,670 --> 00:49:47,440
for someone who's deathly ill

1336
00:49:54,309 --> 00:49:51,680
and told me to meditate on gratitude

1337
00:49:56,790 --> 00:49:54,319
and off i went to

1338
00:49:59,190 --> 00:49:56,800

university of pennsylvania

1339

00:50:01,750 --> 00:49:59,200

with my with a lot with plenty of my

1340

00:50:03,750 --> 00:50:01,760

family along with me

1341

00:50:05,270 --> 00:50:03,760

and uh

1342

00:50:06,630 --> 00:50:05,280

they

1343

00:50:08,470 --> 00:50:06,640

were supposed to be

1344

00:50:10,470 --> 00:50:08,480

the best in the world

1345

00:50:13,990 --> 00:50:10,480

and i'm sure they are

1346

00:50:16,069 --> 00:50:14,000

they did an mri guided

1347

00:50:17,270 --> 00:50:16,079

they poked little needles in me

1348

00:50:20,870 --> 00:50:17,280

with dye

1349

00:50:24,630 --> 00:50:22,309

and they said now and then the poppy

1350

00:50:26,630 --> 00:50:24,640

seed oil will irritate

1351
00:50:28,309 --> 00:50:26,640
will irritate the system and and if

1352
00:50:31,910 --> 00:50:28,319
there's a

1353
00:50:34,549 --> 00:50:31,920
um a leak somewhere it will be irritated

1354
00:50:36,309 --> 00:50:34,559
enough that the body will put down

1355
00:50:41,109 --> 00:50:36,319
um

1356
00:50:44,950 --> 00:50:41,119
tissue is necessary i see i see just

1357
00:50:48,470 --> 00:50:45,990
and so

1358
00:50:50,549 --> 00:50:48,480
they looked for the leak couldn't find

1359
00:50:53,030 --> 00:50:50,559
it so sorry the poppy seed oil is for

1360
00:50:55,990 --> 00:50:53,040
imaging purposes the poppy seed oil is

1361
00:50:59,270 --> 00:50:57,190
i see

1362
00:51:02,790 --> 00:50:59,280
okay and then on the mri they can see

1363
00:51:05,349 --> 00:51:02,800

plumes come out if there's a leak

1364

00:51:08,230 --> 00:51:05,359

ah cool cool cool yeah cool cool cool

1365

00:51:09,750 --> 00:51:08,240

very cool very cool

1366

00:51:10,790 --> 00:51:09,760

very cool

1367

00:51:13,030 --> 00:51:10,800

so they tried to look for it they

1368

00:51:14,710 --> 00:51:13,040

couldn't find it they couldn't find it

1369

00:51:15,750 --> 00:51:14,720

that means the poppy seed oil worked

1370

00:51:21,030 --> 00:51:15,760

instantly

1371

00:51:24,150 --> 00:51:21,040

couldn't find it i was still leaking

1372

00:51:26,870 --> 00:51:24,160

i was leaking it was thursday

1373

00:51:28,150 --> 00:51:26,880

by saturday it had kind of slowed down

1374

00:51:31,750 --> 00:51:28,160

the leaking

1375

00:51:33,910 --> 00:51:31,760

already once before and then found out

1376

00:51:38,230 --> 00:51:33,920

it was just a mechanical

1377

00:51:40,790 --> 00:51:38,240

failure of the of the bag apparatus that

1378

00:51:42,630 --> 00:51:40,800

i had hooked to me so uh

1379

00:51:45,109 --> 00:51:42,640

right so then so yeah it was false

1380

00:51:47,349 --> 00:51:45,119

positive so no no that so this time when

1381

00:51:49,670 --> 00:51:47,359

it slowed down we were going so is this

1382

00:51:50,470 --> 00:51:49,680

better or is this just because things

1383

00:51:52,710 --> 00:51:50,480

aren't

1384

00:51:54,390 --> 00:51:52,720

properly cared for here or like what's

1385

00:51:57,109 --> 00:51:54,400

going on what's going on

1386

00:51:59,109 --> 00:51:57,119

and they had told me that the only way

1387

00:52:01,030 --> 00:51:59,119

to tell if

1388

00:52:03,349 --> 00:52:01,040

the lymph had healed would be to eat

1389

00:52:05,990 --> 00:52:03,359

some fat so at that point i was eating

1390

00:52:08,950 --> 00:52:06,000

food again but no fat

1391

00:52:11,109 --> 00:52:08,960

a no fat diet like i had done

1392

00:52:13,349 --> 00:52:11,119

before worried that would

1393

00:52:15,430 --> 00:52:13,359

when irritate the lymph yep because the

1394

00:52:17,109 --> 00:52:15,440

lymph it works with fat

1395

00:52:19,270 --> 00:52:17,119

so if you don't put any fat down the

1396

00:52:21,349 --> 00:52:19,280

lymph isn't working

1397

00:52:22,790 --> 00:52:21,359

and you want to limit what the lymph is

1398

00:52:24,390 --> 00:52:22,800

doing if you have

1399

00:52:25,990 --> 00:52:24,400

uh-huh but you also mentioned that the

1400

00:52:28,390 --> 00:52:26,000

lymph serves as a garbage collector in

1401
00:52:31,030 --> 00:52:28,400
your body so no matter what it would be

1402
00:52:33,430 --> 00:52:31,040
working but at a much lesser rate yeah

1403
00:52:35,510 --> 00:52:33,440
right okay much lesser weight

1404
00:52:37,430 --> 00:52:35,520
okay yeah

1405
00:52:39,109 --> 00:52:37,440
so on

1406
00:52:40,790 --> 00:52:39,119
saturday i thought well i might as well

1407
00:52:42,549 --> 00:52:40,800
eat some fat and see if this worked or

1408
00:52:45,030 --> 00:52:42,559
not because on monday they're going to

1409
00:52:47,670 --> 00:52:45,040
open me up and do some more major

1410
00:52:50,630 --> 00:52:47,680
surgery to see what they can find

1411
00:52:52,150 --> 00:52:50,640
so i might as well find out if it worked

1412
00:52:54,710 --> 00:52:52,160
before of that

1413
00:52:57,990 --> 00:52:54,720

and so okay i had

1414

00:53:02,950 --> 00:52:58,000

i don't know i think i had eggs

1415

00:53:08,069 --> 00:53:05,910

and as far as i could tell there was no

1416

00:53:09,910 --> 00:53:08,079

milky looking fluid in my bag it still

1417

00:53:12,470 --> 00:53:09,920

looked like urine

1418

00:53:13,990 --> 00:53:12,480

it was just yellow

1419

00:53:16,230 --> 00:53:14,000

and so the next morning i was at

1420

00:53:17,589 --> 00:53:16,240

breakfast and an intern and a nurse came

1421

00:53:19,430 --> 00:53:17,599

and they said well you know i think you

1422

00:53:22,230 --> 00:53:19,440

better eat some fat because we have to

1423

00:53:27,109 --> 00:53:23,270

if

1424

00:53:29,829 --> 00:53:27,119

what's going on there and so i said well

1425

00:53:31,990 --> 00:53:29,839

i already ate some fat last night

1426

00:53:33,510 --> 00:53:32,000

they said oh okay well like show me

1427

00:53:35,190 --> 00:53:33,520

what's in the bag and i pulled it up and

1428

00:53:38,230 --> 00:53:35,200

it was clear

1429

00:53:40,549 --> 00:53:39,349

this is

1430

00:53:42,790 --> 00:53:40,559

you know

1431

00:53:44,950 --> 00:53:42,800

this isn't what we expected

1432

00:53:45,750 --> 00:53:44,960

we're very surprised

1433

00:53:47,510 --> 00:53:45,760

your

1434

00:53:49,510 --> 00:53:47,520

leak seems to have

1435

00:53:51,190 --> 00:53:49,520

closed up and you're better

1436

00:53:52,710 --> 00:53:51,200

you can go home

1437

00:53:54,470 --> 00:53:52,720

so then they followed me for about a

1438

00:53:56,150 --> 00:53:54,480

month told me just to walk

1439

00:53:57,750 --> 00:53:56,160

not do anything else not lift anything

1440

00:53:59,270 --> 00:53:57,760

or anything and

1441

00:54:00,549 --> 00:53:59,280

they called me

1442

00:54:01,750 --> 00:54:00,559

often

1443

00:54:05,349 --> 00:54:01,760

and then after a month they said well

1444

00:54:08,870 --> 00:54:06,549

so

1445

00:54:11,510 --> 00:54:08,880

i prayed then the

1446

00:54:13,349 --> 00:54:11,520

novena for five days

1447

00:54:15,270 --> 00:54:13,359

and then i was better

1448

00:54:17,270 --> 00:54:15,280

why weren't you allowed to lift what

1449

00:54:19,349 --> 00:54:17,280

were they worried what happened

1450

00:54:21,430 --> 00:54:19,359

oh i think just any they didn't want to

1451

00:54:26,549 --> 00:54:21,440

rupture if there was a new

1452

00:54:30,150 --> 00:54:28,470

you mentioned before that when you were

1453

00:54:32,069 --> 00:54:30,160

terminally ill

1454

00:54:34,950 --> 00:54:32,079

you felt like

1455

00:54:37,109 --> 00:54:34,960

well i've lived a good life so it's not

1456

00:54:39,190 --> 00:54:37,119

that bad if i die it's okay in many

1457

00:54:40,790 --> 00:54:39,200

respects but then you looked at the

1458

00:54:42,630 --> 00:54:40,800

suffering of your family and thought

1459

00:54:44,549 --> 00:54:42,640

okay this matters at least it matters to

1460

00:54:45,910 --> 00:54:44,559

them yes no

1461

00:54:47,589 --> 00:54:45,920

you mentioned that in a positive light

1462

00:54:49,510 --> 00:54:47,599

but when i was thinking

1463

00:54:51,270 --> 00:54:49,520

there's plenty of people and i count

1464

00:54:53,349 --> 00:54:51,280

myself as a part of this group where i

1465

00:54:55,670 --> 00:54:53,359

used to be where i used to be depressed

1466

00:54:57,430 --> 00:54:55,680

and in fact i was suicidal and

1467

00:54:59,510 --> 00:54:57,440

it's not

1468

00:55:01,829 --> 00:54:59,520

it's harrowing to think that

1469

00:55:03,589 --> 00:55:01,839

to know that the main reason you're

1470

00:55:05,270 --> 00:55:03,599

staying around is

1471

00:55:07,829 --> 00:55:05,280

to lessen the suffering of others rather

1472

00:55:09,349 --> 00:55:07,839

than your own internal locus of a desire

1473

00:55:11,190 --> 00:55:09,359

to live

1474

00:55:11,990 --> 00:55:11,200

but you mentioned it in a positive light

1475

00:55:13,589 --> 00:55:12,000

so

1476

00:55:14,790 --> 00:55:13,599

can you expound

1477

00:55:18,390 --> 00:55:14,800

sure

1478

00:55:23,190 --> 00:55:18,400

so um i did think when i was diagnosed

1479

00:55:24,870 --> 00:55:23,200

that i had lived for uh my my aunts died

1480

00:55:26,710 --> 00:55:24,880

my aunts and uncles

1481

00:55:28,150 --> 00:55:26,720

died young

1482

00:55:29,349 --> 00:55:28,160

and so i thought oh i guess i'm one of

1483

00:55:33,510 --> 00:55:29,359

them

1484

00:55:35,990 --> 00:55:33,520

and and

1485

00:55:37,510 --> 00:55:36,000

and i can

1486

00:55:39,270 --> 00:55:37,520

i can do that

1487

00:55:40,230 --> 00:55:39,280

i'd always been a very independent

1488

00:55:41,990 --> 00:55:40,240

person

1489

00:55:43,510 --> 00:55:42,000

making my own decisions and getting on

1490

00:55:45,270 --> 00:55:43,520

with life and this was just another

1491

00:55:47,430 --> 00:55:45,280

decision that i was making that's how it

1492

00:55:49,430 --> 00:55:47,440

felt to me that this was another

1493

00:55:52,150 --> 00:55:49,440

decision that i was making and that i

1494

00:55:54,870 --> 00:55:52,160

was tough and i could do it

1495

00:55:56,789 --> 00:55:54,880

so that was my

1496

00:55:58,390 --> 00:55:56,799

plan and then

1497

00:56:00,710 --> 00:55:58,400

i went home from the hospital and i went

1498

00:56:02,549 --> 00:56:00,720

to tell my children

1499

00:56:06,230 --> 00:56:02,559

and when i told them

1500

00:56:08,390 --> 00:56:06,240

the prognosis they looked so hurt

1501
00:56:10,309 --> 00:56:08,400
that something inside me

1502
00:56:12,230 --> 00:56:10,319
completely changed

1503
00:56:13,829 --> 00:56:12,240
and i realized oh no i'm not looking at

1504
00:56:17,349 --> 00:56:13,839
this properly

1505
00:56:18,789 --> 00:56:17,359
this isn't this isn't my decision

1506
00:56:20,710 --> 00:56:18,799
because i always wondered about people

1507
00:56:22,789 --> 00:56:20,720
who had gone through

1508
00:56:24,789 --> 00:56:22,799
many cancer treatments

1509
00:56:27,270 --> 00:56:24,799
you know many times going through

1510
00:56:29,030 --> 00:56:27,280
chemotherapy and radiation and

1511
00:56:32,309 --> 00:56:29,040
the the things that people go through to

1512
00:56:33,589 --> 00:56:32,319
stay alive why would they do that

1513
00:56:35,190 --> 00:56:33,599

you know i've always kind of wondered

1514

00:56:37,670 --> 00:56:35,200

why they would do that

1515

00:56:38,950 --> 00:56:37,680

and i had thought no i'm not doing that

1516

00:56:42,230 --> 00:56:38,960

if i'm going to die then i'm going to

1517

00:56:46,230 --> 00:56:43,990

but then i went home and i told my kids

1518

00:56:49,670 --> 00:56:46,240

and i thought

1519

00:56:54,950 --> 00:56:51,430

and my husband too but it was really

1520

00:56:56,549 --> 00:56:54,960

looking at my kids they look so hurt

1521

00:56:59,030 --> 00:56:56,559

that it's not my

1522

00:57:02,390 --> 00:56:59,040

decision so i'm going to do whatever i

1523

00:57:03,349 --> 00:57:02,400

can to stay to stay alive

1524

00:57:07,430 --> 00:57:03,359

it's

1525

00:57:10,470 --> 00:57:07,440

i realize that's being alive is uh

1526

00:57:11,990 --> 00:57:10,480

the focus is about service

1527

00:57:14,309 --> 00:57:12,000

it's not it's about what you can do for

1528

00:57:15,670 --> 00:57:14,319

others

1529

00:57:20,710 --> 00:57:15,680

and

1530

00:57:24,950 --> 00:57:22,630

that's an unselfish concern for the

1531

00:57:27,030 --> 00:57:24,960

welfare of people who aren't you

1532

00:57:28,710 --> 00:57:27,040

yes you know that's that's christ's

1533

00:57:31,510 --> 00:57:28,720

story

1534

00:57:35,030 --> 00:57:31,520

it's his suffering and his

1535

00:57:42,069 --> 00:57:39,030

you know it's his sacrifice that we

1536

00:57:43,829 --> 00:57:42,079

live by and aspire to

1537

00:57:46,549 --> 00:57:43,839

and so

1538

00:57:49,349 --> 00:57:46,559

i decided that i would be grateful for

1539

00:57:54,150 --> 00:57:51,190

that i would be grateful for any answers

1540

00:57:55,910 --> 00:57:54,160

that came my way

1541

00:57:57,829 --> 00:57:55,920

but

1542

00:58:01,190 --> 00:57:57,839

i would also be

1543

00:58:06,950 --> 00:58:03,430

and so i decided that that was the only

1544

00:58:10,549 --> 00:58:06,960

way i could go forward and

1545

00:58:14,150 --> 00:58:12,309

and be able to accept it can you tell me

1546

00:58:16,150 --> 00:58:14,160

the month and the year that you were

1547

00:58:17,270 --> 00:58:16,160

first diagnosed and that you made that

1548

00:58:19,190 --> 00:58:17,280

change

1549

00:58:21,349 --> 00:58:19,200

from when i was not caring too much you

1550

00:58:23,109 --> 00:58:21,359

mean for for the uh

1551
00:58:26,630 --> 00:58:23,119
when did you make the when did you make

1552
00:58:28,470 --> 00:58:26,640
the change to realizing that this is

1553
00:58:29,430 --> 00:58:28,480
i'm looking at this incorrectly in your

1554
00:58:31,750 --> 00:58:29,440
words

1555
00:58:32,710 --> 00:58:31,760
okay so i had

1556
00:58:36,230 --> 00:58:32,720
uh

1557
00:58:40,390 --> 00:58:36,240
i had got the prognosis on i think april

1558
00:58:42,549 --> 00:58:40,400
26th so it was right right around then

1559
00:58:43,589 --> 00:58:42,559
that's when i changed

1560
00:58:47,109 --> 00:58:43,599
my mind

1561
00:58:51,670 --> 00:58:48,630
as a gift

1562
00:58:53,589 --> 00:58:51,680
from god or do you like for example some

1563
00:58:55,510 --> 00:58:53,599

people like your husband suggest that we

1564

00:58:57,030 --> 00:58:55,520

have to go through hell before

1565

00:58:58,630 --> 00:58:57,040

some elevation

1566

00:58:59,510 --> 00:58:58,640

so do you see it as a gift or do you see

1567

00:59:01,829 --> 00:58:59,520

it as

1568

00:59:05,510 --> 00:59:01,839

as a as the opposite like a like it's

1569

00:59:07,190 --> 00:59:05,520

from satan or it's a test maybe

1570

00:59:08,870 --> 00:59:07,200

and if it's a gift you said yes

1571

00:59:10,549 --> 00:59:08,880

how is it a gift it's a gift but it's

1572

00:59:13,270 --> 00:59:10,559

also a test

1573

00:59:16,069 --> 00:59:13,280

you know because it's you know um i i

1574

00:59:19,109 --> 00:59:16,079

think that i i kind of think that we're

1575

00:59:21,190 --> 00:59:19,119

given challenges in our life to you know

1576
00:59:23,589 --> 00:59:21,200
to better ourselves and to be

1577
00:59:25,109 --> 00:59:23,599
better people were given challenges this

1578
00:59:27,270 --> 00:59:25,119
was a challenge

1579
00:59:30,230 --> 00:59:27,280
i was given

1580
00:59:33,270 --> 00:59:30,240
and i didn't quite look at it

1581
00:59:35,910 --> 00:59:33,280
in a way that was going to be

1582
00:59:38,309 --> 00:59:37,109
i gave up

1583
00:59:39,990 --> 00:59:38,319
at first

1584
00:59:41,430 --> 00:59:40,000
before i realized that it was a

1585
00:59:43,270 --> 00:59:41,440
challenge

1586
00:59:45,190 --> 00:59:43,280
that i could

1587
00:59:46,870 --> 00:59:45,200
that i had a way

1588
00:59:51,829 --> 00:59:46,880

to

1589

00:59:53,990 --> 00:59:51,839

challenge that i wasn't aware of when i

1590

00:59:55,990 --> 00:59:54,000

first heard the news i think i was

1591

00:59:57,750 --> 00:59:56,000

probably in shock but still i don't

1592

00:59:59,190 --> 00:59:57,760

think i was aware

1593

01:00:01,510 --> 00:59:59,200

that

1594

01:00:03,829 --> 01:00:01,520

uh i had to

1595

01:00:06,069 --> 01:00:03,839

change my attitude and

1596

01:00:09,190 --> 01:00:06,079

that that would be

1597

01:00:10,870 --> 01:00:09,200

the way forward that it would be much

1598

01:00:12,549 --> 01:00:10,880

less painful

1599

01:00:15,109 --> 01:00:12,559

if i was to

1600

01:00:16,870 --> 01:00:15,119

take it on as a challenge

1601
01:00:18,549 --> 01:00:16,880
and also

1602
01:00:19,990 --> 01:00:18,559
accept it for

1603
01:00:22,390 --> 01:00:20,000
however it went

1604
01:00:23,910 --> 01:00:22,400
much less painful for who

1605
01:00:25,829 --> 01:00:23,920
for me

1606
01:00:27,670 --> 01:00:25,839
and probably for everybody else yeah i

1607
01:00:29,750 --> 01:00:27,680
imagine for everyone else for sure what

1608
01:00:32,630 --> 01:00:29,760
i'm wondering is and for me

1609
01:00:35,190 --> 01:00:32,640
yeah because you said look i'm tough i

1610
01:00:37,750 --> 01:00:35,200
can die right now because

1611
01:00:40,470 --> 01:00:37,760
in some ways i can face that door and

1612
01:00:42,950 --> 01:00:40,480
jump off that cliff courageously

1613
01:00:46,710 --> 01:00:42,960

face it head-on yeah now what i'm

1614

01:00:48,230 --> 01:00:46,720

wondering is you also said

1615

01:00:49,750 --> 01:00:48,240

seemingly unrelated that you had this

1616

01:00:51,829 --> 01:00:49,760

fight with your husband some small

1617

01:00:53,990 --> 01:00:51,839

bicker yeah and

1618

01:00:56,309 --> 01:00:54,000

and you retreated this was in the

1619

01:00:57,750 --> 01:00:56,319

kintore college video that you retreated

1620

01:00:59,510 --> 01:00:57,760

for whatever reason i don't remember

1621

01:01:01,670 --> 01:00:59,520

what it was but let's imagine at the

1622

01:01:03,829 --> 01:01:01,680

time you thought well i'm retreating

1623

01:01:05,030 --> 01:01:03,839

because i'm tough but then you realize

1624

01:01:06,630 --> 01:01:05,040

through some self-analysis i'm

1625

01:01:08,630 --> 01:01:06,640

retreating because i'm hurt from my

1626

01:01:09,589 --> 01:01:08,640

childhood i'm just making this up this

1627

01:01:12,150 --> 01:01:09,599

last part

1628

01:01:15,030 --> 01:01:12,160

okay so then did you realize did you

1629

01:01:16,870 --> 01:01:15,040

come to some realization about

1630

01:01:18,789 --> 01:01:16,880

when you said to yourself well i'm tough

1631

01:01:21,589 --> 01:01:18,799

so i can face death that that wasn't

1632

01:01:22,549 --> 01:01:21,599

actually courage it was masking some

1633

01:01:25,910 --> 01:01:22,559

other

1634

01:01:26,950 --> 01:01:25,920

hurt and that the proper path was to

1635

01:01:29,349 --> 01:01:26,960

face it

1636

01:01:31,829 --> 01:01:29,359

head-on in terms of living

1637

01:01:35,030 --> 01:01:31,839

yeah i think so i think that

1638

01:01:36,870 --> 01:01:35,040

my idea of being independent and

1639

01:01:38,630 --> 01:01:36,880

tough was

1640

01:01:40,309 --> 01:01:38,640

something that i've learned to do as a

1641

01:01:45,430 --> 01:01:40,319

coping mechanism

1642

01:01:50,829 --> 01:01:47,030

for fear

1643

01:01:55,270 --> 01:01:52,789

insufficiency you know

1644

01:01:57,190 --> 01:01:55,280

to to uh

1645

01:01:59,670 --> 01:01:57,200

gather all my strength

1646

01:02:01,270 --> 01:01:59,680

and have self-will take me through

1647

01:02:04,069 --> 01:02:01,280

things

1648

01:02:06,549 --> 01:02:04,079

uh i realized that that's well i was up

1649

01:02:11,109 --> 01:02:06,559

against something bigger than that

1650

01:02:15,430 --> 01:02:13,270

i needed uh human aid wasn't wasn't

1651
01:02:17,670 --> 01:02:15,440
going to do it

1652
01:02:19,589 --> 01:02:17,680
i needed i needed

1653
01:02:21,270 --> 01:02:19,599
spiritual aid

1654
01:02:23,510 --> 01:02:21,280
what was i'm asking exactly it was

1655
01:02:25,750 --> 01:02:23,520
masking what hurt or

1656
01:02:27,589 --> 01:02:25,760
um was it masking oh i don't know

1657
01:02:29,030 --> 01:02:27,599
because i think it's something i learned

1658
01:02:31,349 --> 01:02:29,040
from the time i was young to be

1659
01:02:33,589 --> 01:02:31,359
independent and to be courageous in the

1660
01:02:38,710 --> 01:02:33,599
face of

1661
01:02:40,630 --> 01:02:38,720
you know and and that can you know that

1662
01:02:42,069 --> 01:02:40,640
can take you a long ways

1663
01:02:44,789 --> 01:02:42,079

it really can

1664

01:02:47,750 --> 01:02:44,799

but when you're faced with your own

1665

01:02:51,990 --> 01:02:47,760

mortality it isn't enough

1666

01:02:55,430 --> 01:02:53,589

and in fact

1667

01:02:57,270 --> 01:02:55,440

it's sufficient in my day-to-day life as

1668

01:02:59,510 --> 01:02:57,280

well

1669

01:03:02,309 --> 01:02:59,520

and i didn't know that before

1670

01:03:04,789 --> 01:03:02,319

just how true that was i didn't know it

1671

01:03:06,630 --> 01:03:04,799

but now i understand it better

1672

01:03:09,030 --> 01:03:06,640

this practice of gratitude you carry it

1673

01:03:09,829 --> 01:03:09,040

with you so that it's a daily habit or

1674

01:03:13,510 --> 01:03:09,839

yeah

1675

01:03:14,789 --> 01:03:13,520

what sorts of

1676

01:03:16,069 --> 01:03:14,799

i don't know if you did it today like

1677

01:03:17,510 --> 01:03:16,079

you just sit and you think what am i

1678

01:03:19,270 --> 01:03:17,520

grateful for but if you did or if you

1679

01:03:20,390 --> 01:03:19,280

did it recently what sorts of items go

1680

01:03:22,150 --> 01:03:20,400

on that list

1681

01:03:23,589 --> 01:03:22,160

so i have a gratitude list that

1682

01:03:25,430 --> 01:03:23,599

sometimes i share with others on

1683

01:03:27,029 --> 01:03:25,440

whatsapp there's a gratitude list

1684

01:03:27,990 --> 01:03:27,039

whatsapp group

1685

01:03:29,910 --> 01:03:28,000

and

1686

01:03:31,589 --> 01:03:29,920

you belong to quite a few groups yeah i

1687

01:03:32,870 --> 01:03:31,599

belong to lots of groups well that's

1688

01:03:34,390 --> 01:03:32,880

interesting because you were independent

1689

01:03:35,430 --> 01:03:34,400

the group is the opposite of that and

1690

01:03:37,190 --> 01:03:35,440

then you've

1691

01:03:39,670 --> 01:03:37,200

you've come to realize the salutary

1692

01:03:41,829 --> 01:03:39,680

nature in the group as well as obviously

1693

01:03:43,750 --> 01:03:41,839

you knew it before so what's

1694

01:03:45,670 --> 01:03:43,760

health-giving about the independence

1695

01:03:47,270 --> 01:03:45,680

that's super interesting oh and i and

1696

01:03:49,589 --> 01:03:47,280

when i was dying

1697

01:03:51,589 --> 01:03:49,599

or thought i was dying

1698

01:03:53,190 --> 01:03:51,599

i talked to god and i said god if you

1699

01:03:58,630 --> 01:03:53,200

let me live i'll share

1700

01:04:02,710 --> 01:04:00,789

i would have said no otherwise

1701

01:04:04,309 --> 01:04:02,720

well first of all thank you so much oh

1702

01:04:05,109 --> 01:04:04,319

you're very welcome thank you for

1703

01:04:07,109 --> 01:04:05,119

inviting me

1704

01:04:09,270 --> 01:04:07,119

yeah i have i recall you saying that you

1705

01:04:10,789 --> 01:04:09,280

spoke to some koreans

1706

01:04:12,309 --> 01:04:10,799

over zoom at least that was in the

1707

01:04:13,750 --> 01:04:12,319

contour video you said i spoke to them

1708

01:04:15,589 --> 01:04:13,760

they made a joke like it was over zoom

1709

01:04:16,789 --> 01:04:15,599

and not i didn't go or maybe maybe

1710

01:04:18,630 --> 01:04:16,799

afghanistan

1711

01:04:20,950 --> 01:04:18,640

yeah okay okay i think have you is it

1712

01:04:22,870 --> 01:04:20,960

hasn't just been somewhat informal just

1713

01:04:25,029 --> 01:04:22,880

i just was invited

1714

01:04:27,430 --> 01:04:25,039

just invited to speak that time it was

1715

01:04:28,710 --> 01:04:27,440

just 10 minutes that i was invited to

1716

01:04:31,910 --> 01:04:28,720

speak for

1717

01:04:35,270 --> 01:04:31,920

and at kintore i'm going to speak there

1718

01:04:37,029 --> 01:04:35,280

over zoom again on the 27th

1719

01:04:38,710 --> 01:04:37,039

they're having a conference and i'm

1720

01:04:40,230 --> 01:04:38,720

going to speak

1721

01:04:41,829 --> 01:04:40,240

with them i think jordan's going to

1722

01:04:43,430 --> 01:04:41,839

tweet out the

1723

01:04:45,349 --> 01:04:43,440

invitation

1724

01:04:47,190 --> 01:04:45,359

and i'm going to speak out about loss

1725

01:04:48,470 --> 01:04:47,200

and and resilience

1726

01:04:53,029 --> 01:04:48,480

again

1727

01:04:56,710 --> 01:04:55,510

well i'm not exactly an extrovert you

1728

01:04:59,190 --> 01:04:56,720

know i'm kind of

1729

01:05:01,190 --> 01:04:59,200

in the middle i like i i

1730

01:05:05,190 --> 01:05:01,200

i like people but i can also do without

1731

01:05:07,670 --> 01:05:05,200

them so i think it's actually been

1732

01:05:09,910 --> 01:05:07,680

it's been okay for me

1733

01:05:11,270 --> 01:05:09,920

um and i'm i'm quite fortunate my son

1734

01:05:13,510 --> 01:05:11,280

lives at the end of the street and we're

1735

01:05:15,190 --> 01:05:13,520

in a bubble and he had a baby

1736

01:05:17,510 --> 01:05:15,200

and so i've been able to know that i

1737

01:05:20,150 --> 01:05:17,520

recall you saying that yeah that's cute

1738

01:05:22,789 --> 01:05:20,160

i'm i'd i'm i'm just so fortunate i

1739

01:05:25,750 --> 01:05:22,799

think so in terms of

1740

01:05:27,349 --> 01:05:25,760

everybody else who's suffering i feel

1741

01:05:28,230 --> 01:05:27,359

very fortunate

1742

01:05:30,230 --> 01:05:28,240

so

1743

01:05:32,069 --> 01:05:30,240

and i really like zoom

1744

01:05:33,750 --> 01:05:32,079

i really like it's very handy i don't

1745

01:05:35,750 --> 01:05:33,760

have to drive anywhere and i can be in a

1746

01:05:37,829 --> 01:05:35,760

meeting every hour of the day

1747

01:05:39,349 --> 01:05:37,839

if i want i can learn whatever i want

1748

01:05:42,069 --> 01:05:39,359

it's great

1749

01:05:43,670 --> 01:05:42,079

to me this is almost my i know like this

1750

01:05:45,910 --> 01:05:43,680

is not great for people to hear but this

1751

01:05:47,670 --> 01:05:45,920

is almost my ideal situation because i'm

1752

01:05:49,990 --> 01:05:47,680

one an introvert but number two i'm a

1753

01:05:52,150 --> 01:05:50,000

germaphobe so i like when people lights

1754

01:05:54,230 --> 01:05:52,160

all their hands and don't shake hands

1755

01:05:56,390 --> 01:05:54,240

oh that's funny you should say that i

1756

01:05:58,230 --> 01:05:56,400

don't know if you heard me say this but

1757

01:06:00,069 --> 01:05:58,240

my daughter was ill when she was young

1758

01:06:01,270 --> 01:06:00,079

and she used to go to school and catch

1759

01:06:04,150 --> 01:06:01,280

things and then she'd end up with

1760

01:06:07,109 --> 01:06:04,160

pneumonia so it wasn't just a little

1761

01:06:08,870 --> 01:06:07,119

thing and i used to be so frustrated on

1762

01:06:10,549 --> 01:06:08,880

an airplane when people would cough and

1763

01:06:12,549 --> 01:06:10,559

sneeze and and then she would get off

1764

01:06:14,390 --> 01:06:12,559

the airplane and she'd be sick because

1765

01:06:15,430 --> 01:06:14,400

she just caught everything

1766

01:06:17,990 --> 01:06:15,440

and so

1767

01:06:20,470 --> 01:06:18,000

in a way i've been

1768

01:06:23,430 --> 01:06:20,480

frustrated with this

1769

01:06:25,670 --> 01:06:23,440

in schools on airplanes

1770

01:06:28,309 --> 01:06:25,680

and now thank you i think it's a strange

1771

01:06:30,630 --> 01:06:28,319

uh turn of events

1772

01:06:32,470 --> 01:06:30,640

yes it's who would have thought

1773

01:06:35,270 --> 01:06:32,480

one year even one year ago was february

1774

01:06:37,750 --> 01:06:35,280

yeah one year ago we saw

1775

01:06:39,750 --> 01:06:37,760

it coming yeah but no well at least i

1776

01:06:41,670 --> 01:06:39,760

didn't think it would up end our lives

1777

01:06:42,470 --> 01:06:41,680

for an entire year and that this would

1778

01:06:46,230 --> 01:06:42,480

be

1779

01:06:48,230 --> 01:06:46,240

with going to the stores at a certain

1780

01:06:50,069 --> 01:06:48,240

hour one entrance

1781

01:06:51,510 --> 01:06:50,079

not seeing people putting on a mask when

1782

01:06:54,069 --> 01:06:51,520

you leave

1783

01:06:56,710 --> 01:06:54,079

yeah yeah pretty strange

1784

01:06:58,309 --> 01:06:56,720

did you think you would find god

1785

01:07:00,390 --> 01:06:58,319

without your illness thinking back now

1786

01:07:02,710 --> 01:07:00,400

in retrospect

1787

01:07:05,670 --> 01:07:02,720

no not the same way

1788

01:07:08,150 --> 01:07:05,680

no no i wasn't gonna find him

1789

01:07:11,109 --> 01:07:08,160

uh in a profound way

1790

01:07:13,270 --> 01:07:11,119

until i had suffered more

1791

01:07:14,630 --> 01:07:13,280

you know different people have to suffer

1792

01:07:16,630 --> 01:07:14,640

different amounts

1793

01:07:18,150 --> 01:07:16,640

before they turn to

1794

01:07:20,789 --> 01:07:18,160

god

1795

01:07:22,549 --> 01:07:20,799

and i really had to

1796

01:07:24,950 --> 01:07:22,559

dig deep before

1797

01:07:27,430 --> 01:07:24,960

i turned to god i find you know i found

1798

01:07:30,630 --> 01:07:27,440

i i was faced with terminal

1799

01:07:32,390 --> 01:07:30,640

diagnosis before i turn to god

1800

01:07:34,710 --> 01:07:32,400

and the difference between those people

1801
01:07:36,549 --> 01:07:34,720
who feel the suffering and then blame

1802
01:07:38,870 --> 01:07:36,559
god or turn away from god because of

1803
01:07:41,029 --> 01:07:38,880
their suffering rather than turn two

1804
01:07:44,549 --> 01:07:41,039
because

1805
01:07:47,029 --> 01:07:44,559
um i'm not sure but i i did have a

1806
01:07:51,190 --> 01:07:47,039
i told you that my grandmothers were

1807
01:07:54,150 --> 01:07:51,200
religious and so i had that

1808
01:07:57,190 --> 01:07:54,160
what from a time i was a child and i

1809
01:08:03,190 --> 01:07:57,200
studied yoga

1810
01:08:07,270 --> 01:08:05,349
spirituality

1811
01:08:11,910 --> 01:08:07,280
was always

1812
01:08:13,510 --> 01:08:11,920
not curious about it if you're

1813
01:08:16,070 --> 01:08:13,520

completely in your head and you're an

1814

01:08:18,950 --> 01:08:16,080

intellectual

1815

01:08:20,870 --> 01:08:18,960

and you're doing okay

1816

01:08:23,590 --> 01:08:20,880

then it's quite a

1817

01:08:25,430 --> 01:08:23,600

be quite a turnaround to have you know

1818

01:08:27,430 --> 01:08:25,440

you have to humble yourself

1819

01:08:29,510 --> 01:08:27,440

to become spiritual it's a humbling

1820

01:08:32,070 --> 01:08:29,520

experience there's nothing more humbling

1821

01:08:33,189 --> 01:08:32,080

i don't then becoming religious becoming

1822

01:08:35,510 --> 01:08:33,199

spiritual

1823

01:08:36,950 --> 01:08:35,520

you know grow god shrink tammy it's all

1824

01:08:40,229 --> 01:08:36,960

about

1825

01:08:42,149 --> 01:08:40,239

changing so that i'm down here paying

1826

01:08:43,349 --> 01:08:42,159

attention i'm not up here telling god

1827

01:08:45,269 --> 01:08:43,359

what to do

1828

01:08:47,269 --> 01:08:45,279

right i'm down here

1829

01:08:50,309 --> 01:08:47,279

that that's pretty hard so i think

1830

01:08:51,349 --> 01:08:50,319

people who have a hard time

1831

01:08:53,910 --> 01:08:51,359

uh

1832

01:08:55,510 --> 01:08:53,920

humbling themselves to

1833

01:08:57,269 --> 01:08:55,520

uh their

1834

01:08:59,829 --> 01:08:57,279

higher power

1835

01:09:02,550 --> 01:08:59,839

are going to have more trouble

1836

01:09:04,789 --> 01:09:02,560

because it's it's too too hard

1837

01:09:08,390 --> 01:09:04,799

it's it's just some things are just too

1838

01:09:11,990 --> 01:09:09,829

so it'll make you angry and it'll make

1839

01:09:13,430 --> 01:09:12,000

you blame

1840

01:09:15,510 --> 01:09:13,440

so i see the difference between the

1841

01:09:17,910 --> 01:09:15,520

people i turn toward rather than turn

1842

01:09:20,229 --> 01:09:17,920

away seems to be that they want to be in

1843

01:09:21,910 --> 01:09:20,239

control that they find it difficult to

1844

01:09:23,749 --> 01:09:21,920

suggest that someone else should be in

1845

01:09:27,910 --> 01:09:23,759

charge or that they need help

1846

01:09:31,749 --> 01:09:29,910

would you call yourself a catholic

1847

01:09:32,630 --> 01:09:31,759

or you don't give yourself a label at

1848

01:09:37,189 --> 01:09:32,640

all

1849

01:09:38,950 --> 01:09:37,199

i definitely pray the rosary okay

1850

01:09:40,550 --> 01:09:38,960

you also mentioned that hey when you

1851

01:09:42,470 --> 01:09:40,560

were younger you went to different

1852

01:09:44,870 --> 01:09:42,480

religious institutions they weren't for

1853

01:09:47,590 --> 01:09:44,880

you and you thought perhaps religion the

1854

01:09:50,149 --> 01:09:47,600

dogmatic side wasn't for you then i was

1855

01:09:52,550 --> 01:09:50,159

thinking well that's a common feeling

1856

01:09:55,430 --> 01:09:52,560

for quite a few people they maybe try

1857

01:09:56,709 --> 01:09:55,440

one church two or three

1858

01:09:58,229 --> 01:09:56,719

and then they

1859

01:09:59,830 --> 01:09:58,239

say this is not for me i don't like

1860

01:10:01,270 --> 01:09:59,840

these people or i don't like what's

1861

01:10:04,229 --> 01:10:01,280

being said

1862

01:10:06,470 --> 01:10:04,239

and then they lose this communal aspect

1863

01:10:07,669 --> 01:10:06,480

of religion

1864

01:10:09,110 --> 01:10:07,679

and you could be an independent

1865

01:10:10,790 --> 01:10:09,120

christian like uh

1866

01:10:13,270 --> 01:10:10,800

like kierkegaard

1867

01:10:15,350 --> 01:10:13,280

but it's helpful to have a community

1868

01:10:17,350 --> 01:10:15,360

around you so what would you suggest to

1869

01:10:18,790 --> 01:10:17,360

those people who don't who think that

1870

01:10:20,470 --> 01:10:18,800

religion is not for them because they've

1871

01:10:22,149 --> 01:10:20,480

tried it a couple times but haven't

1872

01:10:24,550 --> 01:10:22,159

found the right one and they think there

1873

01:10:26,390 --> 01:10:24,560

is no right one the right one is me

1874

01:10:28,229 --> 01:10:26,400

maybe if first of all it might be just

1875

01:10:30,390 --> 01:10:28,239

me like i'm an atheist or it might be

1876

01:10:32,550 --> 01:10:30,400

just me and my personal relationship to

1877

01:10:35,110 --> 01:10:32,560

god and that's all

1878

01:10:37,030 --> 01:10:35,120

the problem is with that

1879

01:10:38,709 --> 01:10:37,040

is you can have a personal relationship

1880

01:10:40,310 --> 01:10:38,719

with god or you can have a personal

1881

01:10:42,149 --> 01:10:40,320

relationship with a higher power of your

1882

01:10:45,110 --> 01:10:42,159

choosing if you're an atheist it doesn't

1883

01:10:47,830 --> 01:10:45,120

matter it's just it's not you

1884

01:10:50,790 --> 01:10:47,840

you know it's your community or it's or

1885

01:10:52,470 --> 01:10:50,800

it's nature or something is is uh

1886

01:10:53,510 --> 01:10:52,480

inspiring you

1887

01:10:57,510 --> 01:10:53,520

but

1888

01:11:00,790 --> 01:10:57,520

um service is a lot of service has is

1889

01:11:02,149 --> 01:11:00,800

service is really what is necessary to

1890

01:11:03,030 --> 01:11:02,159

receive

1891

01:11:05,270 --> 01:11:03,040

the

1892

01:11:08,390 --> 01:11:05,280

benefits of your

1893

01:11:11,510 --> 01:11:08,400

relationship with your higher power

1894

01:11:12,390 --> 01:11:11,520

so you have to give it away

1895

01:11:13,990 --> 01:11:12,400

without

1896

01:11:16,870 --> 01:11:14,000

being thanked

1897

01:11:18,470 --> 01:11:16,880

so it isn't a

1898

01:11:19,350 --> 01:11:18,480

it isn't something you're doing for

1899

01:11:22,310 --> 01:11:19,360

money

1900

01:11:23,910 --> 01:11:22,320

it isn't something that you're doing for

1901

01:11:27,430 --> 01:11:23,920

accolades it's

1902

01:11:30,390 --> 01:11:27,440

you're doing it because

1903

01:11:33,189 --> 01:11:30,400

you're you want to fill yourself with

1904

01:11:37,590 --> 01:11:34,470

and so

1905

01:11:39,350 --> 01:11:37,600

the service is is what's necessary and

1906

01:11:41,510 --> 01:11:39,360

when you say service this has nothing to

1907

01:11:43,110 --> 01:11:41,520

do with a group of people it has nothing

1908

01:11:44,630 --> 01:11:43,120

to do with an institution

1909

01:11:47,110 --> 01:11:44,640

because it has nothing to do with an

1910

01:11:48,149 --> 01:11:47,120

institution but it has to do with people

1911

01:11:52,470 --> 01:11:48,159

service

1912

01:11:54,149 --> 01:11:52,480

to serve others

1913

01:11:56,470 --> 01:11:54,159

yeah

1914

01:11:58,709 --> 01:11:56,480

helping to serve others is what is

1915

01:12:02,390 --> 01:11:58,719

necessary to

1916

01:12:09,510 --> 01:12:04,149

spiritual experience

1917

01:12:10,790 --> 01:12:09,520

you found a role model in mary i recall

1918

01:12:12,950 --> 01:12:10,800

you saying

1919

01:12:15,510 --> 01:12:12,960

now

1920

01:12:17,430 --> 01:12:15,520

okay maybe it wasn't a role well i

1921

01:12:19,510 --> 01:12:17,440

didn't but either way but i understand

1922

01:12:20,830 --> 01:12:19,520

mary better than i did either way what i

1923

01:12:24,229 --> 01:12:20,840

mean is for

1924

01:12:25,350 --> 01:12:24,239

women is mary more saleable than

1925

01:12:26,470 --> 01:12:25,360

jesus

1926

01:12:28,149 --> 01:12:26,480

like if you're

1927

01:12:30,790 --> 01:12:28,159

yeah speaking to women right now and you

1928

01:12:32,070 --> 01:12:30,800

want them to turn toward god or turn

1929

01:12:34,149 --> 01:12:32,080

toward the good or turn towards

1930

01:12:36,390 --> 01:12:34,159

something that's higher than them what

1931

01:12:39,110 --> 01:12:36,400

advice do you have well meditation is a

1932

01:12:41,510 --> 01:12:39,120

good place to start

1933

01:12:44,709 --> 01:12:41,520

and trying to

1934

01:12:48,830 --> 01:12:47,110

you know and that's

1935

01:12:51,990 --> 01:12:48,840

um that's pretty

1936

01:12:54,390 --> 01:12:52,000

gentle so i would think that

1937

01:12:56,630 --> 01:12:54,400

meditation and trying to talk to speak

1938

01:12:58,550 --> 01:12:56,640

to to listen to god

1939

01:13:02,830 --> 01:12:58,560

to listen to god

1940

01:13:07,669 --> 01:13:05,750

and sharing what you learn with others

1941

01:13:09,270 --> 01:13:07,679

would be a good

1942

01:13:13,189 --> 01:13:09,280

also a good way to start because then

1943

01:13:17,350 --> 01:13:15,750

giving other people

1944

01:13:19,990 --> 01:13:17,360

information and you'd be getting

1945

01:13:22,630 --> 01:13:20,000

information from others too about what

1946

01:13:24,310 --> 01:13:22,640

their experiences are to make it more

1947

01:13:27,750 --> 01:13:24,320

real

1948

01:13:32,229 --> 01:13:29,350

see that's the problem is we're not

1949

01:13:35,189 --> 01:13:32,239

solitary creatures and and if we live

1950

01:13:38,149 --> 01:13:35,199

alone then we go crazy

1951

01:13:39,990 --> 01:13:38,159

and so we we have to be involved with

1952

01:13:42,070 --> 01:13:40,000

other people and if the only way that

1953

01:13:45,990 --> 01:13:42,080

you can be involved with other people is

1954

01:13:48,790 --> 01:13:46,000

to serve them then that that's good you

1955

01:13:50,070 --> 01:13:48,800

know so you can have relationships with

1956

01:13:51,669 --> 01:13:50,080

people

1957

01:13:53,030 --> 01:13:51,679

just serve them whenever you see it

1958

01:13:55,030 --> 01:13:53,040

possible you don't have to be serving

1959

01:13:56,310 --> 01:13:55,040

them all the time but you can be finding

1960

01:13:58,310 --> 01:13:56,320

service

1961

01:14:00,630 --> 01:13:58,320

when it comes when you when when you see

1962

01:14:01,750 --> 01:14:00,640

it and if you're pre in living in the

1963

01:14:03,669 --> 01:14:01,760

present

1964

01:14:04,790 --> 01:14:03,679

which was where where god is is only in

1965

01:14:06,950 --> 01:14:04,800

the present

1966

01:14:08,630 --> 01:14:06,960

right he's only between words

1967

01:14:10,470 --> 01:14:08,640

he's in the breath

1968

01:14:11,669 --> 01:14:10,480

i understand it at some level and i

1969

01:14:13,110 --> 01:14:11,679

understand it somewhat at an

1970

01:14:15,030 --> 01:14:13,120

intellectual level and somewhat at a

1971

01:14:16,870 --> 01:14:15,040

let's say an intuitive level

1972

01:14:18,149 --> 01:14:16,880

and sometimes i feel it but i have a

1973

01:14:19,350 --> 01:14:18,159

difficult time

1974

01:14:20,950 --> 01:14:19,360

in first of all intellectually

1975

01:14:22,630 --> 01:14:20,960

understanding it too so i understand it

1976

01:14:25,030 --> 01:14:22,640

but i don't and then i feel it but i

1977

01:14:33,830 --> 01:14:25,040

don't what does it mean that god is only

1978

01:14:37,750 --> 01:14:35,430

thank you so much for doing this and

1979

01:14:39,270 --> 01:14:37,760

like act like you're on

1980

01:14:45,110 --> 01:14:39,280

you're just talking to me what does it

1981

01:14:48,790 --> 01:14:47,110

in order to access god you have to be

1982

01:14:53,430 --> 01:14:48,800

patient and wait

1983

01:14:58,390 --> 01:14:55,430

listening

1984

01:15:00,310 --> 01:14:58,400

that's the only it's so subtle

1985

01:15:01,830 --> 01:15:00,320

it's so subtle

1986

01:15:02,950 --> 01:15:01,840

that if you're talking you're not

1987

01:15:03,990 --> 01:15:02,960

listening

1988

01:15:05,430 --> 01:15:04,000

if you're

1989

01:15:07,270 --> 01:15:05,440

attending

1990

01:15:09,030 --> 01:15:07,280

to other things you're not listening you

1991

01:15:11,110 --> 01:15:09,040

really have to be still

1992

01:15:13,910 --> 01:15:11,120

and

1993

01:15:14,709 --> 01:15:13,920

you have to wait it can take a long time

1994

01:15:17,110 --> 01:15:14,719

too

1995

01:15:19,030 --> 01:15:17,120

you know i've had troubles i've had

1996

01:15:21,750 --> 01:15:19,040

things i'm trying to

1997

01:15:23,430 --> 01:15:21,760

cope with for weeks before i get an

1998

01:15:27,189 --> 01:15:23,440

answer

1999

01:15:30,950 --> 01:15:27,199

and in that time all you're doing is

2000

01:15:33,350 --> 01:15:31,830

for

2001

01:15:36,709 --> 01:15:33,360

a sign

2002

01:15:40,229 --> 01:15:36,719

i know what reborn means now i think

2003

01:15:42,790 --> 01:15:40,239

what does it mean i think it means

2004

01:15:44,870 --> 01:15:42,800

when when when they say someone is

2005

01:15:47,590 --> 01:15:44,880

reborn it always sounded like what

2006

01:15:51,110 --> 01:15:47,600

reborn what the heck is that

2007

01:15:54,070 --> 01:15:51,120

uh i think what it is is that

2008

01:15:56,470 --> 01:15:54,080

you have found your place

2009

01:15:58,070 --> 01:15:56,480

god's here and you're here

2010

01:15:59,350 --> 01:15:58,080

or god's beside you he's just a little

2011

01:16:01,430 --> 01:15:59,360

bit bigger

2012

01:16:03,430 --> 01:16:01,440

god's you know he's he's just a little

2013

01:16:05,110 --> 01:16:03,440

bit bigger than you he's inside you but

2014

01:16:06,630 --> 01:16:05,120

he's more than you are

2015

01:16:08,550 --> 01:16:06,640

and

2016

01:16:11,350 --> 01:16:08,560

you're reborn

2017

01:16:13,910 --> 01:16:11,360

god

2018

01:16:16,550 --> 01:16:13,920

before you know before it was you

2019

01:16:17,430 --> 01:16:16,560

self-will and then afterwards it's god's

2020

01:16:20,149 --> 01:16:17,440

will

2021

01:16:21,830 --> 01:16:20,159

you're reborn with god that's reborn

2022

01:16:23,750 --> 01:16:21,840

that's pretty it's not

2023

01:16:25,430 --> 01:16:23,760

it's not hokey pokey or anything it's

2024

01:16:27,750 --> 01:16:25,440

pretty

2025

01:16:30,070 --> 01:16:27,760

yeah you know i understand that does

2026

01:16:32,070 --> 01:16:30,080

everyone need to be reborn or do some

2027

01:16:33,750 --> 01:16:32,080

people because of their upbringing they

2028

01:16:35,510 --> 01:16:33,760

already see themselves as miniscule

2029

01:16:38,310 --> 01:16:35,520

compared to god so they don't have that

2030

01:16:39,750 --> 01:16:38,320

rebirth yeah that with a i think maybe

2031

01:16:40,950 --> 01:16:39,760

with a

2032

01:16:42,310 --> 01:16:40,960

a very

2033

01:16:45,110 --> 01:16:42,320

careful

2034

01:16:46,950 --> 01:16:45,120

spiritual upbringing

2035

01:16:49,430 --> 01:16:46,960

and luck

2036

01:16:51,110 --> 01:16:49,440

you can um

2037

01:16:52,790 --> 01:16:51,120

you can have that

2038

01:16:55,350 --> 01:16:52,800

but still you know the challenges of

2039

01:16:57,590 --> 01:16:55,360

life will be there and

2040

01:16:58,870 --> 01:16:57,600

for it to be an individual relationship

2041

01:17:01,270 --> 01:16:58,880

with god

2042

01:17:04,149 --> 01:17:01,280

you're given these problems that might

2043

01:17:06,950 --> 01:17:04,159

be generations old

2044

01:17:11,270 --> 01:17:09,990

meaning like for example oh well things

2045

01:17:13,430 --> 01:17:11,280

that may have happened to your

2046

01:17:15,590 --> 01:17:13,440

grandparents are things that are still

2047

01:17:16,950 --> 01:17:15,600

happening to you until you

2048

01:17:19,430 --> 01:17:16,960

uh

2049

01:17:23,669 --> 01:17:19,440

recognize them in your life and then

2050

01:17:26,870 --> 01:17:25,590

what would be an example of that

2051
01:17:30,390 --> 01:17:26,880
abuse

2052
01:17:33,430 --> 01:17:30,400
thing

2053
01:17:34,709 --> 01:17:33,440
so if somebody and then you know your

2054
01:17:36,950 --> 01:17:34,719
uh

2055
01:17:38,870 --> 01:17:36,960
your grandfather and then and then your

2056
01:17:40,790 --> 01:17:38,880
one of your parents and then

2057
01:17:42,950 --> 01:17:40,800
your parents behavior and

2058
01:17:44,870 --> 01:17:42,960
that's interesting you you have the same

2059
01:17:46,709 --> 01:17:44,880
behavior and then you get married and

2060
01:17:48,310 --> 01:17:46,719
you show the same behavior with your

2061
01:17:49,830 --> 01:17:48,320
spouse and then your children learn it

2062
01:17:51,430 --> 01:17:49,840
from you and it just goes on and on

2063
01:17:53,430 --> 01:17:51,440

until someone recognizes hey you know

2064

01:17:55,510 --> 01:17:53,440

what this behavior

2065

01:17:57,110 --> 01:17:55,520

this is troublesomeness behavior i

2066

01:17:58,470 --> 01:17:57,120

wonder where it came from

2067

01:18:01,030 --> 01:17:58,480

and why it's there

2068

01:18:04,470 --> 01:18:01,040

and to accept it to accept it as

2069

01:18:06,790 --> 01:18:04,480

necessary to bring you

2070

01:18:08,149 --> 01:18:06,800

to this understanding with your higher

2071

01:18:09,910 --> 01:18:08,159

power

2072

01:18:11,910 --> 01:18:09,920

okay that last part that's interesting

2073

01:18:13,430 --> 01:18:11,920

accept it as necessary can you please

2074

01:18:17,030 --> 01:18:13,440

expand on that

2075

01:18:18,950 --> 01:18:17,040

so if uh so i'm so say i'm recognizing

2076

01:18:21,350 --> 01:18:18,960

some

2077

01:18:23,590 --> 01:18:21,360

way that i'm dealing with my

2078

01:18:26,149 --> 01:18:23,600

relationships that isn't working and i'm

2079

01:18:29,189 --> 01:18:26,159

recognizing that it's not working and

2080

01:18:30,870 --> 01:18:29,199

then i'm recognizing

2081

01:18:32,550 --> 01:18:30,880

i'm accepting that this is the way it's

2082

01:18:35,189 --> 01:18:32,560

been and that i've been

2083

01:18:37,990 --> 01:18:35,199

dealing with things for years this way

2084

01:18:39,430 --> 01:18:38,000

and that that's the best i could do

2085

01:18:42,149 --> 01:18:39,440

because that's all i knew

2086

01:18:44,709 --> 01:18:42,159

so whatever happened in the past

2087

01:18:47,189 --> 01:18:44,719

i can say was there

2088

01:18:49,750 --> 01:18:47,199

to bring me where i am today otherwise i

2089

01:18:51,669 --> 01:18:49,760

wouldn't be here

2090

01:18:52,390 --> 01:18:51,679

uh right interesting interesting and

2091

01:18:53,830 --> 01:18:52,400

then

2092

01:18:55,590 --> 01:18:53,840

you wouldn't be in this moment you

2093

01:18:57,990 --> 01:18:55,600

wouldn't be in this moment without all

2094

01:19:00,149 --> 01:18:58,000

of that no matter what it was which is a

2095

01:19:02,310 --> 01:19:00,159

very tough thing to

2096

01:19:04,229 --> 01:19:02,320

come to terms with sometimes because

2097

01:19:07,350 --> 01:19:04,239

whatever was in the past can be really

2098

01:19:08,390 --> 01:19:07,360

something that you are not able to

2099

01:19:10,390 --> 01:19:08,400

contend with

2100

01:19:13,830 --> 01:19:10,400

but if you see it as

2101
01:19:16,470 --> 01:19:13,840
necessary to bring you here and here

2102
01:19:18,470 --> 01:19:16,480
you are wanting to

2103
01:19:19,830 --> 01:19:18,480
humble yourself to

2104
01:19:26,229 --> 01:19:19,840
god

2105
01:19:29,750 --> 01:19:27,750
this to me

2106
01:19:32,070 --> 01:19:29,760
needs as a condition

2107
01:19:33,510 --> 01:19:32,080
an extreme amount of

2108
01:19:34,830 --> 01:19:33,520
well maybe you can you would disagree

2109
01:19:37,990 --> 01:19:34,840
but i would say

2110
01:19:40,310 --> 01:19:38,000
self-love because you would have to say

2111
01:19:43,510 --> 01:19:40,320
that i don't regret where i am where i

2112
01:19:49,110 --> 01:19:45,990
but then how does one

2113
01:19:51,350 --> 01:19:49,120

balance that as well as

2114

01:19:53,270 --> 01:19:51,360

wanting to change one's

2115

01:19:55,510 --> 01:19:53,280

moral condition or material condition in

2116

01:19:58,390 --> 01:19:55,520

some manner because it's

2117

01:20:00,790 --> 01:19:58,400

it seems paradoxical if i say i accept

2118

01:20:03,510 --> 01:20:00,800

it that's what i have a hard time with

2119

01:20:05,590 --> 01:20:03,520

if i say i accept it to me that's like

2120

01:20:07,590 --> 01:20:05,600

lying on on a pool on your back and

2121

01:20:09,350 --> 01:20:07,600

saying that's great where i am i love

2122

01:20:12,149 --> 01:20:09,360

everything the way it is rather than

2123

01:20:14,310 --> 01:20:12,159

wanting to change it for the better

2124

01:20:15,830 --> 01:20:14,320

now not saying i want to change it for

2125

01:20:17,910 --> 01:20:15,840

the better it could be through god but

2126
01:20:19,430 --> 01:20:17,920
even through that i'm changing it which

2127
01:20:21,990 --> 01:20:19,440
means i don't like the way that it

2128
01:20:23,750 --> 01:20:22,000
currently is now you may disagree about

2129
01:20:26,790 --> 01:20:23,760
that last part like that you don't like

2130
01:20:27,750 --> 01:20:26,800
the way it currently is yeah so

2131
01:20:29,270 --> 01:20:27,760
great

2132
01:20:32,310 --> 01:20:29,280
tammy please help me through this how

2133
01:20:35,430 --> 01:20:32,320
does one balance self-love with wanting

2134
01:20:38,390 --> 01:20:35,440
to improve or change in some manner okay

2135
01:20:39,990 --> 01:20:38,400
well there has to be there has to be a

2136
01:20:41,669 --> 01:20:40,000
self-love

2137
01:20:44,950 --> 01:20:41,679
there has to be self but there has to be

2138
01:20:46,310 --> 01:20:44,960

love for the little boy that you were

2139

01:20:49,590 --> 01:20:46,320

and all the mistakes that you made there

2140

01:20:53,030 --> 01:20:49,600

how there has to be love for that

2141

01:20:56,229 --> 01:20:53,040

little boy in order for you and in order

2142

01:20:58,470 --> 01:20:56,239

for you to be in the present and have

2143

01:20:59,669 --> 01:20:58,480

the generosity that you need

2144

01:21:01,030 --> 01:20:59,679

to

2145

01:21:03,590 --> 01:21:01,040

let god in

2146

01:21:06,149 --> 01:21:03,600

because it's a generous

2147

01:21:09,990 --> 01:21:08,630

invitation

2148

01:21:11,270 --> 01:21:10,000

you know

2149

01:21:13,510 --> 01:21:11,280

and and you're not going to make a

2150

01:21:15,030 --> 01:21:13,520

generous invitation

2151
01:21:16,790 --> 01:21:15,040
if you're not

2152
01:21:20,070 --> 01:21:16,800
in a way feeling

2153
01:21:22,149 --> 01:21:20,080
like you are the more you can accept who

2154
01:21:24,229 --> 01:21:22,159
you are and who you were and the things

2155
01:21:25,990 --> 01:21:24,239
that happened to you

2156
01:21:28,229 --> 01:21:26,000
the more generous you feel the more you

2157
01:21:30,630 --> 01:21:28,239
can let god in because it's not it's not

2158
01:21:32,950 --> 01:21:30,640
an on or off switch

2159
01:21:34,390 --> 01:21:32,960
you know you get a little god

2160
01:21:36,470 --> 01:21:34,400
and then something else happens you get

2161
01:21:38,149 --> 01:21:36,480
a little bit more and some days it's a

2162
01:21:40,390 --> 01:21:38,159
little bit less and

2163
01:21:42,550 --> 01:21:40,400

it depends on how

2164

01:21:50,310 --> 01:21:42,560

accepting you are

2165

01:21:55,430 --> 01:21:52,310

because the action will be different

2166

01:21:57,590 --> 01:21:55,440

than it was if you were guarded

2167

01:21:58,870 --> 01:21:57,600

and if you were

2168

01:22:00,310 --> 01:21:58,880

empty

2169

01:22:01,270 --> 01:22:00,320

the action you

2170

01:22:02,790 --> 01:22:01,280

you go

2171

01:22:05,910 --> 01:22:02,800

how you move forward is going to be

2172

01:22:08,310 --> 01:22:05,920

different than if you're feeling

2173

01:22:11,430 --> 01:22:08,320

acceptance

2174

01:22:13,510 --> 01:22:11,440

aware aware of the discontent

2175

01:22:15,350 --> 01:22:13,520

aware of the discontent and accepting

2176
01:22:18,070 --> 01:22:15,360
the discontent

2177
01:22:20,590 --> 01:22:18,080
and then what action follows

2178
01:22:25,189 --> 01:22:22,470
reconciliation

2179
01:22:26,550 --> 01:22:25,199
is going to be different

2180
01:22:28,790 --> 01:22:26,560
than if you

2181
01:22:31,510 --> 01:22:28,800
weren't accepting

2182
01:22:33,350 --> 01:22:31,520
and so a way to move forward into a

2183
01:22:35,350 --> 01:22:33,360
better place

2184
01:22:37,510 --> 01:22:35,360
is the is the awareness and the

2185
01:22:39,430 --> 01:22:37,520
acceptance but the acceptance is the

2186
01:22:41,270 --> 01:22:39,440
hard part because it

2187
01:22:43,270 --> 01:22:41,280
takes

2188
01:22:44,629 --> 01:22:43,280

looking back in the past

2189

01:22:56,550 --> 01:22:44,639

and

2190

01:22:58,950 --> 01:22:56,560

that that has brought to where you are

2191

01:23:00,629 --> 01:22:58,960

today that's that's hard you're giving

2192

01:23:02,310 --> 01:23:00,639

me a different perspective i was

2193

01:23:03,990 --> 01:23:02,320

recently speaking to someone named

2194

01:23:06,070 --> 01:23:04,000

bernardo castro

2195

01:23:08,229 --> 01:23:06,080

he's a philosopher and he said to me as

2196

01:23:10,229 --> 01:23:08,239

we were talking he said kurt don't take

2197

01:23:12,950 --> 01:23:10,239

yourself too seriously

2198

01:23:15,590 --> 01:23:12,960

and then for me i'm thinking

2199

01:23:18,390 --> 01:23:15,600

that i don't take myself seriously

2200

01:23:21,510 --> 01:23:18,400

enough i see being ascetic and austere

2201

01:23:22,470 --> 01:23:21,520

as something i should be and

2202

01:23:25,990 --> 01:23:22,480

even

2203

01:23:27,430 --> 01:23:26,000

necessary for moving toward a higher

2204

01:23:28,470 --> 01:23:27,440

purpose

2205

01:23:29,990 --> 01:23:28,480

but then

2206

01:23:34,229 --> 01:23:30,000

i also see that

2207

01:23:37,669 --> 01:23:35,510

maybe that's

2208

01:23:40,229 --> 01:23:37,679

or plenty of that is me

2209

01:23:42,790 --> 01:23:40,239

a distaste for what i currently am and a

2210

01:23:44,790 --> 01:23:42,800

dislike for my former self

2211

01:23:47,189 --> 01:23:44,800

and that's not easy it's not easy to

2212

01:23:53,750 --> 01:23:47,199

accept it's not easy to confront

2213

01:23:58,950 --> 01:23:56,550

but a constant process

2214

01:24:00,870 --> 01:23:58,960

what else besides god and besides the

2215

01:24:16,310 --> 01:24:00,880

fragility of life has changed in your

2216

01:24:16,320 --> 01:24:22,149

my

2217

01:24:26,950 --> 01:24:23,910

well because i

2218

01:24:30,870 --> 01:24:26,960

made a deal with god that i would share

2219

01:24:30,880 --> 01:24:34,149

if they ask me to

2220

01:24:34,159 --> 01:24:38,870

my community is growing

2221

01:24:43,030 --> 01:24:41,110

more than it ever has

2222

01:24:44,229 --> 01:24:43,040

your community meaning

2223

01:24:46,229 --> 01:24:44,239

people like

2224

01:24:47,430 --> 01:24:46,239

a community okay you mean like your

2225

01:24:49,110 --> 01:24:47,440

social media

2226

01:24:50,950 --> 01:24:49,120

yeah people i'm in conversation with is

2227

01:24:53,030 --> 01:24:50,960

growing

2228

01:24:54,550 --> 01:24:53,040

uh for me personally more than it ever

2229

01:24:57,590 --> 01:24:54,560

has before

2230

01:24:59,189 --> 01:24:57,600

tell me what troubles me is

2231

01:25:09,350 --> 01:24:59,199

i

2232

01:25:10,790 --> 01:25:09,360

because

2233

01:25:12,470 --> 01:25:10,800

there's too much truth and you don't

2234

01:25:14,550 --> 01:25:12,480

know what to choose from

2235

01:25:17,510 --> 01:25:14,560

so then guide yourself with love and

2236

01:25:19,270 --> 01:25:17,520

truth okay but then what troubles me is

2237

01:25:22,149 --> 01:25:19,280

how do i know that those

2238

01:25:23,990 --> 01:25:22,159

ideas that occur to me those spiraling

2239

01:25:25,830 --> 01:25:24,000

ideas aren't

2240

01:25:27,669 --> 01:25:25,840

a part of the truth and that i'm

2241

01:25:29,430 --> 01:25:27,679

supposed to follow them see that's what

2242

01:25:33,030 --> 01:25:29,440

makes me well write them down and share

2243

01:25:36,310 --> 01:25:34,870

right

2244

01:25:38,310 --> 01:25:36,320

and don't share and i wouldn't share

2245

01:25:39,430 --> 01:25:38,320

them so much online i'd share them in

2246

01:25:41,830 --> 01:25:39,440

real life

2247

01:25:43,830 --> 01:25:41,840

because you know the the online presence

2248

01:25:47,510 --> 01:25:43,840

is kind of paranoid

2249

01:25:50,149 --> 01:25:47,520

or can be paranoid and and can

2250

01:25:51,430 --> 01:25:50,159

and grow conspiracy theories and stuff

2251

01:25:53,590 --> 01:25:51,440

the online

2252

01:25:55,990 --> 01:25:53,600

voice is too

2253

01:26:00,709 --> 01:25:58,709

so i think uh sharing your ideas with

2254

01:26:02,070 --> 01:26:00,719

with people that you know

2255

01:26:04,790 --> 01:26:02,080

is the best way to keep your head

2256

01:26:08,870 --> 01:26:06,550

how do you choose between truth and love

2257

01:26:11,030 --> 01:26:08,880

in a relationship so for example what if

2258

01:26:13,830 --> 01:26:11,040

your partner hypothetically committed a

2259

01:26:17,189 --> 01:26:13,840

crime like what if i murdered someone

2260

01:26:19,430 --> 01:26:17,199

or whatever it may be and

2261

01:26:21,510 --> 01:26:19,440

or my wife murdered someone so do i have

2262

01:26:24,149 --> 01:26:21,520

an obligation to the truth that is to

2263

01:26:26,229 --> 01:26:24,159

turn her in or to love that is

2264

01:26:27,990 --> 01:26:26,239

to not lie in contradiction with my

2265

01:26:30,470 --> 01:26:28,000

partner but instead

2266

01:26:33,910 --> 01:26:30,480

with her or those somehow the same truth

2267

01:26:39,110 --> 01:26:35,189

how do you know when to stand with your

2268

01:26:42,390 --> 01:26:40,550

well you're not responsible for what

2269

01:26:45,110 --> 01:26:42,400

your partner does

2270

01:26:47,510 --> 01:26:45,120

they're responsible for what they do

2271

01:26:48,950 --> 01:26:47,520

and what they say

2272

01:26:51,750 --> 01:26:48,960

so you're not responsible that you can

2273

01:26:54,790 --> 01:26:51,760

still love them

2274

01:26:57,669 --> 01:26:56,149

people are pretty confused so they're

2275

01:26:59,669 --> 01:26:57,679

often not telling the truth when even

2276

01:27:01,510 --> 01:26:59,679

when they think they are

2277

01:27:02,870 --> 01:27:01,520

so truth is a hard one

2278

01:27:05,910 --> 01:27:02,880

it's you know it's something you can

2279

01:27:06,950 --> 01:27:05,920

aspire to that's for sure and so is love

2280

01:27:08,950 --> 01:27:06,960

um

2281

01:27:11,030 --> 01:27:08,960

because people can love for manipulative

2282

01:27:12,629 --> 01:27:11,040

reasons as well you know so love isn't

2283

01:27:13,830 --> 01:27:12,639

always true either

2284

01:27:16,470 --> 01:27:13,840

but as

2285

01:27:18,470 --> 01:27:16,480

but if you can say that your love is

2286

01:27:20,950 --> 01:27:18,480

true and you're

2287

01:27:24,629 --> 01:27:20,960

and your truth is true

2288

01:27:28,070 --> 01:27:27,189

i would stay with love

2289

01:27:29,590 --> 01:27:28,080

and

2290

01:27:34,709 --> 01:27:29,600

let the

2291

01:27:37,990 --> 01:27:35,990

how did you know

2292

01:27:39,350 --> 01:27:38,000

when you were young peterson said jordan

2293

01:27:41,270 --> 01:27:39,360

peterson said

2294

01:27:43,030 --> 01:27:41,280

that you said let's get married but only

2295

01:27:44,550 --> 01:27:43,040

if we tell each other the truth

2296

01:27:47,270 --> 01:27:44,560

okay how did you know that truth was

2297

01:27:49,590 --> 01:27:47,280

imperative when you were so young

2298

01:27:51,189 --> 01:27:49,600

because many people they didn't value

2299

01:27:54,629 --> 01:27:51,199

truth until they had this philosophical

2300

01:27:57,189 --> 01:27:54,639

framework given to them by your husband

2301

01:27:58,550 --> 01:27:57,199

and i don't know how

2302

01:28:01,430 --> 01:27:58,560

without

2303

01:28:03,669 --> 01:28:01,440

strong adherence to religion

2304

01:28:05,990 --> 01:28:03,679

how someone can come to a similar

2305

01:28:08,550 --> 01:28:06,000

understanding at such a young age of

2306

01:28:09,910 --> 01:28:08,560

the vital nature of truth

2307

01:28:12,229 --> 01:28:09,920

how did you

2308

01:28:14,470 --> 01:28:12,239

when he asked me to marry him he said if

2309

01:28:16,310 --> 01:28:14,480

we have to tell the truth if we don't

2310

01:28:18,470 --> 01:28:16,320

tell the truth we can't have a

2311

01:28:20,470 --> 01:28:18,480

relationship

2312

01:28:21,830 --> 01:28:20,480

so that was the beginning of me

2313

01:28:23,590 --> 01:28:21,840

walking around with the bible in my

2314

01:28:25,030 --> 01:28:23,600

pocket and

2315

01:28:27,110 --> 01:28:25,040

looking to see if i was telling the

2316

01:28:28,709 --> 01:28:27,120

truth

2317

01:28:30,629 --> 01:28:28,719

that's how i dealt with it i just put

2318

01:28:33,270 --> 01:28:30,639

one of those little pocket bibles in my

2319

01:28:35,669 --> 01:28:33,280

inside of my coat pocket and

2320

01:28:37,270 --> 01:28:35,679

everything i did i analyzed see if this

2321

01:28:40,550 --> 01:28:37,280

was a

2322

01:28:42,070 --> 01:28:40,560

if this whatever i was doing was okay

2323

01:28:43,750 --> 01:28:42,080

tammy thank you so much i know you got

2324

01:28:45,110 --> 01:28:43,760

to go there are some audience questions

2325

01:28:47,110 --> 01:28:45,120

i can read them and maybe you can give a

2326

01:28:49,110 --> 01:28:47,120

quick answer and if you have to go then

2327

01:28:51,430 --> 01:28:49,120

just let's do a few let's do this yeah

2328

01:28:53,350 --> 01:28:51,440

salt lemon said what are some of the

2329

01:28:55,030 --> 01:28:53,360

best things your dad did

2330

01:28:57,030 --> 01:28:55,040

or let's say your parents

2331

01:28:59,510 --> 01:28:57,040

when you were younger

2332

01:29:03,750 --> 01:28:59,520

in terms of parenting

2333

01:29:07,110 --> 01:29:03,760

he taught me sports

2334

01:29:10,390 --> 01:29:07,120

he took me along to sports

2335

01:29:12,950 --> 01:29:10,400

to games we played a lot of games and

2336

01:29:15,110 --> 01:29:12,960

that was great

2337

01:29:17,030 --> 01:29:15,120

okay this comes from feels like fire

2338

01:29:18,790 --> 01:29:17,040

what advice would you give to parents

2339

01:29:20,550 --> 01:29:18,800

who have a child with a condition like

2340

01:29:21,750 --> 01:29:20,560

michaela's let's make it more general

2341

01:29:24,709 --> 01:29:21,760

with just a

2342

01:29:26,070 --> 01:29:24,719

extremely ill child i put them on a meat

2343

01:29:27,990 --> 01:29:26,080

diet

2344

01:29:29,510 --> 01:29:28,000

how did you okay irish lobster which is

2345

01:29:31,350 --> 01:29:29,520

hilarious i don't know if that's there's

2346

01:29:32,629 --> 01:29:31,360

a connection there

2347

01:29:34,950 --> 01:29:32,639

how did she know jordan was

2348

01:29:36,229 --> 01:29:34,960

quote-unquote the one how did he ask her

2349

01:29:38,149 --> 01:29:36,239

to marry him

2350

01:29:40,470 --> 01:29:38,159

what is she passionate about i know she

2351

01:29:41,910 --> 01:29:40,480

does massage their therapy

2352

01:29:43,750 --> 01:29:41,920

but i would love to know more about her

2353

01:29:45,430 --> 01:29:43,760

internal world well hopefully we gave

2354

01:29:47,189 --> 01:29:45,440

you a glimpse of her internal world so

2355

01:29:48,790 --> 01:29:47,199

far but as for the other questions that

2356

01:29:50,149 --> 01:29:48,800

is how did you know jordan was the one

2357

01:29:53,350 --> 01:29:50,159

how did he ask you to marry her what are

2358

01:29:55,350 --> 01:29:53,360

you passionate about um i've known

2359

01:29:57,669 --> 01:29:55,360

jordan for a very long time he asked me

2360

01:30:00,229 --> 01:29:57,679

to marry him

2361

01:30:03,910 --> 01:30:00,239

a few times once through a letter

2362

01:30:07,430 --> 01:30:03,920

um another at a party

2363

01:30:11,669 --> 01:30:09,430

is he serious that's what i was thinking

2364

01:30:14,470 --> 01:30:11,679

at a party publicly

2365

01:30:16,390 --> 01:30:14,480

not publicly my privately at a party

2366

01:30:18,390 --> 01:30:16,400

uh but through the latter i i thought

2367

01:30:20,229 --> 01:30:18,400

i'm not sure that this is i can't i

2368

01:30:21,430 --> 01:30:20,239

don't know if i can take this seriously

2369

01:30:23,590 --> 01:30:21,440

it was just

2370

01:30:27,350 --> 01:30:23,600

so he asked me a few times but i never

2371

01:30:28,770 --> 01:30:27,360

did say no until i said yes

2372

01:30:29,990 --> 01:30:28,780

i see i see

2373

01:30:31,990 --> 01:30:30,000

[Music]

2374

01:30:34,870 --> 01:30:32,000

and then what are you passionate about

2375

01:30:36,149 --> 01:30:34,880

what do i put art

2376

01:30:38,390 --> 01:30:36,159

i'm passionate about art and my

2377

01:30:39,430 --> 01:30:38,400

grandkids

2378

01:30:41,430 --> 01:30:39,440

okay

2379

01:30:43,830 --> 01:30:41,440

vegmek wants to know some of your

2380

01:30:47,110 --> 01:30:43,840

favorite books

2381

01:30:51,110 --> 01:30:49,030

i just read a really good short story

2382

01:30:53,430 --> 01:30:51,120

called

2383

01:30:57,030 --> 01:30:53,440

how to

2384

01:30:59,430 --> 01:30:57,040

i think that's it

2385

01:31:00,550 --> 01:30:59,440

let me see it was great

2386

01:31:06,070 --> 01:31:00,560

it was

2387

01:31:08,229 --> 01:31:06,080

knife that's it how to pronounce knife

2388

01:31:10,870 --> 01:31:08,239

that was good that was short stories you

2389

01:31:13,910 --> 01:31:10,880

could read them all separately but the

2390

01:31:16,310 --> 01:31:13,920

power the power of the narrative grew

2391

01:31:18,629 --> 01:31:16,320

with each story to the end i thought it

2392

01:31:21,990 --> 01:31:18,639

was really good so that was a good story

2393

01:31:24,390 --> 01:31:22,000

in terms of my favorite books

2394

01:31:28,070 --> 01:31:25,990

you know the master in margarita is a

2395

01:31:31,030 --> 01:31:28,080

great book

2396

01:31:34,070 --> 01:31:31,040

and i think that's on george list

2397

01:31:34,080 --> 01:31:38,870

you know i read

2398

01:31:38,880 --> 01:31:43,830

i read a lot of

2399

01:31:48,229 --> 01:31:45,510

inspirational

2400

01:31:53,030 --> 01:31:51,669

like self-development or yeah yeah or

2401
01:31:54,709 --> 01:31:53,040
religious

2402
01:31:56,629 --> 01:31:54,719
self-development

2403
01:31:58,870 --> 01:31:56,639
um and you but i imagine you would do

2404
01:32:04,229 --> 01:31:58,880
that now you didn't do that before

2405
01:32:08,870 --> 01:32:07,189
i wouldn't call it self-help but

2406
01:32:11,510 --> 01:32:08,880
more like and i wouldn't call it

2407
01:32:12,470 --> 01:32:11,520
philosophy but

2408
01:32:14,709 --> 01:32:12,480
you know

2409
01:32:16,149 --> 01:32:14,719
i've always been trying to

2410
01:32:19,110 --> 01:32:16,159
figure things out

2411
01:32:21,189 --> 01:32:19,120
and make things better

2412
01:32:23,270 --> 01:32:21,199
you do whatever whatever comes there's

2413
01:32:26,149 --> 01:32:23,280

something about your voice that's kind

2414

01:32:27,750 --> 01:32:26,159

loving tender gentle

2415

01:32:29,110 --> 01:32:27,760

it comes through

2416

01:32:30,390 --> 01:32:29,120

thank you

2417

01:32:31,669 --> 01:32:30,400

jordan said that you were a tough cookie

2418

01:32:33,110 --> 01:32:31,679

but i don't see that i'm sure you could

2419

01:32:34,790 --> 01:32:33,120

be i'm sure

2420

01:32:37,430 --> 01:32:34,800

i don't see it i mean i don't mean that

2421

01:32:39,270 --> 01:32:37,440

badly like i don't sense any malice or

2422

01:32:41,350 --> 01:32:39,280

any

2423

01:32:44,390 --> 01:32:41,360

overconfidence on your part well i think

2424

01:32:49,510 --> 01:32:44,400

bravery bravery is uh you don't have to

2425

01:32:54,229 --> 01:32:51,510

best ebrot says i would be interested in

2426

01:32:56,550 --> 01:32:54,239

what she makes of how jbp so jordan

2427

01:32:58,790 --> 01:32:56,560

peter you know yeah being portrayed in

2428

01:33:00,709 --> 01:32:58,800

hit pieces it's must be so frustrating

2429

01:33:03,189 --> 01:33:00,719

being the person who knows him best and

2430

01:33:05,270 --> 01:33:03,199

how caring he is

2431

01:33:07,510 --> 01:33:05,280

uh i don't know i think it goes with the

2432

01:33:09,830 --> 01:33:07,520

territory that you get hit pieces

2433

01:33:14,629 --> 01:33:09,840

and

2434

01:33:18,229 --> 01:33:17,030

it's news it's just click bait news

2435

01:33:20,390 --> 01:33:18,239

where these

2436

01:33:23,189 --> 01:33:20,400

stuff beats off your shoulder now in the

2437

01:33:24,870 --> 01:33:23,199

beginning did it bother you no

2438

01:33:28,310 --> 01:33:24,880

in the very beginning

2439

01:33:30,709 --> 01:33:28,320

first weeks where there were in the

2440

01:33:33,430 --> 01:33:30,719

first days where there were

2441

01:33:35,510 --> 01:33:33,440

journalists standing on the sidewalk

2442

01:33:37,430 --> 01:33:35,520

in the foyer in the kitchen and talking

2443

01:33:40,149 --> 01:33:37,440

with them in the living room

2444

01:33:42,629 --> 01:33:40,159

that that was pretty overwhelming

2445

01:33:44,950 --> 01:33:42,639

and then they started coming for

2446

01:33:46,950 --> 01:33:44,960

interviews and there were like i don't

2447

01:33:50,390 --> 01:33:46,960

know three or four interviews a week it

2448

01:33:55,590 --> 01:33:50,400

was a lot and they were in my house

2449

01:34:02,149 --> 01:33:58,310

you know they're hungry for information

2450

01:34:05,990 --> 01:34:02,159

and so it was difficult to

2451
01:34:07,910 --> 01:34:06,000
put my foot down and then in live events

2452
01:34:10,390 --> 01:34:07,920
i was told i could kind of put my foot

2453
01:34:12,709 --> 01:34:10,400
down i'd gone with

2454
01:34:15,189 --> 01:34:12,719
to one of jordan's lectures

2455
01:34:17,669 --> 01:34:15,199
when he was starting to get quite a

2456
01:34:20,149 --> 01:34:17,679
a number of people coming to his his

2457
01:34:22,550 --> 01:34:20,159
biblical lectures or no this was in

2458
01:34:24,229 --> 01:34:22,560
ottawa um

2459
01:34:26,390 --> 01:34:24,239
one was at the public library and one

2460
01:34:28,310 --> 01:34:26,400
was at the uh

2461
01:34:30,790 --> 01:34:28,320
national museum

2462
01:34:33,350 --> 01:34:30,800
in ottawa okay so you went in person

2463
01:34:34,709 --> 01:34:33,360

there were lots of people there and his

2464

01:34:37,030 --> 01:34:34,719

brother was there with me and he said

2465

01:34:38,709 --> 01:34:37,040

that he works with politicians and that

2466

01:34:40,149 --> 01:34:38,719

when this talk is over and everybody

2467

01:34:42,390 --> 01:34:40,159

gathers around and wants to ask

2468

01:34:45,270 --> 01:34:42,400

questions that he had a method for

2469

01:34:48,629 --> 01:34:45,280

dispersing people so i tried his method

2470

01:34:50,709 --> 01:34:48,639

for dispersing people and nobody moved

2471

01:34:52,070 --> 01:34:50,719

do you mind saying that

2472

01:34:53,830 --> 01:34:52,080

nobody moved

2473

01:34:55,510 --> 01:34:53,840

oh just walk up put my hand on his

2474

01:34:58,709 --> 01:34:55,520

shoulder and say five minutes you got

2475

01:35:00,950 --> 01:34:58,719

five minutes nobody nobody cared luckily

2476

01:35:03,189 --> 01:35:00,960

luckily the library was closing so they

2477

01:35:05,350 --> 01:35:03,199

just laughed

2478

01:35:07,270 --> 01:35:05,360

but that's when i decided i had nothing

2479

01:35:09,189 --> 01:35:07,280

to do with that that i wasn't that

2480

01:35:10,550 --> 01:35:09,199

wasn't you weren't that was not me

2481

01:35:11,990 --> 01:35:10,560

that was no people

2482

01:35:13,030 --> 01:35:12,000

okay

2483

01:35:16,070 --> 01:35:13,040

yeah

2484

01:35:18,790 --> 01:35:16,080

did you feel like you lost him to the

2485

01:35:20,709 --> 01:35:18,800

crowd or did you sorry what i mean is

2486

01:35:21,910 --> 01:35:20,719

i imagine that the amount of quality

2487

01:35:24,550 --> 01:35:21,920

time you spend

2488

01:35:26,149 --> 01:35:24,560

would have been reduced it very much was

2489

01:35:28,870 --> 01:35:26,159

and that's why i traveled with him

2490

01:35:30,070 --> 01:35:28,880

largely was because i thought if he went

2491

01:35:31,910 --> 01:35:30,080

i had lost

2492

01:35:33,030 --> 01:35:31,920

contact with him so much that i thought

2493

01:35:34,470 --> 01:35:33,040

i'd better

2494

01:35:36,870 --> 01:35:34,480

travel with him

2495

01:35:39,110 --> 01:35:36,880

to keep any contact with him at all

2496

01:35:40,950 --> 01:35:39,120

and it was good that i did because after

2497

01:35:43,910 --> 01:35:40,960

that i got so sick that that was the end

2498

01:35:45,350 --> 01:35:43,920

of our relationship for a long time

2499

01:35:47,030 --> 01:35:45,360

okay now this is the last one because

2500

01:35:48,550 --> 01:35:47,040

you gotta go and i just keep saying

2501

01:35:49,990 --> 01:35:48,560

gotta go jordan's gonna kick me out of

2502

01:35:51,910 --> 01:35:50,000

his office that's fine that's fine so

2503

01:35:53,750 --> 01:35:51,920

revulet this person named revulet and

2504

01:35:56,149 --> 01:35:53,760

then also someone named echo

2505

01:35:58,470 --> 01:35:56,159

echoed this question same question mrs

2506

01:35:59,750 --> 01:35:58,480

peterson

2507

01:36:01,350 --> 01:35:59,760

your husband said that in a recent

2508

01:36:02,709 --> 01:36:01,360

interview you told him you'd get better

2509

01:36:04,629 --> 01:36:02,719

on your wedding anniversary and that

2510

01:36:07,350 --> 01:36:04,639

ended up happening do you think it was a

2511

01:36:08,950 --> 01:36:07,360

lucky guess or if not

2512

01:36:11,590 --> 01:36:08,960

what do you credit for having been able

2513

01:36:13,350 --> 01:36:11,600

to predict this

2514

01:36:17,430 --> 01:36:13,360

i don't know what do you think

2515

01:36:19,750 --> 01:36:18,629

it happened

2516

01:36:22,149 --> 01:36:19,760

on the day

2517

01:36:25,270 --> 01:36:22,159

to the day

2518

01:36:27,830 --> 01:36:25,280

yeah i said i told him probably in when

2519

01:36:30,790 --> 01:36:27,840

i was really sick in june

2520

01:36:32,550 --> 01:36:30,800

that i would be better august 19th and

2521

01:36:34,390 --> 01:36:32,560

that's the day i was better that's the

2522

01:36:36,870 --> 01:36:34,400

day that they said you're better you can

2523

01:36:41,030 --> 01:36:38,629

so i don't know i don't know what that

2524

01:36:43,270 --> 01:36:41,040

was tammy thank you so much

2525

01:36:44,709 --> 01:36:43,280

thank you it's an honor i wanted to meet

2526

01:36:47,270 --> 01:36:44,719

you in person and give you a i think i

2527

01:36:49,510 --> 01:36:47,280

told you a choice cut of meat

2528

01:36:51,430 --> 01:36:49,520

do you still follow your husband and

2529

01:36:53,750 --> 01:36:51,440

daughter's diet or

2530

01:36:57,669 --> 01:36:53,760

not my husband's diet my daughter's diet

2531

01:37:01,910 --> 01:37:00,229

i can't eat beef anymore nope

2532

01:37:04,310 --> 01:37:01,920

no vegetables

2533

01:37:05,350 --> 01:37:04,320

no vitamins

2534

01:37:08,470 --> 01:37:05,360

just

2535

01:37:10,790 --> 01:37:08,480

a little bit of chicken wings oh there

2536

01:37:11,510 --> 01:37:10,800

he is okay you gotta get going i gotta

2537

01:37:13,189 --> 01:37:11,520

go

2538

01:37:14,629 --> 01:37:13,199

all right okay

2539

01:37:15,910 --> 01:37:14,639

thank you thank you so much i appreciate