



UFO  **HUB**

1
00:00:00,000 --> 00:00:14,380

by

2
00:00:19,220 --> 00:00:17,060

my name is Garnett Shaw Helzer and I'm

3
00:00:21,440 --> 00:00:19,230

the author of two books dancing on a

4
00:00:23,929 --> 00:00:21,450

stamp and dancing forever with spirit

5
00:00:26,089 --> 00:00:23,939

and my third book is being published by

6
00:00:29,480 --> 00:00:26,099

Ozark Mountain publishing and it should

7
00:00:31,070 --> 00:00:29,490

be released sometime in early 2016 I was

8
00:00:33,770 --> 00:00:31,080

born and raised in Saskatchewan and

9
00:00:37,250 --> 00:00:33,780

Canada and I was raised in a very

10
00:00:38,960 --> 00:00:37,260

religious Roman Catholic family and I

11
00:00:40,790 --> 00:00:38,970

served as an altar boy for many years

12
00:00:44,509 --> 00:00:40,800

and followed all the rules of the church

13
00:00:47,000 --> 00:00:44,519

very faithfully and then I went to law

14

00:00:49,310 --> 00:00:47,010

school and after law school I moved to

15

00:00:51,830 --> 00:00:49,320

Calgary in Canada where I practiced

16

00:00:56,209 --> 00:00:51,840

corporate law for I guess 34 years

17

00:00:58,490 --> 00:00:56,219

before I retired and what happened was I

18

00:01:01,459 --> 00:00:58,500

met what really transformed my life was

19

00:01:02,779 --> 00:01:01,469

that in 2007 I was strolling down the

20

00:01:05,150 --> 00:01:02,789

street one day when I was still

21

00:01:06,859 --> 00:01:05,160

practicing law and all of a sudden this

22

00:01:09,740 --> 00:01:06,869

homeless man jumped out in front of me

23

00:01:11,389 --> 00:01:09,750

and he looked like a typical homeless

24

00:01:14,840 --> 00:01:11,399

man you know he had long stringy hair

25

00:01:17,779 --> 00:01:14,850

and a scraggly beard and dirty slept and

26

00:01:21,170 --> 00:01:17,789

clothes and I didn't go around him

27

00:01:22,520 --> 00:01:21,180

because he he transfixed me with his

28

00:01:25,250 --> 00:01:22,530

gaze because he had these amazing

29

00:01:27,950 --> 00:01:25,260

sparkling dazzling blue eyes that

30

00:01:30,050 --> 00:01:27,960

penetrated deep within my soul and at

31

00:01:32,120 --> 00:01:30,060

the same time sent me this wave of pure

32

00:01:33,830 --> 00:01:32,130

and conditional love that filled my

33

00:01:36,350 --> 00:01:33,840

whole body with an amazing sense of

34

00:01:38,810 --> 00:01:36,360

peace and security so I stood there like

35

00:01:40,760 --> 00:01:38,820

a deer caught in the headlights not sure

36

00:01:44,179 --> 00:01:40,770

how long I stood there finally he broke

37

00:01:45,770 --> 00:01:44,189

my reverie by saying why are you here

38

00:01:48,380 --> 00:01:45,780

and then he promptly disappeared into a

39

00:01:50,780 --> 00:01:48,390

nearby store and so when I finally

40

00:01:52,910 --> 00:01:50,790

collected my wits I went into the store

41

00:01:55,700 --> 00:01:52,920

to find them but he was nowhere to be

42

00:01:57,530 --> 00:01:55,710

seen so I went back out into the street

43

00:01:59,929 --> 00:01:57,540

and I walked up and down trying to find

44

00:02:03,560 --> 00:01:59,939

him but he had seemingly disappeared

45

00:02:05,719 --> 00:02:03,570

into thin air so the very next day same

46

00:02:06,530 --> 00:02:05,729

time I went back to the same street to

47

00:02:09,710 --> 00:02:06,540

try to find him

48

00:02:11,660 --> 00:02:09,720

as I walked up and down without any any

49

00:02:14,240 --> 00:02:11,670

luck for fifteen or twenty minutes

50

00:02:17,360 --> 00:02:14,250

finally I found him sitting on a bench

51
00:02:19,490 --> 00:02:17,370
all by himself so I went up to him and I

52
00:02:21,199 --> 00:02:19,500
said why did you stop me the other day

53
00:02:23,599 --> 00:02:21,209
and who are you

54
00:02:25,729 --> 00:02:23,609
and he said well I'm a soul just like

55
00:02:28,270 --> 00:02:25,739
you and I'm here to answer your

56
00:02:31,009 --> 00:02:28,280
questions and help you on your journey

57
00:02:34,640 --> 00:02:31,019
so then my skeptical lawyer brain kicked

58
00:02:36,470 --> 00:02:34,650
in and I said to him why do you think

59
00:02:38,780 --> 00:02:36,480
you could help me when you can't even

60
00:02:40,610 --> 00:02:38,790
help yourself because you've been

61
00:02:44,720 --> 00:02:40,620
sleeping on the street for weeks and you

62
00:02:45,619 --> 00:02:44,730
smell like a dead fish so he just gave

63
00:02:47,899 --> 00:02:45,629

me a big smile

64

00:02:50,660 --> 00:02:47,909

and he said you know looks can be

65

00:02:52,879 --> 00:02:50,670

deceiving he said you look like you're a

66

00:02:55,550 --> 00:02:52,889

successful lawyer with everything under

67

00:02:58,250 --> 00:02:55,560

control but we both know that's just a

68

00:03:00,349 --> 00:02:58,260

facade he said you can turn around and

69

00:03:02,149 --> 00:03:00,359

go back to your office and see if you

70

00:03:03,860 --> 00:03:02,159

can find your answers in all those

71

00:03:06,020 --> 00:03:03,870

emails waiting for you on your computer

72

00:03:09,649 --> 00:03:06,030

or you can sit down and have a chat with

73

00:03:12,199 --> 00:03:09,659

me so fortunately my intuition kicked in

74

00:03:13,490 --> 00:03:12,209

and it was screaming at me that I should

75

00:03:15,020 --> 00:03:13,500

really sit down and chat with this guy

76
00:03:17,929 --> 00:03:15,030
because he was someone very special and

77
00:03:20,479 --> 00:03:17,939
so I did and that was the beginning of a

78
00:03:23,300 --> 00:03:20,489
dialogue that went on for several months

79
00:03:26,000 --> 00:03:23,310
after that and I found out that his name

80
00:03:30,559 --> 00:03:26,010
was Albert and he was actually one of my

81
00:03:32,449 --> 00:03:30,569
spirit guides in disguise and so he he

82
00:03:34,729 --> 00:03:32,459
told me that I was the only one who

83
00:03:36,170 --> 00:03:34,739
could see him in the physical form as

84
00:03:38,330 --> 00:03:36,180
the homeless man so if somebody had been

85
00:03:39,679 --> 00:03:38,340
walking by the street that day they

86
00:03:41,990 --> 00:03:39,689
would see me sitting on the bench by

87
00:03:43,939 --> 00:03:42,000
myself and I didn't know it at the time

88
00:03:46,939 --> 00:03:43,949

because I felt him and he he seemed real

89

00:03:50,659 --> 00:03:46,949

and of course he looked like a real

90

00:03:52,219 --> 00:03:50,669

person and I asked him why it actually

91

00:03:54,800 --> 00:03:52,229

appeared that way to me for the first

92

00:03:56,449 --> 00:03:54,810

three times and then after that he was

93

00:03:59,059 --> 00:03:56,459

just a voice in my head and we

94

00:04:00,920 --> 00:03:59,069

communicated by telepathy and when I

95

00:04:03,949 --> 00:04:00,930

asked him why he had appeared as a

96

00:04:07,129 --> 00:04:03,959

homeless man he said it was his way of

97

00:04:09,259 --> 00:04:07,139

easing me into the conversation because

98

00:04:11,149 --> 00:04:09,269

if he had just started talking to me as

99

00:04:13,339 --> 00:04:11,159

a voice in my head I likely would have

100

00:04:15,170 --> 00:04:13,349

thought I was losing my mind so it was

101

00:04:17,360 --> 00:04:15,180

his way of sort of getting me familiar

102

00:04:19,640 --> 00:04:17,370

with him and and easing me into the into

103

00:04:21,860 --> 00:04:19,650

the dialogue so anyway our dialogue went

104

00:04:24,249 --> 00:04:21,870

on for several months and he told me

105

00:04:26,899 --> 00:04:24,259

that he wanted me to write a book about

106

00:04:29,089 --> 00:04:26,909

his revelations so they'd be available

107

00:04:30,830 --> 00:04:29,099

to everyone and that led to my first

108

00:04:32,930 --> 00:04:30,840

book dancing on a stamp

109

00:04:35,900 --> 00:04:32,940

yeah during the course of a dialogue he

110

00:04:37,909 --> 00:04:35,910

gave me many startling revelations and a

111

00:04:39,650 --> 00:04:37,919

lot of them flew in the face of what

112

00:04:42,590 --> 00:04:39,660

Christian holy man had been preaching

113

00:04:44,330 --> 00:04:42,600

for centuries I mean he the main points

114

00:04:47,780 --> 00:04:44,340

where he said we're all eternal souls

115

00:04:50,150 --> 00:04:47,790

that live forever we incarnated on earth

116

00:04:51,950 --> 00:04:50,160

by our own choice to learn and

117

00:04:54,830 --> 00:04:51,960

experience things that we needed for our

118

00:04:57,080 --> 00:04:54,840

evolution of souls and before we

119

00:04:59,480 --> 00:04:57,090

incarnated we each prepared a life plan

120

00:05:01,700 --> 00:04:59,490

and in this life plan we set out the

121

00:05:05,780 --> 00:05:01,710

major circumstances of our proposed new

122

00:05:07,850 --> 00:05:05,790

lives things like where we'd be born the

123

00:05:10,040 --> 00:05:07,860

first language we would learn and the

124

00:05:13,520 --> 00:05:10,050

identity of our parents and siblings and

125

00:05:14,840 --> 00:05:13,530

friends and other relatives and and we

126

00:05:16,159 --> 00:05:14,850

did this for very specific purpose

127

00:05:18,020 --> 00:05:16,169

because we had a goal in mind about

128

00:05:22,280 --> 00:05:18,030

learning lessons and having certain

129

00:05:24,350 --> 00:05:22,290

experiences but once we're born we don't

130

00:05:27,650 --> 00:05:24,360

remember what's in our life plan and

131

00:05:29,540 --> 00:05:27,660

because we have free will to act our

132

00:05:32,450 --> 00:05:29,550

lives are not predetermined and we will

133

00:05:33,710 --> 00:05:32,460

often stray off course but the other

134

00:05:35,810 --> 00:05:33,720

thing that was sort of amazing he said

135

00:05:38,570 --> 00:05:35,820

is that God or the source he liked to

136

00:05:40,850 --> 00:05:38,580

call it the source does not control the

137

00:05:42,010 --> 00:05:40,860

events in our lives and doesn't make

138

00:05:44,810 --> 00:05:42,020

rules for us to follow

139

00:05:46,600 --> 00:05:44,820

so that matter no matter what you do in

140

00:05:49,520 --> 00:05:46,610

your life when your physical body dies

141

00:05:51,860 --> 00:05:49,530

you return to the spirit side which is

142

00:05:53,779 --> 00:05:51,870

where you came from regardless of what

143

00:05:56,270 --> 00:05:53,789

you did because there's no judgment or

144

00:05:58,909 --> 00:05:56,280

punishment after death and there is no

145

00:06:01,450 --> 00:05:58,919

hell so everyone goes back to the spirit

146

00:06:04,219 --> 00:06:01,460

side no matter what you did good or bad

147

00:06:05,779 --> 00:06:04,229

well it the second book is about

148

00:06:07,850 --> 00:06:05,789

information from him but it was in a

149

00:06:11,240 --> 00:06:07,860

much different fashion in my first book

150

00:06:13,010 --> 00:06:11,250

it was a dialogue by telepathy and then

151

00:06:15,020 --> 00:06:13,020

after I'd finished the first manuscript

152

00:06:17,270 --> 00:06:15,030

I didn't hear from him for a while and

153

00:06:20,180 --> 00:06:17,280

then suddenly one night I woke up in bed

154

00:06:22,790 --> 00:06:20,190

and I saw this ghost-like ethereal

155

00:06:24,830 --> 00:06:22,800

figure standing in the doorway and as it

156

00:06:27,170 --> 00:06:24,840

moved closer I recognized it it was my

157

00:06:30,469 --> 00:06:27,180

old friend Albert in his homeless man

158

00:06:32,629 --> 00:06:30,479

disguise but he was an astral form so I

159

00:06:35,090 --> 00:06:32,639

said to him you know hi Albert what

160

00:06:36,590 --> 00:06:35,100

brings you here this time and he said

161

00:06:38,779 --> 00:06:36,600

I'm going to take you in a series of

162

00:06:40,250 --> 00:06:38,789

astral adventures and take you to the

163

00:06:42,140 --> 00:06:40,260

spirit side and to see some of the

164

00:06:43,460 --> 00:06:42,150

wonders of the universe and I want you

165

00:06:46,160 --> 00:06:43,470

to write about them in your book

166

00:06:49,520 --> 00:06:46,170

because he believed that a picture was

167

00:06:51,860 --> 00:06:49,530

worth a thousand words and so then I

168

00:06:53,930 --> 00:06:51,870

said to him well I didn't know what to

169

00:06:55,820 --> 00:06:53,940

expect so I said you know should I tell

170

00:06:59,000 --> 00:06:55,830

my wife where I'm going do I need a

171

00:07:00,860 --> 00:06:59,010

passport he the smiled and said no

172

00:07:02,450 --> 00:07:00,870

you'll be back in your body before the

173

00:07:04,490 --> 00:07:02,460

morning and she will never know you've

174

00:07:05,960 --> 00:07:04,500

been gone anywhere so then he lists

175

00:07:07,870 --> 00:07:05,970

literally reached out and pulled my

176

00:07:10,130 --> 00:07:07,880

astral body out of my physical body

177

00:07:12,410 --> 00:07:10,140

which stayed behind still sleeping in

178

00:07:15,770 --> 00:07:12,420

bed and we rose up through the clouds

179

00:07:19,040 --> 00:07:15,780

enough to the ceiling and we hovered at

180

00:07:21,050 --> 00:07:19,050

a high spot above our planet and he let

181

00:07:22,700 --> 00:07:21,060

me turn around and look at it and from

182

00:07:24,620 --> 00:07:22,710

that perspective our planet was just

183

00:07:27,260 --> 00:07:24,630

amazingly beautiful it was breathtaking

184

00:07:29,630 --> 00:07:27,270

it was like a jeweled pendant floating

185

00:07:32,150 --> 00:07:29,640

in inky blackness of space so it was

186

00:07:33,410 --> 00:07:32,160

really quite amazing so then he tugged

187

00:07:35,450 --> 00:07:33,420

it my sleeve and said come on we're

188

00:07:38,270 --> 00:07:35,460

going to the spirit side so he led me

189

00:07:40,370 --> 00:07:38,280

towards a shimmering doorway there was

190

00:07:41,390 --> 00:07:40,380

nothing but blackness behind it we

191

00:07:43,040 --> 00:07:41,400

walked through the doorway and all of a

192

00:07:45,950 --> 00:07:43,050

sudden I find myself standing in this

193

00:07:47,090 --> 00:07:45,960

beautiful metal it was like the most

194

00:07:50,570 --> 00:07:47,100

beautiful meadow you can ever imagine

195

00:07:53,450 --> 00:07:50,580

had lush green grass tall majestic trees

196

00:07:55,610 --> 00:07:53,460

and wild flowers that were resplendent

197

00:07:57,050 --> 00:07:55,620

in a thousand different colors and the

198

00:07:59,870 --> 00:07:57,060

perfume wafting up from these flowers

199

00:08:02,030 --> 00:07:59,880

was was amazing was almost intoxicating

200

00:08:04,700 --> 00:08:02,040

it was so beautiful so we walked through

201
00:08:06,980 --> 00:08:04,710
the path in the metal we went up a small

202
00:08:08,720 --> 00:08:06,990
hill and at the top of the hill on the

203
00:08:11,720 --> 00:08:08,730
other side at the bottom I could see a

204
00:08:13,550 --> 00:08:11,730
group of souls waiting for me and then

205
00:08:16,790 --> 00:08:13,560
as we got closer my heart skipped a beat

206
00:08:19,150 --> 00:08:16,800
because I recognized them they were my

207
00:08:21,350 --> 00:08:19,160
mother my father my brother my

208
00:08:22,820 --> 00:08:21,360
grandparents and various aunts and

209
00:08:25,010 --> 00:08:22,830
uncles who had already passed over from

210
00:08:27,260 --> 00:08:25,020
the earth plane and then to my delight

211
00:08:30,320 --> 00:08:27,270
running from behind a group towards me

212
00:08:32,900 --> 00:08:30,330
was my little dog Oscar who had passed

213
00:08:35,029 --> 00:08:32,910

away ten years before and he was running

214

00:08:37,310 --> 00:08:35,039

towards me with his little tail wagging

215

00:08:39,649 --> 00:08:37,320

his whole body so that was a great

216

00:08:41,300 --> 00:08:39,659

greeting and then I was a little

217

00:08:43,399 --> 00:08:41,310

apprehensive about meeting up with my

218

00:08:45,620 --> 00:08:43,409

mother again not because I didn't love

219

00:08:47,450 --> 00:08:45,630

her dearly but she had very strong

220

00:08:50,180 --> 00:08:47,460

religious convictions when she lived on

221

00:08:52,160 --> 00:08:50,190

earth and my first book dancing on a

222

00:08:54,260 --> 00:08:52,170

stamp was not kind to the Catholic

223

00:08:55,350 --> 00:08:54,270

Church I took a lot of shots at the

224

00:08:56,880 --> 00:08:55,360

church

225

00:09:00,060 --> 00:08:56,890

so I wondered what she would think of

226

00:09:02,940 --> 00:09:00,070

that but she laid my fears she gave me a

227

00:09:04,920 --> 00:09:02,950

big hug and said everything's okay she

228

00:09:06,840 --> 00:09:04,930

said if I were still living on earth I

229

00:09:09,300 --> 00:09:06,850

would not be happy about what you wrote

230

00:09:11,190 --> 00:09:09,310

in your book but now that I'm on the

231

00:09:13,350 --> 00:09:11,200

spirit side I can see the whole picture

232

00:09:16,650 --> 00:09:13,360

and I agree with everything you put in

233

00:09:18,509 --> 00:09:16,660

your book so that was wonderful so I had

234

00:09:20,699 --> 00:09:18,519

warm hugs with all my family members

235

00:09:22,590 --> 00:09:20,709

then Albert uh get my sleeve again and

236

00:09:25,290 --> 00:09:22,600

said come on we have to go somewhere

237

00:09:27,569 --> 00:09:25,300

else so he led me towards this beautiful

238

00:09:30,360 --> 00:09:27,579

white city gleaming in a distance he was

239

00:09:32,040 --> 00:09:30,370

a city he called aglaea and so we

240

00:09:35,990 --> 00:09:32,050

entered the city through its main portal

241

00:09:38,340 --> 00:09:36,000

and walked down the main boulevard and

242

00:09:40,829 --> 00:09:38,350

there the streets were swarming with

243

00:09:42,690 --> 00:09:40,839

souls dressed in many different colorful

244

00:09:46,050 --> 00:09:42,700

garments from many different countries

245

00:09:48,690 --> 00:09:46,060

and eras on earth it was like I was in

246

00:09:50,790 --> 00:09:48,700

the middle of a costume ball and I

247

00:09:53,220 --> 00:09:50,800

already explained to me he said souls in

248

00:09:55,740 --> 00:09:53,230

the spirit side can appear in whatever

249

00:09:58,410 --> 00:09:55,750

form they want to other to other souls

250

00:09:59,880 --> 00:09:58,420

and he says souls will often dress in

251
00:10:02,430 --> 00:09:59,890
the garments that they enjoyed wearing

252
00:10:04,199 --> 00:10:02,440
from one of their lives on earth hence

253
00:10:05,790 --> 00:10:04,209
that the great diversity of different

254
00:10:08,460 --> 00:10:05,800
kinds of clothing and colors and

255
00:10:10,079 --> 00:10:08,470
everything else and he said if they want

256
00:10:12,300 --> 00:10:10,089
to they can just appear as globes of

257
00:10:14,180 --> 00:10:12,310
light so it's tired of their choice and

258
00:10:17,010 --> 00:10:14,190
they can change it as often as they like

259
00:10:19,470 --> 00:10:17,020
but he said that no matter what their

260
00:10:22,680 --> 00:10:19,480
outward appearance is they will always

261
00:10:25,740 --> 00:10:22,690
be easily recognizable because they all

262
00:10:27,449 --> 00:10:25,750
have a unique energy signature so we

263
00:10:29,760 --> 00:10:27,459

will always recognize the other souls on

264

00:10:32,790 --> 00:10:29,770

the spirit side so then he led me

265

00:10:35,370 --> 00:10:32,800

towards this very tall majestic building

266

00:10:38,490 --> 00:10:35,380

with pillars lining the front that he

267

00:10:41,280 --> 00:10:38,500

called the Hall of wisdom and inside we

268

00:10:44,910 --> 00:10:41,290

we entered a large circular chamber with

269

00:10:47,280 --> 00:10:44,920

a high dome ceiling and in the middle of

270

00:10:49,410 --> 00:10:47,290

the room was a table in the shape of a

271

00:10:51,750 --> 00:10:49,420

horseshoe and there were eleven Souls

272

00:10:54,840 --> 00:10:51,760

seated around it and they all had

273

00:10:57,569 --> 00:10:54,850

snow-white hair smooth unblemished skin

274

00:11:00,180 --> 00:10:57,579

and they were gold sash or gold robes

275

00:11:02,250 --> 00:11:00,190

with white sashes an Albert explained

276

00:11:05,250 --> 00:11:02,260

that this was the Council of Wise Ones

277

00:11:08,639 --> 00:11:05,260

and he said it was their job to oversee

278

00:11:10,710 --> 00:11:08,649

all the incarnations on our planet

279

00:11:13,559 --> 00:11:10,720

so the chair of the council her name was

280

00:11:15,059 --> 00:11:13,569

Sophia she greeted me and said thank you

281

00:11:17,040 --> 00:11:15,069

for coming to join us meeting

282

00:11:18,809 --> 00:11:17,050

she said they wanted me to come there

283

00:11:21,569 --> 00:11:18,819

because they had a message for me to

284

00:11:24,210 --> 00:11:21,579

take back to my fellow humans and so her

285

00:11:26,400 --> 00:11:24,220

message simply was this she said your

286

00:11:28,799 --> 00:11:26,410

civilization is at a very crucial point

287

00:11:31,350 --> 00:11:28,809

in its development you've developed

288

00:11:33,419 --> 00:11:31,360

really advanced technology but you're

289

00:11:36,569 --> 00:11:33,429

emotional and spiritual intelligence has

290

00:11:39,359 --> 00:11:36,579

not kept pace and all too often we let

291

00:11:42,299 --> 00:11:39,369

our negative emotions like fear anger

292

00:11:44,160 --> 00:11:42,309

hate and greed could you know control

293

00:11:46,949 --> 00:11:44,170

too much of our lives and that often

294

00:11:48,929 --> 00:11:46,959

results in strife and conflict and she

295

00:11:50,400 --> 00:11:48,939

said what we really need to do is we

296

00:11:52,949 --> 00:11:50,410

need to scarred our negative emotions

297

00:11:54,960 --> 00:11:52,959

and learn to fully embrace love and

298

00:11:58,859 --> 00:11:54,970

compassion for one another for our

299

00:12:01,769 --> 00:11:58,869

planet and for for all the other animals

300

00:12:03,660 --> 00:12:01,779

that exist in our planet and and we need

301
00:12:05,699 --> 00:12:03,670
to do this before we end up destroying

302
00:12:07,829 --> 00:12:05,709
ourselves like some of the other

303
00:12:10,980 --> 00:12:07,839
civilizations of universe history like

304
00:12:13,350 --> 00:12:10,990
atlantis and lemuria and because we

305
00:12:16,110 --> 00:12:13,360
currently have weapons that can destroy

306
00:12:17,819 --> 00:12:16,120
all life on our planet and we need to be

307
00:12:20,009 --> 00:12:17,829
careful that these are not unleashed and

308
00:12:22,559 --> 00:12:20,019
end up having us crash and burn like

309
00:12:24,869 --> 00:12:22,569
some of the other civilizations and so

310
00:12:26,579 --> 00:12:24,879
she said my mission was to go with

311
00:12:28,379 --> 00:12:26,589
Elbert and he was going to show me some

312
00:12:31,919 --> 00:12:28,389
things and I was to write about him in

313
00:12:34,319 --> 00:12:31,929

my books and hopefully we can help other

314

00:12:35,340 --> 00:12:34,329

people move up the speck the path of

315

00:12:38,429 --> 00:12:35,350

spiritual enlightenment

316

00:12:41,850 --> 00:12:38,439

before we crash and burn so that was the

317

00:12:45,299 --> 00:12:41,860

message from them and then Albert took

318

00:12:46,980 --> 00:12:45,309

me to the first stop was away from the

319

00:12:49,019 --> 00:12:46,990

spirit side but left a spirit side he

320

00:12:51,329 --> 00:12:49,029

took me to a beautiful water planet

321

00:12:54,030 --> 00:12:51,339

called Proteus and it looked much like

322

00:12:56,280 --> 00:12:54,040

Earth from from space except it had no

323

00:12:59,699 --> 00:12:56,290

land masses it was entirely covered in

324

00:13:01,559 --> 00:12:59,709

oceans and so we dropped down through

325

00:13:05,910 --> 00:13:01,569

the clouds and submerged under the clear

326

00:13:08,519 --> 00:13:05,920

blue waters and the sea life underneath

327

00:13:10,470 --> 00:13:08,529

that planet look much like the life

328

00:13:12,840 --> 00:13:10,480

under the oceans of Earth look very

329

00:13:17,160 --> 00:13:12,850

similar coral reefs and colorful fish

330

00:13:19,889 --> 00:13:17,170

and plants and Albert led me towards the

331

00:13:22,260 --> 00:13:19,899

towards a large coral reef where we met

332

00:13:24,600 --> 00:13:22,270

up with a dolphin and a whale

333

00:13:28,769 --> 00:13:24,610

and these creatures say they tell me

334

00:13:30,720 --> 00:13:28,779

that the sea life on Earth is very

335

00:13:32,820 --> 00:13:30,730

similar to the sea life in Proteus

336

00:13:34,740 --> 00:13:32,830

because much of the sea life on earth

337

00:13:38,370 --> 00:13:34,750

was seeded originally came from Proteus

338

00:13:41,040 --> 00:13:38,380

long time ago and they tell me that they

339

00:13:42,600 --> 00:13:41,050

keep in telepathic contact with their

340

00:13:45,120 --> 00:13:42,610

cousins on earth with the dolphins and

341

00:13:47,730 --> 00:13:45,130

whales on earth and they say they don't

342

00:13:51,090 --> 00:13:47,740

like what they hear because the dolphins

343

00:13:52,800 --> 00:13:51,100

and whales on earth are tired of being

344

00:13:55,860 --> 00:13:52,810

abused by humans being hunted and

345

00:13:57,870 --> 00:13:55,870

trapped and killed and they say that the

346

00:13:59,880 --> 00:13:57,880

dolphins and whales on earth are very

347

00:14:01,949 --> 00:13:59,890

sensitive highly intelligent creatures

348

00:14:04,380 --> 00:14:01,959

who only want to live in harmony with

349

00:14:06,120 --> 00:14:04,390

their planet and with the other animals

350

00:14:09,030 --> 00:14:06,130

on their planet and including humans and

351
00:14:11,220 --> 00:14:09,040
they don't know why humans continue to

352
00:14:12,360 --> 00:14:11,230
abuse them without justification and

353
00:14:15,269 --> 00:14:12,370
they can't seem to get their message

354
00:14:17,760 --> 00:14:15,279
across to humans so these two on Proteus

355
00:14:19,769 --> 00:14:17,770
asked me to go back to earth and write

356
00:14:21,660 --> 00:14:19,779
about this in my book so that maybe more

357
00:14:24,030 --> 00:14:21,670
humans would be aware of the plight of

358
00:14:27,750 --> 00:14:24,040
their cousin's on earth so we can stop

359
00:14:29,790 --> 00:14:27,760
the abuse and so I agreed to do that and

360
00:14:32,639 --> 00:14:29,800
then Albert took me back to Earth and

361
00:14:36,240 --> 00:14:32,649
that he wanted to show me more examples

362
00:14:38,850 --> 00:14:36,250
of how humans are race are abusing other

363
00:14:41,519 --> 00:14:38,860

creatures in our planet and so the first

364

00:14:44,550 --> 00:14:41,529

stop was over the Pacific Ocean near

365

00:14:47,000 --> 00:14:44,560

Indonesia and there I got to watch the

366

00:14:50,069 --> 00:14:47,010

operations of a shark finning boat and

367

00:14:52,440 --> 00:14:50,079

there I watched as dozens of sharks were

368

00:14:54,690 --> 00:14:52,450

reeled on board this boat their fins

369

00:14:56,670 --> 00:14:54,700

were cut off with lawn knives and then

370

00:14:58,829 --> 00:14:56,680

the Sharks while still alive were tossed

371

00:15:00,630 --> 00:14:58,839

overboard where they would be eaten by

372

00:15:01,620 --> 00:15:00,640

predators or died a slow death from

373

00:15:03,540 --> 00:15:01,630

suffocation

374

00:15:05,639 --> 00:15:03,550

because without fins they couldn't swim

375

00:15:09,449 --> 00:15:05,649

fast enough to get enough oxygen through

376

00:15:10,740 --> 00:15:09,459

their gills it was horrible and Albert

377

00:15:12,960 --> 00:15:10,750

said there's only one reason for this

378

00:15:16,710 --> 00:15:12,970

abuse and that's to allow some people to

379

00:15:19,860 --> 00:15:16,720

enjoy shark fin soup which is a delicacy

380

00:15:23,519 --> 00:15:19,870

in many countries so then he took me to

381

00:15:25,949 --> 00:15:23,529

Zimbabwe in Africa and there I was I

382

00:15:28,170 --> 00:15:25,959

watched as we hovered over a killing

383

00:15:30,750 --> 00:15:28,180

field where dozens of dead elephants

384

00:15:32,790 --> 00:15:30,760

were strewn over the terrain they'd been

385

00:15:35,760 --> 00:15:32,800

killed by poachers with cyanide poison

386

00:15:38,370 --> 00:15:35,770

and I watched as the poachers

387

00:15:40,920 --> 00:15:38,380

use chainsaws to cut off the ivory throw

388

00:15:42,990 --> 00:15:40,930

it into the back of their trucks and it

389

00:15:46,140 --> 00:15:43,000

was horrific to see the abuse of these

390

00:15:49,140 --> 00:15:46,150

majestic creatures and I knew that was

391

00:15:52,050 --> 00:15:49,150

done solely to fuel the illegal trade of

392

00:15:54,840 --> 00:15:52,060

ivory which was often used to make fancy

393

00:15:57,660 --> 00:15:54,850

trinkets for for people who didn't know

394

00:15:59,760 --> 00:15:57,670

or didn't care how it was obtained so

395

00:16:01,560 --> 00:15:59,770

that was an awful scene then he took me

396

00:16:03,210 --> 00:16:01,570

to a factory town over the south of

397

00:16:05,670 --> 00:16:03,220

China and we hovered over the

398

00:16:07,740 --> 00:16:05,680

smokestacks and the pollution from these

399

00:16:11,040 --> 00:16:07,750

smokestacks black in the sky and choked

400

00:16:12,780 --> 00:16:11,050

the air it was horrible to see this in

401
00:16:15,930 --> 00:16:12,790
it and not just one example of many

402
00:16:17,490 --> 00:16:15,940
factories that do the same thing and

403
00:16:20,670 --> 00:16:17,500
always said that what he showed me was

404
00:16:23,100 --> 00:16:20,680
just a small example of of the abuse

405
00:16:26,100 --> 00:16:23,110
that we heap on our own planet every day

406
00:16:29,490 --> 00:16:26,110
by polluting her rivers and lakes and

407
00:16:32,220 --> 00:16:29,500
her atmosphere and her soil and then

408
00:16:35,190 --> 00:16:32,230
Albert said to top it all off our

409
00:16:38,340 --> 00:16:35,200
civilization is noted among

410
00:16:40,560 --> 00:16:38,350
civilizations in the galaxy because we

411
00:16:42,960 --> 00:16:40,570
not only abused our planet and its other

412
00:16:45,510 --> 00:16:42,970
creatures but we managed to abuse one

413
00:16:48,840 --> 00:16:45,520

another you know through through

414

00:16:50,430 --> 00:16:48,850

violence and neglect and not only do we

415

00:16:52,560 --> 00:16:50,440

kill each other in wars and conflicts

416

00:16:55,230 --> 00:16:52,570

but we allow some people to enjoy

417

00:16:57,380 --> 00:16:55,240

excessive consumption while many others

418

00:16:59,880 --> 00:16:57,390

suffer from starvation and disease and

419

00:17:01,710 --> 00:16:59,890

he said it's really a tragedy and it's

420

00:17:04,530 --> 00:17:01,720

something that we really have to try to

421

00:17:07,800 --> 00:17:04,540

get our act together to to avoid you

422

00:17:09,960 --> 00:17:07,810

know further further abuse yeah it was

423

00:17:11,190 --> 00:17:09,970

quite a transformation for me because as

424

00:17:12,780 --> 00:17:11,200

a lawyer I was very much of a

425

00:17:15,300 --> 00:17:12,790

straight-laced button-down corporate

426

00:17:17,550 --> 00:17:15,310

lawyer I didn't talk about spirituality

427

00:17:20,270 --> 00:17:17,560

or religion or anything and so it was

428

00:17:22,590 --> 00:17:20,280

really quite quite a transformation and

429

00:17:24,570 --> 00:17:22,600

after I had finished writing the

430

00:17:26,820 --> 00:17:24,580

manuscript this was done at Albert's

431

00:17:28,050 --> 00:17:26,830

request I struggled for a while but

432

00:17:30,210 --> 00:17:28,060

whether I would actually have it

433

00:17:32,610 --> 00:17:30,220

published because I feared adverse

434

00:17:36,750 --> 00:17:32,620

reactions from family friends former law

435

00:17:38,490 --> 00:17:36,760

colleagues and and clients but after a

436

00:17:40,230 --> 00:17:38,500

while I thought you know I really have

437

00:17:42,090 --> 00:17:40,240

to do this and if I have happened to

438

00:17:45,900 --> 00:17:42,100

lose some friends along the way well so

439

00:17:47,700 --> 00:17:45,910

be it and so then I decided as my friend

440

00:17:49,350 --> 00:17:47,710

Shari Courtland put it to come out of

441

00:17:52,259 --> 00:17:49,360

the spiritual closet

442

00:17:54,360 --> 00:17:52,269

and I have my book published and so I

443

00:17:57,450 --> 00:17:54,370

did and I did lose some friends but I

444

00:18:00,539 --> 00:17:57,460

gained many more new ones and so I was

445

00:18:02,460 --> 00:18:00,549

very happy with that decision and and

446

00:18:03,750 --> 00:18:02,470

I'm very happy to be Albert's messenger

447

00:18:06,539 --> 00:18:03,760

and write books I really enjoy it

448

00:18:08,880 --> 00:18:06,549

enjoy much more than practicing law so

449

00:18:11,370 --> 00:18:08,890

it was truly the right to read course

450

00:18:13,710 --> 00:18:11,380

for me to take and my family has been

451

00:18:14,789 --> 00:18:13,720

very supportive my wife's a very

452

00:18:16,700 --> 00:18:14,799

spiritual person

453

00:18:18,659 --> 00:18:16,710

so she fully understands what I've

454

00:18:20,070 --> 00:18:18,669

experienced what I'm writing about and

455

00:18:21,720 --> 00:18:20,080

the rest of my family is very

456

00:18:23,840 --> 00:18:21,730

understanding and they encouraged me to

457

00:18:26,610 --> 00:18:23,850

continue to to write my book so

458

00:18:28,560 --> 00:18:26,620

everything's fine and and to the people

459

00:18:30,629 --> 00:18:28,570

who think I've gone crazy well they're

460

00:18:32,490 --> 00:18:30,639

entitled to their opinion and there's so

461

00:18:35,519 --> 00:18:32,500

many others who who really encouraged me

462

00:18:37,590 --> 00:18:35,529

for doing what I'm doing I'd like to

463

00:18:39,330 --> 00:18:37,600

tell you a bit further about my second

464

00:18:41,490 --> 00:18:39,340

book dancing favorite spirit because I

465

00:18:44,370 --> 00:18:41,500

describe sort of the bad things that he

466

00:18:45,690 --> 00:18:44,380

was showing me and I'd like to show you

467

00:18:47,759 --> 00:18:45,700

that there was some really good things

468

00:18:49,950 --> 00:18:47,769

that are happening he he basically said

469

00:18:51,180 --> 00:18:49,960

you know things can look pretty grim but

470

00:18:52,769 --> 00:18:51,190

there's a lot of good things going on

471

00:18:55,019 --> 00:18:52,779

and he said a lot of what we perceive

472

00:18:56,970 --> 00:18:55,029

about our world is because of the

473

00:18:59,490 --> 00:18:56,980

emphasis that the news media places on

474

00:19:01,889 --> 00:18:59,500

negative news it just sells better and

475

00:19:03,930 --> 00:19:01,899

he says there are thousands if not

476
00:19:06,629 --> 00:19:03,940
millions of kind and compassionate acts

477
00:19:07,649 --> 00:19:06,639
that go on every day by humans that go

478
00:19:10,529 --> 00:19:07,659
unnoticed because they never get

479
00:19:12,659 --> 00:19:10,539
reported and he said the humans have

480
00:19:14,730 --> 00:19:12,669
become much more spiritually aware in

481
00:19:17,759 --> 00:19:14,740
the last few decades and they're really

482
00:19:20,970 --> 00:19:17,769
improving their their ability to curtail

483
00:19:22,799 --> 00:19:20,980
abusin or pollution rather and stop

484
00:19:24,870 --> 00:19:22,809
abusing other animals so we're getting

485
00:19:28,080 --> 00:19:24,880
better at but we have a ways to go and

486
00:19:31,970 --> 00:19:28,090
he said that ultimately our goal is to

487
00:19:34,409 --> 00:19:31,980
raise our consciousness and expand our

488
00:19:36,269 --> 00:19:34,419

consciousness raise our vibrations so

489

00:19:37,980 --> 00:19:36,279

that we can ascend to the new earth and

490

00:19:39,629 --> 00:19:37,990

then to show me that it really is a

491

00:19:41,039 --> 00:19:39,639

light at the end of the tunnel he

492

00:19:42,480 --> 00:19:41,049

actually took me to earth in a higher

493

00:19:45,720 --> 00:19:42,490

dimension which is called the new earth

494

00:19:47,970 --> 00:19:45,730

and there I met with the descendants of

495

00:19:50,610 --> 00:19:47,980

a civilization that had originally lived

496

00:19:53,820 --> 00:19:50,620

in our earth a long time ago in Central

497

00:19:56,009 --> 00:19:53,830

America and they had managed a long time

498

00:19:58,260 --> 00:19:56,019

ago to orchestrate a mass ascension up

499

00:20:01,620 --> 00:19:58,270

to the new earth and they did that to

500

00:20:02,730 --> 00:20:01,630

escape an encroaching barbarian army

501
00:20:05,310 --> 00:20:02,740
that was closing

502
00:20:07,919 --> 00:20:05,320
inner-city so they their descendants

503
00:20:09,870 --> 00:20:07,929
ascended to this new earth the people

504
00:20:12,660 --> 00:20:09,880
living here now they live in a place

505
00:20:15,480 --> 00:20:12,670
that's free from violence and crime and

506
00:20:17,160 --> 00:20:15,490
negative emotions they live in harmony

507
00:20:20,190 --> 00:20:17,170
with their planet and the other animals

508
00:20:22,260 --> 00:20:20,200
on our planet they don't eat animal

509
00:20:25,440 --> 00:20:22,270
flesh and they eat only liquid food made

510
00:20:27,870 --> 00:20:25,450
from plants and they've learned to to

511
00:20:31,350 --> 00:20:27,880
shield their bodies from disease repair

512
00:20:33,510 --> 00:20:31,360
injured tissue and slow down the aging

513
00:20:33,900 --> 00:20:33,520

process so they live for several hundred

514

00:20:36,990 --> 00:20:33,910

years

515

00:20:38,340 --> 00:20:37,000

so it's really an idyllic world where

516

00:20:40,110 --> 00:20:38,350

they're free to pursue wisdom and

517

00:20:42,390 --> 00:20:40,120

knowledge and enjoy the peaceful

518

00:20:44,640 --> 00:20:42,400

splendor of their planet and it's a

519

00:20:46,260 --> 00:20:44,650

place we should all aspire to go to for

520

00:20:48,390 --> 00:20:46,270

us to get there we have to raise our

521

00:20:50,100 --> 00:20:48,400

vibrations enough so that we can match

522

00:20:52,710 --> 00:20:50,110

the vibrational rate of the new earth

523

00:20:54,630 --> 00:20:52,720

and to raise our vibrations we have to

524

00:20:57,600 --> 00:20:54,640

discard our negative emotions and

525

00:20:59,070 --> 00:20:57,610

embrace love and compassion and so a lot

526

00:21:02,250 --> 00:20:59,080

of other humans have made the Ascension

527

00:21:04,080 --> 00:21:02,260

it's up to us we can all do it it's not

528

00:21:06,299 --> 00:21:04,090

an easy thing to do but but clearly

529

00:21:07,560 --> 00:21:06,309

that's where we should go and so and

530

00:21:11,280 --> 00:21:07,570

Albert says we're actually getting a lot

531

00:21:13,980 --> 00:21:11,290

of help to make that transition we're

532

00:21:15,270 --> 00:21:13,990

getting help from a lot of ET races that

533

00:21:17,910 --> 00:21:15,280

have been observing earth for a long

534

00:21:20,490 --> 00:21:17,920

time and we're getting help from the

535

00:21:21,660 --> 00:21:20,500

good people on the spirit side and so we

536

00:21:25,230 --> 00:21:21,670

are getting a lot help but we really

537

00:21:27,000 --> 00:21:25,240

have to work hard to help ourselves so

538

00:21:29,220 --> 00:21:27,010

so now after my first set of astral

539

00:21:31,320 --> 00:21:29,230

trips with my spirit guide Albert he

540

00:21:33,419 --> 00:21:31,330

came back later after I had finished a

541

00:21:35,070 --> 00:21:33,429

manuscript for my second book and he

542

00:21:38,070 --> 00:21:35,080

took me on another series of trips and

543

00:21:40,049 --> 00:21:38,080

these are really quite amazing these are

544

00:21:42,870 --> 00:21:40,059

described in my third book dance of

545

00:21:46,799 --> 00:21:42,880

heavenly bliss which I said will be

546

00:21:48,930 --> 00:21:46,809

published early in 2016 and so there he

547

00:21:50,669 --> 00:21:48,940

took me to a couple different planets

548

00:21:52,650 --> 00:21:50,679

that had very different human

549

00:21:55,200 --> 00:21:52,660

civilizations so it was really quite an

550

00:21:56,520 --> 00:21:55,210

eye-opener it's sort of like we think

551
00:21:58,200 --> 00:21:56,530
that ours is the only way to run the

552
00:22:00,000 --> 00:21:58,210
planet but but other people had a

553
00:22:01,490 --> 00:22:00,010
different view and they ran it quite

554
00:22:03,780 --> 00:22:01,500
differently one of these was a

555
00:22:06,180 --> 00:22:03,790
matriarchal planet where it was

556
00:22:09,120 --> 00:22:06,190
basically run by women was run very

557
00:22:09,570 --> 00:22:09,130
smoothly so that was really quite

558
00:22:13,020 --> 00:22:09,580
amazing

559
00:22:15,500 --> 00:22:13,030
and I met a lot of interesting people on

560
00:22:20,600 --> 00:22:15,510
the spirit side I got to have a

561
00:22:23,240 --> 00:22:20,610
with Moses and Jesus and you know

562
00:22:25,460 --> 00:22:23,250
various other people that had had some

563
00:22:26,480 --> 00:22:25,470

famous lives some very ordinary lives

564

00:22:28,640 --> 00:22:26,490

but they all had a very interesting

565

00:22:30,890 --> 00:22:28,650

story to tell one of them was the

566

00:22:32,630 --> 00:22:30,900

goddess Athena I got to meet one of my

567

00:22:34,250 --> 00:22:32,640

other spirit guides her name was Alena

568

00:22:37,790 --> 00:22:34,260

and they all had a very interesting

569

00:22:42,200 --> 00:22:37,800

story to tell another one of them was a

570

00:22:45,020 --> 00:22:42,210

young man who had been born in in the

571

00:22:46,370 --> 00:22:45,030

Gaza Strip and he ended up working with

572

00:22:49,520 --> 00:22:46,380

a terrorist group and he ended up

573

00:22:51,380 --> 00:22:49,530

getting killed in the in the war with

574

00:22:54,290 --> 00:22:51,390

Israel a few years ago he had a very

575

00:22:56,300 --> 00:22:54,300

interesting story to tell so it was a it

576

00:22:58,460 --> 00:22:56,310

was a very interesting trip and that's

577

00:23:00,980 --> 00:22:58,470

all detailed in my third book so more

578

00:23:04,070 --> 00:23:00,990

adventures with Albert well one of the

579

00:23:05,390 --> 00:23:04,080

messages that Albert gave me and you

580

00:23:07,730 --> 00:23:05,400

know a lot of the stuff was very heavy

581

00:23:09,500 --> 00:23:07,740

about you know how we should live and

582

00:23:12,770 --> 00:23:09,510

how we should make the ascension to the

583

00:23:14,720 --> 00:23:12,780

new earth but he told me that at one

584

00:23:16,640 --> 00:23:14,730

point that I take things too seriously

585

00:23:19,070 --> 00:23:16,650

a lot of people do he said I need to

586

00:23:20,960 --> 00:23:19,080

lighten up he said it's not that series

587

00:23:22,970 --> 00:23:20,970

of the thing you're on a journey on

588

00:23:25,400 --> 00:23:22,980

earth it's like an adventure you should

589

00:23:26,480 --> 00:23:25,410

treat it as an adventure and and you

590

00:23:29,030 --> 00:23:26,490

know that you're going to make mistakes

591

00:23:30,290 --> 00:23:29,040

you're going to take wrong turns but

592

00:23:31,820 --> 00:23:30,300

that doesn't matter how many wrong turns

593

00:23:33,620 --> 00:23:31,830

you make you're always going to end up

594

00:23:35,510 --> 00:23:33,630

back in the spirit side and once you get

595

00:23:37,460 --> 00:23:35,520

there you'll have a life review you look

596

00:23:39,380 --> 00:23:37,470

back at which you at the things you did

597

00:23:41,360 --> 00:23:39,390

in your life and you'll you'll you'll

598

00:23:44,030 --> 00:23:41,370

learn from your mistakes and you will

599

00:23:46,370 --> 00:23:44,040

plan your next incarnation and so it's

600

00:23:48,470 --> 00:23:46,380

really a it's an adventure it he says

601
00:23:52,070 --> 00:23:48,480
the souls in the spirit side regard life

602
00:23:54,710 --> 00:23:52,080
on Earth like it was a play and you know

603
00:23:56,540 --> 00:23:54,720
if you're in a play on earth and the

604
00:23:58,820 --> 00:23:56,550
script calls for you to stab and kill

605
00:24:00,470 --> 00:23:58,830
another actor well you don't get it

606
00:24:01,850 --> 00:24:00,480
rested by the police after the curtain

607
00:24:02,330 --> 00:24:01,860
goes down because it didn't really

608
00:24:04,790 --> 00:24:02,340
happen

609
00:24:07,250 --> 00:24:04,800
it was play-acting and so he said on the

610
00:24:09,290 --> 00:24:07,260
spirit side Souls regard events on earth

611
00:24:12,530 --> 00:24:09,300
like it was a play with people following

612
00:24:14,690 --> 00:24:12,540
scripts and so if you get murdered on

613
00:24:16,280 --> 00:24:14,700

earth when you get back to the spirit

614

00:24:19,100 --> 00:24:16,290

side you don't feel any hatred or

615

00:24:20,630 --> 00:24:19,110

animosity towards your perpetrator when

616

00:24:22,340 --> 00:24:20,640

you both get back there you'll just

617

00:24:24,680 --> 00:24:22,350

unconditionally love each other so it's

618

00:24:25,910 --> 00:24:24,690

really like on the spirit side it's like

619

00:24:27,760 --> 00:24:25,920

it didn't really count it was just an

620

00:24:30,550 --> 00:24:27,770

exercise you all went through

621

00:24:32,080 --> 00:24:30,560

and everything's all good again once

622

00:24:33,370 --> 00:24:32,090

you're on the spirit side so difficult

623

00:24:36,820 --> 00:24:33,380

for us to appreciate that when you're in

624

00:24:39,730 --> 00:24:36,830

the middle of a bad time on our planet

625

00:24:41,740 --> 00:24:39,740

but you have to realize that you chose

626

00:24:43,660 --> 00:24:41,750

the life you have and you did it for a

627

00:24:45,580 --> 00:24:43,670

reason and you should just go with the

628

00:24:48,010 --> 00:24:45,590

flow and try to learn all the lessons

629

00:24:50,350 --> 00:24:48,020

that you can and then when it's over

630

00:24:52,150 --> 00:24:50,360

you're back in the spirit side so that's

631

00:24:53,980 --> 00:24:52,160

the light at the end of the tunnel for