

UFO HUB

LIVE STREAM



1
00:01:38,830 --> 00:00:16,010

[Music]

2
00:02:11,210 --> 00:02:06,830

so

3
00:02:11,220 --> 00:03:45,430

[Music]

4
00:03:48,710 --> 00:03:47,750
hi everyone welcome to geoff hub live

5
00:03:50,550 --> 00:03:48,720

stream and

6
00:03:52,390 --> 00:03:50,560
today's guest is going to be patrick

7
00:03:55,190 --> 00:03:52,400
andrews as you all know

8
00:03:56,070 --> 00:03:55,200
he's the author of um owner's manual for

9
00:03:58,869 --> 00:03:56,080
the mind

10
00:04:00,070 --> 00:03:58,879
and co-author of naked in public dream

11
00:04:01,990 --> 00:04:00,080
symbols revealed

12
00:04:03,910 --> 00:04:02,000
and he has co-written that book with uh

13
00:04:06,710 --> 00:04:03,920

catherine uh that's his wife

14

00:04:07,270 --> 00:04:06,720

and i'm i'm glad he was able to to be on

15

00:04:09,270 --> 00:04:07,280

today

16

00:04:10,390 --> 00:04:09,280

uh as you all know and i guess i'll go

17

00:04:13,509 --> 00:04:10,400

over it a little bit

18

00:04:15,030 --> 00:04:13,519

if for some reason and i'm sure patrick

19

00:04:16,789 --> 00:04:15,040

will be surprised too because i totally

20

00:04:19,909 --> 00:04:16,799

forgot to cover this with him

21

00:04:20,629 --> 00:04:19,919

but uh if for some reason uh the stream

22

00:04:22,950 --> 00:04:20,639

just ends

23

00:04:24,790 --> 00:04:22,960

that just means i got my text from my

24

00:04:27,189 --> 00:04:24,800

wife and it's time for baby

25

00:04:28,790 --> 00:04:27,199

so um but for right now it's we've had a

26

00:04:31,030 --> 00:04:28,800

whole bunch of false alarms

27

00:04:32,390 --> 00:04:31,040

so we'll just keep it going however long

28

00:04:35,670 --> 00:04:32,400

it takes

29

00:04:38,230 --> 00:04:35,680

so anyway i don't have necessarily

30

00:04:41,350 --> 00:04:38,240

anything else to cover with you all

31

00:04:43,350 --> 00:04:41,360

next week i'm hoping to obviously get

32

00:04:45,990 --> 00:04:43,360

another guest to cover fridays

33

00:04:46,790 --> 00:04:46,000

and wednesdays as always we have open

34

00:04:49,990 --> 00:04:46,800

lines

35

00:04:50,390 --> 00:04:50,000

so please join telegram find a ufo hub

36

00:04:53,030 --> 00:04:50,400

group

37

00:04:54,550 --> 00:04:53,040

and simply call in and share your story

38

00:04:56,550 --> 00:04:54,560

everyone else always

39

00:04:58,790 --> 00:04:56,560

likes to listen to other people's

40

00:05:01,029 --> 00:04:58,800

experiences and i do as well

41

00:05:03,189 --> 00:05:01,039

so don't be afraid to call in and we'll

42

00:05:06,629 --> 00:05:03,199

just have some fun and hang out online

43

00:05:10,550 --> 00:05:06,639

but for now let me um

44

00:05:12,710 --> 00:05:10,560

let me bring in patrick uh patrick

45

00:05:15,830 --> 00:05:12,720

welcome thanks for being on

46

00:05:16,469 --> 00:05:15,840

hi thanks adnan glad to be here well

47

00:05:19,590 --> 00:05:16,479

patrick

48

00:05:21,189 --> 00:05:19,600

um you know it's since the last time uh

49

00:05:23,430 --> 00:05:21,199

it's been a while since since i

50

00:05:25,430 --> 00:05:23,440

interviewed you in person last time so

51
00:05:27,029 --> 00:05:25,440
that was at the ozark conference i

52
00:05:28,469 --> 00:05:27,039
believe or was it the transformation

53
00:05:31,830 --> 00:05:28,479
conference

54
00:05:32,710 --> 00:05:31,840
believe and we were talking about our

55
00:05:34,629 --> 00:05:32,720
dream book

56
00:05:36,150 --> 00:05:34,639
oh that's right that's right well thanks

57
00:05:38,150 --> 00:05:36,160
for being on today and

58
00:05:39,749 --> 00:05:38,160
i figured we can talk about both these

59
00:05:42,150 --> 00:05:39,759
books and um

60
00:05:43,909 --> 00:05:42,160
i'm sorry to say and actually say this

61
00:05:46,629 --> 00:05:43,919
to everyone that i interview i'm not

62
00:05:48,150 --> 00:05:46,639
fully in detail i don't have all the

63
00:05:49,749 --> 00:05:48,160

full detailed information about their

64
00:05:50,310 --> 00:05:49,759
books and you were mentioning something

65
00:05:52,070 --> 00:05:50,320
about

66
00:05:54,629 --> 00:05:52,080
atlantis i was like ooh we can talk

67
00:05:57,110 --> 00:05:54,639
about that too so yeah i figured uh

68
00:05:58,550 --> 00:05:57,120
just for sake of somebody new listening

69
00:06:00,950 --> 00:05:58,560
if you could uh go a little bit

70
00:06:01,670 --> 00:06:00,960
uh into your background information how

71
00:06:05,350 --> 00:06:01,680
did you

72
00:06:08,629 --> 00:06:05,360
into these different metaphysical

73
00:06:10,550 --> 00:06:08,639
subjects and we'll take it from there

74
00:06:12,550 --> 00:06:10,560
sure well i mean i think like a lot of

75
00:06:16,070 --> 00:06:12,560
people i've always been interested

76
00:06:16,629 --> 00:06:16,080
in how the universe works and when i was

77
00:06:19,189 --> 00:06:16,639
younger

78
00:06:20,150 --> 00:06:19,199
i started really thinking about you know

79
00:06:23,430 --> 00:06:20,160
how i could

80
00:06:26,550 --> 00:06:23,440
better myself and and kind of

81
00:06:28,629 --> 00:06:26,560
reach like a a really peak level of

82
00:06:29,510 --> 00:06:28,639
of being able to do things and so i

83
00:06:31,510 --> 00:06:29,520
started thinking about how i could

84
00:06:33,350 --> 00:06:31,520
develop my mind and

85
00:06:34,870 --> 00:06:33,360
eventually that led me into metaphysics

86
00:06:37,430 --> 00:06:34,880
i met some people in college who

87
00:06:39,430 --> 00:06:37,440
got me turned onto metaphysics and so

88
00:06:41,270 --> 00:06:39,440

that led me to a school

89

00:06:42,710 --> 00:06:41,280

that actually specialized in teaching

90

00:06:44,629 --> 00:06:42,720

metaphysics i was looking for something

91

00:06:47,430 --> 00:06:44,639

pretty comprehensive and

92

00:06:48,230 --> 00:06:47,440

so i studied all these different

93

00:06:51,270 --> 00:06:48,240

disciplines

94

00:06:51,990 --> 00:06:51,280

i mean everything from the yogis to the

95

00:06:54,230 --> 00:06:52,000

buddhists

96

00:06:55,110 --> 00:06:54,240

you know it's the whole gamut of

97

00:06:57,510 --> 00:06:55,120

metaphysics

98

00:06:59,110 --> 00:06:57,520

and learned a lot of different

99

00:07:02,950 --> 00:06:59,120

techniques during that time

100

00:07:04,629 --> 00:07:02,960

and was focused on really applying the

101
00:07:05,589 --> 00:07:04,639
information not just talking about it

102
00:07:06,790 --> 00:07:05,599
and learning about the different

103
00:07:08,870 --> 00:07:06,800
theories but

104
00:07:09,830 --> 00:07:08,880
really applying it so you know i was

105
00:07:13,189 --> 00:07:09,840
spending a lot of time

106
00:07:16,150 --> 00:07:13,199
meditating developing my abilities and

107
00:07:17,589 --> 00:07:16,160
learning how to do energy healing and

108
00:07:19,350 --> 00:07:17,599
even astral projection

109
00:07:21,110 --> 00:07:19,360
and things like that and i can talk a

110
00:07:23,189 --> 00:07:21,120
little bit more about that

111
00:07:24,629 --> 00:07:23,199
as we get into it in terms of those

112
00:07:27,909 --> 00:07:24,639
experiences and

113
00:07:30,950 --> 00:07:27,919

what that helped me build but it really

114

00:07:32,550 --> 00:07:30,960

built a good foundation for me so that

115

00:07:34,629 --> 00:07:32,560

when i'm at catherine we started talking

116

00:07:35,909 --> 00:07:34,639

about our own school and some of the

117

00:07:38,710 --> 00:07:35,919

things that we would do

118

00:07:39,589 --> 00:07:38,720

if we had created our own schools so we

119

00:07:41,909 --> 00:07:39,599

eventually

120

00:07:43,110 --> 00:07:41,919

actually became married and started our

121

00:07:45,029 --> 00:07:43,120

own school which was called the school

122

00:07:47,909 --> 00:07:45,039

of intuitive arts and sciences

123

00:07:49,350 --> 00:07:47,919

which we ran out of chicago for about 11

124

00:07:53,909 --> 00:07:49,360

years

125

00:07:55,110 --> 00:07:53,919

and then we moved everything online and

126

00:07:56,950 --> 00:07:55,120

you know let go of the building and

127

00:07:58,309 --> 00:07:56,960

everything so that we didn't have the

128

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

overhead and we'd be a little bit more

129

00:08:02,150 --> 00:07:59,919

portable because we were looking

130

00:08:03,749 --> 00:08:02,160

to be able to move around more and we

131

00:08:04,309 --> 00:08:03,759

had a daughter so we were wanting to be

132

00:08:06,469 --> 00:08:04,319

able to

133

00:08:07,749 --> 00:08:06,479

do more family things and and do things

134

00:08:11,510 --> 00:08:07,759

with her so

135

00:08:13,589 --> 00:08:11,520

we uh moved into the intuitive school

136

00:08:14,869 --> 00:08:13,599

which actually is intuitiveschool.com

137

00:08:17,350 --> 00:08:14,879

now and

138

00:08:19,189 --> 00:08:17,360

so we can offer services to people

139

00:08:21,749 --> 00:08:19,199

anywhere around the world and

140

00:08:23,830 --> 00:08:21,759

and catherine is really more into the

141

00:08:27,350 --> 00:08:23,840

readings and things than i am she does

142

00:08:30,309 --> 00:08:27,360

the astrology and the numerology and

143

00:08:31,350 --> 00:08:30,319

palmistry things like that and i'm more

144

00:08:33,670 --> 00:08:31,360

into

145

00:08:36,230 --> 00:08:33,680

the metaphysical skills so i am more

146

00:08:39,430 --> 00:08:36,240

into like the energy healing

147

00:08:41,589 --> 00:08:39,440

meditation visualization and

148

00:08:43,190 --> 00:08:41,599

a little bit more on that track so we

149

00:08:46,389 --> 00:08:43,200

compliment each other really well

150

00:08:49,030 --> 00:08:46,399

that we we both bring our own expertise

151
00:08:51,350 --> 00:08:49,040
to what we're doing but you know they

152
00:08:53,509 --> 00:08:51,360
they blend really well together because

153
00:08:54,790 --> 00:08:53,519
we have a lot of common interests and

154
00:08:56,150 --> 00:08:54,800
commonalities

155
00:08:58,949 --> 00:08:56,160
in what we do so that's what we've been

156
00:08:59,670 --> 00:08:58,959
doing here we're now in the kansas city

157
00:09:01,590 --> 00:08:59,680
area

158
00:09:03,590 --> 00:09:01,600
and the latest thing that we started

159
00:09:06,389 --> 00:09:03,600
about two and a half years ago now

160
00:09:07,030 --> 00:09:06,399
is our radio show which is spirit's

161
00:09:09,110 --> 00:09:07,040
journey

162
00:09:10,630 --> 00:09:09,120
that's on one is talk radio and truth

163
00:09:11,910 --> 00:09:10,640

frequency radio along with eight other

164

00:09:15,030 --> 00:09:11,920

stations

165

00:09:15,509 --> 00:09:15,040

and so um you know it's been great

166

00:09:19,030 --> 00:09:15,519

meeting

167

00:09:20,790 --> 00:09:19,040

all these fantastic people and

168

00:09:23,430 --> 00:09:20,800

so you know that's that's something that

169

00:09:26,470 --> 00:09:23,440

we do that's every saturday now

170

00:09:27,350 --> 00:09:26,480

at 1 p.m central time on oneos talk

171

00:09:30,310 --> 00:09:27,360

radio or

172

00:09:32,070 --> 00:09:30,320

truth frequency radio patrick that

173

00:09:32,470 --> 00:09:32,080

sounds great i'm glad you guys were able

174

00:09:40,790 --> 00:09:32,480

to

175

00:09:41,590 --> 00:09:40,800

owner's manual for the mind and how did

176

00:09:44,949 --> 00:09:41,600

you

177

00:09:47,990 --> 00:09:44,959

come about to wanting to write that book

178

00:09:50,949 --> 00:09:48,000

sure well i had

179

00:09:53,190 --> 00:09:50,959

done health coaching for many years and

180

00:09:54,949 --> 00:09:53,200

i always had people asking me

181

00:09:57,269 --> 00:09:54,959

for more you know they wanted something

182

00:10:00,070 --> 00:09:57,279

they could take home and

183

00:10:01,269 --> 00:10:00,080

so i started thinking about what was the

184

00:10:04,150 --> 00:10:01,279

basis really

185

00:10:05,190 --> 00:10:04,160

of everything that we did and and

186

00:10:07,750 --> 00:10:05,200

thought about well

187

00:10:08,230 --> 00:10:07,760

what would our life be like if we'd been

188

00:10:11,110 --> 00:10:08,240

given an

189

00:10:12,710 --> 00:10:11,120

owner's manual just like when you get a

190

00:10:13,990 --> 00:10:12,720

new television or something like that if

191

00:10:14,550 --> 00:10:14,000

there's anything that you don't know how

192

00:10:16,069 --> 00:10:14,560

to do

193

00:10:17,829 --> 00:10:16,079

you can just go look it up in the manual

194

00:10:19,829 --> 00:10:17,839

and so that was kind of the idea with

195

00:10:22,230 --> 00:10:19,839

the owner's manual for the mind

196

00:10:23,590 --> 00:10:22,240

is thinking about all the things that we

197

00:10:27,030 --> 00:10:23,600

need to do

198

00:10:30,230 --> 00:10:27,040

to learn how to be a spiritual being

199

00:10:32,069 --> 00:10:30,240

in our physical life experience and the

200

00:10:35,670 --> 00:10:32,079

foundation of that really

201
00:10:36,870 --> 00:10:35,680
begins in the idea that we are beings of

202
00:10:39,670 --> 00:10:36,880
light and energy

203
00:10:41,430 --> 00:10:39,680
we're not these physical beings that

204
00:10:43,350 --> 00:10:41,440
just have a physical existence and once

205
00:10:46,069 --> 00:10:43,360
this body dies then we just blink out of

206
00:10:47,670 --> 00:10:46,079
existence this is a huge paradigm shift

207
00:10:49,110 --> 00:10:47,680
but it's not something that is so

208
00:10:50,790 --> 00:10:49,120
foreign to

209
00:10:52,230 --> 00:10:50,800
people's way of thinking because just

210
00:10:54,630 --> 00:10:52,240
about every religion

211
00:10:56,150 --> 00:10:54,640
is based on some kind of a concept that

212
00:10:59,509 --> 00:10:56,160
we continue to exist

213
00:11:00,870 --> 00:10:59,519

after we die and many of them even

214

00:11:02,710 --> 00:11:00,880

have some kind of an idea that we

215

00:11:05,110 --> 00:11:02,720

existed even before we were born

216

00:11:06,870 --> 00:11:05,120

into this life and the main differences

217

00:11:08,389 --> 00:11:06,880

i find usually come in

218

00:11:09,910 --> 00:11:08,399

whether or not people believe that we

219

00:11:11,910 --> 00:11:09,920

come back here again

220

00:11:14,069 --> 00:11:11,920

after this life or whether it's just a

221

00:11:16,790 --> 00:11:14,079

one and done kind of experience

222

00:11:18,069 --> 00:11:16,800

but there is this sense of continuity

223

00:11:19,829 --> 00:11:18,079

and it's really

224

00:11:21,350 --> 00:11:19,839

exploring that continuity that's what

225

00:11:24,069 --> 00:11:21,360

the book is really about

226

00:11:25,829 --> 00:11:24,079

and so i start off with the basics and

227

00:11:28,790 --> 00:11:25,839

it's really intended to be

228

00:11:30,069 --> 00:11:28,800

something that a beginner could could

229

00:11:31,430 --> 00:11:30,079

wrap their mind around

230

00:11:32,870 --> 00:11:31,440

as well as somebody that has a little

231

00:11:33,430 --> 00:11:32,880

bit more experience in their life so

232

00:11:35,750 --> 00:11:33,440

that

233

00:11:37,350 --> 00:11:35,760

they can see the deeper messages and do

234

00:11:38,230 --> 00:11:37,360

deeper meanings if they're more

235

00:11:40,230 --> 00:11:38,240

experienced

236

00:11:41,430 --> 00:11:40,240

or if they're just getting started you

237

00:11:44,630 --> 00:11:41,440

know it's it's

238

00:11:46,470 --> 00:11:44,640

all the basics that you need and so for

239

00:11:48,069 --> 00:11:46,480

example i believe that

240

00:11:50,389 --> 00:11:48,079

concentration is probably one of the

241

00:11:52,389 --> 00:11:50,399

most important first steps because

242

00:11:54,230 --> 00:11:52,399

everything that we do in terms of

243

00:11:55,190 --> 00:11:54,240

experiencing ourselves as a spiritual

244

00:11:57,910 --> 00:11:55,200

being

245

00:12:00,069 --> 00:11:57,920

and developing that perception so that

246

00:12:01,590 --> 00:12:00,079

we know we're a spiritual being and we

247

00:12:02,389 --> 00:12:01,600

know we are energy and that we are

248

00:12:05,590 --> 00:12:02,399

eternal

249

00:12:07,829 --> 00:12:05,600

and we can let go of all this attachment

250

00:12:09,670 --> 00:12:07,839

to being in our physical form that we

251
00:12:11,110 --> 00:12:09,680
often carry with us

252
00:12:12,949 --> 00:12:11,120
is the most important thing is

253
00:12:16,710 --> 00:12:12,959
concentration because

254
00:12:18,310 --> 00:12:16,720
our conscious mind is just always at us

255
00:12:20,150 --> 00:12:18,320
you know there's all these thoughts that

256
00:12:23,190 --> 00:12:20,160
are distracting us from

257
00:12:23,670 --> 00:12:23,200
our true perceptions of who we are and

258
00:12:25,829 --> 00:12:23,680
so

259
00:12:27,350 --> 00:12:25,839
we need to be able to quiet those down

260
00:12:30,629 --> 00:12:27,360
so that we can

261
00:12:31,430 --> 00:12:30,639
listen for that inner guidance that

262
00:12:34,790 --> 00:12:31,440
inner

263
00:12:36,870 --> 00:12:34,800

um sense that we are a spiritual being

264

00:12:38,230 --> 00:12:36,880

and that there's more to us than just

265

00:12:40,710 --> 00:12:38,240

what's going on in the physical world

266

00:12:41,590 --> 00:12:40,720

and then from there you know meditation

267

00:12:44,629 --> 00:12:41,600

i don't believe

268

00:12:45,350 --> 00:12:44,639

is is a means to an end it's it's really

269

00:12:48,470 --> 00:12:45,360

it's

270

00:12:50,710 --> 00:12:48,480

the essence of connecting to

271

00:12:51,990 --> 00:12:50,720

that part of ourselves and so again once

272

00:12:54,230 --> 00:12:52,000

that mind is

273

00:12:55,670 --> 00:12:54,240

quiet the conscious mind is quiet then

274

00:12:57,670 --> 00:12:55,680

we can start to

275

00:12:59,430 --> 00:12:57,680

peer into the depths of our

276
00:13:00,629 --> 00:12:59,440
consciousness and get into those deeper

277
00:13:02,230 --> 00:13:00,639
levels and so

278
00:13:05,590 --> 00:13:02,240
meditation is really the vehicle for

279
00:13:08,790 --> 00:13:05,600
that i believe that meditation really

280
00:13:09,590 --> 00:13:08,800
is you know it's akin to sleep sleep i

281
00:13:11,829 --> 00:13:09,600
think is

282
00:13:13,670 --> 00:13:11,839
the unconscious sort of mandatory

283
00:13:15,430 --> 00:13:13,680
counterpart to meditation

284
00:13:17,509 --> 00:13:15,440
but everything that we do while we sleep

285
00:13:21,110 --> 00:13:17,519
i believe that ultimately

286
00:13:23,509 --> 00:13:21,120
part of our destiny and our evolution

287
00:13:25,430 --> 00:13:23,519
is to consciously be able to take

288
00:13:28,470 --> 00:13:25,440

control of that process

289

00:13:30,069 --> 00:13:28,480
and to be able to guide our own

290

00:13:31,829 --> 00:13:30,079
evolution and our growth and our

291

00:13:33,670 --> 00:13:31,839
development into the future

292

00:13:35,829 --> 00:13:33,680
and so then the rest of them you know

293

00:13:37,190 --> 00:13:35,839
all revolve around that visualization is

294

00:13:40,790 --> 00:13:37,200
our ability to

295

00:13:42,710 --> 00:13:40,800
create with our mind because that is my

296

00:13:45,670 --> 00:13:42,720
belief and experience that

297

00:13:47,269 --> 00:13:45,680
ultimately as beings of energy and

298

00:13:48,150 --> 00:13:47,279
because of our eternal nature we are

299

00:13:51,189 --> 00:13:48,160
creators

300

00:13:53,990 --> 00:13:51,199
and inherently

301
00:13:54,949 --> 00:13:54,000
our mind is set up so that as we focus

302
00:13:58,069 --> 00:13:54,959
on

303
00:14:00,069 --> 00:13:58,079
an object or an image we will tend to

304
00:14:01,670 --> 00:14:00,079
draw that into our life and i believe

305
00:14:03,110 --> 00:14:01,680
that quantum mechanics have

306
00:14:05,430 --> 00:14:03,120
a lot to do with that because quantum

307
00:14:07,189 --> 00:14:05,440
mechanics is all about probabilities and

308
00:14:09,030 --> 00:14:07,199
one thing i've realized through working

309
00:14:11,829 --> 00:14:09,040
with visualization and studying

310
00:14:13,590 --> 00:14:11,839
quantum mechanics deeper is that

311
00:14:16,150 --> 00:14:13,600
visualization is really a process

312
00:14:16,949 --> 00:14:16,160
of shifting the probabilities slightly

313
00:14:18,710 --> 00:14:16,959

in our favor

314

00:14:21,350 --> 00:14:18,720

and it doesn't take a big shift it's

315

00:14:24,710 --> 00:14:21,360

just this slight shift and then we

316

00:14:27,990 --> 00:14:24,720

draw those resources to us

317

00:14:29,590 --> 00:14:28,000

the people that we need whatever it is

318

00:14:29,990 --> 00:14:29,600

the energy that we need for healing

319

00:14:33,509 --> 00:14:30,000

whatever

320

00:14:35,509 --> 00:14:33,519

it is that we need in that moment as we

321

00:14:37,110 --> 00:14:35,519

focus on those things we shift those

322

00:14:38,629 --> 00:14:37,120

probabilities

323

00:14:40,710 --> 00:14:38,639

and we draw that to us you know there's

324

00:14:41,269 --> 00:14:40,720

a lot of metaphysical teachers call that

325

00:14:46,949 --> 00:14:41,279

the

326

00:14:49,829 --> 00:14:46,959

universal laws is act

327

00:14:51,910 --> 00:14:49,839

actually part of that and as i mentioned

328

00:14:53,990 --> 00:14:51,920

atlantis you you talked about that

329

00:14:55,110 --> 00:14:54,000

earlier and that's actually a little bit

330

00:14:58,150 --> 00:14:55,120

about our history

331

00:14:58,710 --> 00:14:58,160

because atlantis is really about who we

332

00:15:00,470 --> 00:14:58,720

were

333

00:15:03,590 --> 00:15:00,480

when we first came to this planet you

334

00:15:05,269 --> 00:15:03,600

know and and i know this is the ufo hub

335

00:15:07,110 --> 00:15:05,279

and so i'm sure there's probably a lot

336

00:15:08,310 --> 00:15:07,120

of discussion about ets but one of the

337

00:15:10,310 --> 00:15:08,320

interesting things is

338

00:15:12,150 --> 00:15:10,320

that at one point we were actually the

339

00:15:12,949 --> 00:15:12,160

ets we were coming to this planet

340

00:15:16,230 --> 00:15:12,959

because

341

00:15:18,150 --> 00:15:16,240

as spiritual beings of light and energy

342

00:15:20,069 --> 00:15:18,160

we weren't indigenous to this planet we

343

00:15:22,870 --> 00:15:20,079

actually came to this planet

344

00:15:23,269 --> 00:15:22,880

and when the the life forms that were

345

00:15:25,430 --> 00:15:23,279

here

346

00:15:26,550 --> 00:15:25,440

evolved to a point that were able to

347

00:15:28,949 --> 00:15:26,560

accommodate us

348

00:15:30,949 --> 00:15:28,959

then we started taking on physical form

349

00:15:33,030 --> 00:15:30,959

and so that's kind of this whole idea

350

00:15:35,110 --> 00:15:33,040

that's been wrapped up in humanity for

351
00:15:36,069 --> 00:15:35,120
thousands and thousands of years is the

352
00:15:38,069 --> 00:15:36,079
fact that

353
00:15:39,990 --> 00:15:38,079
we do have this physical part of

354
00:15:41,670 --> 00:15:40,000
ourselves but then we are also a soul

355
00:15:43,910 --> 00:15:41,680
we have the soul that's infused in the

356
00:15:46,870 --> 00:15:43,920
body and that's that

357
00:15:48,150 --> 00:15:46,880
energy of who we are as these uh eternal

358
00:15:49,910 --> 00:15:48,160
beings of light and energy

359
00:15:51,670 --> 00:15:49,920
and so you know that's what the book is

360
00:15:52,629 --> 00:15:51,680
all about and and i believe that's what

361
00:15:54,550 --> 00:15:52,639
our life

362
00:15:56,310 --> 00:15:54,560
purpose and our path is all about is

363
00:15:58,470 --> 00:15:56,320

coming to terms with that

364

00:16:00,629 --> 00:15:58,480

and learning how to to be fully aware of

365

00:16:02,389 --> 00:16:00,639

it and express it

366

00:16:03,829 --> 00:16:02,399

well patrick i don't know if it's a bit

367

00:16:05,670 --> 00:16:03,839

too early to

368

00:16:08,389 --> 00:16:05,680

get into this now but do you want to

369

00:16:10,230 --> 00:16:08,399

cover more about the atlantis subject

370

00:16:11,990 --> 00:16:10,240

oh sure yeah it's a very interesting

371

00:16:13,430 --> 00:16:12,000

subject and

372

00:16:15,350 --> 00:16:13,440

you know it isn't something that i

373

00:16:16,949 --> 00:16:15,360

believed in initially and in fact

374

00:16:18,790 --> 00:16:16,959

reincarnation wasn't even something i

375

00:16:21,189 --> 00:16:18,800

was really brought up with so

376

00:16:23,189 --> 00:16:21,199

it was something that as i encountered

377

00:16:25,590 --> 00:16:23,199

it i just kept my mind open

378

00:16:27,110 --> 00:16:25,600

i didn't dismiss it just because it

379

00:16:28,150 --> 00:16:27,120

wasn't something that i was originally

380

00:16:30,790 --> 00:16:28,160

taught

381

00:16:32,710 --> 00:16:30,800

i kept my mind open for evidence and as

382

00:16:35,590 --> 00:16:32,720

the evidence started to mount

383

00:16:36,230 --> 00:16:35,600

i started putting more credibility into

384

00:16:39,189 --> 00:16:36,240

it

385

00:16:41,350 --> 00:16:39,199

and a lot of that evidence for me came

386

00:16:44,870 --> 00:16:41,360

in the form of readings

387

00:16:46,150 --> 00:16:44,880

initially it it was mainly the intuitive

388

00:16:47,350 --> 00:16:46,160

readings the past life readings in

389

00:16:50,230 --> 00:16:47,360

particular

390

00:16:51,590 --> 00:16:50,240

that the school where i was teaching we

391

00:16:53,749 --> 00:16:51,600

did past life readings

392

00:16:55,749 --> 00:16:53,759

and health readings and they were kind

393

00:16:56,069 --> 00:16:55,759

of similar to the way edgar casey did

394

00:16:58,550 --> 00:16:56,079

them

395

00:17:00,230 --> 00:16:58,560

although they had they had learned that

396

00:17:02,069 --> 00:17:00,240

process of how he did it even though he

397

00:17:03,189 --> 00:17:02,079

was never really able to teach that and

398

00:17:06,309 --> 00:17:03,199

pass it on

399

00:17:09,590 --> 00:17:06,319

he he did kind of set the model

400

00:17:11,029 --> 00:17:09,600

for that and so they were able to model

401
00:17:13,429 --> 00:17:11,039
after what he did

402
00:17:16,150 --> 00:17:13,439
and it was really interesting to me the

403
00:17:18,390 --> 00:17:16,160
information that came up because

404
00:17:20,549 --> 00:17:18,400
it wasn't like what you typically hear

405
00:17:22,470 --> 00:17:20,559
sometimes when people are talking about

406
00:17:24,390 --> 00:17:22,480
uh going to somebody and and they always

407
00:17:25,669 --> 00:17:24,400
come out they were somebody famous and

408
00:17:27,590 --> 00:17:25,679
you know there's there's only so many

409
00:17:29,909 --> 00:17:27,600
famous people to go around right so

410
00:17:30,630 --> 00:17:29,919
so we couldn't all be famous right and

411
00:17:32,150 --> 00:17:30,640
and uh

412
00:17:34,710 --> 00:17:32,160
people often would say well you know

413
00:17:35,110 --> 00:17:34,720

what about the farmers and the merchants

414

00:17:37,830 --> 00:17:35,120

and

415

00:17:38,549 --> 00:17:37,840

you know just regular old people right

416

00:17:40,230 --> 00:17:38,559

and

417

00:17:43,110 --> 00:17:40,240

the the interesting thing was all these

418

00:17:45,029 --> 00:17:43,120

past life readings that we were doing

419

00:17:46,549 --> 00:17:45,039

that's exactly what was coming up it

420

00:17:49,110 --> 00:17:46,559

wasn't anything

421

00:17:50,470 --> 00:17:49,120

extraordinary and in fact the few times

422

00:17:52,310 --> 00:17:50,480

when i did hear

423

00:17:53,510 --> 00:17:52,320

past life information coming out that

424

00:17:55,510 --> 00:17:53,520

was somebody famous

425

00:17:56,630 --> 00:17:55,520

it actually withheld the name a lot of

426

00:18:00,150 --> 00:17:56,640

times because

427

00:18:00,630 --> 00:18:00,160

it it would say you know um there's a

428

00:18:03,029 --> 00:18:00,640

concern

429

00:18:04,630 --> 00:18:03,039

you know that this individual may you

430

00:18:06,310 --> 00:18:04,640

know let their ego kind of get

431

00:18:08,230 --> 00:18:06,320

a little out of whack if if they knew

432

00:18:10,070 --> 00:18:08,240

who they were but it is important for

433

00:18:12,470 --> 00:18:10,080

them to know how powerful they are

434

00:18:13,110 --> 00:18:12,480

and and how capable they are and things

435

00:18:14,870 --> 00:18:13,120

like that

436

00:18:16,950 --> 00:18:14,880

so it was it's very interesting the way

437

00:18:17,990 --> 00:18:16,960

that it came out and the consistencies

438

00:18:21,110 --> 00:18:18,000

and just

439

00:18:23,270 --> 00:18:21,120

hundreds of people um you know

440

00:18:25,110 --> 00:18:23,280

getting direct information that was

441

00:18:26,630 --> 00:18:25,120

relevant to their life and they could

442

00:18:28,630 --> 00:18:26,640

recognize how it was relevant they could

443

00:18:29,830 --> 00:18:28,640

see those patterns repeating themselves

444

00:18:30,789 --> 00:18:29,840

and stuff like that so that they could

445

00:18:33,750 --> 00:18:30,799

break out of it

446

00:18:34,070 --> 00:18:33,760

so during this process some people would

447

00:18:37,830 --> 00:18:34,080

go

448

00:18:39,510 --> 00:18:37,840

back to the time period of atlantis

449

00:18:41,270 --> 00:18:39,520

and so we would start compiling some

450

00:18:43,029 --> 00:18:41,280

research on that

451
00:18:45,510 --> 00:18:43,039
and then all this research catherine and

452
00:18:46,390 --> 00:18:45,520
i did even after we created our own

453
00:18:49,430 --> 00:18:46,400
school

454
00:18:49,990 --> 00:18:49,440
and so what comes out is that there were

455
00:18:53,909 --> 00:18:50,000
actually

456
00:18:56,390 --> 00:18:53,919
four different periods of atlantis and

457
00:18:57,270 --> 00:18:56,400
they are often referred to as cycles and

458
00:18:59,750 --> 00:18:57,280
so

459
00:19:01,590 --> 00:18:59,760
you know just like when the earth makes

460
00:19:05,029 --> 00:19:01,600
one revolution around the sun that

461
00:19:08,470 --> 00:19:05,039
that could be considered a cycle and so

462
00:19:12,470 --> 00:19:08,480
the birth and kind of

463
00:19:13,430 --> 00:19:12,480

ending of a level of civilization that

464

00:19:15,510 --> 00:19:13,440

could be considered

465

00:19:17,029 --> 00:19:15,520

like a cycle in a larger sense and so

466

00:19:19,830 --> 00:19:17,039

atlantis actually

467

00:19:20,549 --> 00:19:19,840

covered about four cycles and the third

468

00:19:23,909 --> 00:19:20,559

and fourth

469

00:19:25,430 --> 00:19:23,919

cycles were where the technology became

470

00:19:26,630 --> 00:19:25,440

the most advanced and that's what most

471

00:19:27,669 --> 00:19:26,640

people think of when they think of

472

00:19:30,310 --> 00:19:27,679

atlantis they think of

473

00:19:31,190 --> 00:19:30,320

very advanced technology but every cycle

474

00:19:34,390 --> 00:19:31,200

was not

475

00:19:37,350 --> 00:19:34,400

that way and there was even some

476

00:19:38,070 --> 00:19:37,360

some souls or energy beings however you

477

00:19:41,510 --> 00:19:38,080

want to describe

478

00:19:42,789 --> 00:19:41,520

it who came in before atlantis and so

479

00:19:45,110 --> 00:19:42,799

my understanding even though there's

480

00:19:48,230 --> 00:19:45,120

this is a little bit um

481

00:19:50,789 --> 00:19:48,240

more unclear but lemuria and

482

00:19:53,029 --> 00:19:50,799

moo i believe are kind of two different

483

00:19:56,150 --> 00:19:53,039

ways of describing that time period

484

00:19:58,150 --> 00:19:56,160

and so a lot of those people came

485

00:19:59,270 --> 00:19:58,160

in and as we were coming into these

486

00:20:02,470 --> 00:19:59,280

physical bodies

487

00:20:05,350 --> 00:20:02,480

we were struggling to figure out

488

00:20:06,149 --> 00:20:05,360

how everything was working and so a lot

489

00:20:08,390 --> 00:20:06,159

of us

490

00:20:10,230 --> 00:20:08,400

would make mistakes as you're

491

00:20:13,669 --> 00:20:10,240

experimenting you can expect

492

00:20:16,149 --> 00:20:13,679

mistakes are going to be made and

493

00:20:17,669 --> 00:20:16,159

so people would get trapped in the body

494

00:20:20,070 --> 00:20:17,679

and that's kind of how we all got

495

00:20:22,230 --> 00:20:20,080

into this cycle is that each of us had

496

00:20:25,750 --> 00:20:22,240

some kind of a thought or a belief

497

00:20:27,350 --> 00:20:25,760

that formed at some point that

498

00:20:28,870 --> 00:20:27,360

led us to believe that we couldn't get

499

00:20:31,590 --> 00:20:28,880

out that we couldn't come and go

500

00:20:32,470 --> 00:20:31,600

as we pleased and so that's that's where

501
00:20:35,669 --> 00:20:32,480
sometimes this

502
00:20:37,270 --> 00:20:35,679
idea of original sin comes from because

503
00:20:39,110 --> 00:20:37,280
sin is actually a greek word it came

504
00:20:42,549 --> 00:20:39,120
from the greek translation

505
00:20:44,070 --> 00:20:42,559
of the original texts and it literally

506
00:20:46,549 --> 00:20:44,080
is an archery term that means that you

507
00:20:48,549 --> 00:20:46,559
miss the mark and so literally it's just

508
00:20:49,830 --> 00:20:48,559
a way of saying you made a mistake you

509
00:20:51,909 --> 00:20:49,840
know there was you made an

510
00:20:54,549 --> 00:20:51,919
error and you need to correct for that

511
00:20:55,270 --> 00:20:54,559
error and so there wasn't this big heavy

512
00:20:57,669 --> 00:20:55,280
guilt trip

513
00:20:58,630 --> 00:20:57,679

that was intended with the idea of sin

514

00:21:00,549 --> 00:20:58,640

and so when we're

515

00:21:02,230 --> 00:21:00,559

originally talking about original sin

516

00:21:04,310 --> 00:21:02,240

that's actually

517

00:21:05,909 --> 00:21:04,320

where we came in during the time of

518

00:21:07,350 --> 00:21:05,919

atlantis because most everybody that's

519

00:21:08,950 --> 00:21:07,360

alive today was

520

00:21:10,950 --> 00:21:08,960

probably around during the time of

521

00:21:14,630 --> 00:21:10,960

atlantis and so

522

00:21:16,950 --> 00:21:14,640

when we came in and we we had that

523

00:21:18,470 --> 00:21:16,960

uh belief that formed you know uh think

524

00:21:19,270 --> 00:21:18,480

about like some of the ideas that you

525

00:21:22,390 --> 00:21:19,280

may have formed

526

00:21:23,990 --> 00:21:22,400

about yourself even this lifetime that

527

00:21:25,909 --> 00:21:24,000

you know you're not good enough or

528

00:21:27,990 --> 00:21:25,919

you're not capable or i'm not

529

00:21:29,590 --> 00:21:28,000

smart you know we have these big lies

530

00:21:32,230 --> 00:21:29,600

that we tell ourselves and

531

00:21:33,190 --> 00:21:32,240

maybe we're told to us by somebody and

532

00:21:35,430 --> 00:21:33,200

we believed it

533

00:21:36,390 --> 00:21:35,440

and so it's kind of like that only on a

534

00:21:38,149 --> 00:21:36,400

bigger scale

535

00:21:41,430 --> 00:21:38,159

it was some kind of an idea that we had

536

00:21:44,710 --> 00:21:41,440

that uh you know i can't

537

00:21:45,590 --> 00:21:44,720

create or i can't you know free myself

538

00:21:49,590 --> 00:21:45,600

from the physical

539

00:21:51,270 --> 00:21:49,600

so with that you know when we study the

540

00:21:54,870 --> 00:21:51,280

time period of atlantis

541

00:21:58,390 --> 00:21:54,880

it takes us back to that very

542

00:22:01,590 --> 00:21:58,400

core um idea

543

00:22:03,750 --> 00:22:01,600

that we formed that was erroneous

544

00:22:05,270 --> 00:22:03,760

it's a lie in a lot of ways it's a lie

545

00:22:07,110 --> 00:22:05,280

we told ourselves or

546

00:22:08,549 --> 00:22:07,120

you could call it a mistake or a

547

00:22:11,350 --> 00:22:08,559

misunderstanding

548

00:22:11,990 --> 00:22:11,360

but it's it's something that we created

549

00:22:15,029 --> 00:22:12,000

within our own

550

00:22:15,590 --> 00:22:15,039

mind that held us here and trapped us

551
00:22:17,510 --> 00:22:15,600
and

552
00:22:19,750 --> 00:22:17,520
got us caught up in this whole cycle of

553
00:22:21,110 --> 00:22:19,760
coming back again and again and again

554
00:22:22,390 --> 00:22:21,120
there's nothing wrong with coming back

555
00:22:24,070 --> 00:22:22,400
it's not that there's anything wrong

556
00:22:27,110 --> 00:22:24,080
with that it's just that

557
00:22:29,270 --> 00:22:27,120
we're beings of eternal energy

558
00:22:31,029 --> 00:22:29,280
and so we're not intended to just be

559
00:22:33,830 --> 00:22:31,039
stuck in a cycle here

560
00:22:34,149 --> 00:22:33,840
like this and fortunately we are eternal

561
00:22:36,230 --> 00:22:34,159
so

562
00:22:37,350 --> 00:22:36,240
you know getting caught in a in a loop

563
00:22:38,549 --> 00:22:37,360

for a little bit isn't really going to

564

00:22:42,230 --> 00:22:38,559

hurt us too bad

565

00:22:45,270 --> 00:22:42,240

but ultimately our spiritual destiny

566

00:22:45,669 --> 00:22:45,280

is to learn how to move past whatever

567

00:22:51,510 --> 00:22:45,679

that

568

00:22:52,950 --> 00:22:51,520

and then we would be free again to

569

00:22:53,990 --> 00:22:52,960

travel the universe you know that's

570

00:22:56,549 --> 00:22:54,000

really

571

00:22:58,070 --> 00:22:56,559

um that's our birthright is to be able

572

00:23:01,190 --> 00:22:58,080

to go wherever we want

573

00:23:03,110 --> 00:23:01,200

and that's where sometimes people say

574

00:23:04,870 --> 00:23:03,120

after you die you know well what happens

575

00:23:06,390 --> 00:23:04,880

if you evolve to the point where you

576
00:23:07,029 --> 00:23:06,400
don't have to come back well you can go

577
00:23:09,029 --> 00:23:07,039
anywhere

578
00:23:10,549 --> 00:23:09,039
and that's literally the case and so

579
00:23:12,950 --> 00:23:10,559
when we're talking about et's coming to

580
00:23:15,110 --> 00:23:12,960
visit the earth i mean

581
00:23:16,870 --> 00:23:15,120
yeah i mean there may be physical beings

582
00:23:18,870 --> 00:23:16,880
that are more advanced than where we are

583
00:23:21,270 --> 00:23:18,880
physically right now but

584
00:23:22,870 --> 00:23:21,280
in a lot of ways we are those ets

585
00:23:25,590 --> 00:23:22,880
because like i said we weren't

586
00:23:27,029 --> 00:23:25,600
uh native to this planet so we came here

587
00:23:30,310 --> 00:23:27,039
during the time of

588
00:23:34,070 --> 00:23:30,320

mu or lemuria or atlantis

589

00:23:37,750 --> 00:23:34,080
and um so during those times

590

00:23:39,669 --> 00:23:37,760
uh you know it's it's our

591

00:23:41,190 --> 00:23:39,679
destiny to kind of get to that point

592

00:23:41,510 --> 00:23:41,200
where we can start traveling the stars

593

00:23:43,669 --> 00:23:41,520
again

594

00:23:44,789 --> 00:23:43,679
in some ways i almost think that uh this

595

00:23:47,909 --> 00:23:44,799
is almost like a little time

596

00:23:49,990 --> 00:23:47,919
out for us because since we kind of

597

00:23:51,909 --> 00:23:50,000
developed these misunderstandings of the

598

00:23:53,830 --> 00:23:51,919
universe and how everything works

599

00:23:55,510 --> 00:23:53,840
uh you know you you've probably noticed

600

00:23:57,190 --> 00:23:55,520
how some people treat each other you

601
00:23:58,070 --> 00:23:57,200
know they're not always nice easier to

602
00:24:00,070 --> 00:23:58,080
each other right

603
00:24:01,110 --> 00:24:00,080
right and so if you could imagine

604
00:24:04,230 --> 00:24:01,120
unleashing that

605
00:24:06,950 --> 00:24:04,240
on the the whole galaxy you know

606
00:24:07,430 --> 00:24:06,960
it's it's almost like dysfunctional

607
00:24:10,390 --> 00:24:07,440
beings

608
00:24:12,149 --> 00:24:10,400
exactly exactly so it's it's almost like

609
00:24:14,230 --> 00:24:12,159
this is a little playpen

610
00:24:15,430 --> 00:24:14,240
for us you know like you you corral your

611
00:24:16,630 --> 00:24:15,440
kids you have kids so you know what i'm

612
00:24:19,190 --> 00:24:16,640
talking about you know it's like

613
00:24:19,990 --> 00:24:19,200

um you sort of corral them in a you know

614

00:24:22,149 --> 00:24:20,000

a safe

615

00:24:23,110 --> 00:24:22,159

area where they can play with their

616

00:24:25,350 --> 00:24:23,120

stuff

617

00:24:26,630 --> 00:24:25,360

but they can't get into you know

618

00:24:28,310 --> 00:24:26,640

sticking their fingers into the light

619

00:24:30,230 --> 00:24:28,320

sockets and stuff

620

00:24:32,310 --> 00:24:30,240

like that so it's like you don't want

621

00:24:33,990 --> 00:24:32,320

them to hurt themselves right so right

622

00:24:35,909 --> 00:24:34,000

i think that's part of our learning

623

00:24:37,510 --> 00:24:35,919

process and i hope that doesn't sound

624

00:24:38,950 --> 00:24:37,520

too condescending but i mean we're all

625

00:24:41,110 --> 00:24:38,960

there right so

626

00:24:42,310 --> 00:24:41,120

it just indicates that on a spiritual

627

00:24:44,470 --> 00:24:42,320

level that

628

00:24:47,029 --> 00:24:44,480

we are these spiritual children that are

629

00:24:48,950 --> 00:24:47,039

growing and learning and

630

00:24:50,390 --> 00:24:48,960

waking up to our true power our true

631

00:24:52,870 --> 00:24:50,400

potential because

632

00:24:54,630 --> 00:24:52,880

you know as this as undisciplined as so

633

00:24:57,590 --> 00:24:54,640

many people's minds are and

634

00:24:59,029 --> 00:24:57,600

uh you know i i can't claim to be you

635

00:25:00,549 --> 00:24:59,039

know enlightened or anything like that

636

00:25:01,269 --> 00:25:00,559

because i'm here with everybody else

637

00:25:03,830 --> 00:25:01,279

even though

638

00:25:05,669 --> 00:25:03,840

i've done a lot of work along those ways

639

00:25:07,430 --> 00:25:05,679

so you know hopefully i can i can see

640

00:25:09,830 --> 00:25:07,440

some of my

641

00:25:11,430 --> 00:25:09,840

you know spots i need to work on but at

642

00:25:14,549 --> 00:25:11,440

the same time

643

00:25:15,190 --> 00:25:14,559

if you could create anything in an

644

00:25:16,950 --> 00:25:15,200

instant

645

00:25:19,350 --> 00:25:16,960

that you thought about you know just

646

00:25:21,510 --> 00:25:19,360

think about all the chaos

647

00:25:22,870 --> 00:25:21,520

that would be happening because people's

648

00:25:23,590 --> 00:25:22,880

minds are so undisciplined they would

649

00:25:25,350 --> 00:25:23,600

just be

650

00:25:27,269 --> 00:25:25,360

going off with all their fears you know

651
00:25:30,230 --> 00:25:27,279
that's probably one of the biggest

652
00:25:30,789 --> 00:25:30,240
uh dangers i guess to us with our minds

653
00:25:32,710 --> 00:25:30,799
is

654
00:25:34,789 --> 00:25:32,720
all these fears you know they you know

655
00:25:36,070 --> 00:25:34,799
they're afraid of getting a disease you

656
00:25:37,990 --> 00:25:36,080
know so they're so they're actually

657
00:25:39,590 --> 00:25:38,000
creating disease in their body or

658
00:25:41,669 --> 00:25:39,600
you know they're holding on to anger you

659
00:25:43,190 --> 00:25:41,679
know holding a grudge against somebody

660
00:25:44,390 --> 00:25:43,200
and they're they're thinking that all

661
00:25:45,590 --> 00:25:44,400
their anger is going to hurt the other

662
00:25:47,909 --> 00:25:45,600
person but it's really

663
00:25:48,789 --> 00:25:47,919

all that energy gets turned back on them

664

00:25:52,630 --> 00:25:48,799

and

665

00:25:54,470 --> 00:25:52,640

you know might lead to cancer you know

666

00:25:56,710 --> 00:25:54,480

all these diseases that develop in the

667

00:25:58,470 --> 00:25:56,720

body as a result of

668

00:26:00,390 --> 00:25:58,480

these thoughts and these attitudes

669

00:26:00,870 --> 00:26:00,400

they're being held onto over a period of

670

00:26:03,350 --> 00:26:00,880

time

671

00:26:05,269 --> 00:26:03,360

you know those are all learning

672

00:26:08,470 --> 00:26:05,279

experiences those are gauges

673

00:26:10,789 --> 00:26:08,480

so that you know when we see what is

674

00:26:11,830 --> 00:26:10,799

uh what our mind is creating it gives us

675

00:26:13,269 --> 00:26:11,840

an opportunity

676

00:26:15,110 --> 00:26:13,279

to change that you know that's that's

677

00:26:17,269 --> 00:26:15,120

what atlantis was all about we were

678

00:26:19,909 --> 00:26:17,279

doing all this experimentation

679

00:26:22,230 --> 00:26:19,919

and you know we even this physical form

680

00:26:25,029 --> 00:26:22,240

that's why this body is so different

681

00:26:27,029 --> 00:26:25,039

than the other primates because you know

682

00:26:30,310 --> 00:26:27,039

we tweaked it during that time

683

00:26:33,269 --> 00:26:30,320

so the body that we originally came into

684

00:26:34,630 --> 00:26:33,279

it was uh much more primitive than our

685

00:26:37,669 --> 00:26:34,640

current form

686

00:26:39,269 --> 00:26:37,679

and so with our mind and and

687

00:26:41,110 --> 00:26:39,279

you know through an understanding of

688

00:26:42,950 --> 00:26:41,120

science at that time

689

00:26:44,470 --> 00:26:42,960

in a different way the energies that we

690

00:26:45,669 --> 00:26:44,480

were using were very different than what

691

00:26:47,590 --> 00:26:45,679

we have now

692

00:26:49,269 --> 00:26:47,600

the technologies that we were using back

693

00:26:52,230 --> 00:26:49,279

there and were very different

694

00:26:53,510 --> 00:26:52,240

um you know i'm very curious whether we

695

00:26:55,510 --> 00:26:53,520

could even still use the same

696

00:26:56,390 --> 00:26:55,520

technologies now that we used back then

697

00:26:58,710 --> 00:26:56,400

just because

698

00:26:59,590 --> 00:26:58,720

the energy of the world is so different

699

00:27:02,950 --> 00:26:59,600

just because

700

00:27:04,710 --> 00:27:02,960

of the collective energy of humanity i

701
00:27:07,430 --> 00:27:04,720
mean there's so many people

702
00:27:07,990 --> 00:27:07,440
that are in this heavy dark place and

703
00:27:09,430 --> 00:27:08,000
and

704
00:27:11,510 --> 00:27:09,440
you know there's a lot of other people

705
00:27:14,230 --> 00:27:11,520
that are in a much better lighter

706
00:27:15,269 --> 00:27:14,240
place you know so we're battling it out

707
00:27:17,909 --> 00:27:15,279
kind of in some ways

708
00:27:20,470 --> 00:27:17,919
and and hopefully you know reaching a

709
00:27:23,990 --> 00:27:20,480
balance that's that's really the ideal

710
00:27:24,310 --> 00:27:24,000
where we can you know get to a point

711
00:27:30,950 --> 00:27:24,320
where

712
00:27:33,110 --> 00:27:30,960
and uh so the the

713
00:27:34,789 --> 00:27:33,120

technology and everything back then you

714

00:27:36,149 --> 00:27:34,799

know hopefully it will come back because

715

00:27:38,070 --> 00:27:36,159

there was some really cool

716

00:27:39,350 --> 00:27:38,080

uh technology that we had back then that

717

00:27:42,070 --> 00:27:39,360

was crystal based

718

00:27:43,110 --> 00:27:42,080

and and working with the energies and

719

00:27:44,149 --> 00:27:43,120

how it would resonate through the

720

00:27:45,669 --> 00:27:44,159

crystals and

721

00:27:46,950 --> 00:27:45,679

you know we just barely scratched the

722

00:27:49,190 --> 00:27:46,960

surface there are some things that we

723

00:27:52,070 --> 00:27:49,200

use now i mean like obviously lasers

724

00:27:53,830 --> 00:27:52,080

use crystals and there's other um you

725

00:27:54,230 --> 00:27:53,840

know applications and things like that

726
00:27:56,310 --> 00:27:54,240
so

727
00:27:57,990 --> 00:27:56,320
we have our technology kind of working

728
00:28:00,470 --> 00:27:58,000
in a different

729
00:28:01,350 --> 00:28:00,480
vein than we had back then but one of

730
00:28:04,549 --> 00:28:01,360
the things that

731
00:28:07,029 --> 00:28:04,559
was uh very advanced a lot of ways was

732
00:28:08,549 --> 00:28:07,039
genetic manipulation and so there was a

733
00:28:11,909 --> 00:28:08,559
lot of work to perfect this

734
00:28:13,909 --> 00:28:11,919
form to get it into a physical form that

735
00:28:15,510 --> 00:28:13,919
you know was considered pleasing and

736
00:28:17,190 --> 00:28:15,520
attractive but also

737
00:28:18,789 --> 00:28:17,200
would serve our purposes because we

738
00:28:22,149 --> 00:28:18,799

needed a very large brain

739

00:28:24,389 --> 00:28:22,159

to be able to hold all the energy of our

740

00:28:26,950 --> 00:28:24,399

intellect from an energetic standpoint

741

00:28:28,149 --> 00:28:26,960

and you know so the brain is really kind

742

00:28:29,990 --> 00:28:28,159

of like an interface

743

00:28:31,350 --> 00:28:30,000

you know just like your computer and why

744

00:28:33,029 --> 00:28:31,360

in a way so

745

00:28:34,710 --> 00:28:33,039

you know you sit down and your computer

746

00:28:36,630 --> 00:28:34,720

has all this computing power

747

00:28:39,590 --> 00:28:36,640

but it's nothing without the user you

748

00:28:42,630 --> 00:28:39,600

don't need somebody to to input and so

749

00:28:45,750 --> 00:28:42,640

our our soul our spiritual being

750

00:28:47,830 --> 00:28:45,760

that is us the truer sense of us

751
00:28:49,590 --> 00:28:47,840
even though this is us too you know this

752
00:28:51,909 --> 00:28:49,600
is like an extension of us

753
00:28:53,110 --> 00:28:51,919
kind of like your car you know and and

754
00:28:55,430 --> 00:28:53,120
so

755
00:28:57,269 --> 00:28:55,440
you get in you drive it around and you

756
00:29:00,230 --> 00:28:57,279
interact in the physical world

757
00:29:01,990 --> 00:29:00,240
and i used to think of the five senses

758
00:29:03,510 --> 00:29:02,000
as being gateways to the physical world

759
00:29:06,310 --> 00:29:03,520
so that we could perceive

760
00:29:07,269 --> 00:29:06,320
but now after i've studied just how much

761
00:29:09,909 --> 00:29:07,279
information is

762
00:29:12,070 --> 00:29:09,919
out there that we filter out we're only

763
00:29:13,430 --> 00:29:12,080

taking in just a tiny fraction

764

00:29:15,590 --> 00:29:13,440

you know i think it's just as true to

765

00:29:17,990 --> 00:29:15,600

say that our five senses are filters

766

00:29:19,830 --> 00:29:18,000

you know it's filtering everything down

767

00:29:20,710 --> 00:29:19,840

to just the essence of what we want to

768

00:29:21,830 --> 00:29:20,720

focus on

769

00:29:24,230 --> 00:29:21,840

and so the whole thing is just

770

00:29:27,110 --> 00:29:24,240

fascinating when you get into it i mean

771

00:29:27,669 --> 00:29:27,120

so many things that are happening now

772

00:29:30,470 --> 00:29:27,679

are

773

00:29:31,990 --> 00:29:30,480

repeating what we went through and what

774

00:29:33,590 --> 00:29:32,000

we experienced during the time period of

775

00:29:35,269 --> 00:29:33,600

atlantis i mean for example

776

00:29:36,789 --> 00:29:35,279

people often hear about the fall of

777

00:29:39,190 --> 00:29:36,799

atlantis and so

778

00:29:40,310 --> 00:29:39,200

especially the third and the fourth

779

00:29:43,430 --> 00:29:40,320

periods

780

00:29:43,669 --> 00:29:43,440

uh there were major shifts that led to

781

00:29:50,470 --> 00:29:43,679

an

782

00:29:53,830 --> 00:29:50,480

unfortunately it was uh partly

783

00:29:56,710 --> 00:29:53,840

due to the struggle between the people

784

00:29:57,830 --> 00:29:56,720

in atlantis who felt like well the

785

00:29:59,830 --> 00:29:57,840

physical world is just

786

00:30:01,430 --> 00:29:59,840

hours for the taking you know we are the

787

00:30:03,990 --> 00:30:01,440

dominant being

788

00:30:05,029 --> 00:30:04,000

and so we have a right to just come in

789

00:30:06,870 --> 00:30:05,039

and

790

00:30:08,470 --> 00:30:06,880

you know use everything to the fullest

791

00:30:10,789 --> 00:30:08,480

for our learning and

792

00:30:12,710 --> 00:30:10,799

and so it was kind of like you know

793

00:30:15,110 --> 00:30:12,720

using resources and using them up

794

00:30:15,830 --> 00:30:15,120

and and taking advantage of what's here

795

00:30:17,350 --> 00:30:15,840

and

796

00:30:19,510 --> 00:30:17,360

so there's a lot of that very

797

00:30:21,990 --> 00:30:19,520

materialistic mentality

798

00:30:24,070 --> 00:30:22,000

that echoes even today you can still

799

00:30:25,750 --> 00:30:24,080

hear those same refrains again and again

800

00:30:26,470 --> 00:30:25,760

you know you look at our technology now

801
00:30:28,310 --> 00:30:26,480
where

802
00:30:29,590 --> 00:30:28,320
uh we're just stripping resources out of

803
00:30:32,630 --> 00:30:29,600
the earth without

804
00:30:34,470 --> 00:30:32,640
concern for uh renewing the area you

805
00:30:36,789 --> 00:30:34,480
know taking care of the environment

806
00:30:39,190 --> 00:30:36,799
making sure that the earth is healthy

807
00:30:40,870 --> 00:30:39,200
and whole and making sure that our

808
00:30:43,430 --> 00:30:40,880
technologies are not causing

809
00:30:44,389 --> 00:30:43,440
harm not only to ourselves but to the

810
00:30:47,750 --> 00:30:44,399
environment you know

811
00:30:50,549 --> 00:30:47,760
realizing that this is our home and

812
00:30:51,990 --> 00:30:50,559
you know there isn't another planet that

813
00:30:52,710 --> 00:30:52,000

is really suitable for this physical

814

00:30:54,870 --> 00:30:52,720

form

815

00:30:56,870 --> 00:30:54,880

that is anywhere close and convenient

816

00:30:58,549 --> 00:30:56,880

for us to move to so it's not like

817

00:31:00,630 --> 00:30:58,559

we can just get up and move somewhere if

818

00:31:02,389 --> 00:31:00,640

we mess this place up you know

819

00:31:04,310 --> 00:31:02,399

and uh it would be a shame i mean it's

820

00:31:06,870 --> 00:31:04,320

such a beautiful planet and

821

00:31:08,310 --> 00:31:06,880

we've built so much here over the

822

00:31:11,509 --> 00:31:08,320

millennia that we've been here

823

00:31:15,269 --> 00:31:11,519

you know we we need to um

824

00:31:18,149 --> 00:31:15,279

you know learn from those lessons and

825

00:31:19,350 --> 00:31:18,159

start reinvesting in you know healing

826
00:31:20,470 --> 00:31:19,360
healing the planet because that was one

827
00:31:21,909 --> 00:31:20,480
of the things

828
00:31:24,070 --> 00:31:21,919
during the downfall of atlanta's there

829
00:31:26,630 --> 00:31:24,080
were those who were very spiritually

830
00:31:28,149 --> 00:31:26,640
aware and uh you know some of them were

831
00:31:29,669 --> 00:31:28,159
being accused of being

832
00:31:32,230 --> 00:31:29,679
arrogant you know because their

833
00:31:33,269 --> 00:31:32,240
awareness but they were tapped in and

834
00:31:35,909 --> 00:31:33,279
possibly

835
00:31:36,389 --> 00:31:35,919
you know it could be true that uh they

836
00:31:37,990 --> 00:31:36,399
let

837
00:31:39,509 --> 00:31:38,000
some arrogance get in there too because

838
00:31:42,070 --> 00:31:39,519

you know again everybody

839

00:31:43,750 --> 00:31:42,080

had their own lessons their own learning

840

00:31:44,630 --> 00:31:43,760

uh but then you know there were those

841

00:31:46,549 --> 00:31:44,640

who

842

00:31:47,830 --> 00:31:46,559

you know were were like i said kind of

843

00:31:50,710 --> 00:31:47,840

more physically oriented

844

00:31:51,590 --> 00:31:50,720

and and uh so there was this struggle

845

00:31:54,389 --> 00:31:51,600

between

846

00:31:55,830 --> 00:31:54,399

spiritual and physical energies and

847

00:31:58,630 --> 00:31:55,840

that's kind of what we're seeing now

848

00:32:00,870 --> 00:31:58,640

you know we we have that same dichotomy

849

00:32:01,750 --> 00:32:00,880

of people who are more spiritually aware

850

00:32:04,789 --> 00:32:01,760

they're they're

851
00:32:05,750 --> 00:32:04,799
reaching for that spiritual truth and

852
00:32:07,990 --> 00:32:05,760
existence and

853
00:32:09,509 --> 00:32:08,000
awareness and then there are those who

854
00:32:12,870 --> 00:32:09,519
are denying it and just

855
00:32:15,509 --> 00:32:12,880
choosing to shut it out or maybe they

856
00:32:17,110 --> 00:32:15,519
they would be open to being aware of the

857
00:32:17,830 --> 00:32:17,120
spiritual energies but they just don't

858
00:32:20,070 --> 00:32:17,840
know how

859
00:32:22,070 --> 00:32:20,080
they don't feel capable and you know

860
00:32:25,029 --> 00:32:22,080
they're just distracted by all these

861
00:32:26,470 --> 00:32:25,039
you know things their own mind and all

862
00:32:27,990 --> 00:32:26,480
this technology i mean look at our

863
00:32:29,669 --> 00:32:28,000

technology how distracting

864

00:32:31,669 --> 00:32:29,679

it is you know we've got these phones

865

00:32:33,590 --> 00:32:31,679

that are constantly

866

00:32:35,190 --> 00:32:33,600

uh keeping us notified of every little

867

00:32:37,110 --> 00:32:35,200

insignificant thing that doesn't really

868

00:32:39,029 --> 00:32:37,120

make any difference to us

869

00:32:41,110 --> 00:32:39,039

you know and that's that's part of what

870

00:32:44,470 --> 00:32:41,120

they're designed for you know it's like

871

00:32:46,870 --> 00:32:44,480

um they get paid to keep you

872

00:32:48,310 --> 00:32:46,880

looking at things you know if you can

873

00:32:50,149 --> 00:32:48,320

look at the app or

874

00:32:51,509 --> 00:32:50,159

you know look at the ads they get more

875

00:32:53,269 --> 00:32:51,519

money for every view

876

00:32:54,630 --> 00:32:53,279

so you know they're they're trying to

877

00:32:57,990 --> 00:32:54,640

get their viewership up

878

00:33:01,029 --> 00:32:58,000

on your phone the same way that

879

00:33:02,470 --> 00:33:01,039

television companies have been doing for

880

00:33:04,310 --> 00:33:02,480

decades you know they're they're trying

881

00:33:05,990 --> 00:33:04,320

to increase their viewership

882

00:33:07,350 --> 00:33:06,000

uh the more viewers they have their

883

00:33:10,470 --> 00:33:07,360

ratings go up the more

884

00:33:12,789 --> 00:33:10,480

get for advertising so

885

00:33:14,070 --> 00:33:12,799

it's all tied to the dollar you know and

886

00:33:17,269 --> 00:33:14,080

and when you're getting free

887

00:33:18,070 --> 00:33:17,279

ads excuse me free apps with ads you

888

00:33:19,909 --> 00:33:18,080

know basically

889

00:33:21,190 --> 00:33:19,919

it's just like you're carrying around a

890

00:33:23,269 --> 00:33:21,200

mini television

891

00:33:25,029 --> 00:33:23,279

in the palm of your hand and you know

892

00:33:27,990 --> 00:33:25,039

they're getting paid to keep you

893

00:33:29,750 --> 00:33:28,000

engaged so it's it's there's so many

894

00:33:32,149 --> 00:33:29,760

aspects of atlantis that are coming full

895

00:33:33,990 --> 00:33:32,159

circle that we're experiencing again

896

00:33:36,149 --> 00:33:34,000

i mean even atomic energy for example

897

00:33:39,669 --> 00:33:36,159

you know we have the technology now

898

00:33:43,269 --> 00:33:39,679

uh you know basically to um you know

899

00:33:44,470 --> 00:33:43,279

beat us back down to the stone age again

900

00:33:47,110 --> 00:33:44,480

and that's kind of what happened during

901
00:33:48,789 --> 00:33:47,120
atlantis is the technology

902
00:33:50,549 --> 00:33:48,799
uh you know basically was turned against

903
00:33:53,669 --> 00:33:50,559
humanity and

904
00:33:56,389 --> 00:33:53,679
uh caused a lot of cataclysmic shifts

905
00:33:57,669 --> 00:33:56,399
in the earth at that time uh there not

906
00:34:00,870 --> 00:33:57,679
all of the

907
00:34:02,310 --> 00:34:00,880
endings of the cycles were man-made uh

908
00:34:04,149 --> 00:34:02,320
but i believe

909
00:34:06,630 --> 00:34:04,159
two of them were and i think two of them

910
00:34:08,389 --> 00:34:06,640
were like natural occurrences

911
00:34:09,750 --> 00:34:08,399
but you know even the natural

912
00:34:13,510 --> 00:34:09,760
occurrences you know you

913
00:34:16,710 --> 00:34:13,520

if you look at the broader scope of

914

00:34:19,349 --> 00:34:16,720

of our minds as creative beings you know

915

00:34:20,710 --> 00:34:19,359

we can't extricate ourselves from the

916

00:34:22,790 --> 00:34:20,720

energy of the planet

917

00:34:24,069 --> 00:34:22,800

because we are always influencing the

918

00:34:25,909 --> 00:34:24,079

planet everywhere we go

919

00:34:27,829 --> 00:34:25,919

so i know that was kind of a long

920

00:34:29,190 --> 00:34:27,839

explanation i'll give you a moment here

921

00:34:31,030 --> 00:34:29,200

you know if you have any any questions

922

00:34:33,430 --> 00:34:31,040

you want to explore any directions there

923

00:34:35,589 --> 00:34:33,440

but hopefully that was a good primer

924

00:34:37,510 --> 00:34:35,599

you know that was great i just like i

925

00:34:39,510 --> 00:34:37,520

always do i just let the guests talk

926
00:34:41,109 --> 00:34:39,520
and uh you know just let everyone hear

927
00:34:43,990 --> 00:34:41,119
what they have to say because

928
00:34:44,710 --> 00:34:44,000
it's you know i'm not the main focus of

929
00:34:47,270 --> 00:34:44,720
the show

930
00:34:48,869 --> 00:34:47,280
but anyway but no you you've given me

931
00:34:50,149 --> 00:34:48,879
quite a few i want to ask you about but

932
00:34:52,310 --> 00:34:50,159
i want to actually cover

933
00:34:53,909 --> 00:34:52,320
uh something real quick first for you

934
00:34:55,990 --> 00:34:53,919
and for everyone else watching

935
00:34:57,589 --> 00:34:56,000
there's a huge thunderstorm going

936
00:34:59,190 --> 00:34:57,599
through right now and i'm just like

937
00:35:01,030 --> 00:34:59,200
sitting there going like please no power

938
00:35:03,589 --> 00:35:01,040

outage please no power outage

939

00:35:05,190 --> 00:35:03,599

so besides the baby thing if the power

940

00:35:06,390 --> 00:35:05,200

goes out they could also be the

941

00:35:08,630 --> 00:35:06,400

thunderstorm so

942

00:35:09,990 --> 00:35:08,640

please just bear with me so with that

943

00:35:11,750 --> 00:35:10,000

you know kind of out of the way

944

00:35:13,270 --> 00:35:11,760

uh write down any questions that you

945

00:35:15,270 --> 00:35:13,280

might have for patrick as you know we're

946

00:35:18,230 --> 00:35:15,280

gonna do a q a later

947

00:35:18,710 --> 00:35:18,240

and so write them down uh post them with

948

00:35:20,630 --> 00:35:18,720

uh

949

00:35:22,310 --> 00:35:20,640

before you ask that's the question with

950

00:35:23,990 --> 00:35:22,320

the three little stars

951
00:35:26,069 --> 00:35:24,000
and so that way i know you're directing

952
00:35:29,190 --> 00:35:26,079
the the question towards the guest

953
00:35:31,750 --> 00:35:29,200
and so any questions you might have

954
00:35:32,390 --> 00:35:31,760
don't worry most likely i take the time

955
00:35:36,230 --> 00:35:32,400
to

956
00:35:37,990 --> 00:35:36,240
answers as possible

957
00:35:39,430 --> 00:35:38,000
but uh patrick you know one of the

958
00:35:40,790 --> 00:35:39,440
things you were talking about which was

959
00:35:42,790 --> 00:35:40,800
very interesting about

960
00:35:44,069 --> 00:35:42,800
being more disciplined about how we go

961
00:35:48,230 --> 00:35:44,079
about our existence

962
00:35:49,750 --> 00:35:48,240
and knowing um what influence we have as

963
00:35:51,109 --> 00:35:49,760

being as creators because if you look

964

00:35:53,109 --> 00:35:51,119

around in the world

965

00:35:54,470 --> 00:35:53,119

that it is now and if you consider that

966

00:35:56,870 --> 00:35:54,480

a created world

967

00:35:58,870 --> 00:35:56,880

by the creator by source god whatever

968

00:36:01,109 --> 00:35:58,880

you want to call it i'm glad it's very

969

00:36:01,829 --> 00:36:01,119

stable and not constantly just shifting

970

00:36:04,150 --> 00:36:01,839

and changing

971

00:36:06,310 --> 00:36:04,160

in weird ways to where it would just be

972

00:36:08,069 --> 00:36:06,320

so discombobulated where we would not be

973

00:36:09,030 --> 00:36:08,079

able to function or have any kind of

974

00:36:10,710 --> 00:36:09,040

society

975

00:36:12,550 --> 00:36:10,720

you know it's like there's still

976
00:36:15,190 --> 00:36:12,560
everything functions just right

977
00:36:16,230 --> 00:36:15,200
crease created you know creating air you

978
00:36:17,670 --> 00:36:16,240
know there's earth

979
00:36:19,670 --> 00:36:17,680
there's you know all these things that

980
00:36:21,270 --> 00:36:19,680
we can wake up next morning and know

981
00:36:23,510 --> 00:36:21,280
it's still there it will still work the

982
00:36:25,030 --> 00:36:23,520
way we need it to work

983
00:36:26,710 --> 00:36:25,040
so anyway just wanted to make a quick

984
00:36:28,400 --> 00:36:26,720
comment about that um

985
00:36:29,910 --> 00:36:28,410
so but regarding um

986
00:36:31,750 --> 00:36:29,920
[Music]

987
00:36:34,150 --> 00:36:31,760
regarding the different technologies

988
00:36:35,589 --> 00:36:34,160

were you able to uh

989

00:36:37,430 --> 00:36:35,599

can you maybe talk a little bit about

990

00:36:38,390 --> 00:36:37,440

that if you have any information about

991

00:36:40,470 --> 00:36:38,400

besides

992

00:36:42,470 --> 00:36:40,480

just crystals was there any particular

993

00:36:44,710 --> 00:36:42,480

specific application

994

00:36:46,950 --> 00:36:44,720

that were that were used that you can

995

00:36:47,990 --> 00:36:46,960

maybe draw some parallels that we're

996

00:36:49,910 --> 00:36:48,000

about

997

00:36:51,510 --> 00:36:49,920

around this you know using them in

998

00:36:54,790 --> 00:36:51,520

similar ways or

999

00:36:56,870 --> 00:36:54,800

um you know or not

1000

00:36:59,030 --> 00:36:56,880

so it's interesting we've we've done

1001
00:37:01,270 --> 00:36:59,040
some exploration of the technology at

1002
00:37:04,230 --> 00:37:01,280
the time and we know that

1003
00:37:05,030 --> 00:37:04,240
it was i believe in the third cycle we

1004
00:37:08,230 --> 00:37:05,040
did

1005
00:37:10,390 --> 00:37:08,240
develop some means of air travel

1006
00:37:12,230 --> 00:37:10,400
because it was actually pretty

1007
00:37:13,270 --> 00:37:12,240
interesting we had some past life

1008
00:37:15,430 --> 00:37:13,280
readings

1009
00:37:17,349 --> 00:37:15,440
where it would come up you know somebody

1010
00:37:20,390 --> 00:37:17,359
i recall one of the first times

1011
00:37:24,310 --> 00:37:20,400
actually died in an accident

1012
00:37:27,030 --> 00:37:24,320
so it was a flying machine of some kind

1013
00:37:28,630 --> 00:37:27,040

and the person actually crashed and and

1014

00:37:29,829 --> 00:37:28,640

that's how they withdrew from that

1015

00:37:33,190 --> 00:37:29,839

lifetime

1016

00:37:33,990 --> 00:37:33,200

and so there there was actually a means

1017

00:37:36,950 --> 00:37:34,000

to power

1018

00:37:37,990 --> 00:37:36,960

something to be able to to take flight

1019

00:37:41,670 --> 00:37:38,000

and

1020

00:37:44,069 --> 00:37:41,680

the description was that all of the

1021

00:37:45,270 --> 00:37:44,079

energy and the power sources were

1022

00:37:49,190 --> 00:37:45,280

crystalline based

1023

00:37:50,790 --> 00:37:49,200

and so there was some method that we had

1024

00:37:54,150 --> 00:37:50,800

at that time

1025

00:37:57,270 --> 00:37:54,160

to actually harness energy

1026
00:37:59,190 --> 00:37:57,280
from the earth or it was either from the

1027
00:38:01,829 --> 00:37:59,200
earth or from

1028
00:38:03,670 --> 00:38:01,839
basically all the space around us or

1029
00:38:07,430 --> 00:38:03,680
maybe a combination of both

1030
00:38:11,829 --> 00:38:10,150
yeah i mean the ether the way it was

1031
00:38:13,910 --> 00:38:11,839
originally described

1032
00:38:15,190 --> 00:38:13,920
um you know that was disproven just

1033
00:38:16,470 --> 00:38:15,200
because of

1034
00:38:19,109 --> 00:38:16,480
they were intending for that to be a

1035
00:38:22,230 --> 00:38:19,119
means for light waves to travel

1036
00:38:25,589 --> 00:38:22,240
but i usually call it the akasha

1037
00:38:28,550 --> 00:38:25,599
or um cosmic energy

1038
00:38:29,990 --> 00:38:28,560

those are two ways i usually um refer to

1039

00:38:31,349 --> 00:38:30,000

it but yeah the ether is another way

1040

00:38:32,710 --> 00:38:31,359

people refer to that

1041

00:38:34,150 --> 00:38:32,720

and so you know it's kind of interesting

1042

00:38:34,870 --> 00:38:34,160

it's one of those things where science

1043

00:38:38,470 --> 00:38:34,880

sort of

1044

00:38:40,390 --> 00:38:38,480

um you know dissuaded

1045

00:38:41,589 --> 00:38:40,400

people from from looking into that but

1046

00:38:43,270 --> 00:38:41,599

then as you come back

1047

00:38:44,710 --> 00:38:43,280

to it again you know it turns out well

1048

00:38:45,990 --> 00:38:44,720

maybe there was something more to that

1049

00:38:48,230 --> 00:38:46,000

and i think that

1050

00:38:49,270 --> 00:38:48,240

in physics when they're looking into

1051

00:38:52,790 --> 00:38:49,280

dark energy

1052

00:38:55,190 --> 00:38:52,800

and dark matter i think that

1053

00:38:56,710 --> 00:38:55,200

that's probably the the first signs

1054

00:38:57,589 --> 00:38:56,720

where maybe they're seeing some effects

1055

00:38:59,430 --> 00:38:57,599

or some

1056

00:39:01,430 --> 00:38:59,440

existence of something beyond this

1057

00:39:03,430 --> 00:39:01,440

physical world that we're in

1058

00:39:05,109 --> 00:39:03,440

and so i believe that that's really

1059

00:39:06,630 --> 00:39:05,119

going to probably lead us into that

1060

00:39:09,430 --> 00:39:06,640

multi-dimensional realm

1061

00:39:10,470 --> 00:39:09,440

where we're talking about akasha and so

1062

00:39:14,710 --> 00:39:10,480

when

1063

00:39:17,109 --> 00:39:14,720

was meditating so

1064

00:39:18,550 --> 00:39:17,119

as i was going deeper and deeper into my

1065

00:39:20,790 --> 00:39:18,560

own consciousness

1066

00:39:23,190 --> 00:39:20,800

then i started to experience these

1067

00:39:23,670 --> 00:39:23,200

energies and and light and things like

1068

00:39:25,510 --> 00:39:23,680

that

1069

00:39:27,109 --> 00:39:25,520

and as i started talking to people about

1070

00:39:27,990 --> 00:39:27,119

it they said yeah that's the cosmic

1071

00:39:31,349 --> 00:39:28,000

energy or the

1072

00:39:34,390 --> 00:39:31,359

akasha and then with energy healing

1073

00:39:37,670 --> 00:39:34,400

again that came back because

1074

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

uh when the cosmic energy comes into the

1075

00:39:41,430 --> 00:39:40,000

body then we often call that cosmic life

1076

00:39:44,790 --> 00:39:41,440

force or just life force

1077

00:39:46,790 --> 00:39:44,800

other um you know cultures have called

1078

00:39:50,150 --> 00:39:46,800

it different things like chi

1079

00:39:51,910 --> 00:39:50,160

or ki uh or ca so there's there's

1080

00:39:52,710 --> 00:39:51,920

different ways that people refer to it

1081

00:39:53,990 --> 00:39:52,720

but

1082

00:39:56,150 --> 00:39:54,000

throughout all these different cultures

1083

00:39:59,589 --> 00:39:56,160

there's been this recognition

1084

00:40:01,829 --> 00:39:59,599

recognition of this energy in the cosmos

1085

00:40:03,750 --> 00:40:01,839

and then we are able to bring that into

1086

00:40:05,510 --> 00:40:03,760

our body and channel it

1087

00:40:07,270 --> 00:40:05,520

through giving it direction you know it

1088

00:40:08,950 --> 00:40:07,280

responds to the direction of our mind

1089

00:40:10,630 --> 00:40:08,960

and that's really the key

1090

00:40:12,150 --> 00:40:10,640

and so even when we're visualizing to

1091

00:40:13,589 --> 00:40:12,160

create something in a way that's

1092

00:40:15,430 --> 00:40:13,599

exactly what we're doing is that we

1093

00:40:17,750 --> 00:40:15,440

create an image in our mind

1094

00:40:19,430 --> 00:40:17,760

and then that image becomes kind of

1095

00:40:22,550 --> 00:40:19,440

magnetic almost like it starts

1096

00:40:24,309 --> 00:40:22,560

drawing that cosmic energy

1097

00:40:26,309 --> 00:40:24,319

to that image and that image becomes a

1098

00:40:28,470 --> 00:40:26,319

blueprint and that blueprint then

1099

00:40:29,750 --> 00:40:28,480

begins to develop and then it eventually

1100

00:40:33,430 --> 00:40:29,760

comes out into our life

1101

00:40:35,510 --> 00:40:33,440

so i think that that was somehow

1102

00:40:37,750 --> 00:40:35,520

the basis of this technology and how it

1103

00:40:39,670 --> 00:40:37,760

worked and so

1104

00:40:41,030 --> 00:40:39,680

i i didn't get the impression that there

1105

00:40:43,349 --> 00:40:41,040

was a lot of

1106

00:40:44,069 --> 00:40:43,359

physical circuitry like what we would

1107

00:40:47,430 --> 00:40:44,079

think of it

1108

00:40:50,790 --> 00:40:47,440

now and again like i said

1109

00:40:54,150 --> 00:40:50,800

our current experience is very very

1110

00:40:56,069 --> 00:40:54,160

entrenched in physicality and so

1111

00:40:57,589 --> 00:40:56,079

every little thing that we do you know

1112

00:40:58,950 --> 00:40:57,599

has to be laid out physically there

1113

00:41:00,630 --> 00:40:58,960

needs to be a physical circuit a

1114

00:41:01,990 --> 00:41:00,640

physical wire you know connecting to get

1115

00:41:02,790 --> 00:41:02,000

the current and things like that but i

1116

00:41:06,390 --> 00:41:02,800

believe

1117

00:41:08,390 --> 00:41:06,400

that during the time of atlantis that

1118

00:41:10,309 --> 00:41:08,400

we had these crystals and i think we

1119

00:41:13,750 --> 00:41:10,319

actually would give them

1120

00:41:16,230 --> 00:41:13,760

direction non-physically so i don't know

1121

00:41:18,069 --> 00:41:16,240

if maybe there were somebody whose job

1122

00:41:18,950 --> 00:41:18,079

was was to kind of guide the direction

1123

00:41:20,230 --> 00:41:18,960

of the crystal

1124

00:41:22,790 --> 00:41:20,240

or if there are some other means of

1125

00:41:25,510 --> 00:41:22,800

doing that but if you imagine

1126
00:41:27,190 --> 00:41:25,520
the crystal growing and then having kind

1127
00:41:29,750 --> 00:41:27,200
of a blueprint

1128
00:41:31,270 --> 00:41:29,760
to follow as it grows you know then the

1129
00:41:33,510 --> 00:41:31,280
crystal would would grow

1130
00:41:35,190 --> 00:41:33,520
and be able to fulfill that function and

1131
00:41:38,150 --> 00:41:35,200
so these these crystals

1132
00:41:40,470 --> 00:41:38,160
were really more like amplifiers where

1133
00:41:42,630 --> 00:41:40,480
they would they would amplify the energy

1134
00:41:43,910 --> 00:41:42,640
and then the energy could be directed

1135
00:41:46,069 --> 00:41:43,920
for different things

1136
00:41:47,109 --> 00:41:46,079
whether it was lighting a house or

1137
00:41:50,390 --> 00:41:47,119
whether it was

1138
00:41:52,309 --> 00:41:50,400

you know powering this um flying machine

1139

00:41:54,309 --> 00:41:52,319

of some kind and so we were trying to

1140

00:41:55,510 --> 00:41:54,319

get some better descriptions of the the

1141

00:41:56,230 --> 00:41:55,520

flying machine because obviously

1142

00:41:57,990 --> 00:41:56,240

everybody's

1143

00:41:59,589 --> 00:41:58,000

you know ears perked up and we're like

1144

00:42:01,270 --> 00:41:59,599

wow that's that's interesting

1145

00:42:02,630 --> 00:42:01,280

that's cool and so we're trying to find

1146

00:42:07,510 --> 00:42:02,640

out more information about it

1147

00:42:10,630 --> 00:42:07,520

and so from what we understand it was um

1148

00:42:13,109 --> 00:42:10,640

sort of like a hovercraft um it was

1149

00:42:14,950 --> 00:42:13,119

made out of wood you know a lot of the

1150

00:42:16,390 --> 00:42:14,960

early airplanes were made out of wood

1151
00:42:17,990 --> 00:42:16,400
you know before we started working with

1152
00:42:20,390 --> 00:42:18,000
metals and things like that

1153
00:42:21,430 --> 00:42:20,400
and so i didn't get the impression that

1154
00:42:24,790 --> 00:42:21,440
they probably got

1155
00:42:26,470 --> 00:42:24,800
as big or had as much power as what we

1156
00:42:27,349 --> 00:42:26,480
would think of now as an airplane you

1157
00:42:31,349 --> 00:42:27,359
know i don't

1158
00:42:33,829 --> 00:42:31,359
i don't recall hearing anything where

1159
00:42:35,430 --> 00:42:33,839
you know there are huge airliners back

1160
00:42:36,230 --> 00:42:35,440
then where hundreds of people would be

1161
00:42:39,589 --> 00:42:36,240
on

1162
00:42:41,910 --> 00:42:39,599
called it

1163
00:42:42,790 --> 00:42:41,920

but the the way it was described it was

1164

00:42:45,670 --> 00:42:42,800

almost like

1165

00:42:47,589 --> 00:42:45,680

a hovercraft where it would create like

1166

00:42:50,950 --> 00:42:47,599

an air pressure underneath it

1167

00:42:52,950 --> 00:42:50,960

where it would get lift and it was made

1168

00:42:54,710 --> 00:42:52,960

out of wood so it was pretty lightweight

1169

00:42:56,390 --> 00:42:54,720

and obviously it was big enough i'm not

1170

00:42:58,950 --> 00:42:56,400

sure exactly how many people

1171

00:43:00,630 --> 00:42:58,960

could ride in one at one time but

1172

00:43:01,750 --> 00:43:00,640

obviously had enough power

1173

00:43:03,829 --> 00:43:01,760

you know it would take a tremendous

1174

00:43:07,589 --> 00:43:03,839

amount of power to get airborne

1175

00:43:10,550 --> 00:43:07,599

and so you know that they did exist and

1176

00:43:12,470 --> 00:43:10,560

and uh the the other thing that i got

1177

00:43:15,670 --> 00:43:12,480

the impression of with the technology

1178

00:43:17,349 --> 00:43:15,680

is that for the most part it seemed like

1179

00:43:19,670 --> 00:43:17,359

the technology was very clean

1180

00:43:20,390 --> 00:43:19,680

like there wasn't a lot of pollution and

1181

00:43:22,790 --> 00:43:20,400

things like that

1182

00:43:24,309 --> 00:43:22,800

that were created i mean you can imagine

1183

00:43:25,670 --> 00:43:24,319

the energy being transmitted through

1184

00:43:28,950 --> 00:43:25,680

these crystals

1185

00:43:29,750 --> 00:43:28,960

that um you know there would be no

1186

00:43:31,829 --> 00:43:29,760

pollution

1187

00:43:33,030 --> 00:43:31,839

and so that was definitely probably a

1188

00:43:35,750 --> 00:43:33,040

plus

1189

00:43:36,870 --> 00:43:35,760

uh one of the things that did happen and

1190

00:43:38,230 --> 00:43:36,880

this is kind of what i was talking about

1191

00:43:39,349 --> 00:43:38,240

in terms of people kind of messing with

1192

00:43:42,790 --> 00:43:39,359

things and

1193

00:43:46,069 --> 00:43:42,800

and uh kind of pro causing problems that

1194

00:43:50,069 --> 00:43:46,079

there was a crystal that was

1195

00:43:52,069 --> 00:43:50,079

used to kind of um amplify

1196

00:43:53,109 --> 00:43:52,079

feelings you know so there would be like

1197

00:43:55,270 --> 00:43:53,119

all these like

1198

00:43:56,710 --> 00:43:55,280

positive energies you know what were

1199

00:43:57,589 --> 00:43:56,720

considered positive energies at that

1200

00:43:59,190 --> 00:43:57,599

time

1201
00:44:00,390 --> 00:43:59,200
that were being almost like broadcast

1202
00:44:01,829 --> 00:44:00,400
sort of like a radio station or

1203
00:44:05,270 --> 00:44:01,839
something like that

1204
00:44:06,790 --> 00:44:05,280
and so the uh the idea was it was

1205
00:44:07,670 --> 00:44:06,800
supposed to help improve people's lives

1206
00:44:09,589 --> 00:44:07,680
and so

1207
00:44:11,109 --> 00:44:09,599
you know these positive energies were

1208
00:44:13,109 --> 00:44:11,119
being put out there and

1209
00:44:14,790 --> 00:44:13,119
you know it uplift people as they

1210
00:44:17,589 --> 00:44:14,800
encountered all these energies

1211
00:44:19,190 --> 00:44:17,599
and so probably worked really well for

1212
00:44:21,990 --> 00:44:19,200
who knows how long

1213
00:44:23,030 --> 00:44:22,000

and then you know somebody got in there

1214

00:44:26,069 --> 00:44:23,040

and started messing with it

1215

00:44:26,470 --> 00:44:26,079

and i don't know if it was maliciousness

1216

00:44:30,150 --> 00:44:26,480

or

1217

00:44:32,150 --> 00:44:30,160

just um kind of reckless

1218

00:44:33,190 --> 00:44:32,160

experimentation or you know what the

1219

00:44:35,270 --> 00:44:33,200

reason

1220

00:44:36,950 --> 00:44:35,280

was but they got in there and started

1221

00:44:38,630 --> 00:44:36,960

experimenting to see what would happen

1222

00:44:40,550 --> 00:44:38,640

you know if they shifted the frequencies

1223

00:44:42,870 --> 00:44:40,560

and stuff and so you know started

1224

00:44:44,150 --> 00:44:42,880

creating some chaos you know and things

1225

00:44:45,910 --> 00:44:44,160

like that and

1226

00:44:47,910 --> 00:44:45,920

another thing that apparently we were

1227

00:44:49,670 --> 00:44:47,920

pretty advanced in as i mentioned was

1228

00:44:52,470 --> 00:44:49,680

genetic modifications so

1229

00:44:53,190 --> 00:44:52,480

i was also going to ask you about that

1230

00:44:55,670 --> 00:44:53,200

yeah yeah

1231

00:44:58,150 --> 00:44:55,680

so part of that was directed toward

1232

00:45:01,109 --> 00:44:58,160

perfecting our own physical form

1233

00:45:02,710 --> 00:45:01,119

which is why even though we can trace

1234

00:45:05,750 --> 00:45:02,720

the lineage of these bodies

1235

00:45:08,710 --> 00:45:05,760

back to the primates we are obviously

1236

00:45:09,430 --> 00:45:08,720

very different than primates and even

1237

00:45:11,430 --> 00:45:09,440

the arc

1238

00:45:12,790 --> 00:45:11,440

um not archaeologists but

1239

00:45:14,230 --> 00:45:12,800

anthropologists

1240

00:45:16,230 --> 00:45:14,240

you know when they're trying to trace

1241

00:45:19,829 --> 00:45:16,240

back uh

1242

00:45:20,470 --> 00:45:19,839

humanity they know that there was a

1243

00:45:23,109 --> 00:45:20,480

bottleneck

1244

00:45:24,550 --> 00:45:23,119

at some point you know there was a very

1245

00:45:27,750 --> 00:45:24,560

small group of people

1246

00:45:28,710 --> 00:45:27,760

that make up all of humanity as we exist

1247

00:45:30,950 --> 00:45:28,720

today

1248

00:45:32,470 --> 00:45:30,960

and so it's interesting because the

1249

00:45:33,910 --> 00:45:32,480

geneticists

1250

00:45:36,150 --> 00:45:33,920

and the anthropologists there's there's

1251

00:45:37,349 --> 00:45:36,160

a lot of kind of agreement coming to

1252

00:45:38,790 --> 00:45:37,359

this point that there was sort of this

1253

00:45:40,950 --> 00:45:38,800

bottleneck so it does

1254

00:45:41,829 --> 00:45:40,960

really kind of give credence to this

1255

00:45:44,390 --> 00:45:41,839

idea

1256

00:45:44,950 --> 00:45:44,400

that this form was perfected at some

1257

00:45:48,870 --> 00:45:44,960

point

1258

00:45:50,550 --> 00:45:48,880

and then sort of nurtured and propagated

1259

00:45:53,030 --> 00:45:50,560

you know so that this would be our

1260

00:45:54,710 --> 00:45:53,040

vehicle that we would use at that point

1261

00:45:56,550 --> 00:45:54,720

you know the the brain obviously has a

1262

00:45:57,589 --> 00:45:56,560

lot of capacity for our intellectual

1263

00:46:00,870 --> 00:45:57,599

growth and development

1264

00:46:02,150 --> 00:46:00,880

and the the fingers you know have a lot

1265

00:46:04,550 --> 00:46:02,160

of fine motor skills

1266

00:46:05,670 --> 00:46:04,560

and and so the opposable thumb you know

1267

00:46:09,510 --> 00:46:05,680

that that's

1268

00:46:11,430 --> 00:46:09,520

a big uh you know

1269

00:46:12,710 --> 00:46:11,440

innovation i guess you can consider it

1270

00:46:14,390 --> 00:46:12,720

you know that

1271

00:46:16,950 --> 00:46:14,400

allowed us to have a lot of fine motor

1272

00:46:19,750 --> 00:46:16,960

skills you know so if you think about

1273

00:46:21,430 --> 00:46:19,760

this physical form it is really ideal

1274

00:46:23,270 --> 00:46:21,440

for our creativity

1275

00:46:24,790 --> 00:46:23,280

because we need fine motor skills to be

1276

00:46:27,910 --> 00:46:24,800

able to create things

1277

00:46:29,829 --> 00:46:27,920

um obviously we are not one of the

1278

00:46:30,470 --> 00:46:29,839

fastest animals on the planet we're very

1279

00:46:32,309 --> 00:46:30,480

slow

1280

00:46:34,309 --> 00:46:32,319

in fact we probably made a lot of good

1281

00:46:37,190 --> 00:46:34,319

meals back in the day

1282

00:46:39,190 --> 00:46:37,200

you know so um it's amazing that our our

1283

00:46:40,150 --> 00:46:39,200

species even got off the ground at all

1284

00:46:42,870 --> 00:46:40,160

because

1285

00:46:45,270 --> 00:46:42,880

um in terms of going toe-to-toe with

1286

00:46:46,870 --> 00:46:45,280

just about any animal in the wild we are

1287

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

inferior physically

1288

00:46:51,109 --> 00:46:49,680

what allowed us to propagate was our

1289

00:46:51,750 --> 00:46:51,119

intellect and i believe that a lot of

1290

00:46:54,630 --> 00:46:51,760

that

1291

00:46:55,430 --> 00:46:54,640

the reason why our intellect is so far

1292

00:46:57,670 --> 00:46:55,440

beyond

1293

00:46:58,630 --> 00:46:57,680

anything else on this planet is because

1294

00:47:00,550 --> 00:46:58,640

we are these

1295

00:47:03,190 --> 00:47:00,560

spiritual beings of energy and light we

1296

00:47:05,190 --> 00:47:03,200

came into these bodies and so

1297

00:47:06,950 --> 00:47:05,200

we were imbued with the spark of

1298

00:47:07,910 --> 00:47:06,960

creativity i mean you look at everything

1299

00:47:11,750 --> 00:47:07,920

we do

1300

00:47:14,150 --> 00:47:11,760

this essence of

1301

00:47:15,030 --> 00:47:14,160

creativity creation i mean creation is

1302

00:47:17,349 --> 00:47:15,040

our thing

1303

00:47:19,430 --> 00:47:17,359

that's what we do with our mind and so

1304

00:47:22,549 --> 00:47:19,440

we needed a vehicle that would help us

1305

00:47:23,030 --> 00:47:22,559

express our creative um talents you know

1306

00:47:26,470 --> 00:47:23,040

in a

1307

00:47:28,870 --> 00:47:26,480

physical world and so this body

1308

00:47:29,750 --> 00:47:28,880

was intended to be a vehicle to allow us

1309

00:47:33,430 --> 00:47:29,760

to do that

1310

00:47:35,430 --> 00:47:33,440

and so um you know some of those things

1311

00:47:37,750 --> 00:47:35,440

that might be mythological creatures

1312

00:47:39,829 --> 00:47:37,760

could have actually been

1313

00:47:41,670 --> 00:47:39,839

experiments maybe that were done at that

1314

00:47:43,430 --> 00:47:41,680

time because from a lot of the

1315

00:47:45,030 --> 00:47:43,440

information that we have

1316

00:47:46,470 --> 00:47:45,040

it seems like we were pretty advanced in

1317

00:47:49,510 --> 00:47:46,480

that way that

1318

00:47:53,270 --> 00:47:49,520

that again if you think about

1319

00:47:56,150 --> 00:47:53,280

if we had a very powerful recognition of

1320

00:47:59,510 --> 00:47:56,160

being able to create with our mind

1321

00:48:01,990 --> 00:47:59,520

that we could probably focus

1322

00:48:02,870 --> 00:48:02,000

energy in certain areas to make

1323

00:48:06,069 --> 00:48:02,880

adjustments

1324

00:48:06,790 --> 00:48:06,079

to our dna and so you know some of these

1325

00:48:08,309 --> 00:48:06,800

things that

1326
00:48:10,390 --> 00:48:08,319
kind of grew up to be mythological

1327
00:48:11,990 --> 00:48:10,400
creatures they could have actually been

1328
00:48:13,670 --> 00:48:12,000
experiments that were done at that time

1329
00:48:16,710 --> 00:48:13,680
you know some of them considered

1330
00:48:18,549 --> 00:48:16,720
um maybe not failures but maybe just

1331
00:48:20,069 --> 00:48:18,559
not the way we wanted to go you know

1332
00:48:21,670 --> 00:48:20,079
combining different animals together

1333
00:48:23,190 --> 00:48:21,680
things like that and again like i talked

1334
00:48:25,190 --> 00:48:23,200
about with full circle

1335
00:48:27,990 --> 00:48:25,200
we are right back to that same place

1336
00:48:32,150 --> 00:48:28,000
that we now have the human genome

1337
00:48:33,829 --> 00:48:32,160
completely mapped out and people are

1338
00:48:36,390 --> 00:48:33,839

getting ready to start making all these

1339

00:48:37,750 --> 00:48:36,400

changes and you know debating is this

1340

00:48:39,670 --> 00:48:37,760

right should we do this

1341

00:48:41,109 --> 00:48:39,680

you know how far should we go you know

1342

00:48:42,470 --> 00:48:41,119

there's there's people who are

1343

00:48:44,230 --> 00:48:42,480

cautioning restraint

1344

00:48:46,230 --> 00:48:44,240

and then there's other people who just

1345

00:48:49,270 --> 00:48:46,240

say you know turn me loose and let me

1346

00:48:51,030 --> 00:48:49,280

you know do what i can and so it's

1347

00:48:52,470 --> 00:48:51,040

it's that same kind of mentality that

1348

00:48:55,270 --> 00:48:52,480

when you have

1349

00:48:56,710 --> 00:48:55,280

scientific exploration with this very

1350

00:48:59,190 --> 00:48:56,720

physical

1351
00:49:00,549 --> 00:48:59,200
consciousness that you know everything

1352
00:49:02,230 --> 00:49:00,559
is just physical

1353
00:49:03,589 --> 00:49:02,240
and you know we can just get in here and

1354
00:49:05,990 --> 00:49:03,599
manipulate whatever we want

1355
00:49:07,109 --> 00:49:06,000
without any concern for the consequences

1356
00:49:09,030 --> 00:49:07,119
you know there

1357
00:49:10,230 --> 00:49:09,040
it is kind of like this reckless abandon

1358
00:49:11,670 --> 00:49:10,240
and that's

1359
00:49:13,829 --> 00:49:11,680
part of the same thing that got us into

1360
00:49:16,150 --> 00:49:13,839
trouble during atlantis

1361
00:49:16,870 --> 00:49:16,160
you know it's like some of those

1362
00:49:19,750 --> 00:49:16,880
experiments

1363
00:49:21,030 --> 00:49:19,760

didn't go well you know we had feedback

1364

00:49:24,390 --> 00:49:21,040

from some of the readings

1365

00:49:26,069 --> 00:49:24,400

that you know people um ended up

1366

00:49:28,710 --> 00:49:26,079

deformed and different things like that

1367

00:49:30,630 --> 00:49:28,720

from experiments gone wrong and so there

1368

00:49:33,270 --> 00:49:30,640

were problems it wasn't that

1369

00:49:34,309 --> 00:49:33,280

atlantis was all just you know all these

1370

00:49:35,990 --> 00:49:34,319

happy experiences

1371

00:49:38,069 --> 00:49:36,000

you know i mean if you think about it

1372

00:49:38,790 --> 00:49:38,079

yeah you know we got trapped during that

1373

00:49:40,470 --> 00:49:38,800

time

1374

00:49:42,829 --> 00:49:40,480

and so obviously that was one thing that

1375

00:49:46,309 --> 00:49:42,839

didn't go exactly the way we planned it

1376

00:49:49,750 --> 00:49:46,319

and so you know there's there's a lot of

1377

00:49:53,030 --> 00:49:49,760

parallels in terms of the lessons and

1378

00:49:55,349 --> 00:49:53,040

it was an early time of our

1379

00:49:57,270 --> 00:49:55,359

kind of sojourn into the physical world

1380

00:49:57,990 --> 00:49:57,280

so i think there were probably more

1381

00:50:00,230 --> 00:49:58,000

people

1382

00:50:01,750 --> 00:50:00,240

at that time who were aware of where we

1383

00:50:05,190 --> 00:50:01,760

came from and

1384

00:50:08,549 --> 00:50:05,200

and what our birthright is

1385

00:50:10,549 --> 00:50:08,559

but then over time as people became

1386

00:50:11,190 --> 00:50:10,559

trapped in this physical cycle and we

1387

00:50:13,270 --> 00:50:11,200

came back

1388

00:50:15,270 --> 00:50:13,280

for lifetime after lifetime those

1389

00:50:16,790 --> 00:50:15,280

memories became more difficult

1390

00:50:18,870 --> 00:50:16,800

to reach and so they're still there i

1391

00:50:19,990 --> 00:50:18,880

mean that's who we are there's no way we

1392

00:50:22,790 --> 00:50:20,000

can erase it

1393

00:50:23,589 --> 00:50:22,800

and get completely disconnected from it

1394

00:50:25,190 --> 00:50:23,599

but

1395

00:50:26,710 --> 00:50:25,200

it like i said it goes back to what i

1396

00:50:29,510 --> 00:50:26,720

was talking about in the very beginning

1397

00:50:31,109 --> 00:50:29,520

that a lot of the foundation of it comes

1398

00:50:31,510 --> 00:50:31,119

in being able to quiet the mind it's

1399

00:50:33,990 --> 00:50:31,520

like

1400

00:50:34,549 --> 00:50:34,000

take all those thoughts and and quiet

1401

00:50:36,390 --> 00:50:34,559

them down

1402

00:50:38,470 --> 00:50:36,400

so that your conscious mind is just a

1403

00:50:40,150 --> 00:50:38,480

whisper and then you can hear those

1404

00:50:40,870 --> 00:50:40,160

quiet thoughts that are coming from

1405

00:50:42,950 --> 00:50:40,880

those higher

1406

00:50:44,390 --> 00:50:42,960

levels of consciousness that are deeper

1407

00:50:47,349 --> 00:50:44,400

within the mind

1408

00:50:48,150 --> 00:50:47,359

and they don't come out as a yell they

1409

00:50:49,750 --> 00:50:48,160

come out

1410

00:50:51,270 --> 00:50:49,760

as a tiny whisper so that's why the

1411

00:50:52,390 --> 00:50:51,280

conscious mind has to be so quiet

1412

00:50:54,630 --> 00:50:52,400

because

1413

00:50:56,069 --> 00:50:54,640

you you've got to listen carefully it's

1414

00:50:57,270 --> 00:50:56,079

almost like you're listening in between

1415

00:51:00,950 --> 00:50:57,280

the thoughts

1416

00:51:02,230 --> 00:51:00,960

and those will guide you to the reality

1417

00:51:03,829 --> 00:51:02,240

of who you are

1418

00:51:05,270 --> 00:51:03,839

and so that was probably the biggest

1419

00:51:07,109 --> 00:51:05,280

lesson during the time period of

1420

00:51:09,510 --> 00:51:07,119

atlanta's because

1421

00:51:11,670 --> 00:51:09,520

you know the reason why we probably were

1422

00:51:13,109 --> 00:51:11,680

able to manipulate the dna and do

1423

00:51:15,109 --> 00:51:13,119

this energy work with the crystals and

1424

00:51:16,870 --> 00:51:15,119

stuff was because we did still have more

1425

00:51:20,069 --> 00:51:16,880

of a connection to

1426

00:51:22,710 --> 00:51:20,079

being beings of creative energy

1427

00:51:24,150 --> 00:51:22,720

and being able to create with our mind

1428

00:51:25,670 --> 00:51:24,160

and that's something that some people

1429

00:51:28,950 --> 00:51:25,680

are aware of now but

1430

00:51:31,109 --> 00:51:28,960

i think that the number of people is a

1431

00:51:32,870 --> 00:51:31,119

small perspective percentage compared to

1432

00:51:34,309 --> 00:51:32,880

the total population on the planet

1433

00:51:36,630 --> 00:51:34,319

so there's all this energy you know

1434

00:51:38,390 --> 00:51:36,640

we're living with all of this energy and

1435

00:51:41,270 --> 00:51:38,400

there is a collective

1436

00:51:41,670 --> 00:51:41,280

consciousness of humanity so everyone

1437

00:51:44,630 --> 00:51:41,680

who

1438

00:51:45,030 --> 00:51:44,640

is aware of their spiritual birth white

1439

00:51:47,190 --> 00:51:45,040

you know

1440

00:51:48,630 --> 00:51:47,200

it's like we're kind of having to

1441

00:51:50,790 --> 00:51:48,640

navigate within this

1442

00:51:52,630 --> 00:51:50,800

stream of consciousness which is

1443

00:51:55,030 --> 00:51:52,640

predominantly heavy

1444

00:51:56,630 --> 00:51:55,040

and very physical and so when we're

1445

00:51:58,390 --> 00:51:56,640

looking at collective energy

1446

00:52:00,390 --> 00:51:58,400

you know it is creating a gravity you

1447

00:52:01,030 --> 00:52:00,400

know literally holding us down on this

1448

00:52:05,030 --> 00:52:01,040

planet

1449

00:52:07,589 --> 00:52:05,040

because you know it's it's uh

1450

00:52:09,109 --> 00:52:07,599

there's just so much physicality and so

1451

00:52:12,069 --> 00:52:09,119

much disconnection

1452

00:52:12,710 --> 00:52:12,079

from from that spiritual energy so as

1453

00:52:14,790 --> 00:52:12,720

more and people

1454

00:52:17,270 --> 00:52:14,800

more and more people wake up and tune in

1455

00:52:20,549 --> 00:52:17,280

and and start to really

1456

00:52:22,390 --> 00:52:20,559

be able to experience that and

1457

00:52:23,990 --> 00:52:22,400

and elevate their consciousness to those

1458

00:52:26,390 --> 00:52:24,000

higher frequencies you know

1459

00:52:28,150 --> 00:52:26,400

it isn't completely accurate to say

1460

00:52:29,589 --> 00:52:28,160

frequencies because

1461

00:52:32,230 --> 00:52:29,599

they're not physical you know it's it's

1462

00:52:34,630 --> 00:52:32,240

actually elevating our consciousness

1463

00:52:36,710 --> 00:52:34,640

into the non-physical realms but the

1464

00:52:38,870 --> 00:52:36,720

nice thing is that our brain

1465

00:52:40,309 --> 00:52:38,880

our nervous system is designed

1466

00:52:42,150 --> 00:52:40,319

intentionally

1467

00:52:43,750 --> 00:52:42,160

for all those non-physical energies to

1468

00:52:45,910 --> 00:52:43,760

be able to

1469

00:52:47,589 --> 00:52:45,920

interact with our mind and our body the

1470

00:52:50,150 --> 00:52:47,599

same way that the physical ones do

1471

00:52:51,190 --> 00:52:50,160

and so you know that's that's the only

1472

00:52:52,710 --> 00:52:51,200

reason

1473

00:52:54,549 --> 00:52:52,720

uh that we chose these bodies and that's

1474

00:52:55,270 --> 00:52:54,559

the only way that we can inhabit these

1475

00:52:58,870 --> 00:52:55,280

bodies

1476

00:53:01,510 --> 00:52:58,880

and um so yeah i mean the um

1477

00:53:02,549 --> 00:53:01,520

the technology uh i don't know if we

1478

00:53:04,870 --> 00:53:02,559

should be

1479

00:53:06,230 --> 00:53:04,880

necessarily envious of it i think

1480

00:53:08,069 --> 00:53:06,240

there's a lot of great things

1481

00:53:09,510 --> 00:53:08,079

that we have i mean obviously i couldn't

1482

00:53:11,750 --> 00:53:09,520

live without you know

1483

00:53:12,950 --> 00:53:11,760

toilet paper and having a nice bathroom

1484

00:53:15,510 --> 00:53:12,960

i can't imagine

1485

00:53:16,630 --> 00:53:15,520

you know before how had all those things

1486

00:53:17,430 --> 00:53:16,640

you know there's a lot of comforts that

1487

00:53:19,750 --> 00:53:17,440

we have

1488

00:53:21,750 --> 00:53:19,760

but uh when we look at how we use energy

1489

00:53:23,430 --> 00:53:21,760

and and things like that now i

1490

00:53:24,950 --> 00:53:23,440

uh i have a background in physics and

1491

00:53:26,790 --> 00:53:24,960

biology and so

1492

00:53:28,470 --> 00:53:26,800

looking at the environment looking how

1493

00:53:30,309 --> 00:53:28,480

the things that we are doing

1494

00:53:32,069 --> 00:53:30,319

affect the ecosystem and the planet as a

1495

00:53:32,950 --> 00:53:32,079

whole you know i have some definite

1496

00:53:34,470 --> 00:53:32,960

concerns

1497

00:53:36,630 --> 00:53:34,480

about our future if we don't start

1498

00:53:38,230 --> 00:53:36,640

making some changes so i believe we can

1499

00:53:41,270 --> 00:53:38,240

make the changes i believe that

1500

00:53:42,549 --> 00:53:41,280

uh the technology either does exist or

1501
00:53:45,910 --> 00:53:42,559
can be developed

1502
00:53:47,670 --> 00:53:45,920
but it it is going to take a massive

1503
00:53:50,309 --> 00:53:47,680
awareness on people's part

1504
00:53:52,549 --> 00:53:50,319
to you know start making some changes in

1505
00:53:54,309 --> 00:53:52,559
their lifestyle

1506
00:53:56,309 --> 00:53:54,319
you know i definitely love the the

1507
00:53:59,190 --> 00:53:56,319
progression of where the electric

1508
00:54:00,870 --> 00:53:59,200
electric cars are going and um oh yeah

1509
00:54:01,829 --> 00:54:00,880
and it's of course i can't help it you

1510
00:54:04,950 --> 00:54:01,839
know

1511
00:54:07,990 --> 00:54:04,960
having been young and dumb one

1512
00:54:09,109 --> 00:54:08,000
you know at one point you know just

1513
00:54:11,750 --> 00:54:09,119

knowing that the

1514

00:54:12,790 --> 00:54:11,760

the pure speed and power available at

1515

00:54:14,470 --> 00:54:12,800

the paddle

1516

00:54:16,069 --> 00:54:14,480

you know when you hit that there's no

1517

00:54:17,430 --> 00:54:16,079

there's you know there's no gears to

1518

00:54:19,109 --> 00:54:17,440

have to overcome

1519

00:54:20,950 --> 00:54:19,119

you don't have to mess around with you

1520

00:54:22,630 --> 00:54:20,960

know changing the gear ratio and all

1521

00:54:24,870 --> 00:54:22,640

that stuff just

1522

00:54:25,750 --> 00:54:24,880

floor it and the power is right there

1523

00:54:27,750 --> 00:54:25,760

and so of course

1524

00:54:29,750 --> 00:54:27,760

there's just an infancy and i'm so glad

1525

00:54:30,630 --> 00:54:29,760

that it was developed in such ways to

1526
00:54:33,670 --> 00:54:30,640
where

1527
00:54:35,270 --> 00:54:33,680
it's almost like you know you would have

1528
00:54:36,470 --> 00:54:35,280
thought like with every car where you

1529
00:54:38,549 --> 00:54:36,480
start out slow

1530
00:54:40,470 --> 00:54:38,559
and there's improvement solely made and

1531
00:54:41,190 --> 00:54:40,480
it's not going to be quiet there until

1532
00:54:43,510 --> 00:54:41,200
maybe 10

1533
00:54:44,470 --> 00:54:43,520
20 years down the road it almost seemed

1534
00:54:46,230 --> 00:54:44,480
like bam

1535
00:54:47,990 --> 00:54:46,240
fully functional electric car and it

1536
00:54:49,670 --> 00:54:48,000
drives itself now of course we know

1537
00:54:51,510 --> 00:54:49,680
there were a lot of bugs to be having to

1538
00:54:53,670 --> 00:54:51,520

be fixed back you know from

1539

00:54:55,109 --> 00:54:53,680

how long how long has it been now at

1540

00:54:56,150 --> 00:54:55,119

least 10 years since the first

1541

00:54:59,510 --> 00:54:56,160

announcement

1542

00:55:00,630 --> 00:54:59,520

but anyway um you know it's just amazing

1543

00:55:03,109 --> 00:55:00,640

i personally love it

1544

00:55:03,990 --> 00:55:03,119

and um i know there's always that debate

1545

00:55:05,990 --> 00:55:04,000

between

1546

00:55:08,230 --> 00:55:06,000

you know the muscle car guys and you

1547

00:55:09,589 --> 00:55:08,240

know others to just want to move on to

1548

00:55:10,549 --> 00:55:09,599

something new but anyway that's a

1549

00:55:12,390 --> 00:55:10,559

different topic

1550

00:55:14,150 --> 00:55:12,400

i actually have two questions uh one

1551

00:55:17,589 --> 00:55:14,160

it's more of a clarification

1552

00:55:20,390 --> 00:55:17,599

so you wouldn't necessarily use

1553

00:55:21,910 --> 00:55:20,400

lemurian atlantis interchangeably as you

1554

00:55:23,990 --> 00:55:21,920

mentioned earlier so there are different

1555

00:55:27,030 --> 00:55:24,000

progressions or different ages

1556

00:55:29,030 --> 00:55:27,040

that one um i guess existed

1557

00:55:31,829 --> 00:55:29,040

fell and then another one rose is that

1558

00:55:33,589 --> 00:55:31,839

what would you say that

1559

00:55:35,349 --> 00:55:33,599

so the time periods are always a little

1560

00:55:36,309 --> 00:55:35,359

bit tricky because when we're doing the

1561

00:55:38,789 --> 00:55:36,319

readings

1562

00:55:39,589 --> 00:55:38,799

time was measured and perceived and used

1563

00:55:41,910 --> 00:55:39,599

differently

1564

00:55:43,510 --> 00:55:41,920

during that time than how we use it now

1565

00:55:46,230 --> 00:55:43,520

we are very

1566

00:55:46,630 --> 00:55:46,240

regimented in our perception of time and

1567

00:55:49,349 --> 00:55:46,640

you know

1568

00:55:50,150 --> 00:55:49,359

people often talk about time being an

1569

00:55:52,470 --> 00:55:50,160

illusion

1570

00:55:53,589 --> 00:55:52,480

that it's just a perception of a

1571

00:55:54,789 --> 00:55:53,599

progression of events

1572

00:55:56,390 --> 00:55:54,799

you know it's a framework that we

1573

00:55:56,870 --> 00:55:56,400

created and a lot of those things are

1574

00:55:58,950 --> 00:55:56,880

true

1575

00:56:00,630 --> 00:55:58,960

the the truth is you know the earth is

1576
00:56:02,309 --> 00:56:00,640
going to keep revolving around the sun

1577
00:56:04,309 --> 00:56:02,319
and you know the sun's going to keep

1578
00:56:07,109 --> 00:56:04,319
moving through the galaxy

1579
00:56:07,670 --> 00:56:07,119
but how we perceive that progression of

1580
00:56:12,230 --> 00:56:07,680
events

1581
00:56:15,349 --> 00:56:12,240
has shifted and so the um

1582
00:56:16,870 --> 00:56:15,359
like cycles you know the the uh when we

1583
00:56:17,750 --> 00:56:16,880
asked for how old somebody was you know

1584
00:56:20,150 --> 00:56:17,760
they

1585
00:56:21,829 --> 00:56:20,160
the readings can't come up with an age

1586
00:56:24,230 --> 00:56:21,839
it describes things in terms of

1587
00:56:25,589 --> 00:56:24,240
cycles and so when we're describing

1588
00:56:27,670 --> 00:56:25,599

things in terms of

1589

00:56:29,270 --> 00:56:27,680

cycles it gets a little bit tricky

1590

00:56:31,270 --> 00:56:29,280

because like i said

1591

00:56:32,309 --> 00:56:31,280

you know one trip around the sun is a

1592

00:56:37,589 --> 00:56:32,319

cycle

1593

00:56:39,589 --> 00:56:37,599

but also from birth to adolescence

1594

00:56:40,710 --> 00:56:39,599

is one cycle and then adolescence to

1595

00:56:43,670 --> 00:56:40,720

adulthood is

1596

00:56:44,309 --> 00:56:43,680

a cycle adulthood to wisdom is a cycle

1597

00:56:46,870 --> 00:56:44,319

so

1598

00:56:48,549 --> 00:56:46,880

cycles can be varying lengths of time

1599

00:56:51,510 --> 00:56:48,559

there's no real

1600

00:56:53,589 --> 00:56:51,520

regimented structure to it so keeping

1601
00:56:55,349 --> 00:56:53,599
that in mind

1602
00:56:57,190 --> 00:56:55,359
what we keep getting consistently is

1603
00:56:59,670 --> 00:56:57,200
that there are four cycles

1604
00:57:01,349 --> 00:56:59,680
in the development of atlantis and so as

1605
00:57:04,470 --> 00:57:01,359
i mentioned

1606
00:57:05,349 --> 00:57:04,480
these were measured by a rise and then a

1607
00:57:07,270 --> 00:57:05,359
fall

1608
00:57:09,430 --> 00:57:07,280
in the civilization of atlantis now that

1609
00:57:11,270 --> 00:57:09,440
does not necessarily mean that it was a

1610
00:57:12,230 --> 00:57:11,280
complete and total extinction level

1611
00:57:14,630 --> 00:57:12,240
event where

1612
00:57:16,390 --> 00:57:14,640
all of humanity was wiped out and then

1613
00:57:17,910 --> 00:57:16,400

we started from scratch in fact i don't

1614

00:57:21,109 --> 00:57:17,920

think that would be very likely

1615

00:57:22,390 --> 00:57:21,119

at all but it would be maybe more

1616

00:57:24,549 --> 00:57:22,400

accurate to say

1617

00:57:27,270 --> 00:57:24,559

that it was like the rise of a

1618

00:57:29,270 --> 00:57:27,280

civilization a type of civilization

1619

00:57:30,630 --> 00:57:29,280

and there would be a specific type of

1620

00:57:31,829 --> 00:57:30,640

learning that would go

1621

00:57:33,030 --> 00:57:31,839

along with that so there would be

1622

00:57:34,150 --> 00:57:33,040

certain things that we're learning and

1623

00:57:35,750 --> 00:57:34,160

doing and

1624

00:57:37,190 --> 00:57:35,760

and maybe technology that we're

1625

00:57:38,549 --> 00:57:37,200

developing maybe

1626
00:57:40,230 --> 00:57:38,559
developing things within ourselves

1627
00:57:41,589 --> 00:57:40,240
developing our interpersonal skills all

1628
00:57:44,150 --> 00:57:41,599
those kinds of things

1629
00:57:45,270 --> 00:57:44,160
and then that would be dropping off as

1630
00:57:47,430 --> 00:57:45,280
those lessons

1631
00:57:49,109 --> 00:57:47,440
sort of reached a peak then things would

1632
00:57:50,549 --> 00:57:49,119
transition into something else now there

1633
00:57:54,549 --> 00:57:50,559
could be

1634
00:57:55,670 --> 00:57:54,559
in some cases a massive die off of some

1635
00:57:58,390 --> 00:57:55,680
kind it doesn't

1636
00:58:00,150 --> 00:57:58,400
exclude a lot of people kind of checking

1637
00:58:01,910 --> 00:58:00,160
out during the transition

1638
00:58:03,270 --> 00:58:01,920

but i don't think it would be like an

1639

00:58:05,750 --> 00:58:03,280

extinction level event so

1640

00:58:07,510 --> 00:58:05,760

there's these rises and falls that would

1641

00:58:10,950 --> 00:58:07,520

be the cycle of atlantis and then

1642

00:58:11,990 --> 00:58:10,960

when we look at lemuria moo the research

1643

00:58:13,990 --> 00:58:12,000

that i've seen

1644

00:58:15,190 --> 00:58:14,000

seems to indicate that lemuria a moo

1645

00:58:18,710 --> 00:58:15,200

could be

1646

00:58:20,309 --> 00:58:18,720

two different names for the same time

1647

00:58:21,589 --> 00:58:20,319

period now these may not necessarily

1648

00:58:23,670 --> 00:58:21,599

have been

1649

00:58:25,910 --> 00:58:23,680

the same people for example so it could

1650

00:58:28,789 --> 00:58:25,920

be two different groups maybe who are

1651
00:58:31,030 --> 00:58:28,799
coming into the world in maybe a couple

1652
00:58:35,109 --> 00:58:31,040
of different places or even more

1653
00:58:37,349 --> 00:58:35,119
but the the idea is that

1654
00:58:38,390 --> 00:58:37,359
there was some overlap between lemuria

1655
00:58:41,589 --> 00:58:38,400
and moo

1656
00:58:43,270 --> 00:58:41,599
and atlantis and so

1657
00:58:46,150 --> 00:58:43,280
the people who are coming in during le

1658
00:58:48,390 --> 00:58:46,160
murray and moo uh i believe

1659
00:58:50,230 --> 00:58:48,400
you know they they were having a little

1660
00:58:51,990 --> 00:58:50,240
bit more difficulty

1661
00:58:54,390 --> 00:58:52,000
coming into the physical experience you

1662
00:58:57,750 --> 00:58:54,400
know some people were coming in

1663
00:59:01,190 --> 00:58:57,760

they could actually create bodies with

1664

00:59:03,270 --> 00:59:01,200

energy and experience but they would

1665

00:59:06,470 --> 00:59:03,280

come in for a period of time

1666

00:59:07,990 --> 00:59:06,480

and then maybe their body would kind of

1667

00:59:09,109 --> 00:59:08,000

fall apart they'd lose their focus you

1668

00:59:09,990 --> 00:59:09,119

know they wouldn't be able to hold it

1669

00:59:12,069 --> 00:59:10,000

together

1670

00:59:13,510 --> 00:59:12,079

for the whole period of time and so you

1671

00:59:15,030 --> 00:59:13,520

know that's where some of these images

1672

00:59:16,390 --> 00:59:15,040

that we get in these mythologies and

1673

00:59:18,390 --> 00:59:16,400

stuff like that of

1674

00:59:19,670 --> 00:59:18,400

apparitions and things like that you

1675

00:59:21,430 --> 00:59:19,680

know i think that's where a lot of that

1676
00:59:22,950 --> 00:59:21,440
may come from because

1677
00:59:24,950 --> 00:59:22,960
again you have to remember we're these

1678
00:59:28,150 --> 00:59:24,960
beings of light and energy

1679
00:59:29,270 --> 00:59:28,160
and so the energy of the planet was

1680
00:59:31,990 --> 00:59:29,280
different back then

1681
00:59:33,510 --> 00:59:32,000
and it's something that's difficult for

1682
00:59:35,430 --> 00:59:33,520
us to imagine

1683
00:59:36,870 --> 00:59:35,440
but that would come out a lot in these

1684
00:59:39,829 --> 00:59:36,880
readings during that time period

1685
00:59:41,109 --> 00:59:39,839
the the best way to describe it was that

1686
00:59:43,510 --> 00:59:41,119
the energy was less

1687
00:59:45,349 --> 00:59:43,520
dense and so it's easier for us as

1688
00:59:47,910 --> 00:59:45,359

spiritual beings of energy

1689

00:59:49,190 --> 00:59:47,920

to come in and to interact with the

1690

00:59:51,750 --> 00:59:49,200

world and so

1691

00:59:53,510 --> 00:59:51,760

then at some point people started

1692

00:59:54,710 --> 00:59:53,520

interacting with the life forms that

1693

00:59:56,630 --> 00:59:54,720

were on the planet you know entering

1694

00:59:57,589 --> 00:59:56,640

into animals entering into plants things

1695

01:00:00,150 --> 00:59:57,599

like that

1696

01:00:01,670 --> 01:00:00,160

to just have different experiences and

1697

01:00:04,390 --> 01:00:01,680

to learn from them

1698

01:00:06,069 --> 01:00:04,400

and then at some point there is a desire

1699

01:00:06,870 --> 01:00:06,079

to be able to manipulate those forms

1700

01:00:09,349 --> 01:00:06,880

more

1701

01:00:11,750 --> 01:00:09,359

so that they could be guided into

1702

01:00:14,710 --> 01:00:11,760

specific experiences so

1703

01:00:15,990 --> 01:00:14,720

a lot of that led to some of the

1704

01:00:19,589 --> 01:00:16,000

developments

1705

01:00:23,109 --> 01:00:19,599

that you know paved the way for atlantis

1706

01:00:25,670 --> 01:00:23,119

some of that i i kind of wonder if

1707

01:00:26,470 --> 01:00:25,680

there might have been some karma created

1708

01:00:29,109 --> 01:00:26,480

on

1709

01:00:31,270 --> 01:00:29,119

our part you know collectively in terms

1710

01:00:32,390 --> 01:00:31,280

of sort of overriding the free will of

1711

01:00:34,309 --> 01:00:32,400

these creatures

1712

01:00:35,430 --> 01:00:34,319

who kind of had their own life their own

1713

01:00:36,870 --> 01:00:35,440

existence and then

1714

01:00:38,470 --> 01:00:36,880

people were coming in and manipulating

1715

01:00:39,750 --> 01:00:38,480

them for their own learning and

1716

01:00:41,270 --> 01:00:39,760

experience and so

1717

01:00:43,510 --> 01:00:41,280

i think that you know there may have

1718

01:00:47,349 --> 01:00:43,520

been some lines crossed in places

1719

01:00:49,589 --> 01:00:47,359

but then i know that at some point then

1720

01:00:51,430 --> 01:00:49,599

we started creating vehicles that we

1721

01:00:52,710 --> 01:00:51,440

could inhabit exclusively you know we're

1722

01:00:55,349 --> 01:00:52,720

at the point now where these

1723

01:00:56,710 --> 01:00:55,359

physical forms that we're in would not

1724

01:00:58,470 --> 01:00:56,720

exist without the soul

1725

01:01:00,309 --> 01:00:58,480

and so as soon as the soul leaves you

1726

01:01:01,270 --> 01:01:00,319

know the body is just it's gone it's

1727

01:01:02,950 --> 01:01:01,280

inert

1728

01:01:04,470 --> 01:01:02,960

and so it's just like your car you know

1729

01:01:05,030 --> 01:01:04,480

as soon as you turn off the key and step

1730

01:01:06,710 --> 01:01:05,040

out

1731

01:01:08,549 --> 01:01:06,720

the car is not going to go anywhere it

1732

01:01:09,270 --> 01:01:08,559

doesn't have free will of its own so it

1733

01:01:12,069 --> 01:01:09,280

can just

1734

01:01:13,190 --> 01:01:12,079

go where it wants to it is literally a

1735

01:01:15,510 --> 01:01:13,200

vehicle for us

1736

01:01:17,109 --> 01:01:15,520

and when we're done we just get out and

1737

01:01:17,589 --> 01:01:17,119

so that's kind of what these bodies are

1738

01:01:20,870 --> 01:01:17,599

now

1739

01:01:21,349 --> 01:01:20,880

and so that time period of the murray or

1740

01:01:24,150 --> 01:01:21,359

moo

1741

01:01:24,789 --> 01:01:24,160

that was like an early stage development

1742

01:01:27,510 --> 01:01:24,799

the

1743

01:01:28,870 --> 01:01:27,520

experiences we had were very different

1744

01:01:30,789 --> 01:01:28,880

than what we would think of

1745

01:01:32,470 --> 01:01:30,799

today and there was all kinds of

1746

01:01:33,829 --> 01:01:32,480

different combinations

1747

01:01:35,589 --> 01:01:33,839

of levels of experience you know there

1748

01:01:37,190 --> 01:01:35,599

were some people who probably could come

1749

01:01:40,630 --> 01:01:37,200

in and create their own

1750

01:01:41,510 --> 01:01:40,640

body of light that they could experience

1751
01:01:43,270 --> 01:01:41,520
and interact

1752
01:01:44,789 --> 01:01:43,280
and then there are other people maybe

1753
01:01:47,109 --> 01:01:44,799
they couldn't hold their focus

1754
01:01:48,150 --> 01:01:47,119
long enough and so maybe they were the

1755
01:01:50,710 --> 01:01:48,160
ones who

1756
01:01:51,510 --> 01:01:50,720
came in and instead would try to bring

1757
01:01:53,270 --> 01:01:51,520
their consciousness

1758
01:01:55,029 --> 01:01:53,280
into animals maybe or something like

1759
01:01:56,630 --> 01:01:55,039
that you know some people were just

1760
01:01:58,710 --> 01:01:56,640
along for the ride and that's where we

1761
01:02:01,829 --> 01:01:58,720
get these ideas of

1762
01:02:03,029 --> 01:02:01,839
like the uh nature spirits and things

1763
01:02:04,309 --> 01:02:03,039

like that where

1764

01:02:06,069 --> 01:02:04,319

people even when they're gardening you

1765

01:02:06,630 --> 01:02:06,079

know they talk about their nature nature

1766

01:02:08,950 --> 01:02:06,640

spirits

1767

01:02:10,309 --> 01:02:08,960

well there are still entities who are

1768

01:02:13,750 --> 01:02:10,319

invested in learning

1769

01:02:15,349 --> 01:02:13,760

and so uh you know people talk about

1770

01:02:15,910 --> 01:02:15,359

talking to the nature spirits and and

1771

01:02:18,309 --> 01:02:15,920

kind of

1772

01:02:18,950 --> 01:02:18,319

asking them to intercede in certain ways

1773

01:02:20,870 --> 01:02:18,960

and so

1774

01:02:22,150 --> 01:02:20,880

there could be those entities they're

1775

01:02:25,190 --> 01:02:22,160

still learning

1776

01:02:27,270 --> 01:02:25,200

at that level and so they are focused on

1777

01:02:28,309 --> 01:02:27,280

working with plants and so they're

1778

01:02:30,710 --> 01:02:28,319

non-physical

1779

01:02:31,990 --> 01:02:30,720

and if we interact with them and

1780

01:02:35,029 --> 01:02:32,000

communicate with them since

1781

01:02:36,470 --> 01:02:35,039

they have a strong connection to a

1782

01:02:39,750 --> 01:02:36,480

particular plant

1783

01:02:40,470 --> 01:02:39,760

then if you develop a rapport with that

1784

01:02:41,670 --> 01:02:40,480

entity

1785

01:02:43,670 --> 01:02:41,680

then you could actually develop a

1786

01:02:46,549 --> 01:02:43,680

cooperation you know a

1787

01:02:48,069 --> 01:02:46,559

a partnership as it would be and so

1788

01:02:50,309 --> 01:02:48,079

that's where i think a lot of these

1789

01:02:52,150 --> 01:02:50,319

um ideas you know these mythological

1790

01:02:54,230 --> 01:02:52,160

creatures like the fairies and the

1791

01:02:55,750 --> 01:02:54,240

and the wood sprites and the and the

1792

01:02:57,349 --> 01:02:55,760

spirits things like that

1793

01:02:59,750 --> 01:02:57,359

i think that there there's still a lot

1794

01:03:01,910 --> 01:02:59,760

of that that goes on as well as

1795

01:03:03,829 --> 01:03:01,920

um like for example in our dream book

1796

01:03:07,430 --> 01:03:03,839

you know we talk about visitations

1797

01:03:10,789 --> 01:03:07,440

and so we could in our dream state

1798

01:03:12,870 --> 01:03:10,799

see individuals maybe that we've known

1799

01:03:14,470 --> 01:03:12,880

who have passed they may come visit us

1800

01:03:16,309 --> 01:03:14,480

but we could also meet other people that

1801
01:03:17,109 --> 01:03:16,319
we've we've never met physically in this

1802
01:03:18,950 --> 01:03:17,119
life

1803
01:03:20,789 --> 01:03:18,960
who are just coming to help us out and

1804
01:03:22,630 --> 01:03:20,799
give us some guidance now we

1805
01:03:24,950 --> 01:03:22,640
each have a guide who is really

1806
01:03:26,870 --> 01:03:24,960
dedicated to helping us

1807
01:03:28,950 --> 01:03:26,880
keep perspective you know the guide's

1808
01:03:32,710 --> 01:03:28,960
role is

1809
01:03:35,670 --> 01:03:32,720
to kind of help give us

1810
01:03:37,750 --> 01:03:35,680
a little nudge or a little insight or

1811
01:03:39,829 --> 01:03:37,760
perspective when we need it most

1812
01:03:41,510 --> 01:03:39,839
and to kind of be somebody there that we

1813
01:03:44,710 --> 01:03:41,520

can bounce ideas off of

1814

01:03:46,230 --> 01:03:44,720

because they are not in a physical form

1815

01:03:48,309 --> 01:03:46,240

so they always have that broader

1816

01:03:49,270 --> 01:03:48,319

spiritual perspective kind of right out

1817

01:03:51,270 --> 01:03:49,280

in front of them

1818

01:03:53,270 --> 01:03:51,280

and so we need that because we can

1819

01:03:54,789 --> 01:03:53,280

easily just get trapped in this physical

1820

01:03:56,630 --> 01:03:54,799

experience and just

1821

01:03:58,470 --> 01:03:56,640

you know go down deeper and deeper and

1822

01:04:00,069 --> 01:03:58,480

deeper into this physical experience and

1823

01:04:02,549 --> 01:04:00,079

totally forget who we are

1824

01:04:04,710 --> 01:04:02,559

and so the guide is intended to help

1825

01:04:06,470 --> 01:04:04,720

give us a hand so we don't forget who we

1826

01:04:09,190 --> 01:04:06,480

are help remind us who we are

1827

01:04:10,870 --> 01:04:09,200

but we could have more than just that

1828

01:04:11,750 --> 01:04:10,880

one guy too you know some people have

1829

01:04:13,190 --> 01:04:11,760

more than one

1830

01:04:14,549 --> 01:04:13,200

and depending on what our interests are

1831

01:04:15,990 --> 01:04:14,559

you might have somebody who's an artist

1832

01:04:19,190 --> 01:04:16,000

might have somebody who's

1833

01:04:20,710 --> 01:04:19,200

uh an engineer or um

1834

01:04:22,470 --> 01:04:20,720

you know as i mentioned like if you're a

1835

01:04:25,670 --> 01:04:22,480

gardener and so

1836

01:04:29,109 --> 01:04:25,680

i think a lot of that um

1837

01:04:30,630 --> 01:04:29,119

it's all it all comes full circle

1838

01:04:32,630 --> 01:04:30,640

you know we we had those early

1839

01:04:36,470 --> 01:04:32,640

experiences of observing

1840

01:04:38,870 --> 01:04:36,480

the plant life observing the animals and

1841

01:04:39,510 --> 01:04:38,880

hopefully without impinging our free

1842

01:04:45,109 --> 01:04:39,520

will

1843

01:04:46,309 --> 01:04:45,119

too much and you know maybe there's some

1844

01:04:48,630 --> 01:04:46,319

learning experience or some

1845

01:04:50,390 --> 01:04:48,640

from that for people who did but then

1846

01:04:53,510 --> 01:04:50,400

moving into

1847

01:04:54,309 --> 01:04:53,520

the atlantean time period which i think

1848

01:04:55,430 --> 01:04:54,319

the beginning

1849

01:04:56,950 --> 01:04:55,440

of what would be considered the

1850

01:04:57,990 --> 01:04:56,960

atlantean time period is pretty much

1851
01:05:01,430 --> 01:04:58,000
where

1852
01:05:03,670 --> 01:05:01,440
we were in these bodies you know it may

1853
01:05:05,589 --> 01:05:03,680
not have looked exactly like

1854
01:05:07,109 --> 01:05:05,599
what we do now but they were definitely

1855
01:05:08,470 --> 01:05:07,119
being perfected

1856
01:05:10,230 --> 01:05:08,480
during that time period during those

1857
01:05:11,990 --> 01:05:10,240
four cycles and

1858
01:05:13,589 --> 01:05:12,000
so i think we were more dedicated to

1859
01:05:16,150 --> 01:05:13,599
having our own vehicle

1860
01:05:18,150 --> 01:05:16,160
at that time where we could come in we

1861
01:05:20,069 --> 01:05:18,160
could move things around in the physical

1862
01:05:21,430 --> 01:05:20,079
we could you know it's like having your

1863
01:05:22,789 --> 01:05:21,440

own car you know like

1864

01:05:24,710 --> 01:05:22,799

before it's like you're going around you

1865

01:05:25,829 --> 01:05:24,720

know borrowing cars all the time right

1866

01:05:27,750 --> 01:05:25,839

that's kind of a pain

1867

01:05:29,190 --> 01:05:27,760

so you know it's like really nice to

1868

01:05:29,510 --> 01:05:29,200

have your own car it's like well you

1869

01:05:31,670 --> 01:05:29,520

know

1870

01:05:33,270 --> 01:05:31,680

it's like every morning i wake up nobody

1871

01:05:35,190 --> 01:05:33,280

else is in my body you know i've got my

1872

01:05:36,390 --> 01:05:35,200

body i can just get up and go and have

1873

01:05:39,829 --> 01:05:36,400

my life experience

1874

01:05:41,670 --> 01:05:39,839

and so it made it i think a lot more

1875

01:05:43,109 --> 01:05:41,680

convenient you know a lot cleaner

1876

01:05:44,710 --> 01:05:43,119

experience and

1877

01:05:46,630 --> 01:05:44,720

but of course like i said there were

1878

01:05:49,670 --> 01:05:46,640

also drawbacks because

1879

01:05:52,710 --> 01:05:49,680

we forgot who we were there

1880

01:05:54,549 --> 01:05:52,720

was something that we did each one of us

1881

01:05:55,990 --> 01:05:54,559

and it's different for each of us

1882

01:05:57,510 --> 01:05:56,000

uh obviously there's a lot of people

1883

01:05:59,349 --> 01:05:57,520

that may have similar experiences but

1884

01:06:01,670 --> 01:05:59,359

you know each of us did something we had

1885

01:06:04,950 --> 01:06:01,680

that original mistake that we made

1886

01:06:07,270 --> 01:06:04,960

that got us trapped in this cycle and so

1887

01:06:08,549 --> 01:06:07,280

that's kind of where we are now is you

1888

01:06:11,829 --> 01:06:08,559

know learning

1889

01:06:13,430 --> 01:06:11,839

to take those steps to unravel whatever

1890

01:06:14,470 --> 01:06:13,440

that misunderstanding was that we

1891

01:06:17,270 --> 01:06:14,480

created

1892

01:06:17,750 --> 01:06:17,280

and you know once we free ourselves from

1893

01:06:20,870 --> 01:06:17,760

that

1894

01:06:23,510 --> 01:06:20,880

we will be free to

1895

01:06:24,870 --> 01:06:23,520

stay here if we want or to go elsewhere

1896

01:06:26,789 --> 01:06:24,880

you know and that's that's where i think

1897

01:06:27,829 --> 01:06:26,799

we've developed these mythological ideas

1898

01:06:32,470 --> 01:06:27,839

of enlightenment

1899

01:06:36,150 --> 01:06:35,190

grand unreachable objective it is kind

1900

01:06:38,069 --> 01:06:36,160

of an objective

1901

01:06:39,750 --> 01:06:38,079

it is something where you can say yes

1902

01:06:40,789 --> 01:06:39,760

i've reached this point

1903

01:06:43,190 --> 01:06:40,799

but if you're thinking about

1904

01:06:46,470 --> 01:06:43,200

enlightenment in lighten

1905

01:06:46,950 --> 01:06:46,480

i'm full of light i am aware that i am a

1906

01:06:50,870 --> 01:06:46,960

being

1907

01:06:53,910 --> 01:06:50,880

of energy again and i'm aware

1908

01:06:57,109 --> 01:06:53,920

of my immortality again

1909

01:06:58,789 --> 01:06:57,119

and i have the ability to

1910

01:07:00,390 --> 01:06:58,799

come and go from this physical

1911

01:07:01,910 --> 01:07:00,400

experience whenever i want and that's

1912

01:07:04,230 --> 01:07:01,920

really the key

1913

01:07:05,349 --> 01:07:04,240

and it's not that we're trying to escape

1914

01:07:07,029 --> 01:07:05,359

life you know whenever

1915

01:07:08,470 --> 01:07:07,039

people tell me oh my gosh i hope this is

1916

01:07:10,549 --> 01:07:08,480

my last life

1917

01:07:11,990 --> 01:07:10,559

you know i'm like well i'm sorry to say

1918

01:07:15,029 --> 01:07:12,000

this what my experience has been

1919

01:07:16,309 --> 01:07:15,039

if you're dying to get out of here this

1920

01:07:17,270 --> 01:07:16,319

probably is not going to be your last

1921

01:07:20,069 --> 01:07:17,280

life

1922

01:07:21,109 --> 01:07:20,079

it's like uh my experience has been when

1923

01:07:23,430 --> 01:07:21,119

when people are getting

1924

01:07:24,950 --> 01:07:23,440

close to that point where they can come

1925

01:07:28,309 --> 01:07:24,960

and go as they please

1926

01:07:29,270 --> 01:07:28,319

they are so unattached to whichever way

1927

01:07:30,950 --> 01:07:29,280

it's going to go you know they're at

1928

01:07:31,430 --> 01:07:30,960

peace with it no matter what happens and

1929

01:07:33,910 --> 01:07:31,440

so

1930

01:07:34,870 --> 01:07:33,920

i i find that most often is the kind of

1931

01:07:36,630 --> 01:07:34,880

energy

1932

01:07:38,630 --> 01:07:36,640

that it's like when we're at peace with

1933

01:07:41,190 --> 01:07:38,640

it no matter which way it goes

1934

01:07:42,630 --> 01:07:41,200

that's when we're ready to let go and

1935

01:07:44,150 --> 01:07:42,640

you know so again it's all getting back

1936

01:07:46,390 --> 01:07:44,160

to our birthright it's getting back to

1937

01:07:49,670 --> 01:07:46,400

that original

1938

01:07:51,910 --> 01:07:49,680

uh purpose i suppose you might say

1939

01:07:53,270 --> 01:07:51,920

of learning that this whole experience

1940

01:07:55,270 --> 01:07:53,280

has just been

1941

01:07:57,270 --> 01:07:55,280

a fun experience for us that was the

1942

01:07:57,670 --> 01:07:57,280

whole point and it was so that we could

1943

01:08:00,789 --> 01:07:57,680

learn

1944

01:08:02,150 --> 01:08:00,799

creators and so

1945

01:08:04,630 --> 01:08:02,160

you know what better place to learn

1946

01:08:06,630 --> 01:08:04,640

about creation than

1947

01:08:08,789 --> 01:08:06,640

you know the universe burst into

1948

01:08:12,390 --> 01:08:08,799

existence out of seemingly

1949

01:08:12,870 --> 01:08:12,400

nothing right and all these stars began

1950

01:08:15,270 --> 01:08:12,880

forming

1951

01:08:16,789 --> 01:08:15,280

right and these huge burning balls of

1952

01:08:17,590 --> 01:08:16,799

gas that was probably pretty exciting at

1953

01:08:19,510 --> 01:08:17,600

the very beginning

1954

01:08:20,950 --> 01:08:19,520

and then these planets started to form

1955

01:08:21,669 --> 01:08:20,960

and they were sitting around and

1956

01:08:23,430 --> 01:08:21,679

probably

1957

01:08:25,030 --> 01:08:23,440

you know moderately interesting but a

1958

01:08:26,470 --> 01:08:25,040

little bit boring at the same time until

1959

01:08:27,990 --> 01:08:26,480

all of a sudden all these things start

1960

01:08:29,829 --> 01:08:28,000

wiggling around all over these planets

1961

01:08:31,990 --> 01:08:29,839

you know so imagine our

1962

01:08:33,669 --> 01:08:32,000

you know delight when all of a sudden

1963

01:08:35,349 --> 01:08:33,679

all this stuff's going on these plants

1964

01:08:36,229 --> 01:08:35,359

are growing up and these animals are

1965

01:08:39,590 --> 01:08:36,239

jumping around

1966

01:08:41,510 --> 01:08:39,600

so it's probably you know if you think

1967

01:08:43,349 --> 01:08:41,520

about us like spiritual kids

1968

01:08:45,189 --> 01:08:43,359

you know it was like we couldn't keep

1969

01:08:47,349 --> 01:08:45,199

ourselves away you know it's like we had

1970

01:08:49,590 --> 01:08:47,359

to come see what was going on

1971

01:08:52,149 --> 01:08:49,600

so the whole process of how we got into

1972

01:08:53,590 --> 01:08:52,159

this situation that we're in now makes

1973

01:08:55,510 --> 01:08:53,600

perfect sense

1974

01:08:57,030 --> 01:08:55,520

and so you know during those early times

1975

01:08:59,269 --> 01:08:57,040

like i said we were

1976

01:09:00,870 --> 01:08:59,279

just doing all kinds of different things

1977

01:09:02,470 --> 01:09:00,880

but then as we kind of got more

1978

01:09:03,910 --> 01:09:02,480

structured with it

1979

01:09:05,590 --> 01:09:03,920

you know then that's really the

1980

01:09:07,510 --> 01:09:05,600

beginning of atlantis

1981

01:09:09,430 --> 01:09:07,520

but then what i would describe the end

1982

01:09:11,030 --> 01:09:09,440

of the atlantean time period the end of

1983

01:09:12,309 --> 01:09:11,040

that fourth cycle

1984

01:09:13,910 --> 01:09:12,319

which could be anywhere from like a

1985

01:09:15,430 --> 01:09:13,920

hundred thousand to ten thousand bc or

1986

01:09:18,470 --> 01:09:15,440

something like that

1987

01:09:22,309 --> 01:09:18,480

the the last period of atlantis is

1988

01:09:26,070 --> 01:09:22,319

really where the last

1989

01:09:29,269 --> 01:09:26,080

physical spiritual connection

1990

01:09:32,390 --> 01:09:29,279

existed and so

1991

01:09:35,430 --> 01:09:32,400

humanity made a very

1992

01:09:38,229 --> 01:09:35,440

pronounced shift toward a very

1993

01:09:39,189 --> 01:09:38,239

physical way of thinking and doing

1994

01:09:42,229 --> 01:09:39,199

things

1995

01:09:43,749 --> 01:09:42,239

and so if you look at our history since

1996

01:09:47,110 --> 01:09:43,759

about 10 000 bc

1997

01:09:49,590 --> 01:09:47,120

up to the present you know you will see

1998

01:09:50,789 --> 01:09:49,600

that pattern that we took a very

1999

01:09:52,390 --> 01:09:50,799

physical

2000

01:09:53,749 --> 01:09:52,400

approach to things and so i think

2001

01:09:55,270 --> 01:09:53,759

probably what happened at the end of

2002

01:09:57,030 --> 01:09:55,280

that last period of atlantis is

2003

01:09:58,550 --> 01:09:57,040

the beings who did not want to be part

2004

01:10:02,229 --> 01:09:58,560

of that just

2005

01:10:04,630 --> 01:10:02,239

left and then if you think about it like

2006

01:10:07,270 --> 01:10:04,640

almost like buoyancy you know all those

2007

01:10:10,870 --> 01:10:07,280

all those beings of energy and light

2008

01:10:13,189 --> 01:10:10,880

who were still completely plugged in

2009

01:10:14,630 --> 01:10:13,199

to their true nature and interacting

2010

01:10:16,149 --> 01:10:14,640

with us and that's something else too i

2011

01:10:17,990 --> 01:10:16,159

don't think i explicitly said that

2012

01:10:19,590 --> 01:10:18,000

right now but that was another thing

2013

01:10:21,910 --> 01:10:19,600

that was very unique about

2014

01:10:23,990 --> 01:10:21,920

the time period of atlantis is there a

2015

01:10:25,910 --> 01:10:24,000

lot of people that were very physical

2016

01:10:27,590 --> 01:10:25,920

because they had already forgotten who

2017

01:10:29,830 --> 01:10:27,600

they are but

2018

01:10:31,189 --> 01:10:29,840

they'd be walking down the street with

2019

01:10:32,709 --> 01:10:31,199

these

2020

01:10:35,510 --> 01:10:32,719

people who are full of light who are

2021

01:10:37,350 --> 01:10:35,520

completely you know full of light and

2022

01:10:38,709 --> 01:10:37,360

completely aware of who they are and

2023

01:10:41,910 --> 01:10:38,719

their spiritual connection

2024

01:10:44,390 --> 01:10:41,920

so you know it was this really diverse

2025

01:10:46,149 --> 01:10:44,400

group of spiritual and physical people

2026

01:10:48,950 --> 01:10:46,159

all living and working

2027

01:10:49,750 --> 01:10:48,960

together and so that i think is another

2028

01:10:51,990 --> 01:10:49,760

key

2029

01:10:53,990 --> 01:10:52,000

difference between the atlantean time

2030

01:10:55,430 --> 01:10:54,000

period and the current time period

2031

01:10:57,750 --> 01:10:55,440

i think the fully enlightened

2032

01:10:59,750 --> 01:10:57,760

individuals on this planet right now

2033

01:11:01,830 --> 01:10:59,760

are few and far between in fact i've

2034

01:11:04,390 --> 01:11:01,840

heard a lot of reports from different

2035

01:11:06,310 --> 01:11:04,400

sources that seem to indicate that out

2036

01:11:09,669 --> 01:11:06,320

of the entire population of the planet

2037

01:11:13,350 --> 01:11:09,679

only about two percent of the population

2038

01:11:16,070 --> 01:11:13,360

is significantly invested in

2039

01:11:17,910 --> 01:11:16,080

the process of enlightenment and

2040

01:11:19,270 --> 01:11:17,920

intentional evolution

2041

01:11:21,510 --> 01:11:19,280

and so you know if you think about

2042

01:11:23,110 --> 01:11:21,520

that's a very small percentage and so

2043

01:11:26,070 --> 01:11:23,120

you know when when those beings left at

2044

01:11:27,750 --> 01:11:26,080

the end of the atlantean time period uh

2045

01:11:28,790 --> 01:11:27,760

it's almost like all those heavy kind of

2046

01:11:30,550 --> 01:11:28,800

physical energies

2047

01:11:32,390 --> 01:11:30,560

sort of came crashing down on everyone

2048

01:11:33,669 --> 01:11:32,400

who decided to stay or everyone who just

2049

01:11:35,669 --> 01:11:33,679

couldn't leave

2050

01:11:36,950 --> 01:11:35,679

uh you know so in a way that it kind of

2051

01:11:40,070 --> 01:11:36,960

makes it harder

2052

01:11:42,470 --> 01:11:40,080

for us to get up off this planet

2053

01:11:43,990 --> 01:11:42,480

because you know you wake up i'm sure

2054

01:11:46,310 --> 01:11:44,000

you probably feel it you know you wake

2055

01:11:47,990 --> 01:11:46,320

up you're in a fairly good mood

2056

01:11:49,910 --> 01:11:48,000

but then you know something happens

2057

01:11:51,590 --> 01:11:49,920

somebody's energy is like bringing you

2058

01:11:53,350 --> 01:11:51,600

down or something happens in the world

2059

01:11:54,950 --> 01:11:53,360

it brings you down you know you can feel

2060

01:11:56,709 --> 01:11:54,960

these rises and falls

2061

01:11:58,630 --> 01:11:56,719

in your energy and that's kind of what

2062

01:12:00,390 --> 01:11:58,640

we deal with every day

2063

01:12:01,669 --> 01:12:00,400

and you know it doesn't make it

2064

01:12:03,590 --> 01:12:01,679

insurmountable it's just

2065

01:12:05,750 --> 01:12:03,600

it's where we are in our learning and

2066

01:12:09,189 --> 01:12:05,760

the good news is we're eternal beings so

2067

01:12:10,950 --> 01:12:09,199

we've got time right you know hopefully

2068

01:12:12,470 --> 01:12:10,960

we don't mess up our planet because you

2069

01:12:14,229 --> 01:12:12,480

know it's pretty cool place to learn

2070

01:12:15,590 --> 01:12:14,239

so i wouldn't want to have to go

2071

01:12:17,110 --> 01:12:15,600

somewhere else if we didn't have to

2072

01:12:19,030 --> 01:12:17,120

so i'm hoping that we can get that part

2073

01:12:20,630 --> 01:12:19,040

worked out right well you know i know

2074

01:12:22,790 --> 01:12:20,640

what you mean and this might be very

2075

01:12:24,630 --> 01:12:22,800

cocky to say but when i was younger

2076

01:12:27,110 --> 01:12:24,640

i had that before because i was always

2077

01:12:29,430 --> 01:12:27,120

so wanting to be

2078

01:12:30,550 --> 01:12:29,440

agreeable with people you know but after

2079

01:12:32,229 --> 01:12:30,560

a while um

2080

01:12:35,030 --> 01:12:32,239

you know and then with my experiences

2081

01:12:37,270 --> 01:12:35,040

that everybody i think knows about

2082

01:12:39,110 --> 01:12:37,280

i just kind of stopped giving up

2083

01:12:40,470 --> 01:12:39,120

something i don't want to cuss right now

2084

01:12:42,149 --> 01:12:40,480

but anyway

2085

01:12:43,669 --> 01:12:42,159

you know because it's one of these

2086

01:12:45,430 --> 01:12:43,679

things it's like i'm happy you know it's

2087

01:12:47,030 --> 01:12:45,440

like i'm always happy i wake up in the

2088

01:12:47,350 --> 01:12:47,040

morning and my wife just looks at me

2089

01:12:50,870 --> 01:12:47,360

like

2090

01:12:52,310 --> 01:12:50,880

oh goodness what she's happy too but uh

2091

01:12:54,470 --> 01:12:52,320

i'm just talking about recently it's

2092

01:12:55,189 --> 01:12:54,480

just she can't sleep very well and

2093

01:12:57,430 --> 01:12:55,199

baby's

2094

01:12:58,229 --> 01:12:57,440

you know kicking her all night and all

2095

01:13:00,630 --> 01:12:58,239

kinds of stuff

2096

01:13:01,590 --> 01:13:00,640

and i'm just like hey let's go start the

2097

01:13:03,910 --> 01:13:01,600

day

2098

01:13:05,189 --> 01:13:03,920

you know and um but anyway the second

2099

01:13:06,950 --> 01:13:05,199

question i had

2100

01:13:09,030 --> 01:13:06,960

and thank you also very much for going

2101

01:13:11,910 --> 01:13:09,040

into on that great detail

2102

01:13:13,030 --> 01:13:11,920

when i um asked the first one about uh

2103

01:13:15,669 --> 01:13:13,040

atlantis and

2104

01:13:17,189 --> 01:13:15,679

lemuria but what i wanted to ask was

2105

01:13:17,990 --> 01:13:17,199

this is something i heard i don't know

2106

01:13:20,790 --> 01:13:18,000

if you can speak

2107

01:13:22,229 --> 01:13:20,800

on this and if not you know i understand

2108

01:13:25,430 --> 01:13:22,239

this was a while back

2109

01:13:27,590 --> 01:13:25,440

and this this was so intriguing to me

2110

01:13:29,910 --> 01:13:27,600

because this was the first time that

2111

01:13:33,350 --> 01:13:29,920

kind of

2112

01:13:36,470 --> 01:13:33,360

bursted my bubble on time and age

2113

01:13:39,830 --> 01:13:36,480

which was the claim that there are still

2114

01:13:40,229 --> 01:13:39,840

atlanteans walking among us and i was

2115

01:13:42,630 --> 01:13:40,239

like

2116

01:13:43,350 --> 01:13:42,640

whoa you know that you know so do you

2117

01:13:45,350 --> 01:13:43,360

know anything

2118

01:13:46,950 --> 01:13:45,360

regarding did they have a similar

2119

01:13:49,270 --> 01:13:46,960

lifespans as we did

2120

01:13:51,430 --> 01:13:49,280

you know is this just another you know

2121

01:13:53,270 --> 01:13:51,440

uh rumor or whatever i mean that

2122

01:13:54,470 --> 01:13:53,280

like i said i just kept it back of my

2123

01:13:56,470 --> 01:13:54,480

head as a story

2124

01:13:58,229 --> 01:13:56,480

i have not you know heard or seen

2125

01:13:59,350 --> 01:13:58,239

anything since that i had approved so

2126

01:14:01,350 --> 01:13:59,360

disproves it but

2127

01:14:03,270 --> 01:14:01,360

i figured i'll bring it up to you if you

2128

01:14:06,310 --> 01:14:03,280

might have any information on that

2129

01:14:07,669 --> 01:14:06,320

that there's still because they the the

2130

01:14:10,390 --> 01:14:07,679

whole

2131

01:14:11,430 --> 01:14:10,400

concept of that idea was that they they

2132

01:14:14,630 --> 01:14:11,440

did have a

2133

01:14:17,669 --> 01:14:14,640

longer lives than we do and that

2134

01:14:20,070 --> 01:14:17,679

whatever catastrophe you know

2135

01:14:20,870 --> 01:14:20,080

catastrophic event happened during that

2136

01:14:23,350 --> 01:14:20,880

time

2137

01:14:24,550 --> 01:14:23,360

they some managed to survive and are

2138

01:14:26,470 --> 01:14:24,560

still kind of

2139

01:14:28,149 --> 01:14:26,480

living living our lives because they

2140

01:14:31,510 --> 01:14:28,159

supposedly looked very similar

2141

01:14:32,950 --> 01:14:31,520

to to us so anyway that's i hope i've

2142

01:14:34,630 --> 01:14:32,960

given you enough background information

2143

01:14:36,470 --> 01:14:34,640

if you can speak on that great if not i

2144

01:14:38,790 --> 01:14:36,480

perfectly understand

2145

01:14:40,390 --> 01:14:38,800

oh no i i would be happy to because

2146

01:14:44,070 --> 01:14:40,400

actually i can speak to that

2147

01:14:47,110 --> 01:14:44,080

and from my experience and in

2148

01:14:48,790 --> 01:14:47,120

research that atlanteans are very much

2149

01:14:50,310 --> 01:14:48,800

alive and walking among us in fact i'm

2150

01:14:53,030 --> 01:14:50,320

an atlantean technically

2151

01:14:53,430 --> 01:14:53,040

i mean i think a lot of us are but i

2152

01:14:56,310 --> 01:14:53,440

think

2153

01:14:57,350 --> 01:14:56,320

from the way the question is phrased

2154

01:14:59,270 --> 01:14:57,360

that

2155

01:15:00,709 --> 01:14:59,280

some of the people who may be describing

2156

01:15:02,790 --> 01:15:00,719

that

2157

01:15:04,310 --> 01:15:02,800

atlanteans are still walking among us

2158

01:15:06,870 --> 01:15:04,320

you know it seemed like there might

2159

01:15:08,070 --> 01:15:06,880

be a very physical way of looking at it

2160

01:15:11,189 --> 01:15:08,080

because

2161

01:15:13,990 --> 01:15:11,199

i don't know for sure if there are

2162

01:15:14,550 --> 01:15:14,000

atlanteans among us who are still in

2163

01:15:18,070 --> 01:15:14,560

their

2164

01:15:20,390 --> 01:15:18,080

same physical form that they were in

2165

01:15:21,990 --> 01:15:20,400

back during that time right right

2166

01:15:25,030 --> 01:15:22,000

because i mean that would be a very

2167

01:15:28,149 --> 01:15:25,040

long time to maintain a physical form

2168

01:15:30,950 --> 01:15:28,159

of physical vehicle and i don't think

2169

01:15:31,590 --> 01:15:30,960

that there are very many probably if uh

2170

01:15:34,709 --> 01:15:31,600

any

2171

01:15:37,590 --> 01:15:34,719

that are i mean even some of the

2172

01:15:38,870 --> 01:15:37,600

you know most prominent immortals that i

2173

01:15:41,590 --> 01:15:38,880

know of i don't know of

2174

01:15:42,790 --> 01:15:41,600

any that are 10 000 years old i mean

2175

01:15:44,550 --> 01:15:42,800

they'd have to be

2176

01:15:46,149 --> 01:15:44,560

well it would be 10 000 bc so they'll be

2177

01:15:48,229 --> 01:15:46,159

12 000 years old

2178

01:15:49,270 --> 01:15:48,239

you know and i'm not sure what the

2179

01:15:51,110 --> 01:15:49,280

purpose would be

2180

01:15:52,950 --> 01:15:51,120

for maintaining a physical form that

2181

01:15:55,030 --> 01:15:52,960

long even babaji who

2182

01:15:56,470 --> 01:15:55,040

i believe is thousands of years old i

2183

01:15:59,270 --> 01:15:56,480

don't believe stays

2184

01:16:00,390 --> 01:15:59,280

in the physical form all the time i

2185

01:16:02,630 --> 01:16:00,400

think he may

2186

01:16:03,990 --> 01:16:02,640

transition into an energy form and then

2187

01:16:05,910 --> 01:16:04,000

back into a physical form

2188

01:16:07,430 --> 01:16:05,920

and so i'm not and you know that was

2189

01:16:08,709 --> 01:16:07,440

common actually during the time period

2190

01:16:10,390 --> 01:16:08,719

atlantis that's what i was talking about

2191

01:16:13,590 --> 01:16:10,400

before where

2192

01:16:15,270 --> 01:16:13,600

uh there were people who were very

2193

01:16:16,550 --> 01:16:15,280

kind of entrenched in the physical form

2194

01:16:17,430 --> 01:16:16,560

where they couldn't come and go as they

2195

01:16:20,149 --> 01:16:17,440

pleased

2196

01:16:21,669 --> 01:16:20,159

walking down the street with people who

2197

01:16:23,110 --> 01:16:21,679

could come and go whenever they wanted

2198

01:16:24,709 --> 01:16:23,120

you know they could de-materialize their

2199

01:16:26,550 --> 01:16:24,719

body and re-materialize it and things

2200

01:16:29,669 --> 01:16:26,560

like that they were very proficient

2201

01:16:32,950 --> 01:16:29,679

and so there was there was this

2202

01:16:36,149 --> 01:16:32,960

difference in energetic spirituality and

2203

01:16:37,189 --> 01:16:36,159

and ability during that time and there

2204

01:16:39,750 --> 01:16:37,199

are still some

2205

01:16:41,430 --> 01:16:39,760

entities i know on this planet who are

2206

01:16:43,189 --> 01:16:41,440

capable of

2207

01:16:44,550 --> 01:16:43,199

maintaining their physical form for very

2208

01:16:45,910 --> 01:16:44,560

long periods of time much longer than

2209

01:16:48,390 --> 01:16:45,920

what we would be normally

2210

01:16:49,669 --> 01:16:48,400

accustomed to you know hundreds of years

2211

01:16:52,470 --> 01:16:49,679

and so

2212

01:16:52,870 --> 01:16:52,480

i actually believe you know some of

2213

01:16:54,790 --> 01:16:52,880

those

2214

01:16:56,149 --> 01:16:54,800

um characters in the bible may have

2215

01:16:57,669 --> 01:16:56,159

actually been

2216

01:16:59,350 --> 01:16:57,679

you know it was figurative but also

2217

01:17:00,630 --> 01:16:59,360

literal at the same time where

2218

01:17:02,149 --> 01:17:00,640

you know the bible does that a lot of

2219

01:17:03,189 --> 01:17:02,159

times it operates on more than one level

2220

01:17:06,229 --> 01:17:03,199

you know people who live

2221

01:17:07,110 --> 01:17:06,239

450 years or 900 years you know um you

2222

01:17:08,470 --> 01:17:07,120

know

2223

01:17:10,149 --> 01:17:08,480

earlier in my life i thought oh well

2224

01:17:12,149 --> 01:17:10,159

that's just like uh you know a

2225

01:17:14,390 --> 01:17:12,159

figurative representation but

2226

01:17:16,630 --> 01:17:14,400

you know learning about metaphysics more

2227

01:17:19,510 --> 01:17:16,640

in depth i think it's even possible

2228

01:17:19,910 --> 01:17:19,520

that somebody could get to that level

2229

01:17:22,229 --> 01:17:19,920

but

2230

01:17:23,350 --> 01:17:22,239

like i mentioned i have had an atlantean

2231

01:17:25,669 --> 01:17:23,360

past lifetime

2232

01:17:27,669 --> 01:17:25,679

and so i am an atlantean i'm walking

2233

01:17:28,630 --> 01:17:27,679

among you you've even sat with me before

2234

01:17:31,110 --> 01:17:28,640

you know so

2235

01:17:33,110 --> 01:17:31,120

so technically i am in atlanta but i

2236

01:17:35,189 --> 01:17:33,120

also know i've had multiple lifetimes

2237

01:17:36,070 --> 01:17:35,199

between that time period and now because

2238

01:17:38,390 --> 01:17:36,080

i've had

2239

01:17:39,990 --> 01:17:38,400

those past life readings done and you

2240

01:17:41,030 --> 01:17:40,000

know i've been in spain i've been in

2241

01:17:42,310 --> 01:17:41,040

england i've been

2242

01:17:44,709 --> 01:17:42,320

in russia i've been all these different

2243

01:17:48,870 --> 01:17:44,719

places and so if you think about it

2244

01:17:51,430 --> 01:17:48,880

that we're curious creatures we're

2245

01:17:53,350 --> 01:17:51,440

curious beings you know so if if you're

2246

01:17:55,750 --> 01:17:53,360

curious and you're an explorer

2247

01:17:56,709 --> 01:17:55,760

and you want to create and experience an

2248

01:17:59,669 --> 01:17:56,719

experiment

2249

01:18:00,950 --> 01:17:59,679

you don't want to just stay in one place

2250

01:18:03,510 --> 01:18:00,960

all the time

2251

01:18:05,430 --> 01:18:03,520

and so you know i grew up in the united

2252

01:18:07,030 --> 01:18:05,440

states this lifetime well

2253

01:18:08,709 --> 01:18:07,040

i may want to go somewhere else i might

2254

01:18:09,830 --> 01:18:08,719

want to go to africa next lifetime or

2255

01:18:12,870 --> 01:18:09,840

australia

2256

01:18:16,229 --> 01:18:12,880

or you know back to europe you know i

2257

01:18:18,550 --> 01:18:16,239

who knows where i'll go but i'll

2258

01:18:20,470 --> 01:18:18,560

probably look at the planet

2259

01:18:21,990 --> 01:18:20,480

look at what's going on different places

2260

01:18:22,790 --> 01:18:22,000

think about what i want to do with my

2261

01:18:25,590 --> 01:18:22,800

life

2262

01:18:26,870 --> 01:18:25,600

and then choose where i want to go based

2263

01:18:28,310 --> 01:18:26,880

on that you know so

2264

01:18:30,550 --> 01:18:28,320

the thing is the population of the

2265

01:18:34,149 --> 01:18:30,560

planet is so large now i mean

2266

01:18:38,149 --> 01:18:34,159

um you know with almost seven you know

2267

01:18:39,910 --> 01:18:38,159

seven billion people it's it's like um

2268

01:18:42,149 --> 01:18:39,920

there there probably are a lot of people

2269

01:18:42,870 --> 01:18:42,159

alive now who were not with us during

2270

01:18:46,709 --> 01:18:42,880

the time period

2271

01:18:50,229 --> 01:18:46,719

atlantis but i would say anybody who

2272

01:18:53,350 --> 01:18:50,239

is really interested in spirituality

2273

01:18:54,149 --> 01:18:53,360

who is focused on metaphysical

2274

01:18:57,510 --> 01:18:54,159

development

2275

01:18:58,870 --> 01:18:57,520

and and aware of being a spiritual being

2276

01:18:59,669 --> 01:18:58,880

things like that you know those are

2277

01:19:02,390 --> 01:18:59,679

probably

2278

01:19:04,229 --> 01:19:02,400

people who were around during the time

2279

01:19:05,590 --> 01:19:04,239

period of atlantis because that was as i

2280

01:19:09,350 --> 01:19:05,600

mentioned that was a time

2281

01:19:12,149 --> 01:19:09,360

when that kind of um dichotomy of

2282

01:19:14,070 --> 01:19:12,159

experience was very prevalent so

2283

01:19:15,189 --> 01:19:14,080

at the same time you know i'm i'm not

2284

01:19:17,669 --> 01:19:15,199

discounting

2285

01:19:19,110 --> 01:19:17,679

what you're asking or what you know

2286

01:19:21,669 --> 01:19:19,120

wherever the information is

2287

01:19:22,149 --> 01:19:21,679

where the idea came from because like i

2288

01:19:24,149 --> 01:19:22,159

said

2289

01:19:25,350 --> 01:19:24,159

there could be some individual i don't

2290

01:19:27,590 --> 01:19:25,360

think there's a lot

2291

01:19:28,550 --> 01:19:27,600

of them especially someone who would

2292

01:19:30,470 --> 01:19:28,560

maintain that

2293

01:19:32,470 --> 01:19:30,480

that body for that long i think there

2294

01:19:35,430 --> 01:19:32,480

would just be maybe a handful

2295

01:19:36,070 --> 01:19:35,440

but i think there's a far far greater

2296

01:19:39,590 --> 01:19:36,080

number

2297

01:19:41,910 --> 01:19:39,600

of people who were

2298

01:19:43,590 --> 01:19:41,920

with us at that time of atlantis and who

2299

01:19:44,390 --> 01:19:43,600

have gone through multiple lifetimes

2300

01:19:45,990 --> 01:19:44,400

since then

2301

01:19:47,750 --> 01:19:46,000

you know if you think of a lifespan

2302

01:19:51,669 --> 01:19:47,760

being maybe

2303

01:19:52,950 --> 01:19:51,679

50 or 60 years and sometimes shorter so

2304

01:19:54,149 --> 01:19:52,960

you know you might have a really short

2305

01:19:55,590 --> 01:19:54,159

lifetime for some

2306

01:19:57,669 --> 01:19:55,600

reason or you might have a really long

2307

01:20:00,550 --> 01:19:57,679

lifetime but you know you figure

2308

01:20:00,950 --> 01:20:00,560

maybe about every 100 years going

2309

01:20:04,790 --> 01:20:00,960

through

2310

01:20:07,590 --> 01:20:04,800

a cycle then you know just since

2311

01:20:08,229 --> 01:20:07,600

uh the time of jesus you know you could

2312

01:20:09,910 --> 01:20:08,239

have

2313

01:20:12,550 --> 01:20:09,920

20 lifetimes or something like that over

2314

01:20:14,790 --> 01:20:12,560

the last 2000 years so

2315

01:20:16,070 --> 01:20:14,800

you know we could have all these

2316

01:20:18,229 --> 01:20:16,080

different experiences

2317

01:20:19,830 --> 01:20:18,239

and um you know there could be long

2318

01:20:21,030 --> 01:20:19,840

periods of time that we don't come into

2319

01:20:23,030 --> 01:20:21,040

a physical life too

2320

01:20:24,709 --> 01:20:23,040

you know like if there was a uh some

2321

01:20:27,750 --> 01:20:24,719

kind of cataclysmic event

2322

01:20:30,310 --> 01:20:27,760

and there's not a lot of uh people

2323

01:20:31,750 --> 01:20:30,320

to come into to give birth you know

2324

01:20:33,669 --> 01:20:31,760

there might be a lot of

2325

01:20:35,189 --> 01:20:33,679

you know entities just kind of hanging

2326

01:20:37,430 --> 01:20:35,199

out waiting for

2327

01:20:39,110 --> 01:20:37,440

a vehicle and that may account for part

2328

01:20:40,310 --> 01:20:39,120

of our population boom now you know

2329

01:20:42,070 --> 01:20:40,320

there's probably

2330

01:20:43,750 --> 01:20:42,080

a lot of entities kind of hanging out

2331

01:20:45,910 --> 01:20:43,760

waiting for a way to come in

2332

01:20:46,870 --> 01:20:45,920

and we're just at a point where there's

2333

01:20:50,149 --> 01:20:46,880

more people

2334

01:20:51,590 --> 01:20:50,159

in at one time than what we've had

2335

01:20:53,110 --> 01:20:51,600

before but we also know

2336

01:20:54,790 --> 01:20:53,120

from different accounts you know the

2337

01:20:56,790 --> 01:20:54,800

population the planet has reached

2338

01:20:57,910 --> 01:20:56,800

into the millions different times you

2339

01:21:02,149 --> 01:20:57,920

know this is

2340

01:21:04,070 --> 01:21:02,159

possibly the highest human population

2341

01:21:05,430 --> 01:21:04,080

ever you know i don't think atlantis got

2342

01:21:06,870 --> 01:21:05,440

anywhere close to this i think it was

2343

01:21:08,310 --> 01:21:06,880

just in the millions but

2344

01:21:10,149 --> 01:21:08,320

i think this could be the first time in

2345

01:21:11,430 --> 01:21:10,159

our history you know we reached into the

2346

01:21:11,990 --> 01:21:11,440

billions so it'd be kind of interesting

2347

01:21:13,750 --> 01:21:12,000

to see

2348

01:21:15,030 --> 01:21:13,760

where that goes but again it's another

2349

01:21:18,070 --> 01:21:15,040

new adventure right

2350

01:21:21,270 --> 01:21:18,080

right it's uh you know it i mean again

2351

01:21:24,629 --> 01:21:21,280

it might kind of uh echo back

2352

01:21:28,390 --> 01:21:24,639

to this idea that we are in this

2353

01:21:30,709 --> 01:21:28,400

long sort of um contemplation

2354

01:21:31,750 --> 01:21:30,719

of physical experience know that the

2355

01:21:34,790 --> 01:21:31,760

people are

2356

01:21:37,830 --> 01:21:34,800

so um attracted to

2357

01:21:40,470 --> 01:21:37,840

and um focused

2358

01:21:41,590 --> 01:21:40,480

on that we are having a physical

2359

01:21:44,470 --> 01:21:41,600

experience

2360

01:21:45,350 --> 01:21:44,480

you know but the the key i believe our

2361

01:21:48,709 --> 01:21:45,360

future

2362

01:21:50,870 --> 01:21:48,719

lies in realizing that we are spiritual

2363

01:21:51,590 --> 01:21:50,880

beings and that we are a spiritual being

2364

01:21:54,229 --> 01:21:51,600

having a

2365

01:21:55,510 --> 01:21:54,239

physical experience so it doesn't change

2366

01:21:56,310 --> 01:21:55,520

the fact that we're having a physical

2367

01:21:58,629 --> 01:21:56,320

experience

2368

01:22:01,030 --> 01:21:58,639

but we're adding on to it we're reaching

2369

01:22:03,590 --> 01:22:01,040

beyond it and i think that

2370

01:22:04,629 --> 01:22:03,600

the the discoveries the awarenesses the

2371

01:22:05,830 --> 01:22:04,639

realizations that we're having in

2372

01:22:09,669 --> 01:22:05,840

quantum physics

2373

01:22:12,550 --> 01:22:09,679

and and the areas of um

2374

01:22:13,669 --> 01:22:12,560

you know both um astrophysics and

2375

01:22:15,189 --> 01:22:13,679

quantum effects i think it's very

2376

01:22:17,750 --> 01:22:15,199

exciting

2377

01:22:18,390 --> 01:22:17,760

and that i believe a lot of those things

2378

01:22:20,390 --> 01:22:18,400

are becoming

2379

01:22:22,149 --> 01:22:20,400

possible because our consciousness as a

2380

01:22:25,669 --> 01:22:22,159

whole is shifting back toward the

2381

01:22:27,990 --> 01:22:25,679

realization of who we are and as we

2382

01:22:29,350 --> 01:22:28,000

realize that we're a spiritual being we

2383

01:22:30,870 --> 01:22:29,360

become aware

2384

01:22:33,910 --> 01:22:30,880

of these deeper energies i mean if you

2385

01:22:36,470 --> 01:22:33,920

think about it the the idea for atoms

2386

01:22:37,110 --> 01:22:36,480

was around for 2000 years but it was

2387

01:22:39,270 --> 01:22:37,120

only

2388

01:22:40,149 --> 01:22:39,280

the last hundred years that we were able

2389

01:22:42,310 --> 01:22:40,159

to really

2390

01:22:44,470 --> 01:22:42,320

prove that there are atoms and then look

2391

01:22:46,550 --> 01:22:44,480

at you know the the subatomic

2392

01:22:48,149 --> 01:22:46,560

particles and the quantum particles and

2393

01:22:50,310 --> 01:22:48,159

understand quantum physics and

2394

01:22:53,750 --> 01:22:50,320

relativity all these things

2395

01:22:55,270 --> 01:22:53,760

that we are understanding and yet even

2396

01:22:57,189 --> 01:22:55,280

though quantum mechanics was developed a

2397

01:22:59,189 --> 01:22:57,199

hundred years ago

2398

01:23:01,189 --> 01:22:59,199

we weren't really able to do a lot with

2399

01:23:02,550 --> 01:23:01,199

that we just had an awareness of like

2400

01:23:02,950 --> 01:23:02,560

okay yeah it gets really weird down

2401

01:23:04,629 --> 01:23:02,960

there

2402

01:23:06,470 --> 01:23:04,639

you know well now we're starting to

2403

01:23:07,910 --> 01:23:06,480

develop applications and so we're kind

2404

01:23:09,590 --> 01:23:07,920

of getting the point where i think we're

2405

01:23:12,550 --> 01:23:09,600

almost ready for a new leap

2406

01:23:13,669 --> 01:23:12,560

and i think part of that too is

2407

01:23:15,110 --> 01:23:13,679

understanding that

2408

01:23:16,709 --> 01:23:15,120

spiritual connection that our

2409

01:23:19,669 --> 01:23:16,719

consciousness is

2410

01:23:22,390 --> 01:23:19,679

literally affecting the probabilities at

2411

01:23:24,709 --> 01:23:22,400

the quantum level that's where our mind

2412

01:23:26,709 --> 01:23:24,719

actually begins to interact with matter

2413

01:23:29,510 --> 01:23:26,719

that's why things get so weird there

2414

01:23:30,629 --> 01:23:29,520

because particles are blipping in and

2415

01:23:33,750 --> 01:23:30,639

out of existence

2416

01:23:35,189 --> 01:23:33,760

and you know when they disappear the

2417

01:23:37,990 --> 01:23:35,199

information is still there

2418

01:23:38,950 --> 01:23:38,000

so the information is going somewhere

2419

01:23:40,629 --> 01:23:38,960

it's not just

2420

01:23:42,950 --> 01:23:40,639

disappearing completely otherwise the

2421

01:23:43,510 --> 01:23:42,960

particle would have no form to come back

2422

01:23:45,350 --> 01:23:43,520

to

2423

01:23:47,110 --> 01:23:45,360

so the fact that these virtual particles

2424

01:23:48,709 --> 01:23:47,120

are blipping in existence and

2425

01:23:50,709 --> 01:23:48,719

you know we have quantum entanglement

2426

01:23:52,390 --> 01:23:50,719

where uh particles

2427

01:23:53,990 --> 01:23:52,400

once they've interacted with each other

2428

01:23:55,510 --> 01:23:54,000

they stay connected to each other even

2429

01:23:58,950 --> 01:23:55,520

at vast distances

2430

01:24:00,790 --> 01:23:58,960

all these things uh speak to

2431

01:24:02,229 --> 01:24:00,800

paranormal experiences metaphysical

2432

01:24:03,030 --> 01:24:02,239

experiences that we've talked about

2433

01:24:05,189 --> 01:24:03,040

where

2434

01:24:06,790 --> 01:24:05,199

you know we talk about how somebody

2435

01:24:08,629 --> 01:24:06,800

walks into a room and

2436

01:24:10,149 --> 01:24:08,639

maybe they have a lot of emotional

2437

01:24:11,830 --> 01:24:10,159

energy about something

2438

01:24:13,350 --> 01:24:11,840

and then they can leave the room well

2439

01:24:14,149 --> 01:24:13,360

somebody else can actually walk into

2440

01:24:15,990 --> 01:24:14,159

that room again

2441

01:24:17,830 --> 01:24:16,000

having no conscious knowledge that that

2442

01:24:19,430 --> 01:24:17,840

person has been there and they can pick

2443

01:24:20,790 --> 01:24:19,440

up on that residual energy that the

2444

01:24:22,229 --> 01:24:20,800

person left behind because when that

2445

01:24:23,910 --> 01:24:22,239

person is in the room

2446

01:24:25,350 --> 01:24:23,920

they're broadcasting all this energy

2447

01:24:28,550 --> 01:24:25,360

that energy is

2448

01:24:31,590 --> 01:24:28,560

interacting with and affecting the walls

2449

01:24:32,070 --> 01:24:31,600

the the furniture everything in that

2450

01:24:34,310 --> 01:24:32,080

room

2451
01:24:35,350 --> 01:24:34,320
is changed because that person was in

2452
01:24:37,350 --> 01:24:35,360
there that's

2453
01:24:38,950 --> 01:24:37,360
that's true for all of us no matter

2454
01:24:39,910 --> 01:24:38,960
where we go we're always changing things

2455
01:24:43,110 --> 01:24:39,920
no matter where we

2456
01:24:44,870 --> 01:24:43,120
are but it just depends on the extent to

2457
01:24:46,470 --> 01:24:44,880
which we do it you know if

2458
01:24:48,229 --> 01:24:46,480
what i was describing is somebody having

2459
01:24:49,430 --> 01:24:48,239
a peak emotional experience maybe they

2460
01:24:51,430 --> 01:24:49,440
were really upset

2461
01:24:53,350 --> 01:24:51,440
because they were angry or sad or in

2462
01:24:54,310 --> 01:24:53,360
grief because maybe they lost someone or

2463
01:24:56,629 --> 01:24:54,320

something like that

2464

01:24:58,390 --> 01:24:56,639

they had a high level of energy a high

2465

01:25:00,390 --> 01:24:58,400

level of emotional energy

2466

01:25:01,990 --> 01:25:00,400

and so they had a big impact on that

2467

01:25:03,350 --> 01:25:02,000

room you know that makes it easier for

2468

01:25:04,550 --> 01:25:03,360

somebody to come in and pick that up

2469

01:25:06,070 --> 01:25:04,560

but even when you're coming in and

2470

01:25:07,830 --> 01:25:06,080

you're just having you know kind of a

2471

01:25:10,870 --> 01:25:07,840

normal day i mean you're

2472

01:25:12,709 --> 01:25:10,880

you're affecting everything in your wake

2473

01:25:14,870 --> 01:25:12,719

no matter where you go what you do there

2474

01:25:16,709 --> 01:25:14,880

is no escaping it we're always affecting

2475

01:25:18,310 --> 01:25:16,719

things every thought that you have

2476

01:25:19,430 --> 01:25:18,320

is affecting the world in some way so

2477

01:25:21,270 --> 01:25:19,440

that's why it's so important for us to

2478

01:25:24,470 --> 01:25:21,280

be disciplined you know when we are

2479

01:25:26,629 --> 01:25:24,480

undisciplined with our thinking and we

2480

01:25:27,750 --> 01:25:26,639

allow ourselves to go into those fear

2481

01:25:30,950 --> 01:25:27,760

thoughts and

2482

01:25:33,110 --> 01:25:30,960

things

2483

01:25:34,629 --> 01:25:33,120

those are unproductive pathways and they

2484

01:25:35,350 --> 01:25:34,639

are affecting the world and so that's

2485

01:25:36,790 --> 01:25:35,360

where

2486

01:25:38,390 --> 01:25:36,800

you know and there could be truth to

2487

01:25:38,870 --> 01:25:38,400

this and i can't really speak to whether

2488

01:25:40,149 --> 01:25:38,880

this is

2489

01:25:41,990 --> 01:25:40,159
absolutely true but it could be a

2490

01:25:44,550 --> 01:25:42,000
component of it but i've heard

2491

01:25:45,750 --> 01:25:44,560
people who are intuitives who are

2492

01:25:47,350 --> 01:25:45,760
suggesting

2493

01:25:49,270 --> 01:25:47,360
that what we're experiencing with

2494

01:25:52,550 --> 01:25:49,280
planetary warming and

2495

01:25:56,149 --> 01:25:52,560
the global climate change is at least

2496

01:25:59,510 --> 01:25:56,159
partly due to the psychic energy

2497

01:26:00,950 --> 01:25:59,520
of humanity as a whole and there could

2498

01:26:01,910 --> 01:26:00,960
be some truth to that because if you

2499

01:26:03,750 --> 01:26:01,920
look at just

2500

01:26:05,510 --> 01:26:03,760
our country you know especially over the

2501
01:26:06,550 --> 01:26:05,520
last 10 years i would say over the last

2502
01:26:09,270 --> 01:26:06,560
10 years

2503
01:26:09,590 --> 01:26:09,280
you know our country has has just become

2504
01:26:13,030 --> 01:26:09,600
so

2505
01:26:14,470 --> 01:26:13,040
polarized and and people

2506
01:26:15,910 --> 01:26:14,480
more and more it seems like they're

2507
01:26:16,310 --> 01:26:15,920
they're not willing to talk to each

2508
01:26:23,430 --> 01:26:16,320
other

2509
01:26:25,750 --> 01:26:23,440
as one group

2510
01:26:27,270 --> 01:26:25,760
and so you know i always say it's the

2511
01:26:29,990 --> 01:26:27,280
human race there's one

2512
01:26:32,149 --> 01:26:30,000
human family we are one species so we've

2513
01:26:34,470 --> 01:26:32,159

got to get back to that realization

2514

01:26:36,310 --> 01:26:34,480

that we are one species and that we have

2515

01:26:37,910 --> 01:26:36,320

far more in common with each other

2516

01:26:40,070 --> 01:26:37,920

than we have these differences but right

2517

01:26:41,750 --> 01:26:40,080

now there's so much attention focused on

2518

01:26:42,709 --> 01:26:41,760

all the differences in the discord and

2519

01:26:45,990 --> 01:26:42,719

things like that

2520

01:26:47,110 --> 01:26:46,000

but it just seems to be amplifying you

2521

01:26:50,390 --> 01:26:47,120

know and the more you stay

2522

01:26:51,030 --> 01:26:50,400

focused on the discord the more discord

2523

01:26:53,030 --> 01:26:51,040

happens

2524

01:26:54,070 --> 01:26:53,040

and so that discord reinforces more

2525

01:26:56,229 --> 01:26:54,080

discord you know so

2526

01:26:57,590 --> 01:26:56,239

it's like this negative feedback loop

2527

01:26:59,750 --> 01:26:57,600

that starts forming

2528

01:27:00,709 --> 01:26:59,760

and so it could be that you know what's

2529

01:27:03,189 --> 01:27:00,719

happening here

2530

01:27:03,990 --> 01:27:03,199

is sort of a microcosm of of the planet

2531

01:27:05,830 --> 01:27:04,000

as a whole

2532

01:27:07,030 --> 01:27:05,840

and all of that is stirring up the

2533

01:27:10,310 --> 01:27:07,040

energy of the planet

2534

01:27:11,990 --> 01:27:10,320

which is is causing warming and and

2535

01:27:13,430 --> 01:27:12,000

unstable weather patterns and things

2536

01:27:15,350 --> 01:27:13,440

because like i said it's all affecting

2537

01:27:17,270 --> 01:27:15,360

things at the quantum level

2538

01:27:18,470 --> 01:27:17,280

which the quantum level there's no

2539

01:27:20,470 --> 01:27:18,480

demarcation point

2540

01:27:21,750 --> 01:27:20,480

between the quantum level and the atomic

2541

01:27:22,950 --> 01:27:21,760

level and the atomic level to the

2542

01:27:25,830 --> 01:27:22,960

molecular level

2543

01:27:27,110 --> 01:27:25,840

so it's like it's all one continuum it's

2544

01:27:29,350 --> 01:27:27,120

one smooth continuum

2545

01:27:30,310 --> 01:27:29,360

so if you start mixing things up at that

2546

01:27:32,950 --> 01:27:30,320

quantum level

2547

01:27:33,430 --> 01:27:32,960

it's going to have the subtle effect on

2548

01:27:35,590 --> 01:27:33,440

the

2549

01:27:37,350 --> 01:27:35,600

atomic level but it will have an effect

2550

01:27:39,189 --> 01:27:37,360

and then that will carry out

2551
01:27:40,709 --> 01:27:39,199
into the molecular level and then by the

2552
01:27:42,629 --> 01:27:40,719
time you get to the molecular level well

2553
01:27:44,149 --> 01:27:42,639
you're talking about the cellular lava

2554
01:27:45,910 --> 01:27:44,159
level to our body you know so you're

2555
01:27:46,550 --> 01:27:45,920
affecting the health of the cells and

2556
01:27:48,550 --> 01:27:46,560
then

2557
01:27:49,830 --> 01:27:48,560
of course the cells collectively affect

2558
01:27:52,709 --> 01:27:49,840
our health overall

2559
01:27:54,709 --> 01:27:52,719
so that's really the basis of where we

2560
01:27:56,790 --> 01:27:54,719
say yes you can affect your health

2561
01:27:58,149 --> 01:27:56,800
with your mind you can affect the health

2562
01:28:00,390 --> 01:27:58,159
of another person

2563
01:28:02,070 --> 01:28:00,400

with your mind and they can be receptive

2564

01:28:03,750 --> 01:28:02,080

to you helping them they can affect

2565

01:28:05,990 --> 01:28:03,760

their own health they can help you

2566

01:28:08,149 --> 01:28:06,000

affect your health you know so that goes

2567

01:28:10,070 --> 01:28:08,159

both ways though because you can

2568

01:28:12,390 --> 01:28:10,080

help your body become healthier or you

2569

01:28:13,910 --> 01:28:12,400

can you know harm your body like i

2570

01:28:15,110 --> 01:28:13,920

talked about some of the attitudes

2571

01:28:17,910 --> 01:28:15,120

earlier

2572

01:28:18,310 --> 01:28:17,920

that can actually create disease you

2573

01:28:20,149 --> 01:28:18,320

know is

2574

01:28:21,510 --> 01:28:20,159

it's like if we're holding on to anger

2575

01:28:23,030 --> 01:28:21,520

you know that that could do a real

2576

01:28:23,750 --> 01:28:23,040

number on the body it's shutting things

2577

01:28:26,550 --> 01:28:23,760

down it's

2578

01:28:27,030 --> 01:28:26,560

it's creating all this toxic energy your

2579

01:28:29,030 --> 01:28:27,040

liver

2580

01:28:30,390 --> 01:28:29,040

and your kidneys are having to try to

2581

01:28:32,070 --> 01:28:30,400

process through all that

2582

01:28:33,910 --> 01:28:32,080

toxic stuff that you're creating with

2583

01:28:34,870 --> 01:28:33,920

your with your hormones and chemicals

2584

01:28:36,149 --> 01:28:34,880

that you're releasing

2585

01:28:38,470 --> 01:28:36,159

holding on to all those negative

2586

01:28:39,830 --> 01:28:38,480

emotions you know so that's where our

2587

01:28:41,669 --> 01:28:39,840

thoughts become physical

2588

01:28:44,070 --> 01:28:41,679

is you know as soon as you have a

2589

01:28:47,110 --> 01:28:44,080

thought and it creates an emotion

2590

01:28:50,550 --> 01:28:47,120

your your hypothalamus is just releasing

2591

01:28:52,629 --> 01:28:50,560

all these um chemicals and stuff into

2592

01:28:54,149 --> 01:28:52,639

your bloodstream and that's having

2593

01:28:55,990 --> 01:28:54,159

an effect that's what creates the

2594

01:28:56,709 --> 01:28:56,000

physical effects that we experience from

2595

01:28:59,430 --> 01:28:56,719

our emotions

2596

01:29:01,590 --> 01:28:59,440

and so when we're holding on to things

2597

01:29:02,790 --> 01:29:01,600

like anger that's toxic i mean we use

2598

01:29:04,629 --> 01:29:02,800

the words we were like

2599

01:29:05,830 --> 01:29:04,639

you know you know that person has a

2600

01:29:08,950 --> 01:29:05,840

really toxic attitude

2601
01:29:10,070 --> 01:29:08,960
you know so it's like we recognize that

2602
01:29:12,550 --> 01:29:10,080
it's creating toxins

2603
01:29:14,229 --> 01:29:12,560
and your body has to process us out and

2604
01:29:15,990 --> 01:29:14,239
if you're doing that all the time

2605
01:29:17,350 --> 01:29:16,000
your liver and your kidneys they get

2606
01:29:19,750 --> 01:29:17,360
fatigued you know they

2607
01:29:20,950 --> 01:29:19,760
they can't process as much they they

2608
01:29:23,910 --> 01:29:20,960
they kind of get

2609
01:29:25,270 --> 01:29:23,920
damaged and then the toxins begin

2610
01:29:28,550 --> 01:29:25,280
building up in the body

2611
01:29:31,669 --> 01:29:28,560
so all those things you know that

2612
01:29:33,830 --> 01:29:31,679
that's recognizing the power of our mind

2613
01:29:35,510 --> 01:29:33,840

and that all goes back to the fact that

2614

01:29:38,550 --> 01:29:35,520

we are these beings of

2615

01:29:41,430 --> 01:29:38,560

energy and light that we exist

2616

01:29:42,310 --> 01:29:41,440

beyond the physical realm that there are

2617

01:29:44,070 --> 01:29:42,320

these

2618

01:29:45,350 --> 01:29:44,080

higher energetic dimensions that are

2619

01:29:47,270 --> 01:29:45,360

non-physical that's why

2620

01:29:49,669 --> 01:29:47,280

einstein recognized that the speed limit

2621

01:29:52,470 --> 01:29:49,679

of the universe is the speed of light

2622

01:29:53,270 --> 01:29:52,480

but that's because i believe what's

2623

01:29:56,470 --> 01:29:53,280

going to be

2624

01:29:56,870 --> 01:29:56,480

discovered is that the speed of light is

2625

01:30:00,070 --> 01:29:56,880

the

2626
01:30:03,189 --> 01:30:00,080
physical world and

2627
01:30:03,669 --> 01:30:03,199
as we move past that point then we start

2628
01:30:06,390 --> 01:30:03,679
to move

2629
01:30:07,910 --> 01:30:06,400
into those super physical realms and so

2630
01:30:08,149 --> 01:30:07,920
people have different ways of describing

2631
01:30:17,750 --> 01:30:08,159
it

2632
01:30:20,149 --> 01:30:17,760
dimensions and so

2633
01:30:20,790 --> 01:30:20,159
we are multi-dimensional and so part of

2634
01:30:22,870 --> 01:30:20,800
that is

2635
01:30:24,629 --> 01:30:22,880
is learning how to align our

2636
01:30:26,310 --> 01:30:24,639
consciousness so that we can

2637
01:30:28,550 --> 01:30:26,320
tune into that and that's where like the

2638
01:30:29,590 --> 01:30:28,560

ability of astral projection comes in

2639

01:30:31,830 --> 01:30:29,600

like you can do that while you're

2640

01:30:35,270 --> 01:30:31,840

sleeping or even just consciously and

2641

01:30:36,950 --> 01:30:35,280

when i start first

2642

01:30:39,110 --> 01:30:36,960

had my first experience with astral

2643

01:30:41,430 --> 01:30:39,120

projection that was

2644

01:30:42,390 --> 01:30:41,440

one of the first experiences that i had

2645

01:30:45,590 --> 01:30:42,400

that proved

2646

01:30:47,110 --> 01:30:45,600

to me that i was a being

2647

01:30:48,709 --> 01:30:47,120

of energy that i could separate my

2648

01:30:51,030 --> 01:30:48,719

consciousness from my body

2649

01:30:51,910 --> 01:30:51,040

and still be alive and so that was

2650

01:30:54,550 --> 01:30:51,920

exciting for me

2651
01:30:56,470 --> 01:30:54,560
in some ways but you know i didn't want

2652
01:30:58,550 --> 01:30:56,480
to go out and do all these adventures

2653
01:31:02,470 --> 01:30:58,560
and stuff with astral travel

2654
01:31:04,390 --> 01:31:02,480
but um to me the whole

2655
01:31:06,229 --> 01:31:04,400
value the the point of the experience

2656
01:31:09,430 --> 01:31:06,239
was to

2657
01:31:11,110 --> 01:31:09,440
have a an experience where i knew

2658
01:31:12,790 --> 01:31:11,120
that i was a being of energy instead of

2659
01:31:14,149 --> 01:31:12,800
just believing that i was a being of

2660
01:31:15,510 --> 01:31:14,159
energy but once i could

2661
01:31:17,750 --> 01:31:15,520
experience that separation of my

2662
01:31:20,390 --> 01:31:17,760
consciousness from my body

2663
01:31:21,830 --> 01:31:20,400

i knew it's like yeah you know i i

2664

01:31:24,790 --> 01:31:21,840

believed it

2665

01:31:26,550 --> 01:31:24,800

and part of me inside i'm like yeah that

2666

01:31:27,590 --> 01:31:26,560

makes sense to me something really rings

2667

01:31:30,229 --> 01:31:27,600

true

2668

01:31:31,910 --> 01:31:30,239

but i couldn't really say well i've had

2669

01:31:33,590 --> 01:31:31,920

an experience where i've

2670

01:31:35,990 --> 01:31:33,600

separated my consciousness from my body

2671

01:31:39,030 --> 01:31:36,000

but now i have you know so

2672

01:31:41,270 --> 01:31:39,040

it it took me a lot of time i i

2673

01:31:43,270 --> 01:31:41,280

didn't really come into this life with

2674

01:31:43,990 --> 01:31:43,280

all my whistles and bells turned on so

2675

01:31:46,470 --> 01:31:44,000

to speak you know i'm

2676

01:31:47,910 --> 01:31:46,480

sort of like a practical down-to-earth

2677

01:31:50,709 --> 01:31:47,920

intuitive where

2678

01:31:51,510 --> 01:31:50,719

a lot of my intuitive experiences i had

2679

01:31:53,030 --> 01:31:51,520

to earn

2680

01:31:54,550 --> 01:31:53,040

you know i had to work hard and earn

2681

01:31:56,229 --> 01:31:54,560

them i think that's true for most people

2682

01:31:58,070 --> 01:31:56,239

where

2683

01:31:59,590 --> 01:31:58,080

you know we have to put the work in and

2684

01:32:02,149 --> 01:31:59,600

like i said it all goes back to those

2685

01:32:03,830 --> 01:32:02,159

basics of the hardest part i think is

2686

01:32:05,430 --> 01:32:03,840

is learning how to get control of the

2687

01:32:06,390 --> 01:32:05,440

conscious mind so you can take all those

2688

01:32:07,910 --> 01:32:06,400

thoughts that are just

2689

01:32:10,629 --> 01:32:07,920

buzzing around like a bunch of angry

2690

01:32:13,110 --> 01:32:10,639

bees all the time distracting us

2691

01:32:14,070 --> 01:32:13,120

you know it's it's like getting all that

2692

01:32:17,189 --> 01:32:14,080

to just become

2693

01:32:19,189 --> 01:32:17,199

very very quiet and finally get

2694

01:32:21,270 --> 01:32:19,199

a chance to sort of listen in between

2695

01:32:22,550 --> 01:32:21,280

those spaces in between the thoughts

2696

01:32:24,229 --> 01:32:22,560

and then that's where you can start

2697

01:32:25,510 --> 01:32:24,239

seeing some of these things you can get

2698

01:32:26,070 --> 01:32:25,520

to the cashier like we were talking

2699

01:32:29,510 --> 01:32:26,080

about

2700

01:32:31,270 --> 01:32:29,520

and by the way the kasha is where we

2701
01:32:33,110 --> 01:32:31,280
have those astral experiences and it's

2702
01:32:33,910 --> 01:32:33,120
really just a matter of projecting our

2703
01:32:36,950 --> 01:32:33,920
consciousness

2704
01:32:40,070 --> 01:32:36,960
into that realm into that dimension

2705
01:32:43,350 --> 01:32:40,080
and so the akasha is the energy of that

2706
01:32:45,270 --> 01:32:43,360
level and we've we can form

2707
01:32:46,629 --> 01:32:45,280
a body out of that substance kind of

2708
01:32:48,790 --> 01:32:46,639
like we form a body

2709
01:32:50,390 --> 01:32:48,800
out of this substance and then we can

2710
01:32:51,910 --> 01:32:50,400
interact in that level and experience

2711
01:32:54,070 --> 01:32:51,920
things talk to people all those kinds of

2712
01:32:55,669 --> 01:32:54,080
things like we would have here

2713
01:32:57,430 --> 01:32:55,679

but since it's a different dimension a

2714

01:32:59,110 --> 01:32:57,440

different realm our experience is

2715

01:33:01,510 --> 01:32:59,120

obviously very different

2716

01:33:02,709 --> 01:33:01,520

but we can still have those experiences

2717

01:33:05,510 --> 01:33:02,719

and you know so

2718

01:33:06,629 --> 01:33:05,520

again it gets back to that to that idea

2719

01:33:08,629 --> 01:33:06,639

that

2720

01:33:10,470 --> 01:33:08,639

where we are going is being able to go

2721

01:33:12,470 --> 01:33:10,480

back and forth travel back and forth you

2722

01:33:13,590 --> 01:33:12,480

know it's not necessarily forsaking the

2723

01:33:15,270 --> 01:33:13,600

world and

2724

01:33:16,950 --> 01:33:15,280

oh man i'd be glad when i never have to

2725

01:33:19,110 --> 01:33:16,960

come back here you know

2726

01:33:20,070 --> 01:33:19,120

you may develop that ability to go back

2727

01:33:21,750 --> 01:33:20,080

and forth and you may

2728

01:33:23,750 --> 01:33:21,760

want to keep coming back that's what a

2729

01:33:25,750 --> 01:33:23,760

lot of these great teachers have done

2730

01:33:27,189 --> 01:33:25,760

and you know i mentioned like babaji and

2731

01:33:29,430 --> 01:33:27,199

these people um

2732

01:33:30,870 --> 01:33:29,440

you know jesus and people like that the

2733

01:33:33,669 --> 01:33:30,880

buddha who

2734

01:33:34,790 --> 01:33:33,679

came in and they probably had a mission

2735

01:33:41,110 --> 01:33:34,800

to

2736

01:33:42,790 --> 01:33:41,120

experience so they could have a

2737

01:33:47,350 --> 01:33:42,800

spiritual

2738

01:33:48,629 --> 01:33:47,360

this physical experience because we are

2739

01:33:50,709 --> 01:33:48,639

living in a dichotomy

2740

01:33:52,550 --> 01:33:50,719

there's no two ways about that there's

2741

01:33:54,390 --> 01:33:52,560

no way we can get away from that

2742

01:33:55,750 --> 01:33:54,400

we are physical beings we've got a

2743

01:33:58,390 --> 01:33:55,760

physical body that

2744

01:34:00,310 --> 01:33:58,400

is related to the animals that evolved

2745

01:34:00,950 --> 01:34:00,320

on this planet so we've got these animal

2746

01:34:03,110 --> 01:34:00,960

urges

2747

01:34:03,990 --> 01:34:03,120

going on that we've got to be aware of

2748

01:34:06,070 --> 01:34:04,000

that we need to have

2749

01:34:07,669 --> 01:34:06,080

self-control over right you know we have

2750

01:34:10,550 --> 01:34:07,679

animal urges

2751
01:34:11,669 --> 01:34:10,560
and we have animal needs you know we've

2752
01:34:13,830 --> 01:34:11,679
we've got to eat

2753
01:34:15,189 --> 01:34:13,840
regularly we've got to drink and we've

2754
01:34:17,350 --> 01:34:15,199
got to defecate you know

2755
01:34:18,950 --> 01:34:17,360
we do all the animal things right so

2756
01:34:20,790 --> 01:34:18,960
physically speaking

2757
01:34:23,510 --> 01:34:20,800
you can say well yeah this is a mammal

2758
01:34:26,790 --> 01:34:23,520
body it fits the mammal definition

2759
01:34:27,590 --> 01:34:26,800
um it's related to the primates we've

2760
01:34:30,870 --> 01:34:27,600
got

2761
01:34:33,350 --> 01:34:30,880
you know like 98 or more

2762
01:34:36,070 --> 01:34:33,360
of our dna is related to the primates

2763
01:34:38,310 --> 01:34:36,080

and we share like 99.8 percent

2764

01:34:39,189 --> 01:34:38,320

of our dna with other humans you know

2765

01:34:42,229 --> 01:34:39,199

there's only like a

2766

01:34:43,510 --> 01:34:42,239

0.2 difference between you and

2767

01:34:46,070 --> 01:34:43,520

anyone else on the planet you know that

2768

01:34:49,270 --> 01:34:46,080

the differences between us are so

2769

01:34:51,189 --> 01:34:49,280

minut it's it's mind-boggling and

2770

01:34:52,709 --> 01:34:51,199

you know plus the fact that we are all

2771

01:34:54,070 --> 01:34:52,719

spiritual beings you know we're sharing

2772

01:34:56,629 --> 01:34:54,080

this experience together

2773

01:34:57,910 --> 01:34:56,639

so those are some of the realizations

2774

01:35:01,669 --> 01:34:57,920

that i think you're gonna

2775

01:35:05,189 --> 01:35:01,679

really um you know get us a long way but

2776

01:35:07,669 --> 01:35:05,199

but the um the recognition that we can

2777

01:35:08,470 --> 01:35:07,679

shift the probabilities of the world

2778

01:35:11,590 --> 01:35:08,480

with our mind

2779

01:35:14,390 --> 01:35:11,600

is just astounding you know i i remember

2780

01:35:16,070 --> 01:35:14,400

just being amazed by that when i first

2781

01:35:17,350 --> 01:35:16,080

started studying metaphysics and so i do

2782

01:35:19,510 --> 01:35:17,360

little experiments

2783

01:35:20,870 --> 01:35:19,520

and i'm like oh my gosh this is just

2784

01:35:23,189 --> 01:35:20,880

this is too weird

2785

01:35:24,470 --> 01:35:23,199

you know fact is weirder than like the

2786

01:35:24,870 --> 01:35:24,480

strangest fiction i could come up with

2787

01:35:29,270 --> 01:35:24,880

right

2788

01:35:30,790 --> 01:35:29,280

it's like as i'm studying

2789

01:35:32,709 --> 01:35:30,800

quantum physics and getting into that

2790

01:35:33,430 --> 01:35:32,719

that's like my next step that you know

2791

01:35:37,430 --> 01:35:33,440

i'm

2792

01:35:40,550 --> 01:35:37,440

because the math is um

2793

01:35:42,070 --> 01:35:40,560

pretty advanced but i'm working on

2794

01:35:43,830 --> 01:35:42,080

learning about the math so i can

2795

01:35:45,189 --> 01:35:43,840

get deeper into the quantum mechanics

2796

01:35:48,310 --> 01:35:45,199

and the probabilities

2797

01:35:51,510 --> 01:35:48,320

but i'm seeing how that's how we do it

2798

01:35:52,950 --> 01:35:51,520

is that our mind is an energy

2799

01:35:55,030 --> 01:35:52,960

and at quantum mechanics everything is

2800

01:35:56,709 --> 01:35:55,040

just a subtle energy at that level so

2801

01:35:58,870 --> 01:35:56,719

our mind is really just giving it a

2802

01:36:02,550 --> 01:35:58,880

blueprint it's giving it direction

2803

01:36:05,030 --> 01:36:02,560

and then as we give the

2804

01:36:07,189 --> 01:36:05,040

matter direction the energy direction it

2805

01:36:08,790 --> 01:36:07,199

tends to coalesce around that and it's

2806

01:36:11,430 --> 01:36:08,800

it becomes more and more likely to

2807

01:36:14,229 --> 01:36:11,440

coalesce around what we're projecting

2808

01:36:16,070 --> 01:36:14,239

than something random and so the more we

2809

01:36:17,910 --> 01:36:16,080

visualize and the stronger

2810

01:36:20,149 --> 01:36:17,920

our mind is and the more focused we can

2811

01:36:22,950 --> 01:36:20,159

be without becoming distracted

2812

01:36:23,990 --> 01:36:22,960

the more energy gathers around it and

2813

01:36:26,229 --> 01:36:24,000

the faster

2814

01:36:27,669 --> 01:36:26,239

our images will will manifest obviously

2815

01:36:28,790 --> 01:36:27,679

like i said we want to be responsible

2816

01:36:31,830 --> 01:36:28,800

with our thinking

2817

01:36:33,030 --> 01:36:31,840

because if we're prone to fear thoughts

2818

01:36:34,070 --> 01:36:33,040

and anger thoughts things like that

2819

01:36:37,030 --> 01:36:34,080

we're going to create some

2820

01:36:38,629 --> 01:36:37,040

ugly situations but if we can be focused

2821

01:36:40,149 --> 01:36:38,639

with our thinking where we're creating

2822

01:36:42,790 --> 01:36:40,159

positive productive things

2823

01:36:45,430 --> 01:36:42,800

you know we can have more of that in the

2824

01:36:48,390 --> 01:36:45,440

world and that's that's really

2825

01:36:48,870 --> 01:36:48,400

where we are intending to go i think all

2826

01:36:51,030 --> 01:36:48,880

of us

2827

01:36:51,990 --> 01:36:51,040

inside that's where we want to go but we

2828

01:36:53,510 --> 01:36:52,000

get sidetracked

2829

01:36:56,310 --> 01:36:53,520

you know that's that's the thing right

2830

01:36:58,390 --> 01:36:56,320

now but yeah i mean that and like i said

2831

01:37:00,070 --> 01:36:58,400

um manifesting health in the body is

2832

01:37:01,030 --> 01:37:00,080

just another visualization it's another

2833

01:37:03,669 --> 01:37:01,040

manifestation

2834

01:37:04,070 --> 01:37:03,679

just like manifesting a new job you know

2835

01:37:05,830 --> 01:37:04,080

one

2836

01:37:07,430 --> 01:37:05,840

is not more difficult than the other

2837

01:37:08,149 --> 01:37:07,440

it's all just giving your mind a

2838

01:37:09,910 --> 01:37:08,159

direction

2839

01:37:11,590 --> 01:37:09,920

and and you'll find if you do that if

2840

01:37:13,430 --> 01:37:11,600

you apply it to your body you'll find

2841

01:37:15,750 --> 01:37:13,440

your cells

2842

01:37:16,790 --> 01:37:15,760

are thrilled to have direction they they

2843

01:37:18,310 --> 01:37:16,800

welcome it

2844

01:37:20,390 --> 01:37:18,320

and so if you think about your body you

2845

01:37:21,189 --> 01:37:20,400

have trillions of cells each one of them

2846

01:37:22,790 --> 01:37:21,199

alive

2847

01:37:25,189 --> 01:37:22,800

each one of them an individual living

2848

01:37:27,350 --> 01:37:25,199

organism and so this body is a

2849

01:37:28,709 --> 01:37:27,360

is more like a community you know

2850

01:37:30,629 --> 01:37:28,719

there's trillions of bacteria

2851

01:37:32,950 --> 01:37:30,639

there's trillions of cells they're all

2852

01:37:36,070 --> 01:37:32,960

working together in harmony for the same

2853

01:37:38,790 --> 01:37:36,080

goal of creating a healthy

2854

01:37:39,189 --> 01:37:38,800

fully thriving organism and the last

2855

01:37:42,310 --> 01:37:39,199

thing

2856

01:37:43,510 --> 01:37:42,320

that any of them want is death

2857

01:37:45,590 --> 01:37:43,520

right they don't want to be alive they

2858

01:37:47,030 --> 01:37:45,600

all want to be happy and so

2859

01:37:48,870 --> 01:37:47,040

you are the directing intelligence

2860

01:37:52,310 --> 01:37:48,880

you're like you know the

2861

01:37:54,229 --> 01:37:52,320

the leader of this community and so

2862

01:37:55,990 --> 01:37:54,239

if you start giving your cells and all

2863

01:37:58,229 --> 01:37:56,000

the bacteria even everything

2864

01:37:59,750 --> 01:37:58,239

direction you know they will all fall in

2865

01:38:01,750 --> 01:37:59,760

line and so

2866

01:38:03,030 --> 01:38:01,760

um that you know everybody wants the

2867

01:38:05,270 --> 01:38:03,040

same thing so

2868

01:38:07,510 --> 01:38:05,280

those are just things to be aware of you

2869

01:38:08,790 --> 01:38:07,520

know it's really quite exciting

2870

01:38:10,550 --> 01:38:08,800

when you think about it and when you

2871

01:38:11,669 --> 01:38:10,560

start experimenting with it the things

2872

01:38:14,790 --> 01:38:11,679

that we can do and

2873

01:38:15,669 --> 01:38:14,800

and uh it is like i said i i can't say

2874

01:38:17,910 --> 01:38:15,679

it enough

2875

01:38:20,950 --> 01:38:17,920

that's why this has been my study for my

2876

01:38:22,709 --> 01:38:20,960

whole life because

2877

01:38:24,310 --> 01:38:22,719

you know just the reality of our

2878

01:38:27,590 --> 01:38:24,320

existence is so

2879

01:38:29,510 --> 01:38:27,600

amazing and strange and thrilling and

2880

01:38:31,030 --> 01:38:29,520

complicated and difficult sometimes it's

2881

01:38:32,950 --> 01:38:31,040

all these different things you can

2882

01:38:36,629 --> 01:38:32,960

experience all those things

2883

01:38:39,270 --> 01:38:36,639

at once but you know the curiosity

2884

01:38:40,550 --> 01:38:39,280

of me of how all this works i never get

2885

01:38:42,310 --> 01:38:40,560

tired of it

2886

01:38:44,229 --> 01:38:42,320

it's just amazing right well thank you

2887

01:38:46,310 --> 01:38:44,239

for that uh uh patrick

2888

01:38:47,669 --> 01:38:46,320

well i wanted to ask you do you want to

2889

01:38:50,149 --> 01:38:47,679

go a little bit into

2890

01:38:51,109 --> 01:38:50,159

uh naked and public uh dream symbols

2891

01:38:53,109 --> 01:38:51,119

revealed

2892

01:38:54,950 --> 01:38:53,119

and then maybe after that we can take

2893

01:38:57,109 --> 01:38:54,960

some questions

2894

01:38:58,310 --> 01:38:57,119

sure yeah that sounds good and uh i'm

2895

01:38:59,830 --> 01:38:58,320

sorry just real quick um

2896

01:39:01,270 --> 01:38:59,840

i just want to address everyone else

2897

01:39:02,790 --> 01:39:01,280

watching for those of you watching

2898

01:39:05,109 --> 01:39:02,800

please get your questions ready as

2899

01:39:07,830 --> 01:39:05,119

always we're going to do some q a

2900

01:39:08,950 --> 01:39:07,840

as well uh patrick is going to um you

2901

01:39:10,790 --> 01:39:08,960

might have some questions

2902

01:39:12,149 --> 01:39:10,800

from what he previously covered about

2903

01:39:14,390 --> 01:39:12,159

atlantis and

2904

01:39:15,510 --> 01:39:14,400

and uh the previous book and now we're

2905

01:39:17,910 --> 01:39:15,520

gonna go into

2906

01:39:19,350 --> 01:39:17,920

uh the second one which i always found

2907

01:39:20,310 --> 01:39:19,360

found interesting especially when it

2908

01:39:22,790 --> 01:39:20,320

comes to dreams

2909

01:39:24,310 --> 01:39:22,800

and um i'm kind of looking forward to

2910

01:39:24,950 --> 01:39:24,320

what you what you have to say about that

2911

01:39:28,550 --> 01:39:24,960

patrick

2912

01:39:31,990 --> 01:39:28,560

please go ahead sure so

2913

01:39:34,870 --> 01:39:32,000

the main thing when we look at dreams is

2914

01:39:35,590 --> 01:39:34,880

it goes back to that same fundamental

2915

01:39:38,950 --> 01:39:35,600

principle

2916

01:39:39,990 --> 01:39:38,960

that we are these non-physical beings

2917

01:39:42,870 --> 01:39:40,000

that are having a physical

2918

01:39:43,669 --> 01:39:42,880

experience and so when we go to sleep at

2919

01:39:46,790 --> 01:39:43,679

night

2920

01:39:48,550 --> 01:39:46,800

at one point in my life i thought that

2921

01:39:50,870 --> 01:39:48,560

sleep was a waste of time and i thought

2922

01:39:52,870 --> 01:39:50,880

wow you know if i could recapture that

2923

01:39:55,430 --> 01:39:52,880

eight hours a day i would be so

2924

01:39:57,750 --> 01:39:55,440

productive because if you think about it

2925

01:40:00,629 --> 01:39:57,760

we sleep a third of our lives

2926

01:40:01,910 --> 01:40:00,639

so eight hours out of 24 you know that's

2927

01:40:03,590 --> 01:40:01,920

a full third of our lives by the time

2928

01:40:05,669 --> 01:40:03,600

you're 60 years old you will have slept

2929

01:40:07,669 --> 01:40:05,679

for 20 years

2930

01:40:09,270 --> 01:40:07,679

so i thought man i'm just gonna make use

2931

01:40:11,030 --> 01:40:09,280

of that time and

2932

01:40:12,550 --> 01:40:11,040

i thought either it's a it's a real

2933

01:40:14,390 --> 01:40:12,560

waste of time or

2934

01:40:15,830 --> 01:40:14,400

there must be something going on it

2935

01:40:17,350 --> 01:40:15,840

turned out it was the latter

2936

01:40:18,950 --> 01:40:17,360

that there was actually something going

2937

01:40:21,510 --> 01:40:18,960

on that we really needed

2938

01:40:22,070 --> 01:40:21,520

as i started studying dreams more in

2939

01:40:24,550 --> 01:40:22,080

depth i

2940

01:40:25,830 --> 01:40:24,560

discovered that we go through these

2941

01:40:27,590 --> 01:40:25,840

different dream cycles

2942

01:40:29,030 --> 01:40:27,600

and so there's four in particular that

2943

01:40:30,870 --> 01:40:29,040

we need to hit

2944

01:40:32,470 --> 01:40:30,880

and each one of them are approximately

2945

01:40:34,709 --> 01:40:32,480

90 minutes and so

2946

01:40:35,590 --> 01:40:34,719

that would be approximately a six hour

2947

01:40:37,030 --> 01:40:35,600

sleep but then

2948

01:40:38,629 --> 01:40:37,040

considering most people take about two

2949

01:40:39,430 --> 01:40:38,639

hours to go into that first deep sleep

2950

01:40:41,189 --> 01:40:39,440

state

2951

01:40:42,709 --> 01:40:41,199

uh that's where the eight hours of sleep

2952

01:40:45,430 --> 01:40:42,719

comes in per person

2953

01:40:46,070 --> 01:40:45,440

and so uh each one of those levels

2954

01:40:49,270 --> 01:40:46,080

actually

2955

01:40:50,790 --> 01:40:49,280

i discovered correspond very nicely to

2956

01:40:52,790 --> 01:40:50,800

different levels of consciousness within

2957

01:40:55,189 --> 01:40:52,800

the subconscious mind or the soul that i

2958

01:40:56,149 --> 01:40:55,199

had learned about and so i believe that

2959

01:40:59,990 --> 01:40:56,159

what's happening

2960

01:41:02,550 --> 01:41:00,000

is that at night we are compelled

2961

01:41:03,270 --> 01:41:02,560

to reconnect with that spiritual part of

2962

01:41:07,030 --> 01:41:03,280

ourselves

2963

01:41:10,149 --> 01:41:07,040

and since we don't have the conscious

2964

01:41:13,350 --> 01:41:10,159

skills and the conscious ability

2965

01:41:17,189 --> 01:41:13,360

to intentionally connect that

2966

01:41:20,390 --> 01:41:17,199

we were designed or evolved with

2967

01:41:22,709 --> 01:41:20,400

this period of time where we're

2968

01:41:24,950 --> 01:41:22,719

compelled to connect and so that's why

2969

01:41:27,750 --> 01:41:24,960

we we have to sleep every night

2970

01:41:28,709 --> 01:41:27,760

and in fact when they've denied people

2971

01:41:31,669 --> 01:41:28,719

the ability to

2972

01:41:32,550 --> 01:41:31,679

to dream during the night people develop

2973

01:41:34,709 --> 01:41:32,560

these psychotic

2974

01:41:35,750 --> 01:41:34,719

tendencies because your mind gets very

2975

01:41:38,950 --> 01:41:35,760

unbalanced you

2976

01:41:40,790 --> 01:41:38,960

have to uh dream and so

2977

01:41:42,629 --> 01:41:40,800

when they would deny people the ability

2978

01:41:43,270 --> 01:41:42,639

to dream like they'd go into that dream

2979

01:41:45,590 --> 01:41:43,280

state

2980

01:41:46,390 --> 01:41:45,600

sooner and sooner and sooner and even

2981

01:41:48,550 --> 01:41:46,400

start to

2982

01:41:50,629 --> 01:41:48,560

have those dreams imposed upon them

2983

01:41:54,390 --> 01:41:50,639

while they're awake like waking dreams

2984

01:41:57,430 --> 01:41:54,400

so the mind it's very apparent

2985

01:42:00,550 --> 01:41:57,440

that this connection to the dream time

2986

01:42:01,830 --> 01:42:00,560

is essential to our mental stability and

2987

01:42:03,510 --> 01:42:01,840

our balance and there's so many things

2988

01:42:05,270 --> 01:42:03,520

that are happening while we're sleeping

2989

01:42:06,790 --> 01:42:05,280

in fact that's where our short-term

2990

01:42:08,390 --> 01:42:06,800

memory is transferred into long-term

2991

01:42:10,310 --> 01:42:08,400

memory so

2992

01:42:12,310 --> 01:42:10,320

short-term memory might be something

2993

01:42:14,470 --> 01:42:12,320

that will stay with you for the day

2994

01:42:16,390 --> 01:42:14,480

but then you need to transfer that to

2995

01:42:17,590 --> 01:42:16,400

long-term memory while you're sleeping

2996

01:42:19,510 --> 01:42:17,600

so that's where you're actually creating

2997

01:42:21,669 --> 01:42:19,520

those neural pathways where

2998

01:42:23,590 --> 01:42:21,679

you can you can take that image and you

2999

01:42:24,310 --> 01:42:23,600

can hold on to that for a very long

3000

01:42:25,270 --> 01:42:24,320

period of time

3001
01:42:28,070 --> 01:42:25,280
there's so many things that are

3002
01:42:30,149 --> 01:42:28,080
happening in our subconscious mind like

3003
01:42:31,669 --> 01:42:30,159
we talked about visualization earlier so

3004
01:42:33,669 --> 01:42:31,679
you may not know how

3005
01:42:35,430 --> 01:42:33,679
everything is supposed to be happening

3006
01:42:38,550 --> 01:42:35,440
your subconscious mind

3007
01:42:41,189 --> 01:42:38,560
will work on all those unknown details

3008
01:42:42,390 --> 01:42:41,199
and start bringing everything together

3009
01:42:46,070 --> 01:42:42,400
for your creation

3010
01:42:48,390 --> 01:42:46,080
um so you know all of that is happening

3011
01:42:51,270 --> 01:42:48,400
in the subconscious mind and

3012
01:42:51,910 --> 01:42:51,280
the dream state is our connection our

3013
01:42:53,990 --> 01:42:51,920

gateway

3014

01:42:55,510 --> 01:42:54,000

into all those subconscious experiences

3015

01:42:55,990 --> 01:42:55,520

and so when we start to look at our

3016

01:42:58,390 --> 01:42:56,000

dreams

3017

01:42:59,990 --> 01:42:58,400

and understand what we're actually

3018

01:43:01,910 --> 01:43:00,000

getting in the dream

3019

01:43:03,750 --> 01:43:01,920

we have to always look at it from that

3020

01:43:04,790 --> 01:43:03,760

perspective it's important to look at

3021

01:43:09,030 --> 01:43:04,800

from the perspective

3022

01:43:11,750 --> 01:43:09,040

of a eternal energetic being

3023

01:43:13,189 --> 01:43:11,760

rather than a physical being because you

3024

01:43:15,750 --> 01:43:13,199

know it's easy to look at

3025

01:43:16,790 --> 01:43:15,760

maybe um you're having an affair with

3026

01:43:19,030 --> 01:43:16,800

your next-door neighbor

3027

01:43:20,470 --> 01:43:19,040

and thinking oh my gosh i don't want to

3028

01:43:21,430 --> 01:43:20,480

cheat on my wife you know what am i

3029

01:43:23,750 --> 01:43:21,440

doing here

3030

01:43:25,830 --> 01:43:23,760

and that's a very literal physical

3031

01:43:27,430 --> 01:43:25,840

interpretation of it but

3032

01:43:29,669 --> 01:43:27,440

when you look at it from the standpoint

3033

01:43:33,109 --> 01:43:29,679

of an energetic being

3034

01:43:35,189 --> 01:43:33,119

then i would say okay so what is it

3035

01:43:36,870 --> 01:43:35,199

that my subconscious mind is

3036

01:43:39,270 --> 01:43:36,880

communicating to me because

3037

01:43:41,030 --> 01:43:39,280

the subconscious mind again like we said

3038

01:43:42,070 --> 01:43:41,040

the experience there is very different

3039

01:43:44,310 --> 01:43:42,080

you know i talked about astral

3040

01:43:46,390 --> 01:43:44,320

projecting you go into the akasha

3041

01:43:47,990 --> 01:43:46,400

it's a very different experience you

3042

01:43:49,590 --> 01:43:48,000

can't just walk around

3043

01:43:52,310 --> 01:43:49,600

like you're in the physical world and

3044

01:43:54,229 --> 01:43:52,320

that's one of the um

3045

01:43:55,430 --> 01:43:54,239

experiences almost that mistake it it

3046

01:43:56,709 --> 01:43:55,440

could be a mistake you could

3047

01:43:57,990 --> 01:43:56,719

consider a learning experience or

3048

01:43:58,870 --> 01:43:58,000

something like that when you start lucid

3049

01:44:03,750 --> 01:43:58,880

dreaming

3050

01:44:05,910 --> 01:44:03,760

related to astral projection because

3051
01:44:08,310 --> 01:44:05,920
lucid dreaming is actually in the dream

3052
01:44:09,750 --> 01:44:08,320
state and you wake up so that you are

3053
01:44:11,189 --> 01:44:09,760
consciously aware

3054
01:44:12,629 --> 01:44:11,199
that you are no longer in the physical

3055
01:44:13,430 --> 01:44:12,639
world that you're in a non-physical

3056
01:44:15,510 --> 01:44:13,440
realm

3057
01:44:17,430 --> 01:44:15,520
that you are in a dream and you can

3058
01:44:19,990 --> 01:44:17,440
start taking control of that dream

3059
01:44:22,149 --> 01:44:20,000
and so it is very closely related to the

3060
01:44:24,310 --> 01:44:22,159
experience of astro projection

3061
01:44:25,350 --> 01:44:24,320
so in fact you can go from there into an

3062
01:44:28,709 --> 01:44:25,360
astral projection

3063
01:44:30,950 --> 01:44:28,719

at that time and so when i

3064

01:44:32,550 --> 01:44:30,960

worked with lucid dreaming at one point

3065

01:44:34,310 --> 01:44:32,560

you know one of the first experiences i

3066

01:44:36,709 --> 01:44:34,320

had as i woke up

3067

01:44:38,310 --> 01:44:36,719

in my dream is that i would want to just

3068

01:44:40,229 --> 01:44:38,320

start walking around like i'm in the

3069

01:44:40,790 --> 01:44:40,239

physical world and i have gravity and

3070

01:44:43,910 --> 01:44:40,800

stuff

3071

01:44:46,629 --> 01:44:43,920

and i discovered that my body was

3072

01:44:48,550 --> 01:44:46,639

not a physical body it was an energetic

3073

01:44:50,229 --> 01:44:48,560

body and so when i tried to move

3074

01:44:52,229 --> 01:44:50,239

i would just sort of slip around like i

3075

01:44:55,030 --> 01:44:52,239

was on ice or something

3076

01:44:56,550 --> 01:44:55,040

so i had to move that body very

3077

01:45:00,390 --> 01:44:56,560

differently i had to

3078

01:45:03,189 --> 01:45:00,400

be more how would i describe it

3079

01:45:04,470 --> 01:45:03,199

intentional about the body moving in a

3080

01:45:05,750 --> 01:45:04,480

certain direction and i discovered i

3081

01:45:06,310 --> 01:45:05,760

could float you know i could just sort

3082

01:45:09,350 --> 01:45:06,320

of

3083

01:45:11,189 --> 01:45:09,360

glide or you know eventually

3084

01:45:12,790 --> 01:45:11,199

fly and flying dreams a lot of people

3085

01:45:13,910 --> 01:45:12,800

have had flying dreams that are they're

3086

01:45:17,270 --> 01:45:13,920

very thrilling and

3087

01:45:18,629 --> 01:45:17,280

and satisfying and so the mental

3088

01:45:19,830 --> 01:45:18,639

attitude when you have a flying dream

3089

01:45:21,189 --> 01:45:19,840

usually represents that you're

3090

01:45:23,430 --> 01:45:21,199

experiencing a lot of mental freedom

3091

01:45:25,750 --> 01:45:23,440

that you can do whatever you want and

3092

01:45:27,350 --> 01:45:25,760

you're capable of anything and so then

3093

01:45:30,070 --> 01:45:27,360

that expresses because

3094

01:45:32,229 --> 01:45:30,080

as we reaffirm who we are and that we

3095

01:45:35,430 --> 01:45:32,239

are capable we can do whatever we want

3096

01:45:37,109 --> 01:45:35,440

um that you know you experience that

3097

01:45:40,709 --> 01:45:37,119

freedom of creativity

3098

01:45:43,510 --> 01:45:40,719

and so then that often translates into

3099

01:45:45,109 --> 01:45:43,520

having a flying dream and a lot of times

3100

01:45:46,070 --> 01:45:45,119

lucid dreams and flying dreams go hand

3101
01:45:48,310 --> 01:45:46,080
in hand too

3102
01:45:49,430 --> 01:45:48,320
so i remember some of my early flying

3103
01:45:51,270 --> 01:45:49,440
dreams too

3104
01:45:53,109 --> 01:45:51,280
where i had this kind of growth curve

3105
01:45:55,430 --> 01:45:53,119
where i was

3106
01:45:56,790 --> 01:45:55,440
you know trying to get up and still kind

3107
01:45:58,550 --> 01:45:56,800
of felt like i was

3108
01:45:59,910 --> 01:45:58,560
bound by gravity and then realized oh

3109
01:46:02,629 --> 01:45:59,920
you know wait a minute i'm

3110
01:46:03,270 --> 01:46:02,639
you know i could fly or maybe i would be

3111
01:46:06,950 --> 01:46:03,280
flying

3112
01:46:08,950 --> 01:46:06,960
the trees and all kinds of great stuff

3113
01:46:09,910 --> 01:46:08,960

and then as i became more and more aware

3114

01:46:12,390 --> 01:46:09,920

that i was awake

3115

01:46:13,350 --> 01:46:12,400

in the experience my conscious physical

3116

01:46:15,030 --> 01:46:13,360

limitations

3117

01:46:16,709 --> 01:46:15,040

started creeping back in with my

3118

01:46:17,750 --> 01:46:16,719

conscious awareness and and then i would

3119

01:46:19,990 --> 01:46:17,760

sort of lose control

3120

01:46:21,430 --> 01:46:20,000

or maybe like come sinking back down to

3121

01:46:23,669 --> 01:46:21,440

the ground or something like that so

3122

01:46:25,109 --> 01:46:23,679

right patrick i just want to ask you i'm

3123

01:46:25,669 --> 01:46:25,119

sorry i just want to ask you something

3124

01:46:28,149 --> 01:46:25,679

real quick

3125

01:46:29,990 --> 01:46:28,159

so but in that case that's a literal

3126

01:46:32,629 --> 01:46:30,000

translation of what you were

3127

01:46:33,430 --> 01:46:32,639

kind of experiencing um are there some

3128

01:46:35,590 --> 01:46:33,440

symbols

3129

01:46:37,270 --> 01:46:35,600

well actually we all know that a lot of

3130

01:46:37,910 --> 01:46:37,280

times we would have symbols and dreams

3131

01:46:41,030 --> 01:46:37,920

that say

3132

01:46:43,270 --> 01:46:41,040

something or means something to us but

3133

01:46:44,149 --> 01:46:43,280

are not clear to our conscious mind once

3134

01:46:46,390 --> 01:46:44,159

we wake up

3135

01:46:47,430 --> 01:46:46,400

you know kind of like um i often use the

3136

01:46:49,830 --> 01:46:47,440

example like i was

3137

01:46:51,510 --> 01:46:49,840

walking you know down this path and it

3138

01:46:53,270 --> 01:46:51,520

was in the city and then this pink

3139

01:46:53,750 --> 01:46:53,280

elephant just walked out in front of me

3140

01:47:01,430 --> 01:46:53,760

and

3141

01:47:03,270 --> 01:47:01,440

from thinking about what that was about

3142

01:47:04,470 --> 01:47:03,280

because it was so random so weird you

3143

01:47:06,790 --> 01:47:04,480

just kind of oh

3144

01:47:07,990 --> 01:47:06,800

strange dream and you move on is there

3145

01:47:10,470 --> 01:47:08,000

something within a dream

3146

01:47:11,990 --> 01:47:10,480

that we can look forward to or that that

3147

01:47:14,550 --> 01:47:12,000

can kind of help

3148

01:47:15,590 --> 01:47:14,560

decipher each time that once we're done

3149

01:47:18,629 --> 01:47:15,600

with a certain

3150

01:47:21,189 --> 01:47:18,639

process of something you know um to

3151
01:47:22,550 --> 01:47:21,199
to kind of be able to analyze it and get

3152
01:47:25,669 --> 01:47:22,560
more from it instead of just

3153
01:47:27,750 --> 01:47:25,679
ignoring it because it's too confusing

3154
01:47:29,109 --> 01:47:27,760
sure sure let's let's cover a couple of

3155
01:47:32,229 --> 01:47:29,119
the rules that we usually

3156
01:47:34,390 --> 01:47:32,239
um give people for guidance in terms of

3157
01:47:36,310 --> 01:47:34,400
kind of establishing the perspective of

3158
01:47:37,910 --> 01:47:36,320
the dream and where it's coming from so

3159
01:47:40,149 --> 01:47:37,920
the first thing is that every dream is

3160
01:47:41,910 --> 01:47:40,159
about you the dreamer and so it's coming

3161
01:47:43,350 --> 01:47:41,920
from your mind and so it's

3162
01:47:45,669 --> 01:47:43,360
it's all about what's going on in your

3163
01:47:47,750 --> 01:47:45,679

consciousness and as i mentioned it's

3164

01:47:49,109 --> 01:47:47,760

it's from a non-physical perspective so

3165

01:47:51,270 --> 01:47:49,119

like for example when dr

3166

01:47:53,030 --> 01:47:51,280

death shows up in a dream it usually

3167

01:47:54,070 --> 01:47:53,040

just represents that there's some kind

3168

01:47:55,669 --> 01:47:54,080

of change occurring in your

3169

01:47:58,870 --> 01:47:55,679

consciousness because

3170

01:48:00,629 --> 01:47:58,880

your subconscious mind is not

3171

01:48:02,790 --> 01:48:00,639

attached to mortality like the physical

3172

01:48:03,430 --> 01:48:02,800

body so death is not a bad thing in a

3173

01:48:06,870 --> 01:48:03,440

dream

3174

01:48:08,870 --> 01:48:06,880

it's just a transition so when you look

3175

01:48:09,350 --> 01:48:08,880

at the symbols and the things that show

3176

01:48:12,149 --> 01:48:09,360

up

3177

01:48:13,750 --> 01:48:12,159

it's important to remember that this is

3178

01:48:14,629 --> 01:48:13,760

a non-physical experience that you're

3179

01:48:17,350 --> 01:48:14,639

having

3180

01:48:18,709 --> 01:48:17,360

and your brain is downloading that

3181

01:48:21,990 --> 01:48:18,719

experience

3182

01:48:25,030 --> 01:48:22,000

into your physical brain that is

3183

01:48:26,950 --> 01:48:25,040

used to physical experiences and so

3184

01:48:28,950 --> 01:48:26,960

it has to try to make sense of it so

3185

01:48:31,350 --> 01:48:28,960

your brain is literally

3186

01:48:32,390 --> 01:48:31,360

saying okay this is the energy that i'm

3187

01:48:34,310 --> 01:48:32,400

getting

3188

01:48:35,990 --> 01:48:34,320

of this experience and i need to find

3189

01:48:38,790 --> 01:48:36,000

something that is like

3190

01:48:39,590 --> 01:48:38,800

that so dreams are like a story of

3191

01:48:41,990 --> 01:48:39,600

analogies

3192

01:48:43,270 --> 01:48:42,000

and so your brain is literally reaching

3193

01:48:46,149 --> 01:48:43,280

in for different things

3194

01:48:47,669 --> 01:48:46,159

it it uses your imagination or memory to

3195

01:48:50,229 --> 01:48:47,679

draw on different experiences and so

3196

01:48:50,870 --> 01:48:50,239

like you said a pink elephant you know

3197

01:48:53,910 --> 01:48:50,880

it would be

3198

01:48:55,510 --> 01:48:53,920

an image that would represent something

3199

01:48:58,149 --> 01:48:55,520

that is going on in your life

3200

01:48:59,109 --> 01:48:58,159

so here are some examples of some common

3201

01:49:01,189 --> 01:48:59,119

symbols so for

3202

01:49:02,709 --> 01:49:01,199

example when you're dreaming about your

3203

01:49:04,709 --> 01:49:02,719

physical body

3204

01:49:06,070 --> 01:49:04,719

it usually will show up as a car it

3205

01:49:07,830 --> 01:49:06,080

could show up as your body but

3206

01:49:09,430 --> 01:49:07,840

a lot of times it shows up as a car

3207

01:49:11,270 --> 01:49:09,440

because a car is a vehicle and so your

3208

01:49:12,950 --> 01:49:11,280

subconscious mind recognizes

3209

01:49:14,709 --> 01:49:12,960

your physical body is just a vehicle

3210

01:49:14,950 --> 01:49:14,719

that helps get you from point a to point

3211

01:49:16,229 --> 01:49:14,960

b

3212

01:49:17,990 --> 01:49:16,239

it helps you interact with things in the

3213

01:49:18,629 --> 01:49:18,000

physical world it's not all wrapped up

3214

01:49:20,950 --> 01:49:18,639

in oh

3215

01:49:22,310 --> 01:49:20,960

this is who you are this is all you are

3216

01:49:25,910 --> 01:49:22,320

it's a vehicle so

3217

01:49:27,750 --> 01:49:25,920

a car is a suitable substitute for that

3218

01:49:29,350 --> 01:49:27,760

so a lot of times the car will show up

3219

01:49:31,030 --> 01:49:29,360

and maybe how the car is running what

3220

01:49:31,830 --> 01:49:31,040

might indicate the health of your body

3221

01:49:35,589 --> 01:49:31,840

or

3222

01:49:36,950 --> 01:49:35,599

something like that might

3223

01:49:38,229 --> 01:49:36,960

indicate that you feel like you're out

3224

01:49:39,189 --> 01:49:38,239

of control in your life or something

3225

01:49:40,709 --> 01:49:39,199

like that

3226

01:49:42,950 --> 01:49:40,719

uh something else that shows up a lot is

3227

01:49:45,109 --> 01:49:42,960

animals you talk about the elephant so

3228

01:49:46,310 --> 01:49:45,119

animals don't have imagination like we

3229

01:49:49,030 --> 01:49:46,320

do so they have

3230

01:49:50,310 --> 01:49:49,040

memory and they have attention and so

3231

01:49:50,709 --> 01:49:50,320

they can respond to things that are

3232

01:49:52,470 --> 01:49:50,719

happening

3233

01:49:54,310 --> 01:49:52,480

right in front of them they can remember

3234

01:49:55,669 --> 01:49:54,320

things that have happened to them before

3235

01:49:58,070 --> 01:49:55,679

so they know where to go to get their

3236

01:50:01,270 --> 01:49:58,080

food you know they know past experiences

3237

01:50:01,669 --> 01:50:01,280

but they don't imagine you know like oh

3238

01:50:03,270 --> 01:50:01,679

well

3239

01:50:04,950 --> 01:50:03,280

what am i gonna do at three o'clock you

3240

01:50:06,390 --> 01:50:04,960

know they they don't have a perception

3241

01:50:08,149 --> 01:50:06,400

of future time

3242

01:50:09,990 --> 01:50:08,159

and that's what imagination enables us

3243

01:50:12,070 --> 01:50:10,000

to do is to imagine the

3244

01:50:13,350 --> 01:50:12,080

future and to shape things before they

3245

01:50:16,149 --> 01:50:13,360

actually happen

3246

01:50:17,109 --> 01:50:16,159

and so animals don't do that so whenever

3247

01:50:20,470 --> 01:50:17,119

we're living

3248

01:50:21,750 --> 01:50:20,480

like that through habit based just on

3249

01:50:23,669 --> 01:50:21,760

our past experiences

3250

01:50:25,109 --> 01:50:23,679

and what's right in front of us then

3251

01:50:29,030 --> 01:50:25,119

we're living the life of an

3252

01:50:31,830 --> 01:50:29,040

animal and um we're being very habitual

3253

01:50:32,629 --> 01:50:31,840

so the lesson there usually is whenever

3254

01:50:34,550 --> 01:50:32,639

you're

3255

01:50:35,830 --> 01:50:34,560

operating from the point a perspective

3256

01:50:37,750 --> 01:50:35,840

of a habit

3257

01:50:39,589 --> 01:50:37,760

that we need to use our imagination to

3258

01:50:41,189 --> 01:50:39,599

imagine okay so what do you want your

3259

01:50:45,350 --> 01:50:41,199

life to be like you know don't

3260

01:50:47,109 --> 01:50:45,360

just uh react be reactive to all the

3261

01:50:49,990 --> 01:50:47,119

things that are coming up in your life

3262

01:50:51,510 --> 01:50:50,000

sit down for a moment imagine what do

3263

01:50:53,189 --> 01:50:51,520

you want your life to be

3264

01:50:55,109 --> 01:50:53,199

how do you want this thing to go if

3265

01:50:57,030 --> 01:50:55,119

you're if you're not feeling well or you

3266

01:51:00,149 --> 01:50:57,040

have some kind of a health issue

3267

01:51:00,629 --> 01:51:00,159

imagine your body being healed imagine

3268

01:51:03,189 --> 01:51:00,639

that

3269

01:51:04,950 --> 01:51:03,199

part of yourself being better you know

3270

01:51:06,310 --> 01:51:04,960

if if there's a life situation with a

3271

01:51:09,030 --> 01:51:06,320

relationship or something

3272

01:51:10,790 --> 01:51:09,040

imagine that being better now with that

3273

01:51:13,430 --> 01:51:10,800

speaking of relationships

3274

01:51:15,990 --> 01:51:13,440

as i mentioned earlier when we have

3275

01:51:18,790 --> 01:51:16,000

people show up in our dream

3276

01:51:20,149 --> 01:51:18,800

they don't literally represent that

3277

01:51:21,430 --> 01:51:20,159

person in our life

3278

01:51:23,350 --> 01:51:21,440

so that's why i was saying like if i had

3279

01:51:24,629 --> 01:51:23,360

a dream about having an affair with my

3280

01:51:26,070 --> 01:51:24,639

next-door neighbor it doesn't mean that

3281

01:51:27,910 --> 01:51:26,080

i want to have an affair

3282

01:51:29,270 --> 01:51:27,920

with my next-door neighbor and cheat on

3283

01:51:32,310 --> 01:51:29,280

my wife it means

3284

01:51:33,189 --> 01:51:32,320

there is something that that person

3285

01:51:36,229 --> 01:51:33,199

represents

3286

01:51:37,109 --> 01:51:36,239

which is is in me i'm recognizing that

3287

01:51:40,709 --> 01:51:37,119

coming

3288

01:51:41,830 --> 01:51:40,719

out and so uh we usually recommend that

3289

01:51:44,950 --> 01:51:41,840

you

3290

01:51:48,070 --> 01:51:44,960

one or two words

3291

01:51:49,669 --> 01:51:48,080

two words that come to your mind that

3292

01:51:53,430 --> 01:51:49,679

would describe that person so

3293

01:51:55,270 --> 01:51:53,440

caring um angry generous

3294

01:51:57,189 --> 01:51:55,280

you know whatever it is however you

3295

01:51:59,830 --> 01:51:57,199

would describe them you get two words

3296

01:52:01,270 --> 01:51:59,840

and it's not that you can't do more but

3297

01:52:02,709 --> 01:52:01,280

we just try to simplify it so you can

3298

01:52:04,629 --> 01:52:02,719

get right to the essence you know two

3299

01:52:06,470 --> 01:52:04,639

words is usually enough to get the gist

3300

01:52:08,229 --> 01:52:06,480

of the part of yourself that that person

3301

01:52:10,790 --> 01:52:08,239

is representing so again

3302

01:52:12,550 --> 01:52:10,800

your your subconscious mind and your

3303

01:52:13,750 --> 01:52:12,560

brain is your subconscious mind is

3304

01:52:16,950 --> 01:52:13,760

reaching into your brain

3305

01:52:19,350 --> 01:52:16,960

to pull out an image to say what's going

3306

01:52:22,629 --> 01:52:19,360

on with you right now

3307

01:52:23,430 --> 01:52:22,639

you are expressing just like this person

3308

01:52:25,750 --> 01:52:23,440

expresses

3309

01:52:27,430 --> 01:52:25,760

you know and and you know the person and

3310

01:52:28,870 --> 01:52:27,440

there's a certain way that you would

3311

01:52:30,790 --> 01:52:28,880

relate to them and associate with them

3312

01:52:33,510 --> 01:52:30,800

and recognize them so

3313

01:52:35,510 --> 01:52:33,520

it will be similar you just need to to

3314

01:52:36,149 --> 01:52:35,520

identify those one or two words and then

3315

01:52:39,189 --> 01:52:36,159

you can see

3316

01:52:42,229 --> 01:52:39,199

the aspect in yourself um

3317

01:52:44,950 --> 01:52:42,239

i mentioned death the house

3318

01:52:45,830 --> 01:52:44,960

is usually where you know the house is

3319

01:52:48,070 --> 01:52:45,840

where we live

3320

01:52:49,270 --> 01:52:48,080

and so that will often represent our

3321

01:52:52,709 --> 01:52:49,280

mind

3322

01:52:53,109 --> 01:52:52,719

and food food represents knowledge

3323

01:52:54,629 --> 01:52:53,119

because

3324

01:52:56,870 --> 01:52:54,639

we have to keep taking in food to

3325

01:52:58,149 --> 01:52:56,880

nourish the body so again our

3326

01:53:00,550 --> 01:52:58,159

subconscious mind does not

3327

01:53:01,750 --> 01:53:00,560

have a body because that's the energetic

3328

01:53:04,709 --> 01:53:01,760

part of ourselves right

3329

01:53:05,430 --> 01:53:04,719

it doesn't need physical food but the

3330

01:53:08,149 --> 01:53:05,440

mind

3331

01:53:10,149 --> 01:53:08,159

needs knowledge and information we need

3332

01:53:13,350 --> 01:53:10,159

to keep taking in experiences

3333

01:53:13,910 --> 01:53:13,360

to nourish the mind so food is going to

3334

01:53:15,270 --> 01:53:13,920

represent

3335

01:53:17,990 --> 01:53:15,280

some kind of knowledge or information

3336

01:53:21,830 --> 01:53:18,000

that we're taking in so that we can

3337

01:53:24,149 --> 01:53:21,840

learn and grow and so

3338

01:53:25,350 --> 01:53:24,159

i'll uh maybe leave you if you have some

3339

01:53:27,189 --> 01:53:25,360

other symbols that you want to

3340

01:53:28,709 --> 01:53:27,199

know about those are some of the basics

3341

01:53:29,669 --> 01:53:28,719

that show like does that kind of give

3342

01:53:31,189 --> 01:53:29,679

you an idea

3343

01:53:33,510 --> 01:53:31,199

how we can start looking at these things

3344

01:53:35,510 --> 01:53:33,520

it does um can i maybe ask you about

3345

01:53:38,629 --> 01:53:35,520

specifics about the house as well sure

3346

01:53:39,589 --> 01:53:38,639

what would the uh differences of floors

3347

01:53:41,189 --> 01:53:39,599

for example

3348

01:53:42,709 --> 01:53:41,199

from your understanding what would that

3349

01:53:44,709 --> 01:53:42,719

represent whether

3350

01:53:47,270 --> 01:53:44,719

let's say you're in in your house but

3351

01:53:48,149 --> 01:53:47,280

you have a let's say concrete floor or a

3352

01:53:51,109 --> 01:53:48,159

wooden floor

3353

01:53:53,430 --> 01:53:51,119

or something does that have a meaning

3354

01:53:55,430 --> 01:53:53,440

specifically

3355

01:53:56,870 --> 01:53:55,440

well yeah i mean you can get into some

3356

01:53:59,510 --> 01:53:56,880

of the finer details

3357

01:54:00,870 --> 01:53:59,520

and i usually recommend for people

3358

01:54:01,270 --> 01:54:00,880

especially in the beginning try not to

3359

01:54:02,950 --> 01:54:01,280

get

3360

01:54:05,830 --> 01:54:02,960

too deep into the details because you

3361

01:54:07,669 --> 01:54:05,840

know you could start worrying about well

3362

01:54:09,669 --> 01:54:07,679

why was you know this person wearing a

3363

01:54:10,310 --> 01:54:09,679

red dress versus a blue dress or you

3364

01:54:11,669 --> 01:54:10,320

know why

3365

01:54:13,589 --> 01:54:11,679

you know did this person have a yellow

3366

01:54:15,270 --> 01:54:13,599

how you know

3367

01:54:17,830 --> 01:54:15,280

i'm not sure i mean there's there could

3368

01:54:18,470 --> 01:54:17,840

be specific meaning to all those little

3369

01:54:21,669 --> 01:54:18,480

details

3370

01:54:23,589 --> 01:54:21,679

but in general i think

3371

01:54:25,669 --> 01:54:23,599

dreams are usually long enough and have

3372

01:54:27,750 --> 01:54:25,679

so much information that

3373

01:54:28,709 --> 01:54:27,760

we could really get lost in the weeds so

3374

01:54:30,470 --> 01:54:28,719

i usually try to

3375

01:54:31,830 --> 01:54:30,480

to stick to the broad strokes but if

3376

01:54:33,350 --> 01:54:31,840

you're going to look at some specifics

3377

01:54:34,709 --> 01:54:33,360

like if there's something significant

3378

01:54:36,229 --> 01:54:34,719

about the floor

3379

01:54:37,910 --> 01:54:36,239

for some reason your attention goes to

3380

01:54:39,109 --> 01:54:37,920

the floor because like let's say you go

3381

01:54:40,790 --> 01:54:39,119

in and it's a wood floor

3382

01:54:43,910 --> 01:54:40,800

but it's all broken up and you can even

3383

01:54:45,830 --> 01:54:43,920

like see down into the basement

3384

01:54:47,270 --> 01:54:45,840

you know so that would be significant

3385

01:54:48,149 --> 01:54:47,280

that's not a normal experience that's

3386

01:54:49,830 --> 01:54:48,159

something

3387

01:54:51,189 --> 01:54:49,840

uh is really bringing your attention to

3388

01:54:53,830 --> 01:54:51,199

that so i would say

3389

01:54:55,109 --> 01:54:53,840

like your house is the mind right but

3390

01:54:57,350 --> 01:54:55,119

the floor

3391

01:54:58,229 --> 01:54:57,360

would be a foundation because that's

3392

01:55:00,310 --> 01:54:58,239

where you stand

3393

01:55:01,350 --> 01:55:00,320

you know so that's like your foundations

3394

01:55:02,629 --> 01:55:01,360

so that would be

3395

01:55:04,149 --> 01:55:02,639

representing like your foundational

3396

01:55:04,950 --> 01:55:04,159

beliefs and things that are kind of like

3397

01:55:10,390 --> 01:55:04,960

your

3398

01:55:11,750 --> 01:55:10,400

those are kind of all broken up so there

3399

01:55:13,589 --> 01:55:11,760

might be something in your life

3400

01:55:16,310 --> 01:55:13,599

that is kind of shaking your beliefs to

3401

01:55:17,669 --> 01:55:16,320

the court and so

3402

01:55:20,149 --> 01:55:17,679

since it's broken up you can see down

3403

01:55:21,830 --> 01:55:20,159

into the basement so the basement is

3404

01:55:23,430 --> 01:55:21,840

usually it's kind of dark and dank and

3405

01:55:24,870 --> 01:55:23,440

that's where we store stuff

3406

01:55:26,629 --> 01:55:24,880

that we don't really want to have to

3407

01:55:28,790 --> 01:55:26,639

deal with right all your

3408

01:55:30,390 --> 01:55:28,800

stuff goes down in the basement that you

3409

01:55:33,589 --> 01:55:30,400

don't want to have to deal with

3410

01:55:34,950 --> 01:55:33,599

so that's what the the basement would

3411

01:55:36,709 --> 01:55:34,960

represent to us because that's what we

3412

01:55:38,790 --> 01:55:36,719

do in our physical life so

3413

01:55:40,790 --> 01:55:38,800

in your mind that's kind of where we

3414

01:55:41,830 --> 01:55:40,800

store all the baggage that we're

3415

01:55:44,870 --> 01:55:41,840

carrying around

3416

01:55:46,310 --> 01:55:44,880

that we don't want to let go of yet

3417

01:55:47,830 --> 01:55:46,320

so we're carrying it around with us

3418

01:55:48,709 --> 01:55:47,840

everywhere we go you know we don't want

3419

01:55:51,030 --> 01:55:48,719

to go

3420

01:55:52,149 --> 01:55:51,040

uh let go of it but at the same time we

3421

01:55:52,629 --> 01:55:52,159

don't want to have to deal with it

3422

01:55:54,790 --> 01:55:52,639

either

3423

01:55:56,070 --> 01:55:54,800

so we just stick it down there right so

3424

01:55:58,070 --> 01:55:56,080

if if you can

3425

01:56:00,149 --> 01:55:58,080

see down into the basement from your

3426
01:56:01,350 --> 01:56:00,159
upper floor you know it means that maybe

3427
01:56:02,229 --> 01:56:01,360
there's some kind of process you're

3428
01:56:05,030 --> 01:56:02,239
going through

3429
01:56:06,310 --> 01:56:05,040
where things are shaking you up and

3430
01:56:07,669 --> 01:56:06,320
you're like

3431
01:56:10,310 --> 01:56:07,679
looking down and you're kind of being

3432
01:56:11,030 --> 01:56:10,320
able to see like some of this stuff this

3433
01:56:12,310 --> 01:56:11,040
baggage and stuff

3434
01:56:13,750 --> 01:56:12,320
that you're carrying around with you

3435
01:56:15,109 --> 01:56:13,760
maybe that you haven't really dealt with

3436
01:56:15,830 --> 01:56:15,119
in a while sort of bringing it up to the

3437
01:56:17,430 --> 01:56:15,840
surface well

3438
01:56:19,030 --> 01:56:17,440

patrick i don't want to throw you a

3439

01:56:20,950 --> 01:56:19,040

curveball but what about

3440

01:56:22,229 --> 01:56:20,960

uh dreams where you are talking to

3441

01:56:24,070 --> 01:56:22,239

yourself

3442

01:56:25,430 --> 01:56:24,080

and you have you have an actual physical

3443

01:56:28,470 --> 01:56:25,440

reflection of yourself

3444

01:56:29,990 --> 01:56:28,480

and you're having an interaction

3445

01:56:31,189 --> 01:56:30,000

oh that would be a very interesting

3446

01:56:32,310 --> 01:56:31,199

dream so you're talking about something

3447

01:56:33,910 --> 01:56:32,320

where maybe you're

3448

01:56:35,589 --> 01:56:33,920

in front of a mirror and talking to your

3449

01:56:38,070 --> 01:56:35,599

reflection or you're looking like

3450

01:56:39,589 --> 01:56:38,080

i'm talking about like an actual another

3451

01:56:42,790 --> 01:56:39,599

version like a twin u

3452

01:56:45,350 --> 01:56:42,800

and you're talking like a twin okay

3453

01:56:46,310 --> 01:56:45,360

so what i would say is that would

3454

01:56:49,030 --> 01:56:46,320

probably

3455

01:56:50,629 --> 01:56:49,040

represent a level of self-awareness in

3456

01:56:53,669 --> 01:56:50,639

your consciousness

3457

01:56:55,589 --> 01:56:53,679

that everything is really you anyway

3458

01:56:57,350 --> 01:56:55,599

you know because right like i said all

3459

01:57:01,350 --> 01:56:57,360

the people who show up in the dream are

3460

01:57:03,350 --> 01:57:01,360

you and so you know there's there's like

3461

01:57:06,629 --> 01:57:03,360

this level of self-awareness

3462

01:57:08,950 --> 01:57:06,639

that it is you and so you are

3463

01:57:10,950 --> 01:57:08,960

like recognizing that you are talking to

3464

01:57:13,589 --> 01:57:10,960

yourself and so

3465

01:57:15,109 --> 01:57:13,599

i would i would say the you know the

3466

01:57:17,030 --> 01:57:15,119

reflection or the

3467

01:57:19,350 --> 01:57:17,040

the image of yourself that shows up to

3468

01:57:22,470 --> 01:57:19,360

you would represent

3469

01:57:24,470 --> 01:57:22,480

uh your consciousness in your conscious

3470

01:57:25,189 --> 01:57:24,480

life but with that added layer like i

3471

01:57:26,390 --> 01:57:25,199

described

3472

01:57:28,390 --> 01:57:26,400

that it would also indicate that you

3473

01:57:31,030 --> 01:57:28,400

have a high level of self-awareness

3474

01:57:32,629 --> 01:57:31,040

that all of these aspects are really you

3475

01:57:34,229 --> 01:57:32,639

so you just sort of cut to the chase

3476

01:57:36,070 --> 01:57:34,239

you know you're like okay let's let's

3477

01:57:37,109 --> 01:57:36,080

get rid of all the theatrics i'm just

3478

01:57:38,629 --> 01:57:37,119

gonna have a little conversation with

3479

01:57:40,629 --> 01:57:38,639

myself here right

3480

01:57:42,390 --> 01:57:40,639

and it's a healthy conversation though

3481

01:57:44,550 --> 01:57:42,400

because it isn't like

3482

01:57:45,830 --> 01:57:44,560

someone who you get worried about

3483

01:57:47,189 --> 01:57:45,840

because they're like talking to

3484

01:57:47,990 --> 01:57:47,199

themselves and then answering themselves

3485

01:57:50,470 --> 01:57:48,000

and you're like okay

3486

01:57:52,870 --> 01:57:50,480

you know how many people are in there

3487

01:57:55,030 --> 01:57:52,880

you know it's um

3488

01:57:56,629 --> 01:57:55,040

it's you consciously talking to your

3489

01:57:58,709 --> 01:57:56,639

subconscious mind

3490

01:58:00,070 --> 01:57:58,719

and so that level of communication

3491

01:58:01,189 --> 01:58:00,080

between the conscious subconscious mind

3492

01:58:04,229 --> 01:58:01,199

is very healthy

3493

01:58:05,910 --> 01:58:04,239

okay um patrick what do you think

3494

01:58:07,430 --> 01:58:05,920

i have one more question and then uh do

3495

01:58:10,629 --> 01:58:07,440

you want to go into some q

3496

01:58:13,510 --> 01:58:10,639

a yeah that sounds good okay so everyone

3497

01:58:13,910 --> 01:58:13,520

watching uh please make sure you add or

3498

01:58:15,830 --> 01:58:13,920

add

3499

01:58:17,510 --> 01:58:15,840

three little stars before you ask the

3500

01:58:19,270 --> 01:58:17,520

question so that way i know the

3501

01:58:22,709 --> 01:58:19,280

questions directly towards

3502

01:58:23,990 --> 01:58:22,719

the guest and so i'll give you a chance

3503

01:58:26,870 --> 01:58:24,000

to get that prepped and

3504

01:58:28,229 --> 01:58:26,880

i'll get going and read reading them off

3505

01:58:31,270 --> 01:58:28,239

in the the chat here

3506

01:58:32,470 --> 01:58:31,280

pretty soon but first a question for uh

3507

01:58:35,750 --> 01:58:32,480

for patrick regarding

3508

01:58:37,669 --> 01:58:35,760

dreams do

3509

01:58:39,350 --> 01:58:37,679

what about those people that sometimes

3510

01:58:41,430 --> 01:58:39,360

they say i never dream

3511

01:58:43,669 --> 01:58:41,440

and it's so strange for i hear that all

3512

01:58:44,790 --> 01:58:43,679

the time you know uh from people that

3513

01:58:47,189 --> 01:58:44,800

say that and it's

3514

01:58:47,990 --> 01:58:47,199
almost difficult for me to imagine

3515

01:58:50,229 --> 01:58:48,000
because there's

3516

01:58:52,149 --> 01:58:50,239
always something that i remember even if

3517

01:58:52,629 --> 01:58:52,159
i can't remember the dream specifically

3518

01:59:06,709 --> 01:58:52,639
i

3519

01:59:10,229 --> 01:59:06,719
world uh what do you

3520

01:59:11,910 --> 01:59:10,239
do you have any info on that so

3521

01:59:13,589 --> 01:59:11,920
i've looked into the scientific aspects

3522

01:59:15,350 --> 01:59:13,599
of dreaming along with the metaphysical

3523

01:59:15,990 --> 01:59:15,360
aspects of dreaming and there's a lot of

3524

01:59:19,030 --> 01:59:16,000
scientific

3525

01:59:21,589 --> 01:59:19,040
evidence that supports the idea

3526
01:59:23,830 --> 01:59:21,599
that we are dreaming every single night

3527
01:59:26,870 --> 01:59:23,840
whether you are aware of it or not

3528
01:59:30,149 --> 01:59:26,880
that process is happening and actually

3529
01:59:31,830 --> 01:59:30,159
happens for around 10 minutes at the end

3530
01:59:33,669 --> 01:59:31,840
of a 90-minute sleep cycle

3531
01:59:35,270 --> 01:59:33,679
and so again those those numbers in

3532
01:59:36,629 --> 01:59:35,280
terms of the lengths of the cycles can

3533
01:59:38,790 --> 01:59:36,639
shift around a bit

3534
01:59:40,629 --> 01:59:38,800
but in general you could say on average

3535
01:59:42,390 --> 01:59:40,639
it's like about a 90-minute cycle and

3536
01:59:44,229 --> 01:59:42,400
out of that toward the end of that

3537
01:59:45,990 --> 01:59:44,239
90-minute cycle we dream

3538
01:59:47,430 --> 01:59:46,000

in the rem state for about 10 minutes or

3539

01:59:50,470 --> 01:59:47,440

so and

3540

01:59:53,270 --> 01:59:50,480

as i mentioned this is an essential

3541

01:59:53,990 --> 01:59:53,280

process of our mind you would be going

3542

01:59:56,229 --> 01:59:54,000

psychotic

3543

01:59:57,430 --> 01:59:56,239

if you were denied the ability to dream

3544

02:00:00,310 --> 01:59:57,440

so

3545

02:00:01,830 --> 02:00:00,320

if you are you know maintaining a stable

3546

02:00:03,350 --> 02:00:01,840

healthy mental state then i can

3547

02:00:04,550 --> 02:00:03,360

guarantee you that you are dreaming on a

3548

02:00:06,950 --> 02:00:04,560

regular basis now

3549

02:00:08,870 --> 02:00:06,960

the key is like you said it's it's

3550

02:00:12,070 --> 02:00:08,880

whether or not you can remember

3551

02:00:13,430 --> 02:00:12,080

the dream and most people were not

3552

02:00:14,870 --> 02:00:13,440

really taught that there was any kind of

3553

02:00:15,910 --> 02:00:14,880

value in remembering their dreams

3554

02:00:18,149 --> 02:00:15,920

there's really nothing

3555

02:00:19,189 --> 02:00:18,159

for us there and so a lot of times we

3556

02:00:19,990 --> 02:00:19,199

would remember dreams that were

3557

02:00:21,589 --> 02:00:20,000

particularly

3558

02:00:23,430 --> 02:00:21,599

graphic you know people remember

3559

02:00:24,070 --> 02:00:23,440

nightmares for example because they're

3560

02:00:25,910 --> 02:00:24,080

scary

3561

02:00:27,189 --> 02:00:25,920

so it really gets the adrenaline going

3562

02:00:29,510 --> 02:00:27,199

and so they

3563

02:00:31,589 --> 02:00:29,520

remember that they wake up from it but

3564

02:00:33,589 --> 02:00:31,599

also it could be

3565

02:00:35,510 --> 02:00:33,599

dreams that were maybe interesting or

3566

02:00:37,430 --> 02:00:35,520

something that that had a lot of energy

3567

02:00:39,430 --> 02:00:37,440

to it or things like that so

3568

02:00:40,550 --> 02:00:39,440

uh most people would remember dreams

3569

02:00:42,070 --> 02:00:40,560

periodically

3570

02:00:43,750 --> 02:00:42,080

and so there might be something going on

3571

02:00:45,430 --> 02:00:43,760

that would stimulate them to remember

3572

02:00:47,109 --> 02:00:45,440

that dream or maybe they were woken up

3573

02:00:49,589 --> 02:00:47,119

in the middle of that rim state

3574

02:00:51,189 --> 02:00:49,599

and so nine out of 10 times when people

3575

02:00:52,390 --> 02:00:51,199

were woken up out of the rim state they

3576

02:00:55,109 --> 02:00:52,400

could recall a dream

3577

02:00:56,470 --> 02:00:55,119

and only about one out of nine times if

3578

02:00:57,669 --> 02:00:56,480

they were outside of the room state in

3579

02:00:58,870 --> 02:00:57,679

that deep sleep state could they

3580

02:01:01,750 --> 02:00:58,880

remember the dream

3581

02:01:03,189 --> 02:01:01,760

and so again that dream is that

3582

02:01:04,790 --> 02:01:03,199

information of that experience being

3583

02:01:06,149 --> 02:01:04,800

downloaded into the brain

3584

02:01:07,990 --> 02:01:06,159

and then being sorted through and

3585

02:01:11,430 --> 02:01:08,000

interpreted and then being

3586

02:01:14,310 --> 02:01:11,440

sort of explained to us in that

3587

02:01:15,030 --> 02:01:14,320

picture allegorical form you know and so

3588

02:01:17,990 --> 02:01:15,040

i think

3589

02:01:19,669 --> 02:01:18,000

jung had a lot of insight when he was

3590

02:01:20,310 --> 02:01:19,679

talking about these archetypes because

3591

02:01:27,270 --> 02:01:20,320

we

3592

02:01:29,830 --> 02:01:27,280

spin to it there's also because

3593

02:01:30,550 --> 02:01:29,840

again we all share this human experience

3594

02:01:31,990 --> 02:01:30,560

and we're more

3595

02:01:34,149 --> 02:01:32,000

similar with each other than we are

3596

02:01:34,709 --> 02:01:34,159

different and so there are a lot of

3597

02:01:35,990 --> 02:01:34,719

symbols

3598

02:01:37,990 --> 02:01:36,000

that we could consider almost like

3599

02:01:40,470 --> 02:01:38,000

universal between people

3600

02:01:41,589 --> 02:01:40,480

but then we might have our own personal

3601

02:01:45,270 --> 02:01:41,599

uh

3602

02:01:46,629 --> 02:01:45,280

view on it so um you know the main

3603

02:01:48,229 --> 02:01:46,639

main thing like when we start working

3604

02:01:49,669 --> 02:01:48,239

with students you know when i have a

3605

02:01:51,510 --> 02:01:49,679

student who says oh yeah i have never

3606

02:01:53,910 --> 02:01:51,520

remembered a dream in my life or i

3607

02:01:55,189 --> 02:01:53,920

almost never dreamed that just because

3608

02:01:57,430 --> 02:01:55,199

they don't remember the dream they're

3609

02:01:59,830 --> 02:01:57,440

assuming that they are not dreaming

3610

02:02:00,629 --> 02:01:59,840

and so usually we'll send them home with

3611

02:02:02,709 --> 02:02:00,639

some techniques

3612

02:02:04,310 --> 02:02:02,719

that they can use like for example

3613

02:02:05,669 --> 02:02:04,320

having a notebook by their bed

3614

02:02:06,870 --> 02:02:05,679

with a pencil so that as soon as they

3615

02:02:08,470 --> 02:02:06,880

wake up they can start recording their

3616

02:02:09,910 --> 02:02:08,480

dreams so they have this intention in

3617

02:02:11,030 --> 02:02:09,920

their mind that they want to write down

3618

02:02:12,950 --> 02:02:11,040

their dream

3619

02:02:14,390 --> 02:02:12,960

or another thing they can do like an

3620

02:02:15,510 --> 02:02:14,400

affirmation a simple affirmation that

3621

02:02:17,910 --> 02:02:15,520

you use

3622

02:02:18,790 --> 02:02:17,920

is uh just reminding yourself as you go

3623

02:02:21,030 --> 02:02:18,800

to sleep i

3624

02:02:23,189 --> 02:02:21,040

will remember my dream in the morning

3625

02:02:25,030 --> 02:02:23,199

and so that starts to set this

3626
02:02:26,870 --> 02:02:25,040
intention that you want to remember your

3627
02:02:28,310 --> 02:02:26,880
dreams and so as soon as you set that

3628
02:02:29,350 --> 02:02:28,320
intention you start remembering your

3629
02:02:30,790 --> 02:02:29,360
dreams more often

3630
02:02:32,790 --> 02:02:30,800
and so somebody goes from not

3631
02:02:33,990 --> 02:02:32,800
remembering any dreams to remembering

3632
02:02:35,430 --> 02:02:34,000
like one or two a week

3633
02:02:37,030 --> 02:02:35,440
you know and that's pretty big shift if

3634
02:02:38,149 --> 02:02:37,040
you think about it from no dreams to one

3635
02:02:40,229 --> 02:02:38,159
or two a week

3636
02:02:41,350 --> 02:02:40,239
and maybe sometimes even more and as you

3637
02:02:43,030 --> 02:02:41,360
keep practicing

3638
02:02:44,790 --> 02:02:43,040

you can actually develop it where maybe

3639

02:02:45,669 --> 02:02:44,800

you remember a dream almost every single

3640

02:02:47,990 --> 02:02:45,679

night

3641

02:02:48,709 --> 02:02:48,000

and so since that process is ongoing

3642

02:02:50,950 --> 02:02:48,719

it's really just

3643

02:02:52,629 --> 02:02:50,960

training our mind to recall the dream

3644

02:02:53,910 --> 02:02:52,639

and then usually if you're going to get

3645

02:02:55,750 --> 02:02:53,920

into this at all

3646

02:02:57,109 --> 02:02:55,760

i recommend writing the dream down so

3647

02:03:00,629 --> 02:02:57,119

you have a record because

3648

02:03:02,149 --> 02:03:00,639

a dream is like an echo and so if you

3649

02:03:03,830 --> 02:03:02,159

wake up and get up and go to the

3650

02:03:05,189 --> 02:03:03,840

bathroom and start getting dressed

3651
02:03:06,470 --> 02:03:05,199
you know the echo is going to fade and

3652
02:03:06,950 --> 02:03:06,480
by the time you sit down to write it

3653
02:03:08,229 --> 02:03:06,960
down

3654
02:03:10,070 --> 02:03:08,239
the whole thing will be gone you won't

3655
02:03:11,030 --> 02:03:10,080
be able to remember anything and you'll

3656
02:03:12,390 --> 02:03:11,040
be like i know

3657
02:03:13,589 --> 02:03:12,400
that i had a dream when i woke up this

3658
02:03:14,070 --> 02:03:13,599
morning but i can't even remember what

3659
02:03:16,310 --> 02:03:14,080
it was about

3660
02:03:17,189 --> 02:03:16,320
now so we recommend writing it down

3661
02:03:19,510 --> 02:03:17,199
first thing

3662
02:03:20,709 --> 02:03:19,520
while it's fresh and then you can get up

3663
02:03:23,030 --> 02:03:20,719

and start your day

3664

02:03:25,189 --> 02:03:23,040

you know and so you may need to develop

3665

02:03:27,589 --> 02:03:25,199

kind of a shorthand because

3666

02:03:28,629 --> 02:03:27,599

i know that some dreams are very long

3667

02:03:30,149 --> 02:03:28,639

and

3668

02:03:32,070 --> 02:03:30,159

especially as you practice recalling

3669

02:03:33,430 --> 02:03:32,080

your dreams you know you can get really

3670

02:03:35,830 --> 02:03:33,440

lost in the weeds going through

3671

02:03:37,430 --> 02:03:35,840

too much detail so i usually recommend

3672

02:03:39,109 --> 02:03:37,440

just stick to the main points the things

3673

02:03:41,830 --> 02:03:39,119

that seem significant

3674

02:03:42,229 --> 02:03:41,840

and you know interpret those get the the

3675

02:03:44,390 --> 02:03:42,239

big

3676
02:03:45,270 --> 02:03:44,400
idea of what's being talked about and

3677
02:03:47,589 --> 02:03:45,280
then

3678
02:03:48,950 --> 02:03:47,599
that will probably do you more good than

3679
02:03:51,109 --> 02:03:48,960
spending an hour and a half

3680
02:03:53,109 --> 02:03:51,119
going into exhaustive detail with the

3681
02:03:54,950 --> 02:03:53,119
dream and stuff like that so right

3682
02:03:56,950 --> 02:03:54,960
hopefully that gave you a couple of tips

3683
02:03:58,390 --> 02:03:56,960
on you know how you can recall your

3684
02:04:01,510 --> 02:03:58,400
dreams but also

3685
02:04:02,709 --> 02:04:01,520
um you know uh that we're all really

3686
02:04:03,589 --> 02:04:02,719
going through this experience every

3687
02:04:05,510 --> 02:04:03,599
night right

3688
02:04:06,950 --> 02:04:05,520

well thank you for that i i have one

3689

02:04:09,189 --> 02:04:06,960

more thing that i wanted to

3690

02:04:09,990 --> 02:04:09,199

to actually mention to you and see if

3691

02:04:11,830 --> 02:04:10,000

you have

3692

02:04:13,910 --> 02:04:11,840

come across this and i don't remember

3693

02:04:16,229 --> 02:04:13,920

the great details but i remember quite a

3694

02:04:19,030 --> 02:04:16,239

bit of it of this particular story

3695

02:04:21,510 --> 02:04:19,040

that we didn't always sleep in full

3696

02:04:24,069 --> 02:04:21,520

eight hours that people used to

3697

02:04:24,950 --> 02:04:24,079

kind of go to bed when the sun went down

3698

02:04:27,030 --> 02:04:24,960

but then they would

3699

02:04:28,229 --> 02:04:27,040

be up and what we considered you know

3700

02:04:30,069 --> 02:04:28,239

midnight uh two

3701
02:04:32,229 --> 02:04:30,079
three o'clock in the morning going and

3702
02:04:34,069 --> 02:04:32,239
visiting neighbors and being up and then

3703
02:04:34,629 --> 02:04:34,079
going back and then continuing to sleep

3704
02:04:36,390 --> 02:04:34,639
again

3705
02:04:38,229 --> 02:04:36,400
you know until it was this then they

3706
02:04:39,830 --> 02:04:38,239
would naturally wake up at

3707
02:04:41,350 --> 02:04:39,840
sunrise and continue doing what they

3708
02:04:44,069 --> 02:04:41,360
were doing you know that

3709
02:04:46,629 --> 02:04:44,079
our pattern and the way we were sleeping

3710
02:04:48,550 --> 02:04:46,639
it got changed with the advent of

3711
02:04:50,629 --> 02:04:48,560
of these different street lights and

3712
02:04:52,950 --> 02:04:50,639
initially i think it was what candles

3713
02:04:54,550 --> 02:04:52,960

and then gas and then we have street

3714

02:04:57,750 --> 02:04:54,560

glasses like they are today

3715

02:05:00,950 --> 02:04:57,760

and so with now light being more

3716

02:05:02,149 --> 02:05:00,960

prevalent and available for more longer

3717

02:05:04,069 --> 02:05:02,159

social settings

3718

02:05:05,750 --> 02:05:04,079

then we changed it over to what we know

3719

02:05:07,750 --> 02:05:05,760

now is the eight hours sleep

3720

02:05:09,189 --> 02:05:07,760

i thought it was really interesting you

3721

02:05:12,149 --> 02:05:09,199

know how they would

3722

02:05:13,669 --> 02:05:12,159

you know um have entire gatherings you

3723

02:05:14,550 --> 02:05:13,679

know they're like going to sleep wake up

3724

02:05:16,870 --> 02:05:14,560

at midnight and

3725

02:05:18,390 --> 02:05:16,880

go over to neighbor talk i don't know if

3726

02:05:21,750 --> 02:05:18,400

they ate or

3727

02:05:23,669 --> 02:05:21,760

what to what the custom was

3728

02:05:26,550 --> 02:05:23,679

during that time and then go back home

3729

02:05:28,790 --> 02:05:26,560

do you have you heard of that before

3730

02:05:30,149 --> 02:05:28,800

you know it's that's very interesting i

3731

02:05:33,030 --> 02:05:30,159

haven't heard of that before

3732

02:05:34,069 --> 02:05:33,040

and i'm curious where that research came

3733

02:05:35,510 --> 02:05:34,079

from like and half

3734

02:05:37,430 --> 02:05:35,520

how far back you're talking are you

3735

02:05:37,990 --> 02:05:37,440

talking about like a thousand years or

3736

02:05:40,870 --> 02:05:38,000

no just

3737

02:05:41,910 --> 02:05:40,880

just before before the the advent of of

3738

02:05:45,350 --> 02:05:41,920

street lights

3739

02:05:47,990 --> 02:05:45,360

of and and lights um

3740

02:05:50,950 --> 02:05:48,000

lights generally in cities and and in

3741

02:05:52,470 --> 02:05:50,960

the way we know them now

3742

02:05:54,229 --> 02:05:52,480

well you know like i said i haven't

3743

02:05:56,149 --> 02:05:54,239

heard that before however

3744

02:05:58,149 --> 02:05:56,159

what i would say is just from my biology

3745

02:06:01,109 --> 02:05:58,159

background i could see

3746

02:06:01,430 --> 02:06:01,119

how that could be the case because if we

3747

02:06:03,990 --> 02:06:01,440

just

3748

02:06:05,990 --> 02:06:04,000

allowed our sleep cycle to attain a more

3749

02:06:07,990 --> 02:06:06,000

natural rhythm

3750

02:06:09,350 --> 02:06:08,000

a lot of animals would sleep for a

3751

02:06:10,310 --> 02:06:09,360

period of time and then they'd get up

3752

02:06:11,990 --> 02:06:10,320

and prowl around

3753

02:06:13,350 --> 02:06:12,000

and then go back to sleep and then get

3754

02:06:16,390 --> 02:06:13,360

up and do stuff

3755

02:06:19,430 --> 02:06:16,400

so i could see where you know we might

3756

02:06:20,709 --> 02:06:19,440

have a similar cycle as that because as

3757

02:06:22,390 --> 02:06:20,719

i mentioned i mean we're in an animal

3758

02:06:23,990 --> 02:06:22,400

body so we would still have all those

3759

02:06:25,350 --> 02:06:24,000

animal instincts and stuff there that

3760

02:06:27,430 --> 02:06:25,360

we're working with

3761

02:06:29,430 --> 02:06:27,440

even though we've kind of taken mental

3762

02:06:30,390 --> 02:06:29,440

dominance over those instincts in a lot

3763

02:06:31,669 --> 02:06:30,400

of cases

3764

02:06:33,750 --> 02:06:31,679

some of that could still be there so

3765

02:06:35,270 --> 02:06:33,760

yeah i mean um

3766

02:06:36,790 --> 02:06:35,280

there's there's been a lot of research

3767

02:06:39,910 --> 02:06:36,800

in terms of putting people

3768

02:06:42,229 --> 02:06:39,920

in a uh environment where they're not

3769

02:06:44,149 --> 02:06:42,239

aware of like the outer cues that we

3770

02:06:47,030 --> 02:06:44,159

normally get with daylight for example

3771

02:06:48,069 --> 02:06:47,040

and so they found that the natural

3772

02:06:50,950 --> 02:06:48,079

rhythm

3773

02:06:51,830 --> 02:06:50,960

that people are on is uh closer to like

3774

02:07:05,030 --> 02:06:51,840

a

3775

02:07:07,990 --> 02:07:05,040

experiences where they would

3776

02:07:10,629 --> 02:07:08,000

be separated from the natural biological

3777

02:07:13,589 --> 02:07:10,639

cues of the sunrise and sunset

3778

02:07:15,350 --> 02:07:13,599

and um just a lot of people get up when

3779

02:07:16,870 --> 02:07:15,360

they were done sleeping and go back to

3780

02:07:19,270 --> 02:07:16,880

sleep when they're

3781

02:07:20,229 --> 02:07:19,280

you know ready to go back to sleep and

3782

02:07:23,109 --> 02:07:20,239

so yeah it's

3783

02:07:24,069 --> 02:07:23,119

it's kind of interesting if um you look

3784

02:07:26,550 --> 02:07:24,079

at those cycles

3785

02:07:28,310 --> 02:07:26,560

that uh i could i could certainly see

3786

02:07:28,950 --> 02:07:28,320

that happening where people would get up

3787

02:07:30,550 --> 02:07:28,960

and

3788

02:07:32,629 --> 02:07:30,560

maybe go visit their neighbors people do

3789

02:07:33,270 --> 02:07:32,639

that now because people get up in the

3790

02:07:35,189 --> 02:07:33,280

middle of night

3791

02:07:36,629 --> 02:07:35,199

and and go down and get a snack you know

3792

02:07:38,470 --> 02:07:36,639

people talk about a midnight snack

3793

02:07:40,229 --> 02:07:38,480

i'm not one of those people i mean i

3794

02:07:42,069 --> 02:07:40,239

pretty much sleep through the night

3795

02:07:44,550 --> 02:07:42,079

when i go to sleep but yeah people get

3796

02:07:46,470 --> 02:07:44,560

up they go downstairs they have a snack

3797

02:07:47,830 --> 02:07:46,480

and sometimes if if somebody else is

3798

02:07:49,270 --> 02:07:47,840

down there who's kind of on the same

3799

02:07:50,229 --> 02:07:49,280

cycle they are they might talk for a

3800

02:07:52,390 --> 02:07:50,239

while and

3801
02:07:53,750 --> 02:07:52,400
so yeah i mean i don't know if there's

3802
02:07:55,270 --> 02:07:53,760
some kind of evolutionary difference

3803
02:07:57,270 --> 02:07:55,280
between people where

3804
02:07:59,189 --> 02:07:57,280
some people are kind of more prone to

3805
02:07:59,510 --> 02:07:59,199
that than others but yeah i could see

3806
02:08:02,629 --> 02:07:59,520
that

3807
02:08:04,229 --> 02:08:02,639
right okay all right well uh patrick we

3808
02:08:08,390 --> 02:08:04,239
have uh

3809
02:08:10,069 --> 02:08:08,400
the question here from the the 5d raver

3810
02:08:12,149 --> 02:08:10,079
and i think this is in reference to

3811
02:08:12,870 --> 02:08:12,159
atlantis and souls as we talked about

3812
02:08:14,790 --> 02:08:12,880
before

3813
02:08:18,629 --> 02:08:14,800

it says where does he think these new

3814

02:08:22,550 --> 02:08:20,629

so that's why i was talking about before

3815

02:08:24,470 --> 02:08:22,560

with the

3816

02:08:26,470 --> 02:08:24,480

large population that we have now i

3817

02:08:27,750 --> 02:08:26,480

think there are probably a couple of

3818

02:08:31,510 --> 02:08:27,760

things that are going on

3819

02:08:33,510 --> 02:08:31,520

one is that the um

3820

02:08:34,629 --> 02:08:33,520

the people who have been here the

3821

02:08:36,870 --> 02:08:34,639

longest

3822

02:08:39,030 --> 02:08:36,880

i think there was probably maybe more of

3823

02:08:40,709 --> 02:08:39,040

a gap in between lifetimes

3824

02:08:42,709 --> 02:08:40,719

where we were kind of waiting for

3825

02:08:44,229 --> 02:08:42,719

favorable circumstances to come in and

3826

02:08:47,189 --> 02:08:44,239

maybe we didn't always get to

3827

02:08:48,790 --> 02:08:47,199

be as particular about the circumstances

3828

02:08:49,430 --> 02:08:48,800

sometimes we may have just been looking

3829

02:08:51,510 --> 02:08:49,440

for the first

3830

02:08:54,069 --> 02:08:51,520

opportunity to get back and so we just

3831

02:08:56,390 --> 02:08:54,079

kind of first come for serve so to speak

3832

02:08:57,669 --> 02:08:56,400

so i think that with the growth of the

3833

02:08:59,830 --> 02:08:57,679

population i think

3834

02:09:01,350 --> 02:08:59,840

uh people can come back much faster

3835

02:09:02,550 --> 02:09:01,360

where people are just

3836

02:09:04,390 --> 02:09:02,560

coming in because there's all these

3837

02:09:04,870 --> 02:09:04,400

different options but i think there's

3838

02:09:07,910 --> 02:09:04,880

also

3839

02:09:09,030 --> 02:09:07,920

with all this energy being given to this

3840

02:09:11,109 --> 02:09:09,040

planet and all the

3841

02:09:12,550 --> 02:09:11,119

the evolution and the where we are with

3842

02:09:14,229 --> 02:09:12,560

our technology and just all the

3843

02:09:15,189 --> 02:09:14,239

opportunities for creativity and things

3844

02:09:17,430 --> 02:09:15,199

like that i think

3845

02:09:19,350 --> 02:09:17,440

it's becoming a very attractive place

3846

02:09:21,189 --> 02:09:19,360

for probably a lot of souls who maybe

3847

02:09:22,709 --> 02:09:21,199

haven't come in and current before

3848

02:09:24,229 --> 02:09:22,719

so i think those two things are probably

3849

02:09:25,270 --> 02:09:24,239

going on which accounts for the large

3850

02:09:26,870 --> 02:09:25,280

population

3851
02:09:28,390 --> 02:09:26,880
but at the same time i think we're kind

3852
02:09:30,790 --> 02:09:28,400
of reaching a peak

3853
02:09:32,310 --> 02:09:30,800
and a lot of biologists and different

3854
02:09:33,589 --> 02:09:32,320
scientists in different fields

3855
02:09:35,589 --> 02:09:33,599
are all kind of coming to this

3856
02:09:37,270 --> 02:09:35,599
conclusion that the peak carrying

3857
02:09:39,189 --> 02:09:37,280
capacity for our planet is probably

3858
02:09:42,069 --> 02:09:39,199
somewhere around 9 billion

3859
02:09:43,109 --> 02:09:42,079
and so once we reach 9 billion there's

3860
02:09:45,030 --> 02:09:43,119
probably going to be

3861
02:09:47,510 --> 02:09:45,040
some environmental factors and different

3862
02:09:50,709 --> 02:09:47,520
things that come into play that

3863
02:09:52,709 --> 02:09:50,719

that limit our growth beyond that point

3864

02:09:54,310 --> 02:09:52,719

and so you know you look at some of

3865

02:09:55,109 --> 02:09:54,320

those things that are just getting

3866

02:09:57,589 --> 02:09:55,119

started

3867

02:09:58,470 --> 02:09:57,599

where uh it is probably going to create

3868

02:10:01,669 --> 02:09:58,480

sort of a cap

3869

02:10:03,750 --> 02:10:01,679

and there's like these bacteria that are

3870

02:10:05,189 --> 02:10:03,760

resistant to our antibiotics and stuff

3871

02:10:06,950 --> 02:10:05,199

like that you know that's just

3872

02:10:09,109 --> 02:10:06,960

one of the many things that is probably

3873

02:10:10,629 --> 02:10:09,119

going to create like a peak carrying

3874

02:10:13,350 --> 02:10:10,639

capacity of the planet so

3875

02:10:15,109 --> 02:10:13,360

you know i think i think there are some

3876

02:10:16,470 --> 02:10:15,119

of those limits and those limits are

3877

02:10:19,669 --> 02:10:16,480

probably put in place

3878

02:10:21,430 --> 02:10:19,679

on non-physical levels because

3879

02:10:22,870 --> 02:10:21,440

you know maybe there is like a limit to

3880

02:10:24,790 --> 02:10:22,880

the number of souls that are

3881

02:10:26,709 --> 02:10:24,800

interacting with this planet i know

3882

02:10:29,910 --> 02:10:26,719

there's a lot of souls that are here

3883

02:10:31,109 --> 02:10:29,920

that have never incarnated or have not

3884

02:10:33,270 --> 02:10:31,119

incarnated in a while

3885

02:10:34,310 --> 02:10:33,280

and so they're sort of interacting on a

3886

02:10:36,390 --> 02:10:34,320

non-physical level

3887

02:10:37,350 --> 02:10:36,400

and so there's there's all kinds of

3888

02:10:40,629 --> 02:10:37,360

different players

3889

02:10:43,750 --> 02:10:40,639

on different levels and so um

3890

02:10:45,270 --> 02:10:43,760

you know we are physical we're here so

3891

02:10:46,390 --> 02:10:45,280

obviously we're invested in the physical

3892

02:10:48,470 --> 02:10:46,400

part of this experience

3893

02:10:49,910 --> 02:10:48,480

and there's uh you know those people

3894

02:10:52,390 --> 02:10:49,920

like i said they're sort of

3895

02:10:53,830 --> 02:10:52,400

um quasi physical you know they they may

3896

02:10:56,950 --> 02:10:53,840

come in periodically but not

3897

02:10:58,149 --> 02:10:56,960

as often and then the ones who just

3898

02:11:01,030 --> 02:10:58,159

don't come in at all

3899

02:11:04,790 --> 02:11:01,040

so so that's i think um hopefully that

3900

02:11:06,229 --> 02:11:04,800

answers your question i think that um

3901

02:11:07,990 --> 02:11:06,239

we're in some very interesting times i

3902

02:11:10,470 --> 02:11:08,000

mean with the population being this

3903

02:11:11,750 --> 02:11:10,480

this high i think we're in for some very

3904

02:11:13,270 --> 02:11:11,760

interesting experiences

3905

02:11:16,390 --> 02:11:13,280

lots of opportunities though that's the

3906

02:11:19,430 --> 02:11:16,400

good news uh the next question is from

3907

02:11:22,390 --> 02:11:19,440

bezos so basil sorbet

3908

02:11:22,870 --> 02:11:22,400

says often i experience music in my

3909

02:11:25,350 --> 02:11:22,880

dreams

3910

02:11:27,510 --> 02:11:25,360

could you speak to the symbology of

3911

02:11:30,229 --> 02:11:27,520

music thank you

3912

02:11:31,750 --> 02:11:30,239

sure sure so music represents harmony

3913

02:11:35,589 --> 02:11:31,760

that's occurring in our life

3914

02:11:36,310 --> 02:11:35,599

and i'm a musician so musicians have an

3915

02:11:39,589 --> 02:11:36,320

understanding

3916

02:11:41,910 --> 02:11:39,599

of rhythm and tone and

3917

02:11:42,709 --> 02:11:41,920

harmony and so all those different

3918

02:11:45,270 --> 02:11:42,719

things

3919

02:11:46,790 --> 02:11:45,280

come into play and so whatever images

3920

02:11:49,109 --> 02:11:46,800

show up in our dream

3921

02:11:51,030 --> 02:11:49,119

represent our mindset during the day so

3922

02:11:53,030 --> 02:11:51,040

if you're more focused on like

3923

02:11:55,109 --> 02:11:53,040

the rhythm of life and the harmonies

3924

02:11:57,830 --> 02:11:55,119

that are existing between like you and

3925

02:11:59,430 --> 02:11:57,840

other people and you like harmonizing

3926

02:12:00,629 --> 02:11:59,440

with your different life experiences and

3927

02:12:03,589 --> 02:12:00,639

all of that that that's

3928

02:12:05,510 --> 02:12:03,599

all a musical type of experience now as

3929

02:12:09,189 --> 02:12:05,520

a contrast

3930

02:12:11,030 --> 02:12:09,199

somebody might be very strategic

3931

02:12:12,550 --> 02:12:11,040

in the way they approach their life so

3932

02:12:14,390 --> 02:12:12,560

if they're very strategic

3933

02:12:16,310 --> 02:12:14,400

they might dream of their life being

3934

02:12:18,229 --> 02:12:16,320

kind of like a game maybe like

3935

02:12:19,510 --> 02:12:18,239

chess or if they're very competitive

3936

02:12:21,669 --> 02:12:19,520

they might have

3937

02:12:23,830 --> 02:12:21,679

dreams about playing sports you know

3938

02:12:25,589 --> 02:12:23,840

soccer or football or

3939

02:12:27,270 --> 02:12:25,599

well obviously some of our countries

3940

02:12:29,270 --> 02:12:27,280

soccer football are the same thing

3941

02:12:30,709 --> 02:12:29,280

so um you know those things are very

3942

02:12:33,350 --> 02:12:30,719

competitive though where

3943

02:12:34,310 --> 02:12:33,360

um like a team sport like soccer for

3944

02:12:36,470 --> 02:12:34,320

example

3945

02:12:37,830 --> 02:12:36,480

you know you're you're into the teamwork

3946

02:12:41,109 --> 02:12:37,840

and the competitiveness

3947

02:12:43,510 --> 02:12:41,119

whereas if um you're more

3948

02:12:44,709 --> 02:12:43,520

solitary you know you might do something

3949

02:12:48,069 --> 02:12:44,719

like golf

3950

02:12:50,390 --> 02:12:48,079

where it's very skilled and nuanced and

3951
02:12:51,669 --> 02:12:50,400
and you're kind of um approaching your

3952
02:12:53,109 --> 02:12:51,679
life more as

3953
02:12:55,350 --> 02:12:53,119
like a lone wolf you know you're out

3954
02:12:56,629 --> 02:12:55,360
there and it's you against the world you

3955
02:12:58,310 --> 02:12:56,639
know so you

3956
02:13:00,149 --> 02:12:58,320
have all these things so when you're

3957
02:13:01,589 --> 02:13:00,159
looking at um

3958
02:13:03,669 --> 02:13:01,599
the type of game that you're playing or

3959
02:13:07,189 --> 02:13:03,679
in your case with the music

3960
02:13:09,910 --> 02:13:07,199
you know that is is revealing how

3961
02:13:10,550 --> 02:13:09,920
you use your consciousness so if you

3962
02:13:13,990 --> 02:13:10,560
look at

3963
02:13:17,830 --> 02:13:14,000

how the music is like is it very

3964

02:13:20,870 --> 02:13:17,840

inspiring or is it um

3965

02:13:21,350 --> 02:13:20,880

you know very soothing you know what

3966

02:13:24,629 --> 02:13:21,360

kind of

3967

02:13:26,870 --> 02:13:24,639

effect does it have on you and um

3968

02:13:28,550 --> 02:13:26,880

are you a musician you know are you

3969

02:13:30,629 --> 02:13:28,560

playing the music so that

3970

02:13:31,910 --> 02:13:30,639

indicates that you're very aware that

3971

02:13:33,990 --> 02:13:31,920

you're

3972

02:13:35,990 --> 02:13:34,000

a participant and a creator in that

3973

02:13:38,229 --> 02:13:36,000

experience or are you

3974

02:13:39,750 --> 02:13:38,239

receiving the music you're just there

3975

02:13:42,149 --> 02:13:39,760

and other people are playing

3976

02:13:42,950 --> 02:13:42,159

so it's still all you like i talked

3977

02:13:44,950 --> 02:13:42,960

about before

3978

02:13:46,629 --> 02:13:44,960

everything in the dream represents an

3979

02:13:48,629 --> 02:13:46,639

aspect of yourself

3980

02:13:50,470 --> 02:13:48,639

unless it's a visitation that's the only

3981

02:13:54,310 --> 02:13:50,480

exception and there are

3982

02:13:56,470 --> 02:13:54,320

some some ways to detect that like um

3983

02:13:58,709 --> 02:13:56,480

for example if the person is coming to

3984

02:14:00,149 --> 02:13:58,719

you but their lips aren't moving

3985

02:14:01,990 --> 02:14:00,159

and maybe they're just smiling you can't

3986

02:14:03,189 --> 02:14:02,000

hear anything you know that's probably a

3987

02:14:04,390 --> 02:14:03,199

visitation or

3988

02:14:06,629 --> 02:14:04,400

if they're communicating with you

3989

02:14:08,390 --> 02:14:06,639

telepathically but their lips aren't

3990

02:14:10,149 --> 02:14:08,400

moving or they're just smiling

3991

02:14:13,430 --> 02:14:10,159

you know that's that's a sign that it's

3992

02:14:14,950 --> 02:14:13,440

a visitation you're actually

3993

02:14:16,550 --> 02:14:14,960

in the dream with another entity they're

3994

02:14:18,870 --> 02:14:16,560

coming to visit you in that experience

3995

02:14:19,750 --> 02:14:18,880

but otherwise every other person you

3996

02:14:22,870 --> 02:14:19,760

know they

3997

02:14:24,149 --> 02:14:22,880

they are you and so if you walk in and

3998

02:14:25,109 --> 02:14:24,159

there's a whole chamber orchestra

3999

02:14:27,109 --> 02:14:25,119

playing you know you

4000

02:14:28,470 --> 02:14:27,119

are that orchestra but since you're not

4001
02:14:30,629 --> 02:14:28,480
the musician

4002
02:14:31,990 --> 02:14:30,639
you don't have as much of a conscious

4003
02:14:35,510 --> 02:14:32,000
connection to

4004
02:14:37,589 --> 02:14:35,520
creating that harmonious experience

4005
02:14:39,510 --> 02:14:37,599
but if you are a musician like if you're

4006
02:14:40,390 --> 02:14:39,520
in a band and you're playing or you're

4007
02:14:41,990 --> 02:14:40,400
singing

4008
02:14:44,069 --> 02:14:42,000
you know you are very much more

4009
02:14:45,990 --> 02:14:44,079
connected to your

4010
02:14:47,189 --> 02:14:46,000
creative ability to create harmony in

4011
02:14:50,709 --> 02:14:47,199
your life

4012
02:14:51,109 --> 02:14:50,719
okay well um patrick thank you very much

4013
02:14:52,950 --> 02:14:51,119

again

4014

02:14:54,709 --> 02:14:52,960

i really appreciate you taking the time

4015

02:14:57,030 --> 02:14:54,719

to come and talk to me today

4016

02:14:58,470 --> 02:14:57,040

and uh for everyone else watching too in

4017

02:15:02,069 --> 02:14:58,480

the description below

4018

02:15:03,990 --> 02:15:02,079

there's um the the website you have

4019

02:15:07,109 --> 02:15:04,000

patrick's books and if you like to

4020

02:15:08,629 --> 02:15:07,119

contact patrick patrick on the

4021

02:15:10,870 --> 02:15:08,639

intuitive school website can they

4022

02:15:14,470 --> 02:15:10,880

contact you

4023

02:15:15,709 --> 02:15:14,480

absolutely sure we have contact forms

4024

02:15:17,030 --> 02:15:15,719

where you can contact us at

4025

02:15:20,510 --> 02:15:17,040

intuitiveschool.com

4026
02:15:22,149 --> 02:15:20,520
and also you can connect with us at

4027
02:15:23,669 --> 02:15:22,159
spiritsjourneyradio.com can you just go

4028
02:15:25,510 --> 02:15:23,679
a little bit real quick about

4029
02:15:26,629 --> 02:15:25,520
what it is that you teach at the school

4030
02:15:29,189 --> 02:15:26,639
to just give a little bit more

4031
02:15:31,350 --> 02:15:29,199
information for everyone

4032
02:15:32,709 --> 02:15:31,360
sure so we have classes in spiritual

4033
02:15:35,510 --> 02:15:32,719
development where you can

4034
02:15:37,030 --> 02:15:35,520
actually go through courses that help

4035
02:15:38,629 --> 02:15:37,040
you train those abilities like i was

4036
02:15:40,950 --> 02:15:38,639
talking about before

4037
02:15:41,750 --> 02:15:40,960
the owner's mouth for the mine is like a

4038
02:15:43,910 --> 02:15:41,760

textbook

4039

02:15:44,950 --> 02:15:43,920

for the course and uh some of the the

4040

02:15:48,550 --> 02:15:44,960

programs that we do

4041

02:15:50,069 --> 02:15:48,560

so you know a lot of it is uh developing

4042

02:15:53,109 --> 02:15:50,079

the fundamentals the basics

4043

02:15:55,109 --> 02:15:53,119

of being able to control your mind and

4044

02:15:56,310 --> 02:15:55,119

be able to to direct your mind the way

4045

02:15:57,270 --> 02:15:56,320

you want but then we get into more

4046

02:15:59,910 --> 02:15:57,280

advanced abilities

4047

02:16:01,189 --> 02:15:59,920

as you progress then there's also

4048

02:16:04,390 --> 02:16:01,199

readings that we offer

4049

02:16:06,790 --> 02:16:04,400

and so that's more of a personal

4050

02:16:08,069 --> 02:16:06,800

service experience where we have a past

4051
02:16:09,109 --> 02:16:08,079
life reading just like we were talking

4052
02:16:11,589 --> 02:16:09,119
about before

4053
02:16:13,270 --> 02:16:11,599
and so we don't guarantee that you're

4054
02:16:14,550 --> 02:16:13,280
going to get a reading from atlantis

4055
02:16:15,350 --> 02:16:14,560
every time you get a past life reading

4056
02:16:16,870 --> 02:16:15,360
though because

4057
02:16:18,709 --> 02:16:16,880
we asked for the most significant

4058
02:16:20,950 --> 02:16:18,719
reading to your lifetime now

4059
02:16:22,629 --> 02:16:20,960
and so it will always be the most

4060
02:16:24,470 --> 02:16:22,639
relevant to your current learning it's

4061
02:16:25,990 --> 02:16:24,480
what you most need to understand in

4062
02:16:26,550 --> 02:16:26,000
terms of your current learning where you

4063
02:16:28,629 --> 02:16:26,560

are

4064

02:16:29,830 --> 02:16:28,639

in your development but then we also

4065

02:16:31,750 --> 02:16:29,840

offer health readings

4066

02:16:34,309 --> 02:16:31,760

so that gets into the health of your

4067

02:16:37,110 --> 02:16:34,319

spiritual mental emotional and physical

4068

02:16:38,870 --> 02:16:37,120

levels of your existence and then it

4069

02:16:40,230 --> 02:16:38,880

identifies anything that's a disorder

4070

02:16:41,669 --> 02:16:40,240

that's going on and also

4071

02:16:43,589 --> 02:16:41,679

suggestions for how to correct that

4072

02:16:45,910 --> 02:16:43,599

disorder so that you can

4073

02:16:47,110 --> 02:16:45,920

lead the most healthy productive life

4074

02:16:48,870 --> 02:16:47,120

that you can

4075

02:16:50,549 --> 02:16:48,880

and then like i mentioned catherine

4076

02:16:52,549 --> 02:16:50,559

she's more into the

4077

02:16:55,750 --> 02:16:52,559

the other kinds of intuitive readings

4078

02:17:00,070 --> 02:16:55,760

like astrology numerologies palmistry um

4079

02:17:02,230 --> 02:17:00,080

she does raid iris analysis and so uh

4080

02:17:03,990 --> 02:17:02,240

probably astrology's the the one that

4081

02:17:05,589 --> 02:17:04,000

that she does the most but she gets more

4082

02:17:07,349 --> 02:17:05,599

into that aspect where i get more into

4083

02:17:10,870 --> 02:17:07,359

like the energy healing

4084

02:17:13,669 --> 02:17:10,880

and uh more like the the um higher like

4085

02:17:14,950 --> 02:17:13,679

metaphysical uh development of the the

4086

02:17:17,110 --> 02:17:14,960

self and the evolution

4087

02:17:18,549 --> 02:17:17,120

and things like that okay thank you so

4088

02:17:21,830 --> 02:17:18,559

everyone uh

4089

02:17:23,990 --> 02:17:21,840

visit the uh intuitive school you can

4090

02:17:25,270 --> 02:17:24,000

contact patrick there check out his

4091

02:17:27,509 --> 02:17:25,280

books and uh

4092

02:17:28,709 --> 02:17:27,519

patrick again thank you very much stay

4093

02:17:31,509 --> 02:17:28,719

tight uh

4094

02:17:32,389 --> 02:17:31,519

stay tight stay connected because i

4095

02:17:34,629 --> 02:17:32,399

meant to say that

4096

02:17:36,790 --> 02:17:34,639

a lot a lot of times sometimes when i

4097

02:17:39,830 --> 02:17:36,800

don't cover this before we go online

4098

02:17:41,190 --> 02:17:39,840

um basically uh the people say okay bye

4099

02:17:43,110 --> 02:17:41,200

and they hang up and then there's a

4100

02:17:45,190 --> 02:17:43,120

frozen image of you there

4101
02:17:47,429 --> 02:17:45,200
but yeah everyone else watching thank

4102
02:17:51,349 --> 02:17:47,439
you i appreciate you being here with us

4103
02:17:53,589 --> 02:17:51,359
today um if you um

4104
02:17:55,110 --> 02:17:53,599
i guess tune in next week if you would

4105
02:17:57,190 --> 02:17:55,120
like to do

4106
02:17:58,150 --> 02:17:57,200
some sharing of your own stories for

4107
02:17:59,750 --> 02:17:58,160
open lines

4108
02:18:01,589 --> 02:17:59,760
and then on friday we're going to have

4109
02:18:03,270 --> 02:18:01,599
another guest i don't know who that's

4110
02:18:05,669 --> 02:18:03,280
going to be yet but

4111
02:18:07,110 --> 02:18:05,679
just uh hit subscribe button hit the

4112
02:18:09,589 --> 02:18:07,120
like button and

4113
02:18:10,230 --> 02:18:09,599

hopefully it will inform you whenever a

4114

02:18:12,950 --> 02:18:10,240

new

4115

02:18:14,950 --> 02:18:12,960

live stream goes up so patrick again

4116

02:18:15,270 --> 02:18:14,960

thank you everyone watching i appreciate