

# UFO HUB

## WEBCAST

WITH  
ADNAN ADEMOVIC

TRACY FARQUHAR



1  
00:00:07,749 --> 00:00:04,950  
hey everyone

2  
00:00:09,669 --> 00:00:07,759  
welcome to geo4hub webcast today's guest

3  
00:00:12,230 --> 00:00:09,679  
is going to be tracy farquhar

4  
00:00:13,910 --> 00:00:12,240  
she's a psychic medium and a channel and

5  
00:00:15,749 --> 00:00:13,920  
she co-authored a book called

6  
00:00:17,830 --> 00:00:15,759  
channeled messages from deep space with

7  
00:00:18,950 --> 00:00:17,840  
mike dooley and i'm going to talk to her

8  
00:00:20,710 --> 00:00:18,960  
about it today

9  
00:00:22,630 --> 00:00:20,720  
as always i'm going to let the guests

10  
00:00:24,870 --> 00:00:22,640  
get into their background information so

11  
00:00:27,589 --> 00:00:24,880  
let's get to it

12  
00:00:30,550 --> 00:00:27,599  
hi tracy thanks for being on how are you

13  
00:00:32,709 --> 00:00:30,560

i'm great thanks for having me well i

14

00:00:33,750 --> 00:00:32,719

it took a long time to for me to finally

15

00:00:36,870 --> 00:00:33,760

connect with you

16

00:00:37,990 --> 00:00:36,880

but uh thanks to mike finally he sent me

17

00:00:40,790 --> 00:00:38,000

the book and

18

00:00:41,350 --> 00:00:40,800

i got done with whatever i needed to do

19

00:00:42,790 --> 00:00:41,360

so

20

00:00:44,549 --> 00:00:42,800

i wanted to get in touch with you and

21

00:00:45,430 --> 00:00:44,559

talk about the the book you do i've

22

00:00:47,029 --> 00:00:45,440

written together

23

00:00:48,549 --> 00:00:47,039

so if you could uh maybe tell me a

24

00:00:50,389 --> 00:00:48,559

little bit first about yourself

25

00:00:52,310 --> 00:00:50,399

and then i'd like to get into the book

26

00:00:54,869 --> 00:00:52,320

with you sure

27

00:00:57,590 --> 00:00:54,879

so um i have a business as a

28

00:01:00,229 --> 00:00:57,600

professional psychic medium

29

00:01:02,709 --> 00:01:00,239

i've been doing that full time for about

30

00:01:06,630 --> 00:01:02,719

seven or eight years i've been doing it

31

00:01:08,870 --> 00:01:06,640

in general for about 15 years

32

00:01:10,870 --> 00:01:08,880

it's not something i ever really had in

33

00:01:13,670 --> 00:01:10,880

mind to do with my life

34

00:01:15,030 --> 00:01:13,680

in fact i can't say that i had psychic

35

00:01:17,190 --> 00:01:15,040

experiences

36

00:01:18,390 --> 00:01:17,200

all my life but i was always extremely

37

00:01:20,710 --> 00:01:18,400

sensitive

38

00:01:22,469 --> 00:01:20,720

so you know i was told that i was too

39

00:01:23,830 --> 00:01:22,479

sensitive most of my life as though it

40

00:01:27,670 --> 00:01:23,840

were a fault

41

00:01:28,469 --> 00:01:27,680

um and then i just out of curiosity i

42

00:01:30,950 --> 00:01:28,479

took a

43

00:01:32,789 --> 00:01:30,960

course in psychic development um i grew

44

00:01:34,230 --> 00:01:32,799

up in a family that was very open to all

45

00:01:36,550 --> 00:01:34,240

of these things and

46

00:01:37,270 --> 00:01:36,560

had uh sisters who were pretty psychic

47

00:01:40,069 --> 00:01:37,280

as well

48

00:01:41,270 --> 00:01:40,079

so i had an interest in it but really no

49

00:01:43,109 --> 00:01:41,280

clue that i had any

50

00:01:45,270 --> 00:01:43,119

abilities until i took this course and

51  
00:01:47,109 --> 00:01:45,280  
started practicing some things and

52  
00:01:48,310 --> 00:01:47,119  
started to realize that my sensitivities

53  
00:01:49,990 --> 00:01:48,320  
were actually

54  
00:01:51,510 --> 00:01:50,000  
a gift and that i could connect with

55  
00:01:54,230 --> 00:01:51,520  
energy

56  
00:01:55,670 --> 00:01:54,240  
so i started to do readings for people

57  
00:01:57,350 --> 00:01:55,680  
and um

58  
00:01:59,429 --> 00:01:57,360  
i still worked for full-time in a

59  
00:02:02,069 --> 00:01:59,439  
regular nine-to-five job

60  
00:02:02,950 --> 00:02:02,079  
um but after a while uh the universe

61  
00:02:05,429 --> 00:02:02,960  
kind of

62  
00:02:07,830 --> 00:02:05,439  
shifted my life in such a way that this

63  
00:02:09,990 --> 00:02:07,840

became my full-time work

64

00:02:12,070 --> 00:02:10,000

i was doing psychic readings for people

65

00:02:14,390 --> 00:02:12,080

which is connecting with their energy

66

00:02:16,229 --> 00:02:14,400

to give them some life guidance doing

67

00:02:17,830 --> 00:02:16,239

mediumship readings which are connecting

68

00:02:19,110 --> 00:02:17,840

with spirit

69

00:02:22,229 --> 00:02:19,120

usually for people who want to speak

70

00:02:23,830 --> 00:02:22,239

with loved ones who have passed

71

00:02:25,270 --> 00:02:23,840

and so i was doing that for quite a

72

00:02:28,790 --> 00:02:25,280

while

73

00:02:29,830 --> 00:02:28,800

and had an experience of of channeling

74

00:02:33,430 --> 00:02:29,840

which i had never

75

00:02:36,630 --> 00:02:33,440

expected never intended um

76

00:02:38,390 --> 00:02:36,640

but it was just a series of events my my

77

00:02:39,830 --> 00:02:38,400

sister was visiting me we had a series

78

00:02:42,150 --> 00:02:39,840

of events where we started to feel like

79

00:02:46,550 --> 00:02:42,160

something wanted to contact us

80

00:02:47,589 --> 00:02:46,560

uh we uh my sister used to use the ouija

81

00:02:49,190 --> 00:02:47,599

board all the time

82

00:02:51,910 --> 00:02:49,200

you know to connect with spirit so we

83

00:02:52,589 --> 00:02:51,920

did that and it immediately started to

84

00:02:56,070 --> 00:02:52,599

spell

85

00:02:58,229 --> 00:02:56,080

f-r-a-n-k frank neither of us knew

86

00:03:00,790 --> 00:02:58,239

anybody named frank

87

00:03:02,710 --> 00:03:00,800

but it turned out that it was a

88

00:03:05,750 --> 00:03:02,720

collective of beings

89

00:03:07,830 --> 00:03:05,760

that wanted to connect through me with

90

00:03:08,949 --> 00:03:07,840

automatic writing which i had never done

91

00:03:12,309 --> 00:03:08,959

before

92

00:03:14,149 --> 00:03:12,319

but they gave me instructions i tried it

93

00:03:16,790 --> 00:03:14,159

and i started getting all kinds of

94

00:03:18,790 --> 00:03:16,800

really uplifting amazing information

95

00:03:20,710 --> 00:03:18,800

from this collective who call themselves

96

00:03:23,910 --> 00:03:20,720

frank

97

00:03:25,990 --> 00:03:23,920

um at that time

98

00:03:27,589 --> 00:03:26,000

it was mostly personal to me but i also

99

00:03:30,869 --> 00:03:27,599

felt that there was also

100

00:03:34,390 --> 00:03:30,879

universal messages of hope and

101  
00:03:36,630 --> 00:03:34,400  
and love that were important

102  
00:03:37,830 --> 00:03:36,640  
and i asked them at that time if they

103  
00:03:42,470 --> 00:03:37,840  
wanted to write a book

104  
00:03:44,070 --> 00:03:42,480  
and they said no not at that time so

105  
00:03:45,589 --> 00:03:44,080  
i actually put it aside for a couple of

106  
00:03:46,789 --> 00:03:45,599  
years didn't channel for a couple of

107  
00:03:48,789 --> 00:03:46,799  
years after that

108  
00:03:50,710 --> 00:03:48,799  
but then i started to feel that they

109  
00:03:51,509 --> 00:03:50,720  
were trying to get in touch with me

110  
00:03:54,710 --> 00:03:51,519  
again

111  
00:03:56,390 --> 00:03:54,720  
automatic writing

112  
00:03:57,830 --> 00:03:56,400  
and then they did start to write a book

113  
00:04:00,869 --> 00:03:57,840

and so my first book was

114

00:04:03,910 --> 00:04:00,879

frank talk this is what it looks like

115

00:04:06,869 --> 00:04:03,920

and this was a self-published book

116

00:04:07,429 --> 00:04:06,879

that was just all whatever i got from

117

00:04:09,910 --> 00:04:07,439

them

118

00:04:11,030 --> 00:04:09,920

so they talk about their lives their

119

00:04:14,390 --> 00:04:11,040

planet

120

00:04:15,030 --> 00:04:14,400

and they impart a lot of wisdom and give

121

00:04:17,430 --> 00:04:15,040

a lot of

122

00:04:19,509 --> 00:04:17,440

advice for us in what we're going

123

00:04:21,509 --> 00:04:19,519

through

124

00:04:23,270 --> 00:04:21,519

in the meantime i had become a certified

125

00:04:24,950 --> 00:04:23,280

infinite possibilities trainer with mike

126

00:04:27,430 --> 00:04:24,960

dooley

127

00:04:29,110 --> 00:04:27,440

and i knew that he was interested in

128

00:04:30,390 --> 00:04:29,120

channeling so i made sure he got a copy

129

00:04:33,270 --> 00:04:30,400

of my book

130

00:04:35,270 --> 00:04:33,280

he enjoyed a lot and we started to talk

131

00:04:37,909 --> 00:04:35,280

and we wound up doing a

132

00:04:39,510 --> 00:04:37,919

webinar together he would uh send me

133

00:04:40,870 --> 00:04:39,520

some questions and i would channel the

134

00:04:43,749 --> 00:04:40,880

answers and um

135

00:04:44,469 --> 00:04:43,759

and then we did an online live webinar

136

00:04:46,870 --> 00:04:44,479

together with

137

00:04:49,189 --> 00:04:46,880

with the channeling and from there then

138

00:04:51,510 --> 00:04:49,199

we decided to write the next book

139

00:04:53,189 --> 00:04:51,520

which is um originally called from deep

140

00:04:54,790 --> 00:04:53,199

space with love

141

00:04:57,110 --> 00:04:54,800

uh and then when it was published in

142

00:04:58,710 --> 00:04:57,120

paperback hay house changed the title so

143

00:05:01,029 --> 00:04:58,720

it was a clearer

144

00:05:03,430 --> 00:05:01,039

sense of it being channeled to channel

145

00:05:07,430 --> 00:05:03,440

messages from deep space

146

00:05:12,390 --> 00:05:10,230

that worked out great so um was any

147

00:05:14,390 --> 00:05:12,400

particular process and which way you two

148

00:05:16,629 --> 00:05:14,400

got together to to work on it

149

00:05:17,590 --> 00:05:16,639

would you write a little bit uh or at

150

00:05:19,590 --> 00:05:17,600

least

151

00:05:21,590 --> 00:05:19,600

was it transcribed i should say then

152

00:05:22,710 --> 00:05:21,600

based on the questions he had or how did

153

00:05:25,590 --> 00:05:22,720

that work

154

00:05:26,550 --> 00:05:25,600

yeah so what happened was when you know

155

00:05:29,510 --> 00:05:26,560

when he got so

156

00:05:30,230 --> 00:05:29,520

excited about the first book he said do

157

00:05:32,870 --> 00:05:30,240

you think that

158

00:05:35,270 --> 00:05:32,880

frank would answer some questions for me

159

00:05:38,629 --> 00:05:35,280

and i said sure so he sent me

160

00:05:40,230 --> 00:05:38,639

i remember it was 24 questions and

161

00:05:41,830 --> 00:05:40,240

you know from mike dooley these are not

162

00:05:45,909 --> 00:05:41,840

going to be simple questions

163

00:05:49,110 --> 00:05:45,919

these were very deep questions and um

164

00:05:50,390 --> 00:05:49,120

and i remember sitting up when i would

165

00:05:53,430 --> 00:05:50,400

do the the writing

166

00:05:53,990 --> 00:05:53,440

it would normally be late at night and i

167

00:05:56,790 --> 00:05:54,000

feel i

168

00:05:57,830 --> 00:05:56,800

i feel like it was because my my waking

169

00:06:00,790 --> 00:05:57,840

consciousness

170

00:06:01,749 --> 00:06:00,800

was kind of sleepy and out of the way so

171

00:06:04,390 --> 00:06:01,759

i wasn't

172

00:06:05,590 --> 00:06:04,400

really listening to my mind saying what

173

00:06:07,270 --> 00:06:05,600

are you crazy you think you're

174

00:06:08,230 --> 00:06:07,280

channeling aliens what's wrong with you

175

00:06:09,990 --> 00:06:08,240

you know

176  
00:06:12,070 --> 00:06:10,000  
so the mind was kind of out of the way

177  
00:06:15,350 --> 00:06:12,080  
and i could connect with the

178  
00:06:18,070 --> 00:06:15,360  
higher consciousness a little better so

179  
00:06:19,749 --> 00:06:18,080  
i did half those questions late into the

180  
00:06:22,550 --> 00:06:19,759  
night and then the next half

181  
00:06:23,510 --> 00:06:22,560  
the next morning and i sent the answers

182  
00:06:25,270 --> 00:06:23,520  
to him

183  
00:06:27,670 --> 00:06:25,280  
and i remember getting this email back

184  
00:06:32,230 --> 00:06:27,680  
from him with this huge

185  
00:06:35,110 --> 00:06:32,240  
like 96 point font that said oh my god

186  
00:06:36,230 --> 00:06:35,120  
so he you know we kind of knew that this

187  
00:06:38,550 --> 00:06:36,240  
was going to be

188  
00:06:40,150 --> 00:06:38,560

a fun adventure with him asking these

189

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

deep questions and

190

00:06:43,990 --> 00:06:42,319

seeing what frank had to say so we did

191

00:06:47,270 --> 00:06:44,000

that for a while and then

192

00:06:48,070 --> 00:06:47,280

that was the the way the the webinar

193

00:06:50,950 --> 00:06:48,080

went as well

194

00:06:51,749 --> 00:06:50,960

so but we were doing it live for an

195

00:06:54,230 --> 00:06:51,759

audience

196

00:06:55,830 --> 00:06:54,240

and then we decided it worked so well

197

00:06:57,670 --> 00:06:55,840

that that's the way we would do the book

198

00:06:59,909 --> 00:06:57,680

as well

199

00:07:01,670 --> 00:06:59,919

yeah i usually find you know i'm very

200

00:07:02,070 --> 00:07:01,680

glad that people do that because then

201  
00:07:04,469 --> 00:07:02,080  
they

202  
00:07:06,390 --> 00:07:04,479  
gather their work their thoughts

203  
00:07:08,710 --> 00:07:06,400  
together in in one

204  
00:07:09,510 --> 00:07:08,720  
one cohesive way and so that way then

205  
00:07:11,589 --> 00:07:09,520  
they can be

206  
00:07:13,270 --> 00:07:11,599  
kind of dissected and consumed in this

207  
00:07:15,430 --> 00:07:13,280  
organized way instead of

208  
00:07:16,390 --> 00:07:15,440  
um kind of telling a story and being all

209  
00:07:18,629 --> 00:07:16,400  
over the place

210  
00:07:19,430 --> 00:07:18,639  
so i always personally appreciated books

211  
00:07:21,270 --> 00:07:19,440  
and and

212  
00:07:22,710 --> 00:07:21,280  
now it kind of translates nowadays into

213  
00:07:24,629 --> 00:07:22,720

video you know to

214

00:07:26,629 --> 00:07:24,639

have to watch something that's nice and

215

00:07:27,589 --> 00:07:26,639

cohesive that way so i'm glad you guys

216

00:07:31,830 --> 00:07:27,599

did that

217

00:07:33,749 --> 00:07:31,840

um meaning writing a book together so um

218

00:07:35,430 --> 00:07:33,759

would you like to share some of the some

219

00:07:38,550 --> 00:07:35,440

of the general information that

220

00:07:41,749 --> 00:07:38,560

frank started out to to channel

221

00:07:43,510 --> 00:07:41,759

uh first kind of was there kind of a

222

00:07:46,390 --> 00:07:43,520

general message of why specifically

223

00:07:49,510 --> 00:07:46,400

reaching out to you

224

00:07:51,990 --> 00:07:49,520

well first you know when i first started

225

00:07:53,749 --> 00:07:52,000

getting things from them um first i

226

00:07:55,029 --> 00:07:53,759

wasn't sure how that was going to work i

227

00:07:56,629 --> 00:07:55,039

didn't know how

228

00:07:58,309 --> 00:07:56,639

automatic writing worked i had been

229

00:07:59,909 --> 00:07:58,319

doing psychic and mediumship work but i

230

00:08:01,270 --> 00:07:59,919

have never never tried that so i didn't

231

00:08:02,550 --> 00:08:01,280

know if my hand was just going to be

232

00:08:04,950 --> 00:08:02,560

writing independent of

233

00:08:05,909 --> 00:08:04,960

of me but what it turned out to be was

234

00:08:07,670 --> 00:08:05,919

more like

235

00:08:09,430 --> 00:08:07,680

i would get a word just kind of come

236

00:08:11,110 --> 00:08:09,440

into my consciousness and write it down

237

00:08:13,270 --> 00:08:11,120

so it was like taking dictation

238

00:08:15,029 --> 00:08:13,280

you know and i had been a secretary for

239

00:08:16,230 --> 00:08:15,039

many years so i could do that it was

240

00:08:18,550 --> 00:08:16,240

easy

241

00:08:19,830 --> 00:08:18,560

but it was much different process from

242

00:08:21,830 --> 00:08:19,840

having a thought and then

243

00:08:23,350 --> 00:08:21,840

turning it into a sentence or a

244

00:08:25,110 --> 00:08:23,360

paragraph it was

245

00:08:27,270 --> 00:08:25,120

a word and then a word and i wasn't even

246

00:08:30,390 --> 00:08:27,280

sure what the meaning was until i

247

00:08:31,909 --> 00:08:30,400

would read it back so in the beginning i

248

00:08:32,870 --> 00:08:31,919

just wanted to know who they were where

249

00:08:35,430 --> 00:08:32,880

they were from and

250

00:08:36,870 --> 00:08:35,440

what was this all about um then they

251

00:08:38,310 --> 00:08:36,880

were you know they

252

00:08:40,709 --> 00:08:38,320

let me know right away that they were

253

00:08:42,469 --> 00:08:40,719

eight beings it was a group

254

00:08:45,110 --> 00:08:42,479

you know the name frank is just the name

255

00:08:46,070 --> 00:08:45,120

that they they used for me to call them

256

00:08:49,030 --> 00:08:46,080

i'm sure that's not

257

00:08:49,750 --> 00:08:49,040

what they're really called um that

258

00:08:52,949 --> 00:08:49,760

they're from

259

00:08:55,990 --> 00:08:52,959

uh a planet in uh

260

00:08:57,350 --> 00:08:56,000

in the universe in this dimension uh and

261

00:08:59,990 --> 00:08:57,360

that they have

262

00:09:01,350 --> 00:09:00,000

discovered a way to project their

263

00:09:04,790 --> 00:09:01,360

consciousness

264

00:09:06,070 --> 00:09:04,800

to connect in in a sort of telepathic

265

00:09:10,070 --> 00:09:06,080

way

266

00:09:11,910 --> 00:09:10,080

um so that they they they didn't need to

267

00:09:14,389 --> 00:09:11,920

travel you know it was more of an

268

00:09:18,150 --> 00:09:14,399

energetic consciousness connection

269

00:09:18,790 --> 00:09:18,160

um and that they wanted to help us

270

00:09:20,710 --> 00:09:18,800

because

271

00:09:22,150 --> 00:09:20,720

they had a lot of empathy for what we're

272

00:09:23,829 --> 00:09:22,160

going through since they had gone

273

00:09:25,990 --> 00:09:23,839

through some similar things

274

00:09:26,870 --> 00:09:26,000

on their planet and that they had turned

275

00:09:29,509 --> 00:09:26,880

it around

276

00:09:31,030 --> 00:09:29,519

they were on the brink of disaster and

277

00:09:33,190 --> 00:09:31,040

they turned it around

278

00:09:34,230 --> 00:09:33,200

through you know raising their

279

00:09:36,310 --> 00:09:34,240

consciousness

280

00:09:37,829 --> 00:09:36,320

connecting in a conscious way becoming

281

00:09:39,910 --> 00:09:37,839

more compassionate

282

00:09:42,230 --> 00:09:39,920

taking better care of each other and and

283

00:09:45,910 --> 00:09:42,240

their world

284

00:09:48,150 --> 00:09:45,920

and so they can see our potential and

285

00:09:49,829 --> 00:09:48,160

and they you know everything that they

286

00:09:52,949 --> 00:09:49,839

have said

287

00:09:54,870 --> 00:09:52,959

always feels very loving they they

288

00:09:58,070 --> 00:09:54,880

always say how much they admire us and

289

00:10:00,710 --> 00:09:58,080

how much beauty we have in our world and

290

00:10:01,590 --> 00:10:00,720

um and so they they see what we can

291

00:10:03,750 --> 00:10:01,600

become

292

00:10:06,389 --> 00:10:03,760

you know and they see what we are as

293

00:10:09,430 --> 00:10:06,399

well and how we can expand that

294

00:10:09,990 --> 00:10:09,440

so it's always felt extremely positive

295

00:10:13,829 --> 00:10:10,000

and

296

00:10:15,509 --> 00:10:13,839

they've always said resonates with me

297

00:10:16,949 --> 00:10:15,519

deeply

298

00:10:20,150 --> 00:10:16,959

you know i don't think i would be able

299

00:10:24,550 --> 00:10:20,160

to channel it if it didn't

300

00:10:26,470 --> 00:10:24,560

and um so for example

301  
00:10:27,590 --> 00:10:26,480  
was there something that they just

302  
00:10:30,150 --> 00:10:27,600  
picked picked

303  
00:10:31,190 --> 00:10:30,160  
up the energy of humans is particularly

304  
00:10:32,790 --> 00:10:31,200  
of you

305  
00:10:34,230 --> 00:10:32,800  
that they they needed to convey

306  
00:10:36,069 --> 00:10:34,240  
something to you or

307  
00:10:37,590 --> 00:10:36,079  
was what was their reasoning for them

308  
00:10:41,509 --> 00:10:37,600  
reaching out

309  
00:10:43,350 --> 00:10:41,519  
well what they have said is that

310  
00:10:46,150 --> 00:10:43,360  
they have made it a practice for

311  
00:10:49,910 --> 00:10:46,160  
themselves to seek out

312  
00:10:52,710 --> 00:10:49,920  
uh other beings planets that need help

313  
00:10:55,670 --> 00:10:52,720

so it wasn't just us they've they've

314

00:10:56,870 --> 00:10:55,680

helped others out or they have tried to

315

00:10:59,670 --> 00:10:56,880

they've also talked about having

316

00:11:03,030 --> 00:10:59,680

abandoned some of those

317

00:11:06,310 --> 00:11:03,040

attempts to help but when they found us

318

00:11:08,790 --> 00:11:06,320

and they just became very enamored of us

319

00:11:09,750 --> 00:11:08,800

and are the beauty of our planet and you

320

00:11:11,509 --> 00:11:09,760

know

321

00:11:13,829 --> 00:11:11,519

they think that they can again resonate

322

00:11:15,190 --> 00:11:13,839

with a lot of what we're going through

323

00:11:17,030 --> 00:11:15,200

um

324

00:11:19,509 --> 00:11:17,040

i think because they're a higher

325

00:11:22,550 --> 00:11:19,519

consciousness they can sense

326

00:11:23,430 --> 00:11:22,560

those who are particularly sensitive and

327

00:11:26,550 --> 00:11:23,440

would be able

328

00:11:27,990 --> 00:11:26,560

to pick up their energy you know so i i

329

00:11:29,750 --> 00:11:28,000

don't think i'm the only one that

330

00:11:32,710 --> 00:11:29,760

they're working with

331

00:11:33,670 --> 00:11:32,720

i think so you mean currently yes oh i

332

00:11:37,670 --> 00:11:33,680

see

333

00:11:39,990 --> 00:11:37,680

um but i i did have an experience

334

00:11:42,389 --> 00:11:40,000

probably uh a couple of years before

335

00:11:44,150 --> 00:11:42,399

they appeared

336

00:11:45,990 --> 00:11:44,160

which at the time i thought may have

337

00:11:47,430 --> 00:11:46,000

just been a dream but i don't think now

338

00:11:51,030 --> 00:11:47,440

that it was

339

00:11:54,550 --> 00:11:51,040

um where i was

340

00:11:56,629 --> 00:11:54,560

in in my bed at night and was woken up

341

00:11:59,910 --> 00:11:56,639

by a voice

342

00:12:02,470 --> 00:11:59,920

and uh

343

00:12:05,509 --> 00:12:02,480

i got this this amazing bright light

344

00:12:08,949 --> 00:12:05,519

coming in through my window

345

00:12:10,949 --> 00:12:08,959

and i had this sensation of being

346

00:12:11,990 --> 00:12:10,959

it and scanned it's very difficult to

347

00:12:13,829 --> 00:12:12,000

describe

348

00:12:16,310 --> 00:12:13,839

but it was like a pulse of energy that

349

00:12:20,150 --> 00:12:16,320

ran across me physically

350

00:12:21,910 --> 00:12:20,160

like three times it was very it was a

351

00:12:23,269 --> 00:12:21,920

really strong sensation it wasn't

352

00:12:25,509 --> 00:12:23,279

painful

353

00:12:26,949 --> 00:12:25,519

and i wasn't scared but it was very

354

00:12:28,550 --> 00:12:26,959

unusual

355

00:12:30,389 --> 00:12:28,560

and this bright light that coming

356

00:12:33,110 --> 00:12:30,399

through the window i i just

357

00:12:34,550 --> 00:12:33,120

you know when frank then appeared and i

358

00:12:36,310 --> 00:12:34,560

started channeling them

359

00:12:37,990 --> 00:12:36,320

i started to think um i wonder if that

360

00:12:40,710 --> 00:12:38,000

was them

361

00:12:42,150 --> 00:12:40,720

you know checking me out to see if i was

362

00:12:45,110 --> 00:12:42,160

in the right energetic space

363

00:12:47,030 --> 00:12:45,120

to receive them and um i'm kind of

364

00:12:48,790 --> 00:12:47,040

feeling like it was

365

00:12:50,150 --> 00:12:48,800

so i think that again because they're

366

00:12:53,190 --> 00:12:50,160

highly evolved

367

00:12:54,870 --> 00:12:53,200

consciously that they can sense

368

00:12:56,150 --> 00:12:54,880

you know those who are going to resonate

369

00:12:57,190 --> 00:12:56,160

with their message who are going to be

370

00:13:00,550 --> 00:12:57,200

open to it

371

00:13:02,870 --> 00:13:00,560

and be willing to convey it um and again

372

00:13:04,870 --> 00:13:02,880

i don't think it's just me

373

00:13:06,230 --> 00:13:04,880

so what was one of the first profound

374

00:13:09,509 --> 00:13:06,240

messages that they

375

00:13:10,150 --> 00:13:09,519

that they basically told you about well

376

00:13:13,750 --> 00:13:10,160

i think it was

377

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

just them telling their story which was

378

00:13:17,990 --> 00:13:16,000

that you know their their planet was on

379

00:13:19,670 --> 00:13:18,000

the brink of disaster and

380

00:13:21,750 --> 00:13:19,680

things were falling apart and a lot of

381

00:13:24,870 --> 00:13:21,760

it was due to greed and

382

00:13:26,949 --> 00:13:24,880

mismanagement of resources and

383

00:13:28,069 --> 00:13:26,959

so many things that were so similar to

384

00:13:30,870 --> 00:13:28,079

us

385

00:13:32,389 --> 00:13:30,880

um and even though they described

386

00:13:34,310 --> 00:13:32,399

themselves as being

387

00:13:36,389 --> 00:13:34,320

very different in a lot of ways the

388

00:13:38,949 --> 00:13:36,399

planet being very different

389

00:13:40,069 --> 00:13:38,959

the the circumstances and the situations

390

00:13:43,189 --> 00:13:40,079

that they were in

391

00:13:46,870 --> 00:13:43,199

were similar um and

392

00:13:49,350 --> 00:13:46,880

that there was a core group that

393

00:13:50,629 --> 00:13:49,360

that saw that in order for them to

394

00:13:52,629 --> 00:13:50,639

survive they were going to have to make

395

00:13:53,430 --> 00:13:52,639

drastic changes in the way they treated

396

00:13:55,509 --> 00:13:53,440

each other and

397

00:13:57,829 --> 00:13:55,519

in their level of consciousness they had

398

00:13:59,670 --> 00:13:57,839

to move into that realm

399

00:14:00,870 --> 00:13:59,680

of understanding and working with

400

00:14:04,550 --> 00:14:00,880

consciousness

401  
00:14:06,550 --> 00:14:04,560  
instead of just the material world

402  
00:14:08,069 --> 00:14:06,560  
and once they started to do that they

403  
00:14:11,269 --> 00:14:08,079  
started to integrate

404  
00:14:15,350 --> 00:14:11,279  
science and spirituality you know that

405  
00:14:19,509 --> 00:14:17,670  
and it just feels so strongly that

406  
00:14:22,230 --> 00:14:19,519  
that's where we're heading as well

407  
00:14:23,590 --> 00:14:22,240  
so that to me is the whole reason that

408  
00:14:25,509 --> 00:14:23,600  
they're here

409  
00:14:26,870 --> 00:14:25,519  
and the you know the way that they are

410  
00:14:29,590 --> 00:14:26,880  
encouraging us

411  
00:14:30,710 --> 00:14:29,600  
in that direction it feels very profound

412  
00:14:33,189 --> 00:14:30,720  
and

413  
00:14:35,110 --> 00:14:33,199

really almost essential for our survival

414

00:14:38,949 --> 00:14:35,120

as well

415

00:14:39,430 --> 00:14:38,959

so how's their their general look have

416

00:14:41,670 --> 00:14:39,440

they ever

417

00:14:43,030 --> 00:14:41,680

ever revealed to you how did they look

418

00:14:45,670 --> 00:14:43,040

um or

419

00:14:47,269 --> 00:14:45,680

or are we talking about let's say

420

00:14:48,550 --> 00:14:47,279

they're formed like you know

421

00:14:50,470 --> 00:14:48,560

i don't mean to i don't know how to say

422

00:14:51,910 --> 00:14:50,480

this that doesn't sound silly let's say

423

00:14:53,670 --> 00:14:51,920

looking like spiders but having a

424

00:14:57,030 --> 00:14:53,680

society like us yeah

425

00:14:58,949 --> 00:14:57,040

what i mean yeah i they they did avoid

426

00:15:01,829 --> 00:14:58,959

that for a while

427

00:15:02,389 --> 00:15:01,839

um but then there was i had an incident

428

00:15:05,509 --> 00:15:02,399

where

429

00:15:08,949 --> 00:15:05,519

um i was participating in

430

00:15:09,910 --> 00:15:08,959

a meditation on a retreat and it was a

431

00:15:13,110 --> 00:15:09,920

very very

432

00:15:13,829 --> 00:15:13,120

deep meditation and in the meditative

433

00:15:15,990 --> 00:15:13,839

state i

434

00:15:19,509 --> 00:15:16,000

had a vision and they showed themselves

435

00:15:25,750 --> 00:15:22,629

so i got a brief look at them

436

00:15:28,310 --> 00:15:25,760

a couple days later after that happened

437

00:15:29,189 --> 00:15:28,320

i happened to be at a psychic fair where

438

00:15:31,749 --> 00:15:29,199

someone was

439

00:15:33,189 --> 00:15:31,759

displaying paintings that she had made

440

00:15:36,230 --> 00:15:33,199

intuitively

441

00:15:38,550 --> 00:15:36,240

she was intuitive artist and one of the

442

00:15:41,269 --> 00:15:38,560

paintings was almost exactly

443

00:15:42,069 --> 00:15:41,279

what i had seen and it actually is the

444

00:15:45,269 --> 00:15:42,079

cover of

445

00:15:48,949 --> 00:15:45,279

my first book so

446

00:15:51,990 --> 00:15:48,959

they look similar to that oh i see okay

447

00:15:53,749 --> 00:15:52,000

not exactly right but uh

448

00:15:55,590 --> 00:15:53,759

and this the woman who painted this

449

00:15:57,670 --> 00:15:55,600

painting said that she felt like it had

450

00:15:59,749 --> 00:15:57,680

been channeled to her

451  
00:16:01,590 --> 00:15:59,759  
so it was an amazing synchronous city i

452  
00:16:03,350 --> 00:16:01,600  
mean i i was floored when i stood in

453  
00:16:05,030 --> 00:16:03,360  
front of that painting and

454  
00:16:07,269 --> 00:16:05,040  
and realized it was exactly what i had

455  
00:16:10,550 --> 00:16:07,279  
seen almost exactly

456  
00:16:11,430 --> 00:16:10,560  
that i had seen in that meditation so do

457  
00:16:13,990 --> 00:16:11,440  
they solely

458  
00:16:15,430 --> 00:16:14,000  
simply reach out sort of in this um

459  
00:16:18,790 --> 00:16:15,440  
metaphysical

460  
00:16:21,030 --> 00:16:18,800  
spiritual way uh where um i believe if

461  
00:16:22,470 --> 00:16:21,040  
i'm if i'm not mistaken mike was

462  
00:16:23,509 --> 00:16:22,480  
mentioning something about that they

463  
00:16:25,430 --> 00:16:23,519

don't have

464

00:16:27,670 --> 00:16:25,440

ships or the ability to actually travel

465

00:16:31,030 --> 00:16:27,680

this far out

466

00:16:31,350 --> 00:16:31,040

yeah i i yeah i'm under the impression

467

00:16:35,269 --> 00:16:31,360

that

468

00:16:37,670 --> 00:16:35,279

they have

469

00:16:38,710 --> 00:16:37,680

discovered that they can you know

470

00:16:40,550 --> 00:16:38,720

telepathically

471

00:16:42,150 --> 00:16:40,560

communicate there's no need for them to

472

00:16:45,590 --> 00:16:42,160

physically travel

473

00:16:49,110 --> 00:16:45,600

but they do say that other other uh

474

00:16:52,310 --> 00:16:49,120

worlds other beings do travel and have

475

00:16:53,670 --> 00:16:52,320

been here and and are continuing to come

476

00:16:57,269 --> 00:16:53,680

here so they have

477

00:16:59,269 --> 00:16:57,279

verified that just not them

478

00:17:01,189 --> 00:16:59,279

would they have the ability to actually

479

00:17:04,150 --> 00:17:01,199

materialize enough to where

480

00:17:06,390 --> 00:17:04,160

they could kind of appear to us at least

481

00:17:10,549 --> 00:17:06,400

in operation form or is it solely

482

00:17:13,350 --> 00:17:10,559

through kind of uh this psychic way

483

00:17:13,750 --> 00:17:13,360

yeah i haven't had that experience but i

484

00:17:21,110 --> 00:17:13,760

have

485

00:17:22,789 --> 00:17:21,120

live channeling events with audiences

486

00:17:25,110 --> 00:17:22,799

where people have

487

00:17:26,630 --> 00:17:25,120

not seen like a full-bodied apparition

488

00:17:29,350 --> 00:17:26,640

or something but they have seen

489

00:17:30,549 --> 00:17:29,360

lights they've seen streaks of lights

490

00:17:33,510 --> 00:17:30,559

like orbs

491

00:17:34,230 --> 00:17:33,520

so people have had some visual sense of

492

00:17:36,150 --> 00:17:34,240

them

493

00:17:37,510 --> 00:17:36,160

just not really like it's not like a

494

00:17:39,110 --> 00:17:37,520

hologram you know

495

00:17:41,430 --> 00:17:39,120

it's more like it's it's almost like

496

00:17:43,590 --> 00:17:41,440

spirit energy appears sometimes as

497

00:17:44,710 --> 00:17:43,600

as orbs or lights or mist or something

498

00:17:47,669 --> 00:17:44,720

like that

499

00:17:51,270 --> 00:17:47,679

um so but i haven't actually had that

500

00:17:54,789 --> 00:17:53,270

and so could you maybe please uh

501  
00:17:56,230 --> 00:17:54,799  
continue sharing some of the other

502  
00:17:57,029 --> 00:17:56,240  
information they've given if you don't

503  
00:18:00,549 --> 00:17:57,039  
mind

504  
00:18:02,230 --> 00:18:00,559  
sure so they talk a lot about um

505  
00:18:04,549 --> 00:18:02,240  
you know all the changes that they had

506  
00:18:07,270 --> 00:18:04,559  
to make and are continuing to make and

507  
00:18:09,830 --> 00:18:07,280  
the resistance to those changes and you

508  
00:18:13,270 --> 00:18:09,840  
know how difficult it was for them

509  
00:18:14,070 --> 00:18:13,280  
to continue on in the midst of such

510  
00:18:16,630 --> 00:18:14,080  
opposition

511  
00:18:18,630 --> 00:18:16,640  
and resistance to change and again it's

512  
00:18:19,029 --> 00:18:18,640  
something else that seems very resonant

513  
00:18:22,150 --> 00:18:19,039

with

514

00:18:24,549 --> 00:18:22,160

what we're going through right now um

515

00:18:25,350 --> 00:18:24,559

it seems kind of a universal thing that

516

00:18:27,909 --> 00:18:25,360

beings just

517

00:18:29,110 --> 00:18:27,919

don't like change and they get caught in

518

00:18:31,110 --> 00:18:29,120

ways of doing things

519

00:18:32,310 --> 00:18:31,120

even when they're harmful they don't

520

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

want to change them

521

00:18:36,630 --> 00:18:34,400

but they persisted to the degree that

522

00:18:38,070 --> 00:18:36,640

you know they they really created

523

00:18:39,830 --> 00:18:38,080

a whole new way of doing things that

524

00:18:41,909 --> 00:18:39,840

doesn't mean that all the

525

00:18:43,270 --> 00:18:41,919

all their beings on their planet are are

526

00:18:46,070 --> 00:18:43,280

still happy about it

527

00:18:47,029 --> 00:18:46,080

you know um but one of the things they

528

00:18:50,549 --> 00:18:47,039

changed was that they

529

00:18:52,630 --> 00:18:50,559

they no longer have a monetary system so

530

00:18:54,310 --> 00:18:52,640

they did at one time have some kind of

531

00:18:54,870 --> 00:18:54,320

monetary exchange they don't call it

532

00:18:56,470 --> 00:18:54,880

money i

533

00:18:58,630 --> 00:18:56,480

really you know i think it's a little

534

00:19:02,150 --> 00:18:58,640

complicated to understand

535

00:19:02,710 --> 00:19:02,160

um but they have more of a barter system

536

00:19:05,669 --> 00:19:02,720

now

537

00:19:06,870 --> 00:19:05,679

um where it's more of an equal energy

538

00:19:10,070 --> 00:19:06,880

exchange

539

00:19:13,430 --> 00:19:10,080

and so releasing themselves from that

540

00:19:15,029 --> 00:19:13,440

that that need to accumulate wealth and

541

00:19:17,990 --> 00:19:15,039

material things

542

00:19:19,990 --> 00:19:18,000

completely changed everything you know

543

00:19:22,789 --> 00:19:20,000

it freed people up

544

00:19:23,510 --> 00:19:22,799

to do the things that they loved to do

545

00:19:26,310 --> 00:19:23,520

it

546

00:19:28,630 --> 00:19:26,320

made people you know have different

547

00:19:30,230 --> 00:19:28,640

motivations for wanting to share their

548

00:19:33,750 --> 00:19:30,240

gifts and talents

549

00:19:36,870 --> 00:19:33,760

um you know took away the

550

00:19:40,150 --> 00:19:36,880

the desire to accumulate and so

551  
00:19:41,590 --> 00:19:40,160  
people put their energy into more useful

552  
00:19:43,190 --> 00:19:41,600  
things more helpful things

553  
00:19:44,950 --> 00:19:43,200  
more compassionate things they take care

554  
00:19:46,870 --> 00:19:44,960  
of each other better

555  
00:19:48,630 --> 00:19:46,880  
and it's very difficult for us to

556  
00:19:49,590 --> 00:19:48,640  
imagine that you know a world without

557  
00:19:52,710 --> 00:19:49,600  
money

558  
00:19:53,990 --> 00:19:52,720  
but um they do see us heading in that

559  
00:19:56,390 --> 00:19:54,000  
direction

560  
00:19:58,230 --> 00:19:56,400  
um they do you know they they don't ever

561  
00:19:59,750 --> 00:19:58,240  
predict the future for us

562  
00:20:02,310 --> 00:19:59,760  
but they can have a sense of the

563  
00:20:05,110 --> 00:20:02,320

potential for us and they see that

564

00:20:06,870 --> 00:20:05,120

as one of the potentials even though

565

00:20:07,990 --> 00:20:06,880

it's something that we have a hard time

566

00:20:11,430 --> 00:20:08,000

imagining you know

567

00:20:12,870 --> 00:20:11,440

how how would that work um but i think

568

00:20:15,590 --> 00:20:12,880

that was one of one of the

569

00:20:17,190 --> 00:20:15,600

most profound things that they did but

570

00:20:19,669 --> 00:20:17,200

again it was more about

571

00:20:21,190 --> 00:20:19,679

understanding themselves as that spirit

572

00:20:22,870 --> 00:20:21,200

energy you know they brought a sense of

573

00:20:26,149 --> 00:20:22,880

spirituality

574

00:20:28,470 --> 00:20:26,159

into their everyday life um

575

00:20:29,830 --> 00:20:28,480

and they operate from that place more

576

00:20:32,070 --> 00:20:29,840

now

577

00:20:33,110 --> 00:20:32,080

uh and again i i feel like this is one

578

00:20:35,430 --> 00:20:33,120

of the things that

579

00:20:37,350 --> 00:20:35,440

we're starting to shift towards it's

580

00:20:39,750 --> 00:20:37,360

very slow shift

581

00:20:41,510 --> 00:20:39,760

but we are starting to be more aware of

582

00:20:43,029 --> 00:20:41,520

ourselves spiritually and

583

00:20:45,029 --> 00:20:43,039

i think there's more of an interest in

584

00:20:47,270 --> 00:20:45,039

studying consciousness and

585

00:20:49,190 --> 00:20:47,280

you know quantum physics is is looking

586

00:20:51,590 --> 00:20:49,200

at us differently

587

00:20:53,590 --> 00:20:51,600

um and there is starting to be more

588

00:20:56,549 --> 00:20:53,600

disclosure around

589

00:20:57,990 --> 00:20:56,559

you know ufos and other beings a little

590

00:21:02,149 --> 00:20:58,000

bit more openness around that

591

00:21:03,990 --> 00:21:02,159

so so there is a shift um happening and

592

00:21:06,149 --> 00:21:04,000

i think that they've come right at the

593

00:21:08,390 --> 00:21:06,159

time where we need that

594

00:21:09,669 --> 00:21:08,400

that motivation that that you know that

595

00:21:11,669 --> 00:21:09,679

sense of

596

00:21:13,669 --> 00:21:11,679

seeing a light at the end of the tunnel

597

00:21:15,350 --> 00:21:13,679

they actually uh

598

00:21:17,350 --> 00:21:15,360

kind of disappeared for a few months

599

00:21:18,870 --> 00:21:17,360

during 2020

600

00:21:21,669 --> 00:21:18,880

and i wasn't sure if they were coming

601  
00:21:25,590 --> 00:21:21,679  
back i sometimes do

602  
00:21:28,630 --> 00:21:25,600  
live channeling events on online and

603  
00:21:30,310 --> 00:21:28,640  
at the end of one event

604  
00:21:32,230 --> 00:21:30,320  
i think it was right around the time

605  
00:21:35,510 --> 00:21:32,240  
when the pandemic was starting

606  
00:21:36,630 --> 00:21:35,520  
i at the end you know i i'm kind of an

607  
00:21:39,270 --> 00:21:36,640  
observer

608  
00:21:41,510 --> 00:21:39,280  
as well as being you know the channel

609  
00:21:45,830 --> 00:21:41,520  
but i heard them saying goodbye

610  
00:21:48,870 --> 00:21:45,840  
at the end and i felt them leave

611  
00:21:50,390 --> 00:21:48,880  
and i knew they were gone and i didn't

612  
00:21:51,830 --> 00:21:50,400  
have any contact with them for several

613  
00:21:52,789 --> 00:21:51,840

months and i thought maybe they were

614

00:21:55,990 --> 00:21:52,799

gone forever

615

00:21:56,870 --> 00:21:56,000

i didn't know why but then they they did

616

00:21:59,590 --> 00:21:56,880

show up again

617

00:22:00,149 --> 00:21:59,600

and um again i think it was a deliberate

618

00:22:03,029 --> 00:22:00,159

thing

619

00:22:04,870 --> 00:22:03,039

it's almost like we had to go through

620

00:22:07,510 --> 00:22:04,880

what we were going through

621

00:22:10,470 --> 00:22:07,520

during this pandemic and whatever that's

622

00:22:15,190 --> 00:22:12,789

and now you know they're they're coming

623

00:22:18,310 --> 00:22:15,200

back in a little bit of a different way

624

00:22:21,669 --> 00:22:18,320

um what i'm doing now with them

625

00:22:24,950 --> 00:22:21,679

is i have a facebook group and

626

00:22:25,270 --> 00:22:24,960

i have people asking questions and then

627

00:22:26,870 --> 00:22:25,280

i

628

00:22:29,669 --> 00:22:26,880

channeled the answers to some of those

629

00:22:32,149 --> 00:22:29,679

questions um

630

00:22:33,510 --> 00:22:32,159

i haven't done a live session since they

631

00:22:35,029 --> 00:22:33,520

left last year but

632

00:22:36,710 --> 00:22:35,039

you know i may get back into that at

633

00:22:40,230 --> 00:22:36,720

some point

634

00:22:42,230 --> 00:22:40,240

okay so are they are they entirely

635

00:22:43,909 --> 00:22:42,240

planet-bound or do they have some sort

636

00:22:44,870 --> 00:22:43,919

of vehicles at least while they're on

637

00:22:46,870 --> 00:22:44,880

their surface or

638

00:22:49,029 --> 00:22:46,880

what does the surface even look like if

639

00:22:51,029 --> 00:22:49,039

they've given that info to you

640

00:22:53,990 --> 00:22:51,039

um the information they've given me is

641

00:22:57,350 --> 00:22:54,000

that their planet is pretty harsh

642

00:23:00,630 --> 00:22:57,360

they have double suns they have two

643

00:23:01,669 --> 00:23:00,640

stars that are suns so at certain times

644

00:23:05,430 --> 00:23:01,679

of their

645

00:23:06,549 --> 00:23:05,440

their year it's not possible for them to

646

00:23:09,750 --> 00:23:06,559

be on the surface

647

00:23:11,510 --> 00:23:09,760

because it's too intense um so that they

648

00:23:14,230 --> 00:23:11,520

seem to have a lot of underground

649

00:23:17,990 --> 00:23:15,590

but then there are other times in the

650

00:23:19,430 --> 00:23:18,000

year where they can come out for short

651  
00:23:22,710 --> 00:23:19,440  
periods of time

652  
00:23:24,070 --> 00:23:22,720  
and be on the surface it does feel and

653  
00:23:25,110 --> 00:23:24,080  
sometimes when they're talking about

654  
00:23:27,669 --> 00:23:25,120  
these things i can

655  
00:23:28,950 --> 00:23:27,679  
i can see them in my mind too while

656  
00:23:31,590 --> 00:23:28,960  
while they're speaking

657  
00:23:33,430 --> 00:23:31,600  
so it does seem the surface is not very

658  
00:23:35,190 --> 00:23:33,440  
interesting you know it's kind of

659  
00:23:38,149 --> 00:23:35,200  
barren it's kind of desolate but there

660  
00:23:41,190 --> 00:23:38,159  
are times where things grow

661  
00:23:43,430 --> 00:23:41,200  
you know these things do grow um

662  
00:23:45,190 --> 00:23:43,440  
but their underground dwellings feel

663  
00:23:48,230 --> 00:23:45,200

very communal

664

00:23:51,269 --> 00:23:48,240

so you know they have they live in

665

00:23:52,310 --> 00:23:51,279

kind of a groups you know family groups

666

00:23:55,750 --> 00:23:52,320

or whatever

667

00:23:58,230 --> 00:23:55,760

um they seem to be much more

668

00:23:59,830 --> 00:23:58,240

you know i don't know what other word to

669

00:24:00,230 --> 00:23:59,840

use other than communal you know they

670

00:24:02,549 --> 00:24:00,240

they

671

00:24:04,149 --> 00:24:02,559

assist with the raising of children and

672

00:24:07,350 --> 00:24:04,159

they work together

673

00:24:11,190 --> 00:24:07,360

in in these dwellings under underground

674

00:24:12,630 --> 00:24:11,200

um and they they seem to have devised

675

00:24:15,669 --> 00:24:12,640

ways to grow

676  
00:24:16,549 --> 00:24:15,679  
their own food and and develop different

677  
00:24:19,430 --> 00:24:16,559  
plant life

678  
00:24:19,909 --> 00:24:19,440  
that that helps them to survive to

679  
00:24:23,909 --> 00:24:19,919  
survive

680  
00:24:26,870 --> 00:24:23,919  
underground um they talk about mostly

681  
00:24:28,950 --> 00:24:26,880  
plants that that they eat i'm not sure

682  
00:24:30,630 --> 00:24:28,960  
if they ever mentioned

683  
00:24:32,310 --> 00:24:30,640  
any of any of the things that they eat

684  
00:24:32,950 --> 00:24:32,320  
but mostly it seems to be plants that

685  
00:24:35,029 --> 00:24:32,960  
they

686  
00:24:36,390 --> 00:24:35,039  
turn into lots of different kinds of

687  
00:24:38,789 --> 00:24:36,400  
food like we do

688  
00:24:40,149 --> 00:24:38,799

um but i think one of the reasons that

689

00:24:42,149 --> 00:24:40,159

they're so drawn to us is be

690

00:24:44,149 --> 00:24:42,159

and and they mention it a lot said how

691

00:24:46,549 --> 00:24:44,159

beautiful our planet is

692

00:24:48,470 --> 00:24:46,559

you know the the huge diversity of life

693

00:24:51,430 --> 00:24:48,480

they don't have that there

694

00:24:53,590 --> 00:24:51,440

you know they they don't have this the

695

00:24:53,990 --> 00:24:53,600

huge diversity of plant life and animal

696

00:24:57,269 --> 00:24:54,000

life

697

00:24:58,230 --> 00:24:57,279

and and they're they're just amazed by

698

00:25:02,470 --> 00:24:58,240

it

699

00:25:06,230 --> 00:25:02,480

what we have here

700

00:25:07,110 --> 00:25:06,240

yeah so i guess it balances itself out

701  
00:25:09,590 --> 00:25:07,120  
by

702  
00:25:11,590 --> 00:25:09,600  
what everyone on on their planet doing

703  
00:25:12,630 --> 00:25:11,600  
everything they can that's best suited

704  
00:25:14,390 --> 00:25:12,640  
to their skills

705  
00:25:16,470 --> 00:25:14,400  
and just offering it up and then

706  
00:25:18,310 --> 00:25:16,480  
everyone else is doing the same thing so

707  
00:25:19,909 --> 00:25:18,320  
they kind of make it work in that way am

708  
00:25:23,269 --> 00:25:19,919  
i understanding that correctly

709  
00:25:25,029 --> 00:25:23,279  
yeah it seems to be that um somehow

710  
00:25:28,149 --> 00:25:25,039  
there is some kind of uh

711  
00:25:30,549 --> 00:25:28,159  
checks and balances you know so um

712  
00:25:31,990 --> 00:25:30,559  
you know you you provide a service or a

713  
00:25:33,909 --> 00:25:32,000

product for someone and

714

00:25:35,510 --> 00:25:33,919

and there's some kind of record kept

715

00:25:38,630 --> 00:25:35,520

that that person now

716

00:25:41,590 --> 00:25:38,640

needs to owe that back in some way so

717

00:25:43,350 --> 00:25:41,600

um so it's you know whatever that person

718

00:25:44,950 --> 00:25:43,360

is good at like said you know whatever

719

00:25:45,590 --> 00:25:44,960

their skills their gifts their talents

720

00:25:48,789 --> 00:25:45,600

are

721

00:25:50,390 --> 00:25:48,799

that's what they provide and then that

722

00:25:52,789 --> 00:25:50,400

helps them to then

723

00:25:54,230 --> 00:25:52,799

get what they need so it's a barter

724

00:25:55,830 --> 00:25:54,240

system for the most part

725

00:25:58,070 --> 00:25:55,840

i think it's a little more complicated

726

00:25:59,909 --> 00:25:58,080

than that but um

727

00:26:01,590 --> 00:25:59,919

it you know i think they simplify some

728

00:26:03,190 --> 00:26:01,600

of these things so that i can understand

729

00:26:06,950 --> 00:26:03,200

them and communicate them

730

00:26:10,070 --> 00:26:06,960

you know uh sometimes i feel like um

731

00:26:13,350 --> 00:26:10,080

you know our our thinking and our

732

00:26:15,990 --> 00:26:13,360

words our language is limited

733

00:26:17,350 --> 00:26:16,000

so they kind of simplify things so that

734

00:26:17,830 --> 00:26:17,360

because it's still coming through my

735

00:26:20,549 --> 00:26:17,840

brain

736

00:26:21,669 --> 00:26:20,559

understand it i'm not going to be able

737

00:26:24,470 --> 00:26:21,679

to say it

738

00:26:26,070 --> 00:26:24,480

um so sometimes i think it's it's more

739

00:26:27,430 --> 00:26:26,080

complicated and i feel that it's more

740

00:26:29,510 --> 00:26:27,440

complicated than what

741

00:26:32,070 --> 00:26:29,520

they're giving me but this is the best

742

00:26:34,710 --> 00:26:32,080

way they can describe it

743

00:26:36,630 --> 00:26:34,720

i was just you were wondering because

744

00:26:39,750 --> 00:26:36,640

you know by having a

745

00:26:41,029 --> 00:26:39,760

more of a detailed explanation anyone

746

00:26:42,070 --> 00:26:41,039

watching could

747

00:26:44,310 --> 00:26:42,080

could potentially have their

748

00:26:45,909 --> 00:26:44,320

imaginations per you know be spurred and

749

00:26:46,870 --> 00:26:45,919

maybe try to seek something like that

750

00:26:48,390 --> 00:26:46,880

because i know

751

00:26:49,830 --> 00:26:48,400

um i'm sure you're familiar with you

752

00:26:52,070 --> 00:26:49,840

know the different communes that were

753

00:26:53,909 --> 00:26:52,080

started in the 60s and 70s and

754

00:26:55,909 --> 00:26:53,919

and i know some have tried to make it

755

00:26:56,470 --> 00:26:55,919

work some didn't last as long but i

756

00:26:58,710 --> 00:26:56,480

guess

757

00:27:00,149 --> 00:26:58,720

that's also part of you know how much

758

00:27:02,470 --> 00:27:00,159

baggage we all bring to the

759

00:27:03,190 --> 00:27:02,480

community i guess for lack of a better

760

00:27:04,870 --> 00:27:03,200

word

761

00:27:07,190 --> 00:27:04,880

yeah and i think you know we're so

762

00:27:09,750 --> 00:27:07,200

influenced by our culture

763

00:27:11,669 --> 00:27:09,760

and what's expected of us and i don't

764

00:27:13,510 --> 00:27:11,679

think we have any idea of how

765

00:27:15,590 --> 00:27:13,520

how much we're influenced by that you

766

00:27:18,389 --> 00:27:15,600

know we might think that we can

767

00:27:19,029 --> 00:27:18,399

live off the land and you know and and

768

00:27:22,389 --> 00:27:19,039

live like

769

00:27:24,630 --> 00:27:22,399

the hippies in the communes but we're

770

00:27:27,190 --> 00:27:24,640

you know we're influenced that that's

771

00:27:30,149 --> 00:27:27,200

that we should want something more

772

00:27:30,950 --> 00:27:30,159

you know we're so pushed into this idea

773

00:27:33,110 --> 00:27:30,960

of

774

00:27:35,350 --> 00:27:33,120

acquiring more and accumulating wealth

775

00:27:38,149 --> 00:27:35,360

and accumulating material things and

776

00:27:39,909 --> 00:27:38,159

it's very hard to to detach ourselves

777

00:27:43,350 --> 00:27:39,919

from those expectations

778

00:27:45,430 --> 00:27:43,360

from our culture and our society

779

00:27:47,029 --> 00:27:45,440

so you know it again it wasn't easy for

780

00:27:47,669 --> 00:27:47,039

them because i think they had some of

781

00:27:51,110 --> 00:27:47,679

those

782

00:27:53,669 --> 00:27:51,120

similar situations there where

783

00:27:54,710 --> 00:27:53,679

things were being you know governed by

784

00:27:57,750 --> 00:27:54,720

greed

785

00:27:59,830 --> 00:27:57,760

and and you know

786

00:28:02,710 --> 00:27:59,840

wealth and accumulation in whatever way

787

00:28:06,630 --> 00:28:04,310

so they really had to change their whole

788

00:28:09,430 --> 00:28:06,640

mindset in the way that they lived

789

00:28:11,750 --> 00:28:09,440

and it was huge you know it was not a

790

00:28:14,950 --> 00:28:11,760

simple thing to do

791

00:28:16,230 --> 00:28:14,960

well it seems like sometimes some of us

792

00:28:18,710 --> 00:28:16,240

kind of fall into

793

00:28:19,909 --> 00:28:18,720

a new new rhythm or a new change of

794

00:28:22,630 --> 00:28:19,919

something new happening

795

00:28:23,510 --> 00:28:22,640

sometimes we're pushed into it and um

796

00:28:25,669 --> 00:28:23,520

you know it's

797

00:28:27,269 --> 00:28:25,679

i don't know it's it's i i can see where

798

00:28:30,470 --> 00:28:27,279

it would be difficult having

799

00:28:32,470 --> 00:28:30,480

all of us trying to kind of

800

00:28:34,149 --> 00:28:32,480

do things together to say okay let's

801  
00:28:36,070 --> 00:28:34,159  
let's go this direction because then

802  
00:28:38,389 --> 00:28:36,080  
there's so many different interests

803  
00:28:39,430 --> 00:28:38,399  
so many different fears you know because

804  
00:28:41,909 --> 00:28:39,440  
of the sudden

805  
00:28:42,710 --> 00:28:41,919  
you know if you if you told someone jump

806  
00:28:44,310 --> 00:28:42,720  
off this cliff

807  
00:28:46,630 --> 00:28:44,320  
trust me you're gonna be okay it's gonna

808  
00:28:47,990 --> 00:28:46,640  
be so beneficial but it's to them it's

809  
00:28:49,909 --> 00:28:48,000  
all they see it's that cliff

810  
00:28:51,830 --> 00:28:49,919  
i'm gonna fall and die what i was saying

811  
00:28:52,710 --> 00:28:51,840  
you know we kind of feel that way where

812  
00:28:56,870 --> 00:28:52,720  
it's just

813  
00:28:59,830 --> 00:28:56,880

uh um it's this uh debilitating fear

814

00:29:00,630 --> 00:28:59,840

to change because if all of the sudden

815

00:29:02,230 --> 00:29:00,640

can you trust

816

00:29:03,990 --> 00:29:02,240

your neighbor that okay well i did

817

00:29:04,870 --> 00:29:04,000

something for you i didn't charge you

818

00:29:07,110 --> 00:29:04,880

will you do

819

00:29:08,630 --> 00:29:07,120

something for me now when i need it and

820

00:29:11,269 --> 00:29:08,640

then to expand that to

821

00:29:11,990 --> 00:29:11,279

two three four five people and so on and

822

00:29:14,549 --> 00:29:12,000

then to expand

823

00:29:16,310 --> 00:29:14,559

to a community um i'm just kind of as

824

00:29:18,070 --> 00:29:16,320

i'm talking trying to break it down how

825

00:29:19,750 --> 00:29:18,080

it could potentially work here

826

00:29:21,350 --> 00:29:19,760

because otherwise people would say i

827

00:29:23,669 --> 00:29:21,360

just want to go to work get my paycheck

828

00:29:26,950 --> 00:29:23,679

and i'll be okay

829

00:29:28,870 --> 00:29:26,960

well again it's it's not just about

830

00:29:29,909 --> 00:29:28,880

changing what we do it's changing how we

831

00:29:32,070 --> 00:29:29,919

think

832

00:29:33,669 --> 00:29:32,080

it's expanding our consciousness to see

833

00:29:35,029 --> 00:29:33,679

the bigger picture

834

00:29:37,110 --> 00:29:35,039

you know and we're not used to that

835

00:29:39,350 --> 00:29:37,120

we're used to having to just

836

00:29:41,669 --> 00:29:39,360

do what has to be done you know we're

837

00:29:43,510 --> 00:29:41,679

running that hamster wheel all the time

838

00:29:44,549 --> 00:29:43,520

of what's expected of us and how we're

839

00:29:46,389 --> 00:29:44,559

going to make money and how we're going

840

00:29:48,710 --> 00:29:46,399

to pay our bills and

841

00:29:51,590 --> 00:29:48,720

you know it we don't have much time for

842

00:29:54,630 --> 00:29:51,600

it to expand our consciousness you know

843

00:29:57,909 --> 00:29:54,640

um so it it that

844

00:29:59,430 --> 00:29:57,919

had to be the foundation of all the

845

00:30:01,830 --> 00:29:59,440

other change

846

00:30:03,669 --> 00:30:01,840

they had to be able to see themselves as

847

00:30:04,950 --> 00:30:03,679

more than just these physical beings

848

00:30:07,830 --> 00:30:04,960

they had to see that the

849

00:30:08,630 --> 00:30:07,840

results of what they were wanting to do

850

00:30:11,510 --> 00:30:08,640

were

851  
00:30:13,430 --> 00:30:11,520  
part of a bigger picture that it was

852  
00:30:16,389 --> 00:30:13,440  
also a sense of them

853  
00:30:16,870 --> 00:30:16,399  
being more aware of themselves as spirit

854  
00:30:24,070 --> 00:30:16,880  
beings

855  
00:30:25,350 --> 00:30:24,080  
and so that the difficulties that you've

856  
00:30:28,310 --> 00:30:25,360  
just talked about

857  
00:30:29,350 --> 00:30:28,320  
can only be overcome by seeing the

858  
00:30:30,789 --> 00:30:29,360  
bigger picture and

859  
00:30:32,950 --> 00:30:30,799  
saying we're you know we're all in this

860  
00:30:33,909 --> 00:30:32,960  
together we're all connected we're all

861  
00:30:36,549 --> 00:30:33,919  
the same

862  
00:30:39,110 --> 00:30:36,559  
on a spiritual level and we're all

863  
00:30:41,909 --> 00:30:39,120

individuals who can contribute

864

00:30:43,350 --> 00:30:41,919

in a very powerful meaningful way you

865

00:30:44,630 --> 00:30:43,360

know and so having that feeling of

866

00:30:46,950 --> 00:30:44,640

cooperation

867

00:30:48,870 --> 00:30:46,960

from a place of compassion you know it

868

00:30:50,230 --> 00:30:48,880

has to come from that place

869

00:30:53,510 --> 00:30:50,240

as soon as it starts to come into the

870

00:30:56,070 --> 00:30:53,520

ego you know this kind of self-ang

871

00:30:57,029 --> 00:30:56,080

aggrandizing place it's not going to

872

00:31:00,230 --> 00:30:57,039

work

873

00:31:02,310 --> 00:31:00,240

you know um so it's it's

874

00:31:04,870 --> 00:31:02,320

it's not abolishing the ego we have to

875

00:31:06,549 --> 00:31:04,880

be individuals but it's seeing it as

876

00:31:08,630 --> 00:31:06,559

a gift and something that we can

877

00:31:10,549 --> 00:31:08,640

contribute as an individual

878

00:31:12,230 --> 00:31:10,559

so it's just that that you know expanded

879

00:31:15,269 --> 00:31:12,240

consciousness has to

880

00:31:17,269 --> 00:31:15,279

has to happen first um

881

00:31:19,029 --> 00:31:17,279

and and it's difficult to get people to

882

00:31:22,230 --> 00:31:19,039

that place

883

00:31:24,549 --> 00:31:22,240

because we are so caught up in what we

884

00:31:28,789 --> 00:31:24,559

have to do to survive

885

00:31:31,350 --> 00:31:28,799

right so do they generally kind of tell

886

00:31:32,389 --> 00:31:31,360

you about the struggle that they went

887

00:31:34,389 --> 00:31:32,399

through and

888

00:31:35,909 --> 00:31:34,399

and then have you kind of listened to

889

00:31:38,230 --> 00:31:35,919

the story and relate

890

00:31:40,470 --> 00:31:38,240

and then have you kind of pick up on

891

00:31:42,710 --> 00:31:40,480

what to do or do they specifically say

892

00:31:44,389 --> 00:31:42,720

okay you need you know if you want to

893

00:31:46,710 --> 00:31:44,399

get out of this situation

894

00:31:47,430 --> 00:31:46,720

whether individually or overall on the

895

00:31:50,230 --> 00:31:47,440

planet

896

00:31:51,190 --> 00:31:50,240

do a b c or d or how do they how do they

897

00:31:54,549 --> 00:31:51,200

go about

898

00:31:56,470 --> 00:31:54,559

doing that yeah they actually haven't

899

00:31:58,710 --> 00:31:56,480

spent a lot of time on their story they

900

00:32:01,110 --> 00:31:58,720

don't want to make it all about them

901  
00:32:02,549 --> 00:32:01,120  
you know when the questions have been

902  
00:32:06,149 --> 00:32:02,559  
raised about them

903  
00:32:08,789 --> 00:32:06,159  
they will generally answer but

904  
00:32:10,549 --> 00:32:08,799  
they're more interested in helping us to

905  
00:32:12,310 --> 00:32:10,559  
get a different perspective on what

906  
00:32:14,710 --> 00:32:12,320  
we're experiencing

907  
00:32:16,549 --> 00:32:14,720  
you know and so you know a lot of mike's

908  
00:32:18,230 --> 00:32:16,559  
questions were geared

909  
00:32:20,950 --> 00:32:18,240  
less about them he did have questions

910  
00:32:23,590 --> 00:32:20,960  
about them but it's more about

911  
00:32:25,110 --> 00:32:23,600  
what you know what frank is able to

912  
00:32:28,149 --> 00:32:25,120  
perceive

913  
00:32:30,630 --> 00:32:28,159

that we can't about our situation

914

00:32:32,310 --> 00:32:30,640

here and the the challenges and the

915

00:32:36,310 --> 00:32:32,320

issues that we face

916

00:32:39,590 --> 00:32:36,320

both as a collective and as individuals

917

00:32:39,990 --> 00:32:39,600

um so yes there are some things like you

918

00:32:41,909 --> 00:32:40,000

know

919

00:32:43,830 --> 00:32:41,919

i'm experiencing this in my own life

920

00:32:44,470 --> 00:32:43,840

some people ask very personal questions

921

00:32:47,190 --> 00:32:44,480

you know

922

00:32:49,190 --> 00:32:47,200

how do i how can i best deal with this

923

00:32:51,430 --> 00:32:49,200

conflict or this struggle or how can i

924

00:32:54,630 --> 00:32:51,440

think differently about this

925

00:32:57,430 --> 00:32:54,640

um and then some people also ask more

926

00:32:57,990 --> 00:32:57,440

global questions you know how to how do

927

00:33:01,029 --> 00:32:58,000

we

928

00:33:04,710 --> 00:33:01,039

shift the consciousness around

929

00:33:08,149 --> 00:33:04,720

politics and you know world view

930

00:33:09,990 --> 00:33:08,159

um so they answer

931

00:33:11,190 --> 00:33:10,000

they're very forthright they're very to

932

00:33:12,549 --> 00:33:11,200

the point if

933

00:33:15,029 --> 00:33:12,559

if there's something they can't answer

934

00:33:18,070 --> 00:33:15,039

they will say they can't answer

935

00:33:21,269 --> 00:33:18,080

um again it's not

936

00:33:22,630 --> 00:33:21,279

it's it's not about them they don't want

937

00:33:24,389 --> 00:33:22,640

to make it about them

938

00:33:25,909 --> 00:33:24,399

they want to give us just enough about

939

00:33:31,190 --> 00:33:25,919

them so that we can

940

00:33:33,830 --> 00:33:31,200

understand that they have empathy for us

941

00:33:34,470 --> 00:33:33,840

right so it's more about the message

942

00:33:39,669 --> 00:33:34,480

than

943

00:33:42,389 --> 00:33:39,679

the messenger um so do

944

00:33:44,310 --> 00:33:42,399

do they kind of uh just kind of go about

945

00:33:45,110 --> 00:33:44,320

their own plan or what they feel like

946

00:33:48,389 --> 00:33:45,120

they need to

947

00:33:51,269 --> 00:33:48,399

to do or say or do they kind of um

948

00:33:53,029 --> 00:33:51,279

collaborate with with other beings that

949

00:33:53,909 --> 00:33:53,039

they might be aware of that that are

950

00:33:56,549 --> 00:33:53,919

also here

951  
00:33:57,430 --> 00:33:56,559  
or what is their point of view i mean so

952  
00:33:59,990 --> 00:33:57,440  
a lot of us

953  
00:34:01,909 --> 00:34:00,000  
here is the understanding that there's a

954  
00:34:04,950 --> 00:34:01,919  
lot of different beings visiting

955  
00:34:07,669 --> 00:34:04,960  
earth is that did they talk about that

956  
00:34:09,829 --> 00:34:07,679  
from their point of view at all

957  
00:34:11,270 --> 00:34:09,839  
well as far as what they give to me i

958  
00:34:14,310 --> 00:34:11,280  
think it's just from them

959  
00:34:15,430 --> 00:34:14,320  
so there's what they've said is that

960  
00:34:18,710 --> 00:34:15,440  
there's eight

961  
00:34:20,869 --> 00:34:18,720  
beings and um i do

962  
00:34:22,470 --> 00:34:20,879  
feel sometimes while i'm channeling i

963  
00:34:24,069 --> 00:34:22,480

sometimes feel a shift like

964

00:34:25,829 --> 00:34:24,079

there's a different one speaking you

965

00:34:27,430 --> 00:34:25,839

know but sometimes it just feels like

966

00:34:29,270 --> 00:34:27,440

there's one that's speaking

967

00:34:30,710 --> 00:34:29,280

but i think they're collaborative within

968

00:34:33,109 --> 00:34:30,720

that group

969

00:34:34,950 --> 00:34:33,119

you know and and yes they have talked

970

00:34:37,829 --> 00:34:34,960

about there being

971

00:34:38,790 --> 00:34:37,839

other beings that have um and continue

972

00:34:41,669 --> 00:34:38,800

to visit us

973

00:34:42,550 --> 00:34:41,679

in a physical way um they've talked

974

00:34:46,149 --> 00:34:42,560

about

975

00:34:48,310 --> 00:34:46,159

how they're you know huge variety of

976  
00:34:49,669 --> 00:34:48,320  
different forms of consciousness among

977  
00:34:52,869 --> 00:34:49,679  
the beings

978  
00:34:54,790 --> 00:34:52,879  
in in the universe um

979  
00:34:56,149 --> 00:34:54,800  
again they're they're solely talking

980  
00:34:59,190 --> 00:34:56,159  
about

981  
00:34:59,910 --> 00:34:59,200  
this dimensional space they also say you

982  
00:35:02,390 --> 00:34:59,920  
know there's

983  
00:35:04,230 --> 00:35:02,400  
the whole you know lots of other

984  
00:35:06,390 --> 00:35:04,240  
dimensional spaces as well but

985  
00:35:07,430 --> 00:35:06,400  
they're not from a different dimensional

986  
00:35:10,390 --> 00:35:07,440  
space they're from

987  
00:35:11,190 --> 00:35:10,400  
this one so they're talking about beings

988  
00:35:14,829 --> 00:35:11,200

within our

989

00:35:18,470 --> 00:35:14,839

own three you know 3d universe here

990

00:35:21,670 --> 00:35:18,480

um and they they have talked about how

991

00:35:23,270 --> 00:35:21,680

some of them while they are more

992

00:35:26,550 --> 00:35:23,280

advanced

993

00:35:30,470 --> 00:35:26,560

uh in their intellect they may not be

994

00:35:31,990 --> 00:35:30,480

more advanced emotionally so

995

00:35:34,390 --> 00:35:32,000

because the question has been raised

996

00:35:36,390 --> 00:35:34,400

about people have been abducted and

997

00:35:37,510 --> 00:35:36,400

not had very pleasant experiences with

998

00:35:40,630 --> 00:35:37,520

that

999

00:35:42,829 --> 00:35:40,640

and what they've said was those beings

1000

00:35:45,589 --> 00:35:42,839

they they don't understand that that's

1001

00:35:47,589 --> 00:35:45,599

upsetting they don't have that

1002

00:35:48,870 --> 00:35:47,599

that empathy it's just not part of who

1003

00:35:49,750 --> 00:35:48,880

they are they're not trying to hurt

1004

00:35:54,550 --> 00:35:49,760

anybody

1005

00:36:00,390 --> 00:35:57,589

did they talk about well if

1006

00:36:01,510 --> 00:36:00,400

if anyone that's been in any any amount

1007

00:36:04,470 --> 00:36:01,520

of time into this

1008

00:36:05,270 --> 00:36:04,480

you know the ufo phenomena immediately

1009

00:36:07,109 --> 00:36:05,280

is aware of

1010

00:36:09,109 --> 00:36:07,119

and knows about the abduction stories as

1011

00:36:12,790 --> 00:36:09,119

you mentioned but

1012

00:36:14,470 --> 00:36:12,800

recently and i know within just for me

1013

00:36:16,710 --> 00:36:14,480

in the past five six years

1014

00:36:18,630 --> 00:36:16,720

it's been a lot more more information

1015

00:36:20,310 --> 00:36:18,640

coming out and especially dolores cannon

1016

00:36:22,630 --> 00:36:20,320

was talking about this that

1017

00:36:23,750 --> 00:36:22,640

there is do they talk about this

1018

00:36:25,829 --> 00:36:23,760

potential

1019

00:36:27,109 --> 00:36:25,839

uh agreement and sometimes even

1020

00:36:29,510 --> 00:36:27,119

pre-birth agreement

1021

00:36:31,190 --> 00:36:29,520

for this to happen or what do you know

1022

00:36:33,430 --> 00:36:31,200

about this if you know anything at all

1023

00:36:34,870 --> 00:36:33,440

regarding that and if you don't wouldn't

1024

00:36:38,069 --> 00:36:34,880

mind sharing

1025

00:36:39,670 --> 00:36:38,079

regarding visitations and regarding to

1026

00:36:42,150 --> 00:36:39,680

where from our point of view

1027

00:36:44,230 --> 00:36:42,160

it would look at an abduction and it's

1028

00:36:45,990 --> 00:36:44,240

upsetting and horrible and sometimes the

1029

00:36:48,230 --> 00:36:46,000

miscommunication what's happening

1030

00:36:49,750 --> 00:36:48,240

while this is occurring but then on a

1031

00:36:52,950 --> 00:36:49,760

different level that there's

1032

00:36:54,950 --> 00:36:52,960

an agreement between them

1033

00:36:56,230 --> 00:36:54,960

and whatever human to happen to deal

1034

00:36:58,710 --> 00:36:56,240

with at that time

1035

00:37:00,390 --> 00:36:58,720

do you know anything about that we

1036

00:37:02,230 --> 00:37:00,400

haven't had that conversation i don't

1037

00:37:03,270 --> 00:37:02,240

remember anybody ever asking that

1038

00:37:06,630 --> 00:37:03,280

question and um

1039

00:37:08,230 --> 00:37:06,640

or them really focusing on that i think

1040

00:37:10,790 --> 00:37:08,240

the the only thing that i've gotten is

1041

00:37:12,950 --> 00:37:10,800

what i just shared with the idea that

1042

00:37:15,190 --> 00:37:12,960

it when there are unpleasant experiences

1043

00:37:17,109 --> 00:37:15,200

that it is a form of being that just

1044

00:37:18,630 --> 00:37:17,119

you know they're almost like scientists

1045

00:37:20,710 --> 00:37:18,640

that come here who

1046

00:37:21,670 --> 00:37:20,720

just want to study us that's very

1047

00:37:23,109 --> 00:37:21,680

clinical

1048

00:37:24,550 --> 00:37:23,119

yeah so they're not really thinking of

1049

00:37:26,630 --> 00:37:24,560

us as emotional beings because they

1050

00:37:31,829 --> 00:37:26,640

don't have that level of emotion

1051

00:37:34,069 --> 00:37:31,839

um but but they do also you know

1052

00:37:35,109 --> 00:37:34,079

there is a spiritual aspect to them

1053

00:37:38,710 --> 00:37:35,119

where they do

1054

00:37:40,870 --> 00:37:38,720

because they are connecting in a form of

1055

00:37:43,510 --> 00:37:40,880

higher consciousness they're also

1056

00:37:44,630 --> 00:37:43,520

much more spiritually advanced so there

1057

00:37:46,150 --> 00:37:44,640

is an aspect of

1058

00:37:47,750 --> 00:37:46,160

what you're talking about this sense

1059

00:37:50,790 --> 00:37:47,760

that um

1060

00:37:53,109 --> 00:37:50,800

we we have kind of

1061

00:37:55,270 --> 00:37:53,119

laid the plans for certain events and

1062

00:37:58,950 --> 00:37:55,280

experiences in our lives

1063

00:38:01,750 --> 00:37:58,960

um for the potential they hold

1064

00:38:02,390 --> 00:38:01,760

in the evolution of our own soul so it

1065

00:38:04,790 --> 00:38:02,400

could be

1066

00:38:05,510 --> 00:38:04,800

that you know when we when we were in

1067

00:38:09,030 --> 00:38:05,520

spirit form

1068

00:38:11,349 --> 00:38:09,040

we decided to incarnate here

1069

00:38:13,430 --> 00:38:11,359

we thought well let's see how i respond

1070

00:38:16,829 --> 00:38:13,440

to an alien abduction

1071

00:38:20,790 --> 00:38:16,839

you know let's see what that offers me

1072

00:38:21,910 --> 00:38:20,800

um you know as as mike dooley

1073

00:38:23,670 --> 00:38:21,920

has talked about you know i don't

1074

00:38:25,030 --> 00:38:23,680

believe in soul contracts but i do

1075

00:38:27,670 --> 00:38:25,040

believe that

1076

00:38:30,310 --> 00:38:27,680

we make choices for the some of the

1077

00:38:31,990 --> 00:38:30,320

experiences that we want to have here

1078

00:38:33,430 --> 00:38:32,000

because our soul wants to have that

1079

00:38:35,990 --> 00:38:33,440

experience so

1080

00:38:37,829 --> 00:38:36,000

i i'm sure that kind of experience is no

1081

00:38:41,190 --> 00:38:37,839

different from any other

1082

00:38:41,829 --> 00:38:41,200

you know so i know um often people

1083

00:38:44,710 --> 00:38:41,839

always would

1084

00:38:46,390 --> 00:38:44,720

want to know how do you how does one get

1085

00:38:47,109 --> 00:38:46,400

get into channeling how does one get

1086

00:38:50,870 --> 00:38:47,119

started

1087

00:38:52,470 --> 00:38:50,880

i know personally i it's kind of like

1088

00:38:53,990 --> 00:38:52,480

for me it's always been very simple i

1089

00:38:56,230 --> 00:38:54,000

mean if you wanted

1090

00:38:57,990 --> 00:38:56,240

to be a runner then go out and run you

1091

00:38:59,670 --> 00:38:58,000

know if you want to

1092

00:39:01,349 --> 00:38:59,680

you know be a painted and pick up a

1093

00:39:01,910 --> 00:39:01,359

brush and start painting that sort of

1094

00:39:04,390 --> 00:39:01,920

thing is

1095

00:39:06,310 --> 00:39:04,400

is there a similar process that you

1096

00:39:08,390 --> 00:39:06,320

would recommend to somebody who wants to

1097

00:39:09,670 --> 00:39:08,400

get into channeling

1098

00:39:11,510 --> 00:39:09,680

well as i said you know it wasn't

1099

00:39:14,630 --> 00:39:11,520

something that i had on my radar

1100

00:39:15,109 --> 00:39:14,640

in my in my practices you know i i had

1101

00:39:17,190 --> 00:39:15,119

been

1102

00:39:19,910 --> 00:39:17,200

a practicing psychic medium so i was

1103

00:39:22,710 --> 00:39:19,920

doing psychic and mediumship readings

1104

00:39:23,589 --> 00:39:22,720

so you know i already had some practices

1105

00:39:27,349 --> 00:39:23,599

of

1106

00:39:30,550 --> 00:39:27,359

relaxation meditation um

1107

00:39:33,670 --> 00:39:30,560

you know just intention setting

1108

00:39:36,790 --> 00:39:33,680

um i had a very very strong

1109

00:39:37,349 --> 00:39:36,800

intention to only connect with beings in

1110

00:39:39,750 --> 00:39:37,359

the light

1111

00:39:41,829 --> 00:39:39,760

only connect with positive energy never

1112

00:39:43,349 --> 00:39:41,839

had a negative experience i think it's

1113

00:39:47,109 --> 00:39:43,359

very important

1114

00:39:50,230 --> 00:39:47,119

um you never want to go into

1115

00:39:51,829 --> 00:39:50,240

any of this work with fear you know and

1116

00:39:53,430 --> 00:39:51,839

so it's really important that you deal

1117

00:39:57,430 --> 00:39:53,440

with any fear you have

1118

00:39:57,990 --> 00:39:57,440

or don't do it because i believe that a

1119

00:40:00,310 --> 00:39:58,000

lot of

1120

00:40:01,829 --> 00:40:00,320

the negative experiences that people

1121

00:40:05,990 --> 00:40:01,839

have

1122

00:40:09,270 --> 00:40:06,000

experiences but they're being

1123

00:40:10,870 --> 00:40:09,280

filtered through fear you know our brain

1124

00:40:12,069 --> 00:40:10,880

is making sense of everything that

1125

00:40:15,589 --> 00:40:12,079

happens to us

1126

00:40:18,230 --> 00:40:15,599

unusual

1127

00:40:19,910 --> 00:40:18,240

your brain goes into a place of fear

1128

00:40:21,990 --> 00:40:19,920

that experience is going to come through

1129

00:40:23,510 --> 00:40:22,000

as a negative one

1130

00:40:25,589 --> 00:40:23,520

it's like if you're walking down a drop

1131

00:40:29,030 --> 00:40:25,599

street and you're

1132

00:40:30,710 --> 00:40:29,040

nervous and you're on edge and a cat

1133

00:40:32,309 --> 00:40:30,720

runs in front of you you might jump and

1134

00:40:35,430 --> 00:40:32,319

scream because you think something

1135

00:40:35,829 --> 00:40:35,440

bad is happening so along with our state

1136

00:40:38,069 --> 00:40:35,839

of

1137

00:40:39,349 --> 00:40:38,079

basically saying so long with the intel

1138

00:40:43,109 --> 00:40:39,359

intention it would be

1139

00:40:46,390 --> 00:40:43,119

basically to be in a state of relaxation

1140

00:40:49,990 --> 00:40:46,400

relaxation openness also

1141

00:40:52,390 --> 00:40:50,000

again and clear intention about what

1142

00:40:53,430 --> 00:40:52,400

what your why are you doing this what is

1143

00:40:55,829 --> 00:40:53,440

it that you want

1144

00:40:57,030 --> 00:40:55,839

from this so we would come through then

1145

00:40:59,349 --> 00:40:57,040

as some sort of

1146

00:41:00,790 --> 00:40:59,359

just like a urge to do something

1147

00:41:01,349 --> 00:41:00,800

different that doesn't seem like

1148

00:41:03,109 --> 00:41:01,359

yourself

1149

00:41:04,390 --> 00:41:03,119

is that how you know that this possibly

1150

00:41:06,870 --> 00:41:04,400

channeled or

1151  
00:41:08,630 --> 00:41:06,880  
what does it feel like well since i had

1152  
00:41:09,510 --> 00:41:08,640  
been doing the psychic and mediumship

1153  
00:41:11,750 --> 00:41:09,520  
work i

1154  
00:41:14,069 --> 00:41:11,760  
knew the difference between my own

1155  
00:41:16,950 --> 00:41:14,079  
thoughts and something coming in

1156  
00:41:18,550 --> 00:41:16,960  
and it's hard to describe our language

1157  
00:41:20,150 --> 00:41:18,560  
you know doesn't have the words for that

1158  
00:41:23,430 --> 00:41:20,160  
but it is just a feeling

1159  
00:41:26,710 --> 00:41:23,440  
that you know this isn't coming from my

1160  
00:41:28,550 --> 00:41:26,720  
normal thinking mind this is coming from

1161  
00:41:31,030 --> 00:41:28,560  
a different place it feels like i'm

1162  
00:41:33,030 --> 00:41:31,040  
receiving it there's a sense that it is

1163  
00:41:36,150 --> 00:41:33,040

coming from somewhere else

1164

00:41:38,150 --> 00:41:36,160

um and it it

1165

00:41:39,270 --> 00:41:38,160

you know it's hard to describe it in any

1166

00:41:42,630 --> 00:41:39,280

other way

1167

00:41:46,390 --> 00:41:42,640

so when i like i said when i started

1168

00:41:47,589 --> 00:41:46,400

the channeling they gave me instructions

1169

00:41:49,349 --> 00:41:47,599

you know my sister and i had done the

1170

00:41:49,670 --> 00:41:49,359

ouija board and they said okay we want

1171

00:41:56,870 --> 00:41:49,680

to

1172

00:41:58,069 --> 00:41:56,880

you know and this was just their you

1173

00:41:59,910 --> 00:41:58,079

know how i was going to channel with

1174

00:42:00,710 --> 00:41:59,920

them so i don't know this is a universal

1175

00:42:02,790 --> 00:42:00,720

thing but

1176

00:42:05,109 --> 00:42:02,800

they said for me to sit at dusk as the

1177

00:42:08,150 --> 00:42:05,119

sun was going down with the candle

1178

00:42:11,510 --> 00:42:08,160

and a paper and a pen

1179

00:42:13,750 --> 00:42:11,520

and just relax um

1180

00:42:16,470 --> 00:42:13,760

and and be open to the experience so i

1181

00:42:18,630 --> 00:42:16,480

did because i did exactly what they said

1182

00:42:20,790 --> 00:42:18,640

and as i said i just started to get a

1183

00:42:24,069 --> 00:42:20,800

word and then a word and a word

1184

00:42:26,309 --> 00:42:24,079

and again it's a very different sense

1185

00:42:28,069 --> 00:42:26,319

of that it's clearly coming from

1186

00:42:31,109 --> 00:42:28,079

somewhere else because it's not

1187

00:42:32,790 --> 00:42:31,119

my thought with an idea that i want to

1188

00:42:35,190 --> 00:42:32,800

now put on paper

1189

00:42:36,470 --> 00:42:35,200

it was just taking each word and writing

1190

00:42:37,109 --> 00:42:36,480

it down and then looking at it and

1191

00:42:39,270 --> 00:42:37,119

saying oh

1192

00:42:41,109 --> 00:42:39,280

that's a sentence oh that makes sense

1193

00:42:43,510 --> 00:42:41,119

you know

1194

00:42:45,430 --> 00:42:43,520

the problem was doing it by hand and now

1195

00:42:46,230 --> 00:42:45,440

they did instruct me to do it by hand

1196

00:42:49,510 --> 00:42:46,240

first with a pen

1197

00:42:50,950 --> 00:42:49,520

and paper was that whenever i do any of

1198

00:42:52,150 --> 00:42:50,960

this work i have my eyes closed because

1199

00:42:54,710 --> 00:42:52,160

it helps me to focus

1200

00:42:55,910 --> 00:42:54,720

inward you know i'm not distracted by

1201

00:42:58,069 --> 00:42:55,920

what i'm seeing

1202

00:42:59,750 --> 00:42:58,079

so because sometimes my handwriting was

1203

00:43:01,829 --> 00:42:59,760

illegible

1204

00:43:02,950 --> 00:43:01,839

you know i couldn't figure out some of

1205

00:43:06,150 --> 00:43:02,960

the words and so

1206

00:43:09,109 --> 00:43:06,160

eventually i graduated to a keyboard

1207

00:43:10,230 --> 00:43:09,119

on the computer so at least if i have a

1208

00:43:13,670 --> 00:43:10,240

typo i can still

1209

00:43:14,550 --> 00:43:13,680

read what it was right um but it's the

1210

00:43:17,750 --> 00:43:14,560

same practice

1211

00:43:20,950 --> 00:43:17,760

it's just you know i'm getting the words

1212

00:43:22,950 --> 00:43:20,960

and i'm and i'm just transcribing them

1213

00:43:24,309 --> 00:43:22,960

do you feel more energy or different

1214

00:43:26,230 --> 00:43:24,319

kind of energy or is it

1215

00:43:27,829 --> 00:43:26,240

are you just still being yourself with

1216

00:43:32,150 --> 00:43:27,839

just these uh intense

1217

00:43:35,510 --> 00:43:32,160

thoughts so when frank wants to come in

1218

00:43:37,670 --> 00:43:35,520

i get a very physical sensation of

1219

00:43:38,950 --> 00:43:37,680

pressure on my right arm it's as though

1220

00:43:42,630 --> 00:43:38,960

somebody has their hand

1221

00:43:43,430 --> 00:43:42,640

on my arm and i feel them come in from

1222

00:43:45,510 --> 00:43:43,440

the right

1223

00:43:46,630 --> 00:43:45,520

it's just a sense of energy coming in

1224

00:43:49,990 --> 00:43:46,640

from the right

1225

00:43:53,349 --> 00:43:50,000

and my energy moves to the left

1226

00:43:55,750 --> 00:43:53,359

so i don't i don't go into a typical

1227

00:43:57,190 --> 00:43:55,760

idea of trance where i'm not conscious

1228

00:44:00,390 --> 00:43:57,200

of what's going on

1229

00:44:02,950 --> 00:44:00,400

i feel like i'm right here

1230

00:44:04,309 --> 00:44:02,960

kind of just a little bit you know

1231

00:44:06,390 --> 00:44:04,319

detached

1232

00:44:07,510 --> 00:44:06,400

but i'm conscious and i'm aware of

1233

00:44:11,030 --> 00:44:07,520

what's going on

1234

00:44:13,430 --> 00:44:11,040

i'm kind of witnessing it you know

1235

00:44:15,270 --> 00:44:13,440

again sometimes when they're talking i'm

1236

00:44:16,230 --> 00:44:15,280

seeing things in my mind that they're

1237

00:44:19,510 --> 00:44:16,240

describing

1238

00:44:22,550 --> 00:44:19,520

so i'm still engaged in the process

1239

00:44:25,589 --> 00:44:22,560

but you know they there is a

1240

00:44:28,630 --> 00:44:25,599

whole different sense of energy the

1241

00:44:29,750 --> 00:44:28,640

the way that i speak changes my body

1242

00:44:31,430 --> 00:44:29,760

movements change

1243

00:44:32,790 --> 00:44:31,440

i look a little strange when i'm

1244

00:44:35,510 --> 00:44:32,800

channeling

1245

00:44:37,990 --> 00:44:35,520

um there are some youtube videos if

1246

00:44:40,230 --> 00:44:38,000

anybody wants to look them up to see

1247

00:44:41,910 --> 00:44:40,240

what i look like when i'm channeling i

1248

00:44:43,829 --> 00:44:41,920

don't ever watch myself

1249

00:44:46,309 --> 00:44:43,839

i don't watch the videos it's very

1250

00:44:48,150 --> 00:44:46,319

uncomfortable um

1251  
00:44:50,069 --> 00:44:48,160  
but it's definitely people who have

1252  
00:44:52,710 --> 00:44:50,079  
witnessed it know that it's definitely

1253  
00:44:55,109 --> 00:44:52,720  
not me it's just a very different

1254  
00:44:59,349 --> 00:44:55,119  
personality coming through

1255  
00:45:00,790 --> 00:44:59,359  
um and then when they exit

1256  
00:45:03,109 --> 00:45:00,800  
you know there's this feeling of coming

1257  
00:45:05,270 --> 00:45:03,119  
back and in the beginning when i first

1258  
00:45:08,390 --> 00:45:05,280  
started doing it the verbal channeling

1259  
00:45:09,990 --> 00:45:08,400  
i it took me a long time to recover

1260  
00:45:12,390 --> 00:45:10,000  
so i would have to sit for at least a

1261  
00:45:14,390 --> 00:45:12,400  
half hour just to come back

1262  
00:45:16,309 --> 00:45:14,400  
it doesn't take as long anymore but i

1263  
00:45:19,109 --> 00:45:16,319

still i'm still a little

1264

00:45:21,670 --> 00:45:19,119

off for a few minutes until i'm like

1265

00:45:23,430 --> 00:45:21,680

fully back

1266

00:45:25,190 --> 00:45:23,440

so there have been like i said before

1267

00:45:27,109 --> 00:45:25,200

there are people who have witnessed this

1268

00:45:28,230 --> 00:45:27,119

who have seen things and experienced

1269

00:45:31,270 --> 00:45:28,240

their energy

1270

00:45:34,630 --> 00:45:32,550

if there are sensitive people in the

1271

00:45:36,950 --> 00:45:34,640

audience they can feel

1272

00:45:39,270 --> 00:45:36,960

they're because they have very strange

1273

00:45:41,190 --> 00:45:39,280

and unusual and powerful energy

1274

00:45:44,069 --> 00:45:41,200

so their people have sensed that and

1275

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

felt it in different ways

1276

00:45:47,109 --> 00:45:46,000

so have they always just a channeled of

1277

00:45:49,829 --> 00:45:47,119

something that can be

1278

00:45:50,470 --> 00:45:49,839

done right here right now do they have

1279

00:45:53,190 --> 00:45:50,480

any

1280

00:45:53,750 --> 00:45:53,200

uh kind of prophetic ability to see

1281

00:45:57,990 --> 00:45:53,760

what's

1282

00:45:59,910 --> 00:45:58,000

where they might say hey

1283

00:46:01,109 --> 00:45:59,920

if you don't change what you're doing

1284

00:46:03,670 --> 00:46:01,119

this could occur

1285

00:46:04,630 --> 00:46:03,680

has anything like that happen oh yeah i

1286

00:46:07,270 --> 00:46:04,640

mean in that way

1287

00:46:08,230 --> 00:46:07,280

as far as you know again basing it on

1288

00:46:10,470 --> 00:46:08,240

their experience

1289

00:46:11,910 --> 00:46:10,480

it's not it's not really prophetic or

1290

00:46:13,910 --> 00:46:11,920

predictive

1291

00:46:16,230 --> 00:46:13,920

you know they don't claim to be psychic

1292

00:46:19,109 --> 00:46:16,240

and and fortune tellers they don't

1293

00:46:21,030 --> 00:46:19,119

they will avoid questions that will say

1294

00:46:22,309 --> 00:46:21,040

what is going to happen

1295

00:46:24,790 --> 00:46:22,319

you know they'll say well here's the

1296

00:46:26,950 --> 00:46:24,800

potential or this is what could happen

1297

00:46:29,190 --> 00:46:26,960

this is what we've experienced you know

1298

00:46:31,190 --> 00:46:29,200

so you know in that way

1299

00:46:32,710 --> 00:46:31,200

they are you know they have that sense

1300

00:46:34,390 --> 00:46:32,720

of looking forward

1301  
00:46:36,150 --> 00:46:34,400  
but they will never say well this is

1302  
00:46:39,910 --> 00:46:36,160  
what's going to happen um

1303  
00:46:43,430 --> 00:46:39,920  
in in a in a prophetic way

1304  
00:46:44,309 --> 00:46:43,440  
okay so uh tracy is there anything else

1305  
00:46:46,710 --> 00:46:44,319  
you would like to

1306  
00:46:49,030 --> 00:46:46,720  
discuss and and cover that i might not

1307  
00:46:51,750 --> 00:46:49,040  
know to ask you

1308  
00:46:52,550 --> 00:46:51,760  
well i think one of the one of the

1309  
00:46:55,510 --> 00:46:52,560  
things about

1310  
00:46:58,069 --> 00:46:55,520  
their appearance here you know it's a

1311  
00:47:01,109 --> 00:46:58,079  
very challenging concept

1312  
00:47:02,630 --> 00:47:01,119  
for people to accept that these are

1313  
00:47:05,430 --> 00:47:02,640

alien beings

1314

00:47:07,829 --> 00:47:05,440

being channeled and that they're

1315

00:47:10,950 --> 00:47:07,839

communicating with us

1316

00:47:11,430 --> 00:47:10,960

um and i'm sure you've discussed this a

1317

00:47:14,550 --> 00:47:11,440

lot in

1318

00:47:15,430 --> 00:47:14,560

in your show but it's it really is a

1319

00:47:17,990 --> 00:47:15,440

shame that

1320

00:47:18,630 --> 00:47:18,000

we are so close-minded to that idea that

1321

00:47:21,750 --> 00:47:18,640

that

1322

00:47:25,670 --> 00:47:21,760

there's so much fear and ridicule

1323

00:47:28,230 --> 00:47:25,680

around the idea of other beings

1324

00:47:30,069 --> 00:47:28,240

you know because i think they i really

1325

00:47:31,910 --> 00:47:30,079

feel like the ones that are visiting

1326

00:47:34,710 --> 00:47:31,920

whether through channeling whether

1327

00:47:37,430 --> 00:47:34,720

through a physical visitation

1328

00:47:39,430 --> 00:47:37,440

um i i think they want to help us you

1329

00:47:41,829 --> 00:47:39,440

know and i i think that there's some

1330

00:47:43,910 --> 00:47:41,839

really beautiful spiritual aspect to

1331

00:47:45,670 --> 00:47:43,920

their being here

1332

00:47:48,069 --> 00:47:45,680

that if we would open our minds to it

1333

00:47:49,510 --> 00:47:48,079

and stop making fun of it you know and

1334

00:47:51,670 --> 00:47:49,520

stop seeing it as

1335

00:47:53,510 --> 00:47:51,680

something to ridicule or make fun of or

1336

00:47:55,510 --> 00:47:53,520

you know think that people have these

1337

00:47:57,510 --> 00:47:55,520

experiences are crazy

1338

00:47:59,349 --> 00:47:57,520

um that it could really help us it could

1339

00:47:59,829 --> 00:47:59,359

help us shift our consciousness it could

1340

00:48:03,030 --> 00:47:59,839

help us

1341

00:48:03,750 --> 00:48:03,040

feel loved and supported by other beings

1342

00:48:06,710 --> 00:48:03,760

you know

1343

00:48:07,829 --> 00:48:06,720

i think they have a lot to offer us and

1344

00:48:10,549 --> 00:48:07,839

it's a shame that

1345

00:48:12,790 --> 00:48:10,559

our culture supports the idea that this

1346

00:48:16,150 --> 00:48:12,800

is just nonsense

1347

00:48:17,910 --> 00:48:16,160

um i hope that part of the shift that

1348

00:48:19,670 --> 00:48:17,920

we're experiencing is taking us to the

1349

00:48:19,990 --> 00:48:19,680

place where we can be more open-minded

1350

00:48:23,430 --> 00:48:20,000

about

1351

00:48:25,030 --> 00:48:23,440

it well i think um i don't know

1352

00:48:27,109 --> 00:48:25,040

i don't know if you'll agree i think

1353

00:48:29,829 --> 00:48:27,119

that you know a lot of times

1354

00:48:30,470 --> 00:48:29,839

talking about taking responsibility by

1355

00:48:33,510 --> 00:48:30,480

you doing

1356

00:48:34,630 --> 00:48:33,520

what you do and years back when i

1357

00:48:36,790 --> 00:48:34,640

started doing this

1358

00:48:38,790 --> 00:48:36,800

it's it's almost like it is creating

1359

00:48:41,349 --> 00:48:38,800

these different communities to where

1360

00:48:43,109 --> 00:48:41,359

the way you and i talk maybe i don't

1361

00:48:44,950 --> 00:48:43,119

know a normal person would just be like

1362

00:48:45,670 --> 00:48:44,960

what in the world are they talking about

1363

00:48:49,030 --> 00:48:45,680

right now

1364

00:48:52,230 --> 00:48:49,040

you know and so um boris and for

1365

00:48:54,230 --> 00:48:52,240

for my immediate family and and

1366

00:48:55,750 --> 00:48:54,240

um you know maybe for you as well and

1367

00:48:57,349 --> 00:48:55,760

your friends you know to

1368

00:48:58,870 --> 00:48:57,359

this is normal you know this is

1369

00:48:59,829 --> 00:48:58,880

something that we experience all the

1370

00:49:02,309 --> 00:48:59,839

time all these

1371

00:49:03,510 --> 00:49:02,319

metaphysical things ghosts aliens all

1372

00:49:05,589 --> 00:49:03,520

these energies

1373

00:49:06,950 --> 00:49:05,599

shifts and all of that and so i'm

1374

00:49:09,109 --> 00:49:06,960

thinking maybe by

1375

00:49:10,710 --> 00:49:09,119

just kind of being yourself and just

1376

00:49:11,349 --> 00:49:10,720

keep living your life the way you live

1377

00:49:12,790 --> 00:49:11,359

it that

1378

00:49:14,470 --> 00:49:12,800

you just kind of keep expanding your

1379

00:49:16,549 --> 00:49:14,480

bubble having more and more people

1380

00:49:18,390 --> 00:49:16,559

around you in that way and maybe

1381

00:49:20,710 --> 00:49:18,400

that way there'll be enough communities

1382

00:49:21,750 --> 00:49:20,720

kind of happening to where all the

1383

00:49:23,270 --> 00:49:21,760

sudden you realize

1384

00:49:25,910 --> 00:49:23,280

well now it's a large part of your

1385

00:49:27,430 --> 00:49:25,920

country that talks and thinks this way

1386

00:49:29,990 --> 00:49:27,440

i don't know what do you think about

1387

00:49:32,950 --> 00:49:30,000

yeah i i love that idea yeah

1388

00:49:34,790 --> 00:49:32,960

and actually it's you know i'm the one

1389

00:49:38,069 --> 00:49:34,800

who's disappointed in the

1390

00:49:38,549 --> 00:49:38,079

in in the small audience that we get you

1391

00:49:40,710 --> 00:49:38,559

know

1392

00:49:41,589 --> 00:49:40,720

i'm the one who gets disappointed that i

1393

00:49:43,430 --> 00:49:41,599

that we haven't

1394

00:49:45,510 --> 00:49:43,440

been able to reach more people frank is

1395

00:49:47,109 --> 00:49:45,520

not disappointed by that you know

1396

00:49:50,150 --> 00:49:47,119

they will say to me you know that you

1397

00:49:51,670 --> 00:49:50,160

don't it doesn't matter how many people

1398

00:49:53,910 --> 00:49:51,680

were reaching because

1399

00:49:56,230 --> 00:49:53,920

you have no idea of the ripple effect

1400

00:49:59,510 --> 00:49:56,240

that this information is having

1401  
00:50:00,950 --> 00:49:59,520  
you know and so you reach five people

1402  
00:50:02,790 --> 00:50:00,960  
you know and they're walking around with

1403  
00:50:03,990 --> 00:50:02,800  
that energy and they're talking about it

1404  
00:50:05,190 --> 00:50:04,000  
and it's shifting the way they're

1405  
00:50:07,190 --> 00:50:05,200  
thinking

1406  
00:50:09,190 --> 00:50:07,200  
that's how you create change you know

1407  
00:50:10,549 --> 00:50:09,200  
it's not necessarily the thousands and

1408  
00:50:12,309 --> 00:50:10,559  
thousands of people who are coming to

1409  
00:50:15,670 --> 00:50:12,319  
these events you know it's

1410  
00:50:17,190 --> 00:50:15,680  
it but again for me it's disappointing

1411  
00:50:18,870 --> 00:50:17,200  
and frustrating because

1412  
00:50:20,470 --> 00:50:18,880  
because that's my ego you know it's not

1413  
00:50:20,950 --> 00:50:20,480

that i want to be famous since i want to

1414

00:50:23,430 --> 00:50:20,960

get

1415

00:50:24,790 --> 00:50:23,440

the the word out there and the you know

1416

00:50:25,510 --> 00:50:24,800

the beautiful things that they have to

1417

00:50:27,829 --> 00:50:25,520

say

1418

00:50:28,790 --> 00:50:27,839

i i wish that more people would be open

1419

00:50:31,430 --> 00:50:28,800

to it but

1420

00:50:32,470 --> 00:50:31,440

right i just i think i think we all want

1421

00:50:34,710 --> 00:50:32,480

to be comfortable

1422

00:50:37,510 --> 00:50:34,720

because i know especially you know when

1423

00:50:41,270 --> 00:50:37,520

i'm amongst other crowds and

1424

00:50:43,349 --> 00:50:41,280

uh they go into a lot of details about

1425

00:50:44,790 --> 00:50:43,359

the latest score about a sport i'm just

1426  
00:50:46,150 --> 00:50:44,800  
using something very general it's such

1427  
00:50:49,190 --> 00:50:46,160  
an overused cliché

1428  
00:50:52,870 --> 00:50:49,200  
but it happens all the time it's always

1429  
00:50:54,390 --> 00:50:52,880  
weather sports and you know house family

1430  
00:50:56,549 --> 00:50:54,400  
which is fine there's nothing wrong with

1431  
00:50:59,109 --> 00:50:56,559  
that but i just noticed for me

1432  
00:51:01,030 --> 00:50:59,119  
personally however different world it is

1433  
00:51:02,549 --> 00:51:01,040  
because already how i've been living

1434  
00:51:04,309 --> 00:51:02,559  
and at least that's kind of like i use

1435  
00:51:05,750 --> 00:51:04,319  
that as a measurement of how much i've

1436  
00:51:07,349 --> 00:51:05,760  
changed because you don't notice it when

1437  
00:51:09,510 --> 00:51:07,359  
you live your life you just live it

1438  
00:51:11,109 --> 00:51:09,520

you don't really have a measure going ah

1439

00:51:12,870 --> 00:51:11,119

today i've changed 50

1440

00:51:14,230 --> 00:51:12,880

more than i did yesterday you know and

1441

00:51:17,190 --> 00:51:14,240

the next day i changed

1442

00:51:18,950 --> 00:51:17,200

you know and so on and so that's how i

1443

00:51:19,750 --> 00:51:18,960

kind of measure to go like i don't know

1444

00:51:21,589 --> 00:51:19,760

how much

1445

00:51:23,990 --> 00:51:21,599

more i can be around people like that

1446

00:51:26,069 --> 00:51:24,000

because in a not in a pushy way

1447

00:51:27,670 --> 00:51:26,079

but somehow my my other friends that are

1448

00:51:29,589 --> 00:51:27,680

kind of also right there on the verge

1449

00:51:31,829 --> 00:51:29,599

always made fun of me too they're like

1450

00:51:33,670 --> 00:51:31,839

how is it that somehow if we're always

1451  
00:51:35,270 --> 00:51:33,680  
going to party we're playing cards and

1452  
00:51:35,990 --> 00:51:35,280  
you managed to turn this conversation

1453  
00:51:39,109 --> 00:51:36,000  
about aliens

1454  
00:51:40,230 --> 00:51:39,119  
visiting from other planets you know and

1455  
00:51:41,990 --> 00:51:40,240  
i'm just like well

1456  
00:51:43,990 --> 00:51:42,000  
it wouldn't have gone anywhere if you

1457  
00:51:45,349 --> 00:51:44,000  
and you and you and you haven't kept

1458  
00:51:47,030 --> 00:51:45,359  
asking me questions

1459  
00:51:49,349 --> 00:51:47,040  
you know that's how it turned into

1460  
00:51:51,109 --> 00:51:49,359  
otherwise you would have just shut me

1461  
00:51:52,710 --> 00:51:51,119  
down and we would have went on with our

1462  
00:51:56,710 --> 00:51:52,720  
card game you know so

1463  
00:51:58,549 --> 00:51:56,720

anyway being an introvert you know i

1464

00:52:01,670 --> 00:51:58,559

don't deal with small talk very well

1465

00:52:03,990 --> 00:52:01,680

i was pretty socially awkward myself and

1466

00:52:05,829 --> 00:52:04,000

uh but i can talk about this stuff for

1467

00:52:06,950 --> 00:52:05,839

for hours and in front of as many people

1468

00:52:09,589 --> 00:52:06,960

as you want to put in front of me

1469

00:52:11,349 --> 00:52:09,599

you know all right um but forget about

1470

00:52:14,790 --> 00:52:11,359

small talk in a social situation

1471

00:52:18,069 --> 00:52:17,109

well tracy well uh thank you thank you

1472

00:52:19,990 --> 00:52:18,079

very much for for

1473

00:52:21,670 --> 00:52:20,000

being on um if there's something else

1474

00:52:22,870 --> 00:52:21,680

you would like to tell me about we can

1475

00:52:25,670 --> 00:52:22,880

keep going um

1476

00:52:26,790 --> 00:52:25,680

otherwise i really um sometimes i just

1477

00:52:28,630 --> 00:52:26,800

don't know

1478

00:52:29,910 --> 00:52:28,640

you know other other than covering the

1479

00:52:32,790 --> 00:52:29,920

bigger pictures

1480

00:52:33,990 --> 00:52:32,800

you know because i always want to go uh

1481

00:52:36,470 --> 00:52:34,000

picture-wise

1482

00:52:37,510 --> 00:52:36,480

overall in general generalities to cover

1483

00:52:39,910 --> 00:52:37,520

those so that

1484

00:52:41,670 --> 00:52:39,920

it covers a vast amount of audience that

1485

00:52:43,510 --> 00:52:41,680

could potentially be watching this

1486

00:52:45,349 --> 00:52:43,520

and then you know that's when i would

1487

00:52:47,109 --> 00:52:45,359

recommend them then get in your book

1488

00:52:49,190 --> 00:52:47,119

or watching more going to your website

1489

00:52:50,630 --> 00:52:49,200

and watching you more to get the

1490

00:52:52,390 --> 00:52:50,640

nitty gritty details that they're

1491

00:52:55,270 --> 00:52:52,400

searching you know

1492

00:52:56,630 --> 00:52:55,280

because the first book actually gives

1493

00:52:58,470 --> 00:52:56,640

more information about

1494

00:53:00,630 --> 00:52:58,480

frank and you know so if you're

1495

00:53:01,270 --> 00:53:00,640

interested in learning a little bit more

1496

00:53:02,870 --> 00:53:01,280

about them

1497

00:53:04,549 --> 00:53:02,880

it's more of an introduction you know

1498

00:53:06,470 --> 00:53:04,559

because this was their first book

1499

00:53:08,390 --> 00:53:06,480

and even in the in the introduction of

1500

00:53:09,670 --> 00:53:08,400

this book is how they actually first

1501  
00:53:12,390 --> 00:53:09,680  
came about

1502  
00:53:13,990 --> 00:53:12,400  
um but then this book with mike dooley

1503  
00:53:14,790 --> 00:53:14,000  
gets a little deeper into what they want

1504  
00:53:17,190 --> 00:53:14,800  
to say to us

1505  
00:53:19,030 --> 00:53:17,200  
and so this is more question and answer

1506  
00:53:21,270 --> 00:53:19,040  
divided by different topics

1507  
00:53:23,030 --> 00:53:21,280  
um so this gets more deep goes more

1508  
00:53:26,470 --> 00:53:23,040  
deeply into

1509  
00:53:28,790 --> 00:53:26,480  
how they want to help us so you know

1510  
00:53:30,069 --> 00:53:28,800  
if if people are interested in finding

1511  
00:53:30,950 --> 00:53:30,079  
out more about frank start with the

1512  
00:53:32,710 --> 00:53:30,960  
first one

1513  
00:53:35,349 --> 00:53:32,720

but if you just want to dive right into

1514

00:53:38,630 --> 00:53:35,359

the question and answers with mike

1515

00:53:41,109 --> 00:53:38,640

then then it's this one well as always

1516

00:53:43,030 --> 00:53:41,119

i will have tracy's link and link to the

1517

00:53:45,990 --> 00:53:43,040

books in the description below

1518

00:53:47,589 --> 00:53:46,000

and uh so please check it out find out

1519

00:53:49,430 --> 00:53:47,599

whatever you would like to find out

1520

00:53:51,190 --> 00:53:49,440

and tracy thank you again i really

1521

00:53:53,670 --> 00:53:51,200

appreciate it and i hope we can

1522

00:53:55,430 --> 00:53:53,680

maybe do this again sometime absolutely