

**UFO**  **HUB**



1  
00:00:21,070 --> 00:00:18,880  
my name is Patrick Andres and the point

2  
00:00:23,730 --> 00:00:21,080  
that I always go back to when I think

3  
00:00:26,589 --> 00:00:23,740  
about how I got started in my field is

4  
00:00:29,319 --> 00:00:26,599  
probably when I was about 12 years old I

5  
00:00:30,700 --> 00:00:29,329  
think I was at that point when most

6  
00:00:34,509 --> 00:00:30,710  
people start thinking about what they

7  
00:00:36,280 --> 00:00:34,519  
want to do with their lives and so the

8  
00:00:37,479 --> 00:00:36,290  
one thing that I kept coming back to is

9  
00:00:40,540 --> 00:00:37,489  
that whatever I did I wanted to be

10  
00:00:42,430 --> 00:00:40,550  
really good at it and the thing that I

11  
00:00:44,590 --> 00:00:42,440  
noticed is that whenever people would

12  
00:00:46,600 --> 00:00:44,600  
become really proficient at anything in

13  
00:00:50,380 --> 00:00:46,610

their lives whether a musician or an

14

00:00:53,380 --> 00:00:50,390

artist or an athlete that they choose a

15

00:00:57,910 --> 00:00:53,390

single point of focus and they stay with

16

00:01:00,969 --> 00:00:57,920

that and work on that just day after day

17

00:01:02,320 --> 00:01:00,979

after day but one of the problems that I

18

00:01:03,729 --> 00:01:02,330

had was that I had a lot of different

19

00:01:05,170 --> 00:01:03,739

interests and so I thought well how

20

00:01:07,929 --> 00:01:05,180

could I pursue all these different

21

00:01:09,160 --> 00:01:07,939

interests if I have to choose one thing

22

00:01:10,719 --> 00:01:09,170

I just couldn't really see myself

23

00:01:14,640 --> 00:01:10,729

choosing one thing and having to stick

24

00:01:18,580 --> 00:01:14,650

with that so what I realized was if I

25

00:01:20,050 --> 00:01:18,590

chose to develop my mind that everything

26

00:01:22,450 --> 00:01:20,060

else that I did in my life would improve

27

00:01:24,970 --> 00:01:22,460

so that's where I think I really got the

28

00:01:26,410 --> 00:01:24,980

inspiration to start learning how to

29

00:01:29,820 --> 00:01:26,420

develop my mind and learning how to

30

00:01:32,530 --> 00:01:29,830

learn and improve myself so that

31

00:01:37,690 --> 00:01:32,540

everything else that I did would improve

32

00:01:39,940 --> 00:01:37,700

and so I developed this idea that you

33

00:01:41,620 --> 00:01:39,950

know if you master your mind you can be

34

00:01:42,610 --> 00:01:41,630

the master of everything else in your

35

00:01:44,590 --> 00:01:42,620

life and that's really where the

36

00:01:47,620 --> 00:01:44,600

inspiration began that didn't really

37

00:01:51,120 --> 00:01:47,630

come into full development till later I

38

00:01:53,380 --> 00:01:51,130

think when I was in college I started

39

00:01:54,670 --> 00:01:53,390

attracting some friends and being

40

00:01:56,680 --> 00:01:54,680

attracted to some friends to where we

41

00:01:58,539 --> 00:01:56,690

would talk about the mind we start

42

00:01:59,890 --> 00:01:58,549

getting into some paranormal abilities

43

00:02:02,789 --> 00:01:59,900

and things like that and that's where my

44

00:02:06,430 --> 00:02:02,799

I really consider my my formal

45

00:02:08,800 --> 00:02:06,440

exploration began but the the initial

46

00:02:10,749 --> 00:02:08,810

thought definitely was when I was

47

00:02:12,280 --> 00:02:10,759

younger and I believe firmly that that

48

00:02:14,259 --> 00:02:12,290

we'd come into this life with a life

49

00:02:16,420 --> 00:02:14,269

mission something that we really want to

50

00:02:18,789 --> 00:02:16,430

accomplish while we're here and for me

51  
00:02:21,430 --> 00:02:18,799  
it's it's learning how to develop my

52  
00:02:24,099 --> 00:02:21,440  
mind and master all those abilities that

53  
00:02:25,520 --> 00:02:24,109  
we have that are inherent which includes

54  
00:02:28,190 --> 00:02:25,530  
you know the

55  
00:02:29,600 --> 00:02:28,200  
foreign realms of our intuition and also

56  
00:02:31,699 --> 00:02:29,610  
just kind of the normal everyday

57  
00:02:35,210 --> 00:02:31,709  
abilities that we use on a regular basis

58  
00:02:40,880 --> 00:02:35,220  
and also to help other people to develop

59  
00:02:43,370 --> 00:02:40,890  
that too so the first book is naked in

60  
00:02:45,559 --> 00:02:43,380  
public dream symbols revealed and that

61  
00:02:49,520 --> 00:02:45,569  
is a book that I co-wrote with my wife

62  
00:02:52,880 --> 00:02:49,530  
Katherine and Rees and dreams is

63  
00:02:55,699 --> 00:02:52,890

something that is a very common topic

64

00:03:00,380 --> 00:02:55,709

that people ask about and it's something

65

00:03:02,420 --> 00:03:00,390

that I think is a very common and

66

00:03:04,130 --> 00:03:02,430

natural experience that we all have most

67

00:03:06,670 --> 00:03:04,140

people can remember a dream that they've

68

00:03:10,580 --> 00:03:06,680

had at some point in their lives

69

00:03:12,860 --> 00:03:10,590

but most people are still kind of

70

00:03:14,870 --> 00:03:12,870

baffled by what that really means so

71

00:03:18,770 --> 00:03:14,880

we've been studying dreams for well over

72

00:03:21,470 --> 00:03:18,780

20 years now and have found that those

73

00:03:24,199 --> 00:03:21,480

messages that we receive at night have a

74

00:03:26,930 --> 00:03:24,209

message that we can use throughout the

75

00:03:28,460 --> 00:03:26,940

day to help us improve in our lives

76  
00:03:31,520 --> 00:03:28,470  
become more aware of things that are

77  
00:03:33,259 --> 00:03:31,530  
going on and so as we start to delve

78  
00:03:35,289 --> 00:03:33,269  
into that we can start to actually apply

79  
00:03:38,060 --> 00:03:35,299  
those messages to make some positive

80  
00:03:39,500 --> 00:03:38,070  
improvements in our lives so that's

81  
00:03:43,640 --> 00:03:39,510  
really where the inspiration for that

82  
00:03:45,890 --> 00:03:43,650  
book came from and that was a a project

83  
00:03:48,560 --> 00:03:45,900  
that we worked on together so we we

84  
00:03:50,930 --> 00:03:48,570  
combined our we chat about 20 years of

85  
00:03:54,380 --> 00:03:50,940  
experience we combined our expertise

86  
00:03:57,830 --> 00:03:54,390  
together to not only create what we

87  
00:03:59,810 --> 00:03:57,840  
consider to be a really strong basic

88  
00:04:02,360 --> 00:03:59,820

foundation of understanding dreams how

89

00:04:04,670 --> 00:04:02,370

dreams work in the process as well as

90

00:04:07,370 --> 00:04:04,680

starting to understand the the message

91

00:04:09,259 --> 00:04:07,380

that dreams come in which we call that

92

00:04:13,690 --> 00:04:09,269

the the language of the mind because the

93

00:04:17,390 --> 00:04:13,700

mind communicates in images and so

94

00:04:18,590 --> 00:04:17,400

whenever you kind of observe what's

95

00:04:19,039 --> 00:04:18,600

happening in your mind when you're

96

00:04:20,539 --> 00:04:19,049

speaking

97

00:04:21,770 --> 00:04:20,549

there's always an image that you have in

98

00:04:25,340 --> 00:04:21,780

your mind first and then your words

99

00:04:27,409 --> 00:04:25,350

really describe what that is and so

100

00:04:30,200 --> 00:04:27,419

that's how dreams are communicated to us

101  
00:04:33,190 --> 00:04:30,210  
in that image form so understanding just

102  
00:04:37,490 --> 00:04:33,200  
that basic process is the first start

103  
00:04:38,559 --> 00:04:37,500  
but then I find that another point

104  
00:04:39,909 --> 00:04:38,569  
that's really important

105  
00:04:41,679 --> 00:04:39,919  
is to understand that we're spiritual

106  
00:04:43,809 --> 00:04:41,689  
beings too we're not just physical

107  
00:04:46,450 --> 00:04:43,819  
beings and so the context of the dreams

108  
00:04:48,070 --> 00:04:46,460  
really changes for example when we're

109  
00:04:52,239 --> 00:04:48,080  
dreaming about death

110  
00:04:53,859 --> 00:04:52,249  
as a spiritual being as a soul death has

111  
00:04:55,689 --> 00:04:53,869  
a completely different context because

112  
00:04:58,260 --> 00:04:55,699  
it isn't the end is just a

113  
00:05:01,089 --> 00:04:58,270

transformation from one state to another

114

00:05:03,699 --> 00:05:01,099

so the soul doesn't get all caught up in

115

00:05:05,589 --> 00:05:03,709

all the drama that we have when we look

116

00:05:08,589 --> 00:05:05,599

at death and illness and things like

117

00:05:11,829 --> 00:05:08,599

that so that context changes everything

118

00:05:13,929 --> 00:05:11,839

when you look at the dream so we felt

119

00:05:15,760 --> 00:05:13,939

that was a really important topic for

120

00:05:17,139 --> 00:05:15,770

people in a really good starting point

121

00:05:19,409 --> 00:05:17,149

for people to understand more about

122

00:05:22,989 --> 00:05:19,419

their spirituality and and their

123

00:05:24,760 --> 00:05:22,999

spiritual existence and life so as we

124

00:05:27,159 --> 00:05:24,770

start to interpret our dreams and

125

00:05:30,149 --> 00:05:27,169

understand that process you know it's

126  
00:05:32,469 --> 00:05:30,159  
kind of a gateway into some of the more

127  
00:05:35,739 --> 00:05:32,479  
in-depth intuitive experiences that we

128  
00:05:38,109 --> 00:05:35,749  
have so my second book which I authored

129  
00:05:41,589 --> 00:05:38,119  
by myself is called owners manual for

130  
00:05:45,009 --> 00:05:41,599  
the mind and that book really started

131  
00:05:47,049 --> 00:05:45,019  
with a single thought which was what

132  
00:05:48,549 --> 00:05:47,059  
would our lives be like if we had been

133  
00:05:53,019 --> 00:05:48,559  
given an owner's manual when we were

134  
00:05:56,199 --> 00:05:53,029  
born and it really speaks to my life

135  
00:05:58,269 --> 00:05:56,209  
mission and really encapsulates my life

136  
00:06:02,199 --> 00:05:58,279  
mission and that was really intention of

137  
00:06:04,779 --> 00:06:02,209  
it is about a 10-year project that

138  
00:06:06,399 --> 00:06:04,789

that is the culmination of all of the

139

00:06:08,679 --> 00:06:06,409

things that I've been teaching for the

140

00:06:12,929 --> 00:06:08,689

past 20 years or a little bit more than

141

00:06:17,409 --> 00:06:12,939

20 years now and it really is designed

142

00:06:19,420 --> 00:06:17,419

to work for the people who have never

143

00:06:21,850 --> 00:06:19,430

really thought about intuitive abilities

144

00:06:24,100 --> 00:06:21,860

before or how the mind works or anything

145

00:06:27,909 --> 00:06:24,110

like that but also to give a lot of meat

146

00:06:29,829 --> 00:06:27,919

and useful information to people who are

147

00:06:33,549 --> 00:06:29,839

more experienced also who have been

148

00:06:35,499 --> 00:06:33,559

using their intuition and and maybe have

149

00:06:37,540 --> 00:06:35,509

some more experience with meditation and

150

00:06:40,600 --> 00:06:37,550

visualization and and things like that

151  
00:06:42,639 --> 00:06:40,610  
so it's it's got some good information

152  
00:06:45,659 --> 00:06:42,649  
in there for just about everybody but

153  
00:06:48,879 --> 00:06:45,669  
the idea again is really coming back to

154  
00:06:50,920 --> 00:06:48,889  
who are we and who we are we are

155  
00:06:51,940 --> 00:06:50,930  
spiritual beings who are having this

156  
00:06:55,750 --> 00:06:51,950  
experience

157  
00:06:58,540 --> 00:06:55,760  
on earth and as spiritual beings it's

158  
00:07:01,030 --> 00:06:58,550  
understanding that our mind is

159  
00:07:03,850 --> 00:07:01,040  
inherently a creative mechanism and so

160  
00:07:07,360 --> 00:07:03,860  
we are creators and we are patterned

161  
00:07:08,890 --> 00:07:07,370  
after our Creator just like children are

162  
00:07:11,440 --> 00:07:08,900  
the offspring of their parents we are

163  
00:07:15,850 --> 00:07:11,450

endowed with with these same abilities

164

00:07:17,530 --> 00:07:15,860

and even though our skill obviously has

165

00:07:19,240 --> 00:07:17,540

a lot of room for development that's

166

00:07:22,870 --> 00:07:19,250

really part of the whole point of why

167

00:07:24,700 --> 00:07:22,880

we're here on this planet having this

168

00:07:26,880 --> 00:07:24,710

life experience we're learning how to

169

00:07:29,170 --> 00:07:26,890

use our minds learning how to create and

170

00:07:33,520 --> 00:07:29,180

in some ways we could almost consider

171

00:07:35,410 --> 00:07:33,530

our experience here as being like you

172

00:07:37,240 --> 00:07:35,420

know children who are growing up and so

173

00:07:39,220 --> 00:07:37,250

we have this kind of a smaller arena

174

00:07:41,230 --> 00:07:39,230

that we can work in where we can create

175

00:07:44,650 --> 00:07:41,240

and we can experiment Without Really

176

00:07:47,350 --> 00:07:44,660

causing a lot of harm or chaos or

177

00:07:50,170 --> 00:07:47,360

commotion to the people around us so I

178

00:07:53,230 --> 00:07:50,180

firmly believe you know as humanity

179

00:07:55,480 --> 00:07:53,240

progresses as we get better using our

180

00:07:57,670 --> 00:07:55,490

creative abilities someday we will be

181

00:08:00,130 --> 00:07:57,680

able to join that bigger community

182

00:08:02,590 --> 00:08:00,140

because you know I have no doubt there

183

00:08:05,890 --> 00:08:02,600

is a huge community out there of

184

00:08:08,100 --> 00:08:05,900

intelligent beings that are ready and

185

00:08:10,720 --> 00:08:08,110

waiting for us when when we are there

186

00:08:12,910 --> 00:08:10,730

you know when we have developed

187

00:08:16,810 --> 00:08:12,920

ourselves you know to the point where we

188

00:08:18,040 --> 00:08:16,820

can play nicely so to speak then you

189

00:08:20,320 --> 00:08:18,050

know we'll be able to join that larger

190

00:08:23,350 --> 00:08:20,330

community so that's really what the the

191

00:08:27,670 --> 00:08:23,360

owners manual of mine is is designed for

192

00:08:32,350 --> 00:08:27,680

is to give everybody just this very

193

00:08:34,240 --> 00:08:32,360

strong foundation that they can use to

194

00:08:38,320 --> 00:08:34,250

learn how their mind works start

195

00:08:40,960 --> 00:08:38,330

developing their abilities and then you

196

00:08:43,810 --> 00:08:40,970

know to be able to progress so as as

197

00:08:45,630 --> 00:08:43,820

long as everybody takes that time to

198

00:08:49,720 --> 00:08:45,640

invest in developing their abilities

199

00:08:53,250 --> 00:08:49,730

they'll find that really our mind is an

200

00:08:55,180 --> 00:08:53,260

amazing thing there are all kinds of

201  
00:08:56,890 --> 00:08:55,190  
incredible experiences that we can open

202  
00:08:59,110 --> 00:08:56,900  
our minds to as soon as we start

203  
00:09:00,640 --> 00:08:59,120  
developing those skills but it's just

204  
00:09:01,960 --> 00:09:00,650  
like anything else is just like learning

205  
00:09:05,540 --> 00:09:01,970  
how to play the piano learning how to

206  
00:09:09,080 --> 00:09:05,550  
play tennis everybody starts somewhere

207  
00:09:10,960 --> 00:09:09,090  
and so we have to just have patience

208  
00:09:13,220 --> 00:09:10,970  
with ourselves as we're starting out and

209  
00:09:14,450 --> 00:09:13,230  
you know if you start meditating and

210  
00:09:16,850 --> 00:09:14,460  
you're not seeing results right away

211  
00:09:18,530 --> 00:09:16,860  
realize you know this is a lifestyle

212  
00:09:21,590 --> 00:09:18,540  
choice it isn't something that happens

213  
00:09:24,380 --> 00:09:21,600

overnight and you just need to start

214

00:09:26,330 --> 00:09:24,390

taking ten minutes 15 minutes even in

215

00:09:26,990 --> 00:09:26,340

the beginning doing it on a regular

216

00:09:30,920 --> 00:09:27,000

basis

217

00:09:33,140 --> 00:09:30,930

give yourself at least a year and start

218

00:09:35,660 --> 00:09:33,150

to see the results you know so look for

219

00:09:37,100 --> 00:09:35,670

the results look for the changes the

220

00:09:39,920 --> 00:09:37,110

subtle changes that are occurring in

221

00:09:41,720 --> 00:09:39,930

your life and be patient because just

222

00:09:45,170 --> 00:09:41,730

with it like anything else you know it

223

00:09:48,320 --> 00:09:45,180

takes time to develop skill so that's

224

00:09:52,730 --> 00:09:48,330

really the the basis of it is just to

225

00:09:54,620 --> 00:09:52,740

help people develop a new lifestyle in

226

00:09:56,330 --> 00:09:54,630

terms of being able to use their mind

227

00:10:00,110 --> 00:09:56,340

and everything that they do I don't

228

00:10:04,700 --> 00:10:00,120

often use the term New Age but there's

229

00:10:07,420 --> 00:10:04,710

definitely a movement a change that I'm

230

00:10:09,590 --> 00:10:07,430

seeing and part of the reason I don't

231

00:10:12,770 --> 00:10:09,600

choose to use the term New Age is

232

00:10:17,360 --> 00:10:12,780

because it's taken on a conte ssin for

233

00:10:20,000 --> 00:10:17,370

some people that you know creates kind

234

00:10:21,800 --> 00:10:20,010

of a sense of alienation especially if

235

00:10:25,520 --> 00:10:21,810

people are still invested in their

236

00:10:28,100 --> 00:10:25,530

religion and things like that you know

237

00:10:30,260 --> 00:10:28,110

they might be turned off by the term New

238

00:10:34,130 --> 00:10:30,270

Age and not even really consider it so I

239

00:10:36,100 --> 00:10:34,140

I use the term typically of spirituality

240

00:10:38,570 --> 00:10:36,110

or like a spiritual movement I

241

00:10:43,010 --> 00:10:38,580

definitely think that there's a movement

242

00:10:45,380 --> 00:10:43,020

where people are reaching for and

243

00:10:48,800 --> 00:10:45,390

company terms with their essence of

244

00:10:51,010 --> 00:10:48,810

spiritual beings and sensing that

245

00:10:55,400 --> 00:10:51,020

there's something more out there than

246

00:10:57,710 --> 00:10:55,410

organized religion so I try to embrace

247

00:10:59,300 --> 00:10:57,720

you know if people are still into their

248

00:11:00,440 --> 00:10:59,310

religion you know definitely doesn't

249

00:11:02,440 --> 00:11:00,450

mean that they have to leave their

250

00:11:04,730 --> 00:11:02,450

religion but I believe it's it's

251

00:11:06,980 --> 00:11:04,740

certainly beneficial for people even

252

00:11:09,830 --> 00:11:06,990

within that context to develop a new

253

00:11:11,570 --> 00:11:09,840

understanding a different or deeper

254

00:11:15,410 --> 00:11:11,580

understanding of what it means to be a

255

00:11:18,860 --> 00:11:15,420

spiritual being and for me personally I

256

00:11:20,750 --> 00:11:18,870

really strive to

257

00:11:22,070 --> 00:11:20,760

look for that underlying spirituality

258

00:11:25,210 --> 00:11:22,080

that I believe is the foundation of

259

00:11:27,530 --> 00:11:25,220

every religion the a religion is just a

260

00:11:30,260 --> 00:11:27,540

structure that we've created to be able

261

00:11:33,530 --> 00:11:30,270

to live as spiritual beings but I firmly

262

00:11:36,170 --> 00:11:33,540

believe that we don't need that religion

263

00:11:39,320 --> 00:11:36,180

specifically to be a spiritual being to

264

00:11:42,190 --> 00:11:39,330

live a spiritual life so I think that's

265

00:11:46,760 --> 00:11:42,200

what a lot of people are moving toward

266

00:11:48,710 --> 00:11:46,770

it was interesting I saw a an article

267

00:11:50,960 --> 00:11:48,720

probably about ten years ago I think

268

00:11:53,480 --> 00:11:50,970

where it was talking about how people no

269

00:11:55,880 --> 00:11:53,490

longer identify a lot of times with just

270

00:11:57,500 --> 00:11:55,890

one religion for example people might

271

00:12:00,470 --> 00:11:57,510

describe themselves as a Christian

272

00:12:02,269 --> 00:12:00,480

Buddhist because there are some aspects

273

00:12:03,920 --> 00:12:02,279

of Christianity that they really relate

274

00:12:06,140 --> 00:12:03,930

to and want to practice in their lives

275

00:12:08,030 --> 00:12:06,150

but then they find truth in other places

276

00:12:10,510 --> 00:12:08,040

so they aren't just limiting themselves

277

00:12:12,980 --> 00:12:10,520

to one religion so you know if they find

278

00:12:15,079 --> 00:12:12,990

philosophies in Buddhism that really

279

00:12:16,970 --> 00:12:15,089

speak to them they can incorporate those

280

00:12:18,500 --> 00:12:16,980

and if they find philosophies in

281

00:12:20,150 --> 00:12:18,510

Christianity that speak to them they can

282

00:12:22,130 --> 00:12:20,160

incorporate that and I think that's

283

00:12:25,930 --> 00:12:22,140

where people are reaching out for this

284

00:12:27,740 --> 00:12:25,940

bigger picture of spirituality and

285

00:12:29,270 --> 00:12:27,750

understanding what it means to be a

286

00:12:32,150 --> 00:12:29,280

spiritual being and how to practice that

287

00:12:35,780 --> 00:12:32,160

in their lives so for me you know even

288

00:12:37,820 --> 00:12:35,790

though I grew up Catholic and practiced

289

00:12:39,230 --> 00:12:37,830

Catholicism for quite a while with my

290

00:12:43,810 --> 00:12:39,240

family because that's that's what I grew

291

00:12:45,770 --> 00:12:43,820

up in some time after college I started

292

00:12:48,050 --> 00:12:45,780

getting more into the study of

293

00:12:49,340 --> 00:12:48,060

metaphysics which in general I would

294

00:12:51,500 --> 00:12:49,350

describe metaphysics as a study of

295

00:12:54,590 --> 00:12:51,510

consciousness the study of the mind and

296

00:12:56,200 --> 00:12:54,600

that extends into you know spirituality

297

00:13:00,770 --> 00:12:56,210

and understanding who we are as

298

00:13:02,600 --> 00:13:00,780

spiritual beings and so with that you

299

00:13:07,090 --> 00:13:02,610

know I started embracing just truth

300

00:13:09,110 --> 00:13:07,100

wherever I saw that and so now I

301  
00:13:10,790 --> 00:13:09,120  
actually go to the unity church because

302  
00:13:12,800 --> 00:13:10,800  
unity has a similar philosophy that

303  
00:13:16,760 --> 00:13:12,810  
where they embrace true truth wherever

304  
00:13:21,590 --> 00:13:16,770  
they find it and you know so whether

305  
00:13:24,290 --> 00:13:21,600  
it's Buddhism or Christianity you know

306  
00:13:25,820 --> 00:13:24,300  
and and then getting into you know more

307  
00:13:29,079 --> 00:13:25,830  
of like the New Age movement or

308  
00:13:32,630 --> 00:13:29,089  
metaphysics some of the more esoteric

309  
00:13:37,220 --> 00:13:32,640  
aspects of that you know is

310  
00:13:38,930 --> 00:13:37,230  
looking at our intuition that we have

311  
00:13:40,430 --> 00:13:38,940  
these abilities we have the ability to

312  
00:13:43,550 --> 00:13:40,440  
connect with each other on a

313  
00:13:47,830 --> 00:13:43,560

non-physical level we have the ability

314

00:13:50,030 --> 00:13:47,840

to even travel without our physical body

315

00:13:52,820 --> 00:13:50,040

you know that's often referred to as

316

00:13:55,610 --> 00:13:52,830

astral projection and some people get

317

00:13:57,890 --> 00:13:55,620

into you know oh oh you can go on all

318

00:13:59,180 --> 00:13:57,900

these great journeys and help people

319

00:13:59,870 --> 00:13:59,190

while you're asleep and all this stuff

320

00:14:02,260 --> 00:13:59,880

like that

321

00:14:04,790 --> 00:14:02,270

and I think that's fine but I also

322

00:14:06,650 --> 00:14:04,800

caution people not to get too distracted

323

00:14:11,180 --> 00:14:06,660

by all that I think the most important

324

00:14:14,260 --> 00:14:11,190

lesson with astral projection when you

325

00:14:16,400 --> 00:14:14,270

can leave your body and you can

326

00:14:19,970 --> 00:14:16,410

experience being separate from your body

327

00:14:22,310 --> 00:14:19,980

then you have no doubt anymore that you

328

00:14:26,150 --> 00:14:22,320

continue to exist after your body dies

329

00:14:29,390 --> 00:14:26,160

and you know that fear of death that

330

00:14:32,420 --> 00:14:29,400

sense of mortality that this is a finite

331

00:14:34,100 --> 00:14:32,430

life and will come to an end it's one

332

00:14:36,550 --> 00:14:34,110

one of the biggest fears that people

333

00:14:40,300 --> 00:14:36,560

have second actually to public speaking

334

00:14:47,090 --> 00:14:40,310

which I don't find nearly as daunting

335

00:14:48,830 --> 00:14:47,100

but when we can confront that sense of

336

00:14:53,060 --> 00:14:48,840

mortality and we realized the body's

337

00:14:55,610 --> 00:14:53,070

gonna die yes this life will pass and

338

00:14:58,250 --> 00:14:55,620

and you won't be who you are today in

339

00:15:00,200 --> 00:14:58,260

terms of this physical personality with

340

00:15:03,530 --> 00:15:00,210

this name and nationality and even

341

00:15:06,740 --> 00:15:03,540

gender but when you realize that there's

342

00:15:09,710 --> 00:15:06,750

a deeper essence to you that goes on

343

00:15:12,410 --> 00:15:09,720

after this life and then you can look at

344

00:15:14,900 --> 00:15:12,420

well if this part of me goes on after

345

00:15:16,820 --> 00:15:14,910

this life you know maybe it even existed

346

00:15:19,670 --> 00:15:16,830

before this life and you can see that

347

00:15:23,180 --> 00:15:19,680

continuity of our existence you can see

348

00:15:26,240 --> 00:15:23,190

that you know we don't just have maybe a

349

00:15:28,460 --> 00:15:26,250

hundred years on this earth but you know

350

00:15:30,560 --> 00:15:28,470

we've been having experiences for

351  
00:15:33,080 --> 00:15:30,570  
thousands and thousands of years maybe

352  
00:15:35,000 --> 00:15:33,090  
even millions or billions of years I

353  
00:15:39,830 --> 00:15:35,010  
mean who can really say how old the soul

354  
00:15:42,880 --> 00:15:39,840  
is or the spirit when you look at your

355  
00:15:45,820 --> 00:15:42,890  
life and your existence in that bigger

356  
00:15:47,950 --> 00:15:45,830  
context it changes everything and change

357  
00:15:50,980 --> 00:15:47,960  
your perspective and it changes how you

358  
00:15:53,770 --> 00:15:50,990  
interact with other people and I look at

359  
00:15:56,230 --> 00:15:53,780  
that as the foundation of this spiritual

360  
00:15:58,930 --> 00:15:56,240  
movement and there is definitely a

361  
00:16:01,960 --> 00:15:58,940  
waking up there there are changes

362  
00:16:03,400 --> 00:16:01,970  
everywhere you can see I mean we can

363  
00:16:06,130 --> 00:16:03,410

talk about these kinds of things now

364

00:16:07,960 --> 00:16:06,140

without any fear of being stoned or

365

00:16:10,150 --> 00:16:07,970

burned at the stake and so that's a huge

366

00:16:13,270 --> 00:16:10,160

change and definitely one that I'm in

367

00:16:16,360 --> 00:16:13,280

favor of and now I mean this information

368

00:16:20,500 --> 00:16:16,370

is so readily available through books

369

00:16:23,820 --> 00:16:20,510

and CDs and and on the internet I mean

370

00:16:27,520 --> 00:16:23,830

the internet really is a technological

371

00:16:29,320 --> 00:16:27,530

expression of our telepathy everything

372

00:16:31,810 --> 00:16:29,330

that we develop in our technology I

373

00:16:34,000 --> 00:16:31,820

believe is a reflection of the abilities

374

00:16:34,690 --> 00:16:34,010

of our mind so if you look at the last

375

00:16:37,390 --> 00:16:34,700

hundred years

376

00:16:40,060 --> 00:16:37,400

you know we developed telephones we

377

00:16:43,240 --> 00:16:40,070

developed radios we've developed

378

00:16:46,180 --> 00:16:43,250

television and now the internet and so

379

00:16:47,440 --> 00:16:46,190

it's all expressions of how our minds

380

00:16:49,510 --> 00:16:47,450

are becoming much more interconnected

381

00:16:51,820 --> 00:16:49,520

it's easier for us to communicate with

382

00:16:53,830 --> 00:16:51,830

each other on a physical level

383

00:16:56,860 --> 00:16:53,840

technologically but that's all a

384

00:17:00,370 --> 00:16:56,870

reflection of how we're coming to become

385

00:17:02,080 --> 00:17:00,380

aware much more of how interconnected we

386

00:17:04,840 --> 00:17:02,090

all are and you know people talk about

387

00:17:07,300 --> 00:17:04,850

the planet becoming smaller and so a lot

388

00:17:10,090 --> 00:17:07,310

of that is realizing that we aren't

389

00:17:11,980 --> 00:17:10,100

alone realizing that you know there are

390

00:17:14,230 --> 00:17:11,990

there are all these people that we can

391

00:17:16,630 --> 00:17:14,240

connect with so I'm actually very

392

00:17:18,550 --> 00:17:16,640

optimistic even though people talk about

393

00:17:20,530 --> 00:17:18,560

all these problems that are going on and

394

00:17:22,180 --> 00:17:20,540

yes there are still challenges and there

395

00:17:23,680 --> 00:17:22,190

are some people that are scared of the

396

00:17:25,360 --> 00:17:23,690

changes and there are some people that

397

00:17:27,850 --> 00:17:25,370

are dragging their feet kicking and

398

00:17:29,440 --> 00:17:27,860

screaming because you know they don't

399

00:17:31,270 --> 00:17:29,450

know what is coming up in the future

400

00:17:34,390 --> 00:17:31,280

there's they're scared about some of

401  
00:17:35,920 --> 00:17:34,400  
these changes they they are may be

402  
00:17:37,930 --> 00:17:35,930  
uncomfortable with themselves so they

403  
00:17:39,730 --> 00:17:37,940  
don't want people to know what they're

404  
00:17:42,100 --> 00:17:39,740  
thinking you know they're they're scared

405  
00:17:44,050 --> 00:17:42,110  
of that increased contact and I think

406  
00:17:46,030 --> 00:17:44,060  
that's why you know we have some of

407  
00:17:48,670 --> 00:17:46,040  
these pockets of resistance and and

408  
00:17:52,600 --> 00:17:48,680  
violence and things still existing but

409  
00:17:54,190 --> 00:17:52,610  
overall when I look at humanity I see

410  
00:17:55,480 --> 00:17:54,200  
that we are making progress you know we

411  
00:17:58,010 --> 00:17:55,490  
are becoming more connected we are

412  
00:18:00,140 --> 00:17:58,020  
becoming more spiritual there is this

413  
00:18:02,960 --> 00:18:00,150

or group that is helping to move

414

00:18:06,530 --> 00:18:02,970

everything forward and so I do see

415

00:18:08,840 --> 00:18:06,540

progress I'm a very optimistic of the

416

00:18:13,090 --> 00:18:08,850

future and I believe you know that's

417

00:18:16,970 --> 00:18:13,100

the this new age that we're moving into

418

00:18:19,490 --> 00:18:16,980

is you know we're developing our

419

00:18:21,860 --> 00:18:19,500

intuition and there will be a point

420

00:18:23,330 --> 00:18:21,870

where you know it will just be common

421

00:18:24,530 --> 00:18:23,340

knowledge people are understand that

422

00:18:28,850 --> 00:18:24,540

we're spiritual beings even though

423

00:18:30,170 --> 00:18:28,860

people talk about it especially you know

424

00:18:31,340 --> 00:18:30,180

when you you talk about people in

425

00:18:33,560 --> 00:18:31,350

different religions like Christianity

426

00:18:36,740 --> 00:18:33,570

for example most people can understand

427

00:18:38,300 --> 00:18:36,750

the concept of the soul and they have

428

00:18:41,210 --> 00:18:38,310

this sense that you continue to exist

429

00:18:42,260 --> 00:18:41,220

after this life what I found for a lot

430

00:18:43,370 --> 00:18:42,270

of people and I found that for myself

431

00:18:46,700 --> 00:18:43,380

earlier on too

432

00:18:48,860 --> 00:18:46,710

I didn't have a real life practical

433

00:18:50,900 --> 00:18:48,870

experience of that even though I was

434

00:18:53,120 --> 00:18:50,910

taught oh yeah you've got this soul in

435

00:18:56,390 --> 00:18:53,130

it yeah it continues after this life but

436

00:18:59,570 --> 00:18:56,400

there's still this fear of death and and

437

00:19:01,460 --> 00:18:59,580

this uncertainty so that's why I believe

438

00:19:03,980 --> 00:19:01,470

it's really important for everybody to

439

00:19:06,470 --> 00:19:03,990

take some time in their life to invest

440

00:19:09,500 --> 00:19:06,480

in developing these abilities developing

441

00:19:12,170 --> 00:19:09,510

their intuition and when you can develop

442

00:19:14,690 --> 00:19:12,180

these skills like meditation and

443

00:19:17,900 --> 00:19:14,700

visualization and even more advanced

444

00:19:19,520 --> 00:19:17,910

skills like astral projection it builds

445

00:19:21,950 --> 00:19:19,530

this confidence yes I am a spiritual

446

00:19:25,190 --> 00:19:21,960

being you know this is who I am at my

447

00:19:28,940 --> 00:19:25,200

core and so things that happen in this

448

00:19:33,170 --> 00:19:28,950

life are much more minor in comparison

449

00:19:34,760 --> 00:19:33,180

you know it's it's like that's saying

450

00:19:38,600 --> 00:19:34,770

don't sweat the little stuff and

451

00:19:41,060 --> 00:19:38,610

remember it's all little stuff you know

452

00:19:45,530 --> 00:19:41,070

I mean that's the context that that

453

00:19:48,860 --> 00:19:45,540

things take when you can go in day in

454

00:19:50,060 --> 00:19:48,870

and day out and and you come from the

455

00:19:52,190 --> 00:19:50,070

perspective that you're a spiritual

456

00:19:54,380 --> 00:19:52,200

being you understand no matter how bad

457

00:19:55,280 --> 00:19:54,390

things seen here this is all just a

458

00:19:58,430 --> 00:19:55,290

flash in the pan

459

00:20:01,490 --> 00:19:58,440

compared to our bigger life experiences

460

00:20:04,070 --> 00:20:01,500

and it's not that we don't take these

461

00:20:05,570 --> 00:20:04,080

things to be important because it's

462

00:20:08,210 --> 00:20:05,580

actually just the opposite it's like the

463

00:20:11,090 --> 00:20:08,220

closer we come to knowing that we're a

464

00:20:11,960 --> 00:20:11,100

spiritual being we realize how important

465

00:20:14,900 --> 00:20:11,970

all these things

466

00:20:16,220 --> 00:20:14,910

are so we take them you know seriously

467

00:20:19,670 --> 00:20:16,230

but we can also have fun with it we

468

00:20:21,680 --> 00:20:19,680

don't get caught up in all the drama as

469

00:20:23,810 --> 00:20:21,690

much which really helps us make better

470

00:20:26,900 --> 00:20:23,820

decisions overall it helps us get along

471

00:20:28,220 --> 00:20:26,910

with each other and and helps us make

472

00:20:29,840 --> 00:20:28,230

sure that the choices we're making are

473

00:20:32,270 --> 00:20:29,850

good for us and good for everyone else

474

00:20:34,070 --> 00:20:32,280

and good for the planet so everything

475

00:20:35,630 --> 00:20:34,080

gets better when we have that

476

00:20:39,890 --> 00:20:35,640

perspective that's been in my experience

477

00:20:41,660 --> 00:20:39,900

and so as we keep moving that direction