

Leonardo Da Vinci Channeled  
by  
RIZ MIRZA



*Love,  
Relationships,  
and  
Consciousness*

Transcribed from talk with  
co-host Lady O

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# Love, Relationship and Consciousness

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This enlightening talk, hosted by Riz and Lady O, with insights channeled from the great master Leonardo da Vinci, invites us to explore the intricate art of relationships through the lens of spiritual consciousness. The conversation dives deep into the essence of love, human connection, and self-awareness, weaving wisdom that is both timeless and transformative. It emphasizes the idea that relationships are not just partnerships but dynamic, living art forms where we are the creators. Riz and Lady O explore the dance of energies—yin and yang, masculine and feminine—intertwining to create harmony and growth within relationships.

Leonardo's profound message reframes love as a masterpiece, requiring patience, trust, and the courage to explore both light and shadow. His analogy of relationships as art reveals that perfection is not the goal; instead, it is about embracing the imperfections and co-creating something extraordinary. As Leonardo shares, "Behind every masterpiece, there are thousands of sketches, ideas, and attempts—each one as vital as the final creation." This talk reminds us that relationships mirror our personal growth and are a reflection of our capacity to love and understand ourselves.

Dear Beloved Soul,

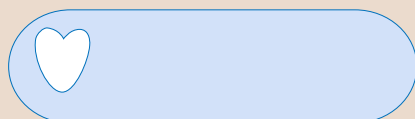
As we share this sacred space with you, we want to honor your courage in embarking on the profound journey of love and connection. Relationships are the greatest spiritual teachers, reflecting back to us the parts of ourselves that long to be seen, healed, and celebrated. Through every joy and challenge, they guide us toward a deeper understanding of what it means to love unconditionally.

Leonardo da Vinci's words remind us that love is both art and alchemy—a process of transformation that begins within. When you nurture your inner world with gentleness and care, your relationships become the canvas upon which you paint your truth. Remember, the universe does not demand perfection but asks only for your authenticity. As Riz often says, "To be yourself fully is the greatest gift you can give to those you love."

Take this wisdom and carry it into your heart. Let it remind you that every stroke of your brush, every choice you make to love, trust, and forgive, is creating a masterpiece. Whether you are single, partnered, or somewhere in between, know that you are an artist of love, and your work is seen and cherished by the universe.

With all our love and blessings,

Riz & Oriah Mirza





# How To Know If You Are With The Right Partner

Riz

(Our show) Midnight Madness is about trance channeling, and trance channeling is the art that has been around, and science. It's not just an art. I find it to be a science because it is truly a technology, actually. A technique and a technology where we are tuning into the frequencies. We believe that that everything in this universe is frequency, including we operate on particular frequencies. We are a frequency. And even when we leave these bodies, that frequency still exists and communicates. And so channeling is the art of allowing those who are on the other side. These are master teachers. These are spirit guides. These are souls, teachers who are not incarnating again physically anywhere. Their job is to stay in that eternal realm and to transmit messages to us to help us connect the dots that we are experiencing in life. You can call those coincidences, you can call those alignments, all these signs that you see, and you are connecting the dots. So spirit guides differ from traditional religion, where you go just the angels, pray to the saints or the angels to make something happen for you. Spirit guides are there to help you understand creation, co creation, as we are all energy and intelligence, and they help to guide our spirit.

They are spirit guides. We are in a world where some people call them the ancestors, some people call them the watchers, some people call them Wisdom teachers. Right, or the universe. I say spirit guides because they all have their own personality, and channelers allow them to actually enter into the body and to use the body as an instrument. Sometimes When people say enter into the body, they get this idea that it's some possession. We just use the term enter into the body. I like to say transmit through the body.

Lady O

I like when you say, "I slip out the back door."

Riz

I slip out the back door. I let them take over. I let them take over the steering wheel, right? So I'd like to just help us move away from that terminology because sometimes terminology clouds the way we see something because of those past references. "Takes over the body", then you think possession. Then you think of things that are more, I don't know, occult rather than spiritual new age.

Lady O

Can I ask you a question?

Riz

Sure.

Lady O

I've never asked you this in all of our podcasts. Do you find it interesting that in the Bible,

Riz

I find everything interesting.

Lady O

I'm trying to word this. In the Bible, King James's Bible says to stay away from sorcerers.

Riz

I like that.

Lady O

All these terminologies mean that you can see....fortune tellers, so yeah.

Riz  
Fortune tellers, yeah. Soothsayers.



Lady O  
Soothsayers., things like that.

Riz  
I don't know if I'm a soothsayer.

Lady O  
But here's the thing- I'm a 'truth sayer'. You're a 'truth sayer'. It's there. Okay. Here's the thing, though, because I used to be a Christian, I've read the Bible many times, front to back. There are many, many, many books, passages, pages, chapters, in the New Testament that is basically inspired words of God, teachings of the Holy Trinity or God himself, because they see him as a gender, so they choose the male gender, of course. But anyway. What is so interesting about this is as soon as I started to understand channeling back in the day when I was in the beginning of when I got to know you, I started to put two and two together, and I was like, listen, this is so ridiculous. They're actually getting channeled material from channelers who are writing down, the Apostles, are writing down in inspired the word of God. The word of God. Right. Meaning you are being inspired. You are channeling wisdom.

Riz  
Then they said nobody else can do it.

Lady O  
Nobody else can do it. Only God, because there's only God, there's nothing else. It's just this one thing here of God and everything is empty space.

Riz  
I believe in Source the same way. But look, guys, that discussion.

Lady O  
I know it's a big discussion. I've never talked about it.



Riz

It's not even a discussion worth having because why?

Lady O

Because people say, Oh, because you said possession, so that marks what sometimes people say. They'll say that he's possessed, like 'pray to God because you're possessed with a demon'.

Riz

A lot of channelers on their YouTube channels, they'll get people saying, "You need to find Jesus. You need to find religion. You need to stop channeling demons."

Lady O

It's really interesting because there's a lot of channelers you have as well, and other channelers have channeled Jesus.

Riz

Oh, no, don't say that because people don't believe, religious people don't believe that. Religious people will say, You have no right. There's no such thing. The religious book tells us not to believe your whole lot. So don't say anything. Just shut your mouth, either go to hell or go to heaven.

Lady O

It's not even worth discussing.

Riz

No, it's not worth discussing. It's more worth discussing this beautiful sacred sage, smokeless sage I just pick up. It's more worth discussing this random thing- look at this castle. This isn't random. This crystal I got in Ireland, this is honey calcite. It has a little light to it, right? It's beautiful. It's like a beautiful crystal... I want to eat it. It's like, honey. I'm going to put that here, a honey between me and my honey. No, it's not worth talking about that. Why would you argue about... It's like people who listen to music. Because all we talk about is love and light and God, for thousands of messages over the last 15 years.

Lady O

Nothing but that. And yet people who don't understand channeling, they think it's like...

Riz

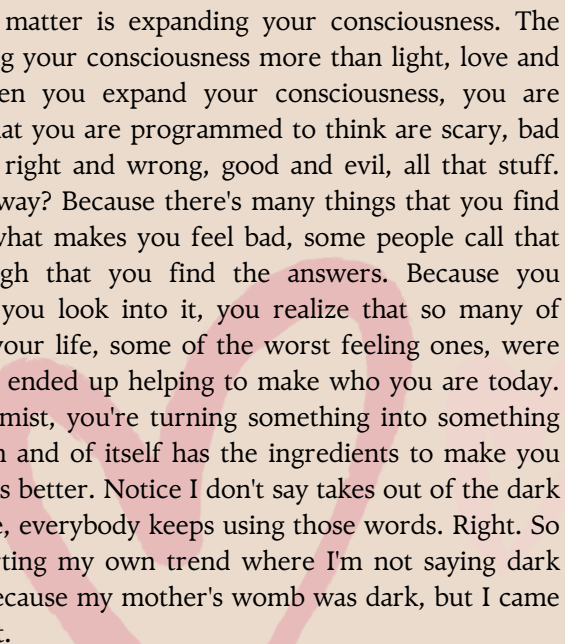
You know, I would agree with you that we need to talk about those things. It's so strange. I would agree with you that we need to talk about those things, but I'm actually changing how I talk about it. Instead of talking about light, love, and God, I actually think we talk about expanding our consciousness.

Lady O

But in a loving, light-filled, higher intelligence way.

Riz

Yes, but the subject matter is expanding your consciousness. The reason I say expanding your consciousness more than light, love and God, is because when you expand your consciousness, you are moving past things that you are programmed to think are scary, bad patterns, ideas about right and wrong, good and evil, all that stuff. Why do I say it that way? Because there's many things that you find when you confront what makes you feel bad, some people call that darkness, that through that you find the answers. Because you confront something, you look into it, you realize that so many of your experiences in your life, some of the worst feeling ones, were the ones that actually ended up helping to make who you are today. And how as an alchemist, you're turning something into something else. But that thing in and of itself has the ingredients to make you bring it into what feels better. Notice I don't say takes out of the dark and into the light. See, everybody keeps using those words. Right. So I'm stopping. I'm starting my own trend where I'm not saying dark and light anymore. Because my mother's womb was dark, but I came out, life came out of it.



What are we talking about when we say dark? The reason I don't talk about religion to most people who are religious is because there's an old saying, never talk politics and religion, right? We all can watch our favorite band or favorite artist or rapper, and we all can have different political leanings. We can all have different religions. But traditional religious type of people, they have very strict rules. And so that's for them. But then there are a lot of us who don't follow that.

And it's It's not about any hate ever. It is about... In fact, we don't really have any hate. It's mostly people who have hate towards spiritual or New Age people. New Age people don't have hate towards anyone. We have frustration, and then we learn to let that go also. So this channel has always been dedicated to expanding consciousness and understanding that I come from a place where all things are possible. So I never say, I don't believe in that, or I don't believe in that, or, That can't be real. Let me rephrase that. I don't come from that's not real. I come from I don't believe in it or it's not for me.

Riz

But even then, when I find myself saying I don't believe in it and it's not for me, I still feel bad and I go, No, I got to stay open. I got to hear, because if it's in front of me, I want to examine it. What a statement, channeling is... What more can I say, we just have to dive into it and see, are the messages activating, stimulating your consciousness? What's your question? You said you had a question.

Lady O

Well, first of all, I changed my mind. I don't have a question. I have a statement. I would like to say everything you just said was very well said, and I agree with everything you say in that regard. I've come a long way through my Christian belief system, and I've worked my way through the contrasting conversations of light and dark and found oneness and accepting all things as creation. This is a much larger conversation.

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Riz

It's a conversation I'm never going to have, though. You want to know why? Because I don't believe that religious people and New Age people can actually have a conversation that goes anywhere. I don't believe it. Just leave it alone. People who are into heavy metal are not into hip hop, and hip hop are people not into punk and people are into goth.

Lady O

Back in our day, they weren't, but now everybody likes each other's music.

Riz

Yeah, but there's a lot of people who don't. A lot. How do I know? Because unfortunately, I read comments under reels and videos, and I go, look at these people. They're still saying one music is better than the other. One color is better than the other. They're still saying one religion is better than the other. One way of eating is better than another. They're still arguing. Stop arguing. You have better things to do, or do you? Just create, guys. Look, welcome, welcome, welcome. If you wanted to expand your consciousness, for me, these conversations do stimulate and move the conversation along further and outwards and inwards. So let's go outwards and inwards because that's what channeling is, opening up and allowing the messages to transfer and transmit through me in me. I don't know, guys, who I'm going to channel, and neither does Lady O. That's how we do this 100%. I guarantee you, we do not talk about what we're going to talk about. We literally sit down, turn the camera and the lights on and just go, hey, no rehearsals, nothing. All right. That being said, I feel like ringing the bell.

Lady O

I knew you wanted to. I felt it, too.

Riz

And I feel like just doing a little blessing.

Lady O

You know the bell is for another podcast.

Riz

When I do this- It's nice to ring it. I grew up in an Indian tradition that your moms would put a plate of small candles and do this around your aura when you leave the house to protect you. So I'm doing this for you guys right there. All right. And I'll do it for you as well, my dear. Okay.

Lady O

I'm already feeling the it's the energy coming in.

Riz

Oh, they've been here. So let's see. Shall we begin? Yes. All right. Close your eyes, everyone, just for this moment. Join in. Hopefully, you're cozy and not distracted. And if you are If you're not cozier and you are distracted, pause the video here, turn the lights down, cozy up, and come back.

Riz

Welcome, everyone. Close your eyes, drop your shoulders, take a deep breath in through your nose. Hold the breath at the top, relax again the shoulders, and do a bowing your head, surround yourself with light. Imagine a light that is at the point between your eyebrows. This is our third eye portal. See the light as a glowing white light turning into a sparkling blue sapphire, back to a white light, flashing between white and blue sapphire over and over again, expanding into cosmic rays, shooting into infinity all around you.

Lady O

Thank you.

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Riz

That's how fast we do it. You're there. Relax. Great spirit. Thank you, spirit guides. Thank you. And I am allowing now the to spirit to come through.

(Riz goes into trance)

Leonardo Da Vinci

Hello.

Lady O

Hello. Welcome.

Leonardo Da Vinci

You have known me as Leonardo, and I prefer in this conversation to be called Leonardo as well, so that you may understand where I'm speaking from.

Lady O

Okay. Thank you. Would you like me to just ask the question upfront?

Leonardo Da Vinci

Yes.

Lady O

So we have I have a lot of clients and people who speak about their relationships, and a very common question that people ask is, How do I know that I am with the person I am supposed to be with, that I am with the right partner?

Leonardo Da Vinci

There are some people who compare their relationship life to those pictures that you see. They say, I want the whole picture. I want everything to fit like the perfect picture, everything in its place. The composition of the picture is one of color, of contrast, texture, depth, perspective. These are that are in a relationship. You must have depth in a relationship that is to last many generations. The composition is that things may be of different sizes, of different shapes, of different origins.

Yet in the picture itself, they work with each other. They shine light and bring attention to each other and help to move the energy through the composition. The subject matter of a perfect picture is open to debate because you can take that which is an ordinary scene and show it in an extraordinary way. There are many many of you who have partnered and have fallen in love with people who others thought were ordinary. They did not fall in love with them as you did. And you saw the extraordinary, where others only saw the ordinary. And so some say the art of love, because you must interact the canvas. It is not going to paint itself.

Leonardo Da Vinci

If you are an artist of life, then all your paintings must be of love in some way, trying to perfect it, trying to reflect it, and trying to have it look the way you would like it to look. But many artists, they create things by stepping out of the way. To channel, as the young man is channeling, he must take a seat and allow something to transmit through him. Great artists, step out of the way and allow what comes through to meld with the canvas or the ball, To allow that to happen, there is a trust, and in a sense, there is a desperation. The desperation is not manic. The desperation is a different wild nature. The grass is wild nature, but it is not offensive. It does not attack you. Its essence is breathing, pulsing, vibrating. It is living through the seasons without resistance. When the winter comes, it knows it must go back into the soil and to come back again, the same but different. The differences are not perceived by you, but there is a difference, for it is new atoms and molecules that They have gone through the process of the change of seasons.



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Leonardo Da Vinci

So if you are to understand your relationships and love and each other, you must look to nature for many different forms in nature are coexisting. At the very root, root level, they are communicating with each other. There is an energy, a life force from which When the physical nature comes, the trees, the plants, the flowers, they are coming from nature. Nature is not the trees and the flowers. The trees and the flowers come from nature. That which is invisible and then becomes visible. When the invisible becomes visible, those who bring that which is unheard, unseen, unexpressed into expression, those are the artists that you revere. These are the people who are the visionaries, who have the vision. Then, through their Innocence. Earlier, we said in a sense. Now, through their innocence, that beautiful, loving, innocent desperation. One might the flower, the seed is desperate to be in the light, to move up through the soil and to burst into the sunlight, receive more rain, grow taller, vibrant, more color, feeding the bees, communicating with each other. It is very challenging to see life and love this way on Earth because you are fighting to be seen and heard by each other.

Leonardo Da Vinci

For those who see you, who hear you, you say, I am seen and heard, and therefore I love. I feel loved. And so love for yourself, love for them, ability to receive love. This is all art. The canvas must receive the paint that you push into it. The brush must receive the paint. The brush, how does the brush feel? The brush is taking the paint from here, from the source in the well of the palate, and then transferring there to... The brush allows itself from the artist's hand to paint. But the brush, you cannot hold on to the paint.



She has many paints dried up on her over time, but she cannot be the art itself. She's happy to be the brush if she were a sentient being. She is not a sentient being, but imagine that she is. And so in relationships, when you're fighting to be seen, to be heard, fighting to be a being in accordance with what they are saying or doing, and so many leave relationships in order to find themselves and to say, I am more myself over here. This person is not allowing me to be myself.

Leonardo Da Vinci

Or you are being yourself and they don't like you to be this way. It is providing a contrast that they feel is clashing. Now, there are many different forms of art, as there are many forms of relationship, some classical art, you may say, they depicts beautiful scenes. They have perfect balance and symmetry. The textures, the lighting is very appealing to you. Then in the modern art, you have a different contrast, different shapes, symbolism, a certain simplicity. It is not realism in the way that the Renaissance the Sun's artists see realism. There are many surrealist artists, Dali, he saw reality this way. To the viewer, it was surrealism. To Dali, it was realism. I will show you what is underneath. We said, trees and the flowers are not nature. What is underneath, the energy that is the unseen, expressing itself as the scene, That is nature. The result is trees and flowers. And so Dali said, I am not a surrealist, but when he said it, it was for you to understand because you could not see reality as he saw it. The artist and the engineer, they say to be the engineer of your life, you must create it, to be the artist of your life, to express it, to be all of these things in one.

Leonardo Da Vinci

What does it mean? It is the inn, it is the young, it is the feminine, the masculine, intertwining, working within all beings in one. And so the art of love, the art of life, the art of relationships is very much an art. And the more that you are an artist, the more you will understand the synergy of differing colors, different textures, how to make a composition to work. We said, What are the qualities of a perfect painting?

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To have a perfect painting, First, you must understand it is not perfect to all people. So there are relationships that are, you might say, they are non-traditional relationships. And so these relationships are then regarded as not the normal way to be. And that here we have art, and then we have this other art. It is, in a sense, a little bit They have a defect in the socialization of people to begin to separate themselves to such an extent, to constantly classify, to constantly compartmentalize all that they see. Leave that to science. But if you are to feel it in art, then you have to feel it. You cannot say constantly in relationships to categorize a person as a narcissist, egoist, broken, or wounded.

Leonardo Da Vinci

And many will say this, I attract the wounded person, I attract the narcissist person. This is limiting because the source of all the people is their experiences, is the pure, is the heart, is the light. But you say in this modern age, which has always been modern age in the times you called me Leonardo. It was the modern age. And in 130 years, this will be ancient history, antique times, and that will be the modern age. But now it is the modern age. But what you are seeing, you say, Oh, because of the modern age, we cannot be with one another the same way. It is too difficult. In the olden times, much easier. When you are the artist of your life, then you can truly appreciate the art. You do not only have to love the form of the cat, but of the dog, of the hippopotamus. Each one has a different form. You may appreciate the beauty of that form, but when you are truly in love, you are coming to the essence of what is underneath the form. And from this there is peace because oneness is the divine goal of all souls who incarnate on Earth.

Leonardo Da Vinci

It is to understand oneness. In so many of the problems that you are encountering now with differences of people and how they express themselves. That is because there is a resistance to this oneness that we cannot be one if you do not believe what I believe. But if you respect art, and art itself is respected, then you may say, This is also art, and this is also art, and this is love, and this is love, and this is a relationship, and this is a relationship. All can be seen as that. As that expands, Riz talks about expanding consciousness. You are consciousness, so therefore you expand as one. Even that is one. Or maybe we're too complicated for you now.

Lady O

It's important that people understand the makeup of the ingredients, the inner workings of why there's attraction, why there is a partnership, how to keep a partnership going. I know there's a lot of intricacies, but it's important to know this source code, where it's coming from, what people are trying to achieve in a relationship when they get involved. If they're not discovering that with that person, then obviously there's no oneness. They don't feel they can be with that partner, so then they leave. But they always wonder, Is this the one I should stay with?

Leonardo Da Vinci

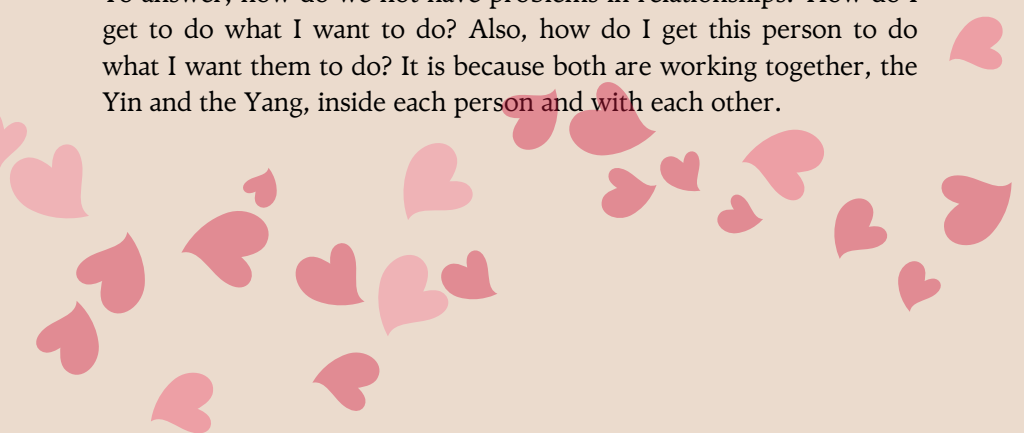
And that is because they feel they cannot feel what they want to feel without the activation. No, it could be true. Because, as you are saying, even the candle must be lit. The cat must be fed and pared. Everything, your clothes must be stitched and the needle must go through the fabric. And this is why we say yin and yang, because clearly, it is the forces of reality. Is it not? All that you see, the fireplace contains the fire. The bricks are made from the stones. Your phone is ringing because somebody wants to talk to you, communicate to you, so the signal goes through that you are welcome to work with this device, if you wish.

Lady O

(phone rings) He forgot to mute it.

Leonardo Da Vinci

Now, so you tell, I do not want to be disturbed. So quiet your communication education, children, quiet, dog, start barking. It is natural to want to have an environment that is one of peace for you to create something. So it is two, mostly two, coming together when you're talking about intimate relationship in love. It can be more, but it is mostly two. It needs to be an inclination. No, that is because it is yin and it's yang. To understand the energies in this way will help you a great deal. We do not say Yin girl, young boy. That is not what you call biology. It is more energy, not gender. So Yang, you understand young energy. It is a certain boldness. And Yin energy is more reflection That is why you say Yin intuitive, nurturing. These are reflections. It is like Moonlight, young sunlight, Moon. Moonlight, Yin. Sunlight, Yang, Moon, light in. Everybody can understand this. To answer, how do we not have problems in relationships? How do I get to do what I want to do? Also, how do I get this person to do what I want them to do? It is because both are working together, the Yin and the Yang, inside each person and with each other.



Leonardo Da Vinci

This will always be true because it is the physical life of the universe here. So you must understand that so that you can flow with that. Now, it will take you many, many generations to come to go beyond beyond ideas of traditional Yin and Yang.

Lady O

Yeah. Everybody has a list that they give the other person that they would like them to cross all these things off to make them the perfect partner. And if they don't cross those things off the list, then to hell with them. They discard the relationship, and they haven't really understood its essence yet.

Leonardo Da Vinci

Behind every painting, every Mona Lisa, hundreds and hundreds of practice Mona Lisas, even when they were not Mona Lisas, they were still Mona Lisas because leading to something. Every artist has thousands of sketches, illustrations, drawings, ideas, written, thought before, trying, trying again. So relationships are also art. Think of art. Finally, when you create a masterpiece relationship, it is different than what you expected.



Composers know this. Sounds, like they are coming from the instrument different than what you expected. You hit something, the drum, you blow in the horn a certain way, touch the piano a certain way, different sound comes. It is the energy of the artist, the composer, that is coming through the brush, the piano. It is very important for your society to continue with musical and artistic education for the young. It is to build the soul, but to feed the soul, what the soul needs. To delete this from your education. It is a tragedy.

Lady O

Yeah. We can't let that happen. We cannot. And if we don't teach it in our schools, then we have to teach it somehow, so at home. But we have to be, us adults, have to be responsible and stewards in this area to bring music and art to our children.

Leonardo Da Vinci

The children want you to play. They say, Play with me. They want to sing. They want to dance. This is natural to them and to you, but push it down, push it away to say, I'm not good. I should not be heard or seen on stage in art and dance and sing. So the judgments begin, as you have said. Many have said before. Leonardo like to say a few more words, if you don't mind.

Lady O

That's fine. We enjoy this. I'm enjoying this conversation.

Leonardo Da Vinci

This is good because you call God an artist. What a wonderful artist has made this reality. You are the greatest healing comes from gratitude, yes? But that is called appreciation. To appreciate the art. There are many works of art that maybe seem darker, but to appreciate this as well. Different forms of music, darker music, but there is something in there for you, too. The well-rounded person, the balanced person, the open person is the receiver of art, the transmitter of art, the creator of art, the appreciator of art. And so the art itself appreciates in value. Many times the art of the artist is appreciated after they die. Many times the love that was expressed is appreciated after the person die, and Now, the partner in the relationship, why did not see how much love was there? If you want to breathe life into your relationship, see it as art, to appreciate the beauty that is there, to add beauty, and to say, why not? To appreciate the depth, perspective, color, texture, lighting, contrast, the mood. You are the artist, you can create the mood. Just a touch of paint can change the mood of a painting, can it not?

Leonardo Da Vinci

A few strokes here or there, suddenly, the light is different. When you leave these physical bodies, you will see that you are creating this wonderful art, much more better than the digital art that you are making, much better than that. You are working with energy itself. You do not even work with paint. You are working with energy, and intention, how you have created these physical realities of body through intention. Even the art created through intention. All of matter is created through intention. And all that matters is nourished by intention.

Lady O

Beautiful. And that was art, what you just said. Thank you.

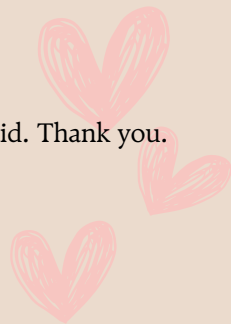
Leonardo Da Vinci

Bless you.

(Riz comes back)

Lady O

Thank you. I could have talked for hours. I always feel that way. I could have kept going and going.



Lady O

Okay. So I felt that our lens... First of all, it takes time to figure out how to make a relationship successful. You have to have a lot of compassion for yourself and other people in this process of learning, because sometimes you don't have good examples and good mentors to show you how to do it, and you have to figure it out yourself. And those who do have good mentors, they're very blessed that they can say, Oh, my grandparents or my parents showed me how to do it. Thank those people. But if you don't have that example, you have to learn the hard way, like I did. So I had to learn how to have a successful relationship. So I always thought, like most people when they start a relationship, that you look for key things in the person. If that person meets those criteria, then you're happy. Then you're like, Okay, let's do this. Let's say you get into the relationship and now you're in the marriage and time is going on, and then you have your little agenda, and that's where right there, you're off track. You have your little agenda, and you have your little list, and you have your little things that you want to accomplish and feel, and you have desires that you want to follow through with and see it come to fruition with your partner.

Lady O

Not taking into consideration the millions of nuances that happens inside of each one of us. Well, you learn real quick, don't you? Yeah, of what's important to us It's just being a human being living on the planet. So as you start to project your needs, wants, and desires on the other person, and you start demanding, and you start getting upset as time goes on, the other person is living their own reality and having their own complete experience that's Very different in your- Very much so. There's sometimes a symbiotic relationship where the two can come together and exchange like, I'll do this for you if you do this for me. And there's an idea like you're taking care of each other. That's where the most successful couples end up, I think. Then there's the next level. That's the one where I went to after all these marriages. I figured it out.





Riz

Which was a spirit guide that had said that there was, but I want to finish because you know I'll forget.

Lady O

Here's how I found it. Is I realized it wasn't about the other person

Riz

Right. I agree.

Lady O

Oh, my God. It was such a big deal when I figured this out, it was like I actually kissed the sun. It was like I kissed my own face. I actually finally went; I like that.

Riz

It was like I kissed my own face.

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Lady O

I kissed myself for the first time. I held myself and said, Hallelujah, thank God I found you. I'm like, How come I've been ignoring myself this whole time? Making the other person do all the dirty work when actually all I needed to do was take care of myself and love myself the way I wanted to. So when I started doing that, all of a sudden you were like, hey, what are you doing over there? That looks fine.

Riz

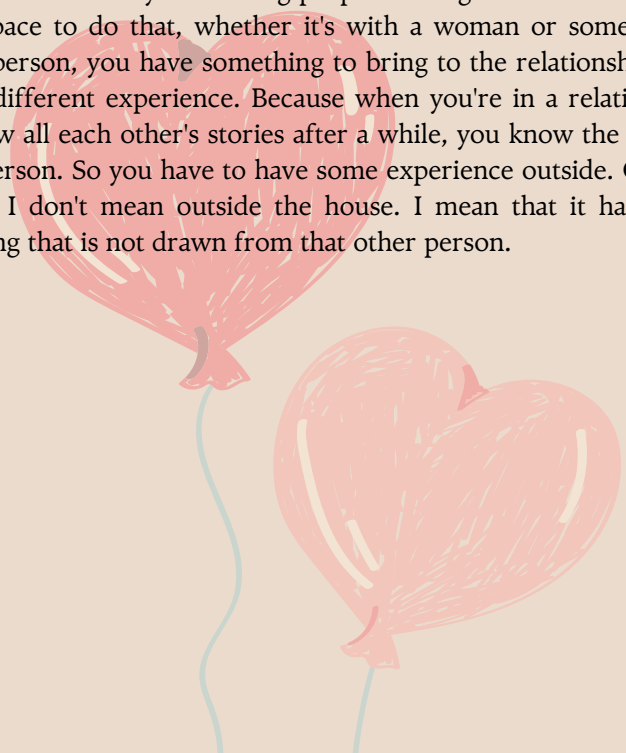
Well, you know what I think, and then you came into the picture and went like, Oh, my God, I want to play.

Lady O

Let's have fun. And then you were doing a version of that.

Riz

Well, because I'm a firm believer that when two people are in a relationship and they're working on themselves individually, not we're going to therapy together. That's one thing I don't think you even need to. When you're doing proper healing work individually in a safe space to do that, whether it's with a woman or some healer type of person, you have something to bring to the relationship now that's a different experience. Because when you're in a relationship, you know all each other's stories after a while, you know the routine of the person. So you have to have some experience outside. Outside means... I don't mean outside the house. I mean that it has to be something that is not drawn from that other person.



Lady O

Right. You have to have something that's uniquely your own.

Riz

Right. And by I'm not talking about a hobby. I'm talking about actual conscious work on yourself, finding someone who helps you understand that everything is about you. Imagine if two people realized in a relationship that everything is actually about them, meaning that it's not really the other person? Yeah. Imagine if both people did that. Now what would happen? Now what would happen is that no one would make the other wrong. They would be like, there's no pressure on the other person. Right. There was a spirit guide that was saying, I don't know if you guys remember, I think there was a channeling. If anybody that there remembers, let me know which was the guide that said this, that it was like inside a clock or inside a machine, gears turn and that those gears are actually turning in the opposite directions of each other, but they're making the home, that was Phineas. Phineas? Okay. And so they're making the entire clock work.

Lady O

I have spirit guide Trivia down.

Riz

That would be a fun thing we do live one day.

Lady O

Spirit guide Trivia, right?

Riz

Well, not spirit guide Trivia, but yeah.

Lady O

That would be really fun. You know I would love that. I would make cards. I'd go all out because that would be like a game we could do. But we have to do it live. Which guide said this? Well, then everybody would have to watch the videos and find out what they said. That one would be really hard. That's a lot of homework.

Riz

Anyway, but why not? The gears work, okay? Even if they're turning in different directions, like an o'clock, they're touching each other and making the machine work. If we all work on ourselves in a relationship and you have two people who are willing to work on themselves. What they bring to the partnership is no longer, no one is a victim, no one is to blame. People have worked it out with what their issues with their parents were and how that shows up in their relationships. And suddenly, relationships then start to shift into What do you want to create? Or this is just great, how we're just exploring life together. Exactly. Now, maybe not even about just what are we creating, but we're exploring life together, which brings us more to the present.

Lady O

There was another aspect to this I want to add is that our culture, where we're from, our history, our past before we met, we come from... I mean, you come from the Bronx, and I come from East LA, San Bernardino, like hardcore LA, and you're in hardcore New York. We were familiar with, not that we liked it, but we were familiar with really edgy, hard-edged, rough type of communication.

Riz

But we were also two sensitive souls. We were too sensitive for that. I grew up in a very, I have to say, a very Indian soul where everything was about gentleness and flavor and music. Even the way I'm doing my hands, everything was about this. It wasn't like this. It was like this is how we spoke. When you grew up very sensitive in environments that are more bullish, right? Yeah.

Lady O

So what happens is, and this is what I noticed in the previous relationships, is that it was very hardcore, edgy, rough edges, super razor sharp, cutting words, mean-spirited. There wasn't any gentleness. So when we got together, I was just very relieved and happy I didn't have to do that anymore. But then what happened was I realized I was programmed. I had so many decades of spending time with people who are rough. Then you started to see that side of me where I started to be rough and tough because that's where I come from. And that's what I know. You were like, Oh, no, this is not okay.

Riz

I don't want to do this.

Lady O

This is not okay. I'm like, What are you talking about? I just kept doing it. And then you would go like this, I'm not participating with that. Then I would get upset. Then that went on for a long time until I started working on myself and understanding why am I doing that? Because you weren't doing that to me. So fast forward, all these years later and all the work I've done on myself in different areas, I tried this on my own. You never even asked me to really do this, but I did this on my own, where it was a challenge because it's never been done to me, regarding my parents never did this to me, and I didn't have early relationships. I didn't do this. So my programming wasn't there, no reference. But here's what I did. I said, how about if I just went to my true nature and my true self, which is actually softer, more gentle, more relaxed, more peaceful, and be that way with you all the time, even while we're working, even while we're doing all the high stress, high pressure stuff, because that's who you really are. Right.

Lady O

That's who I really am. So I said, Well, what happens if I paint with that brush, like Leonardo said?



Riz

So I said, How about if I...because you're painting for you.

Lady O

Yes. And I was like, what about if I bring that into the equation? What will happen? Just like an experiment. Honestly, it was just a straight up experiment. I just wanted to see. And so I started doing it and you were like... It was like when a dog, the ear perks up because you hear something. And it was like, you perked up and you're like, whoa, something new is happening here. And I like where this is coming. And then I started to realize that the softer I got, the better everything got, and the nicer I was, the more civil I was. And I was like, how come I didn't know this in the beginning?

Riz

You don't think about it.

Lady O

And you would think it's just sense. But it wasn't if you're not raised that way or if you weren't treated that way yourself. So you actually think that it's normal to be like, hardcore and talking tough. But what happens is that sensitive side of you, both people never get to express that, and there's no healing going to happen.

Riz

Well, you don't end up as a balanced person because I think one of the things that I found really powerful that Leonardo said was that you don't have music and art training in your schools, and you think this is some little conversation. This is what makes people The old saying, music soothes the Savage beach, art, music, all of that is this half of you, we say Yin and Yang, right? It's all, look at the symbol from the east, the Yin and Yang, it's half and half. If you don't nurture that part of yourself, we're going to end up just always battling, always at war with each other, not just individually, but as nations. And that's what we're seeing all the time. Because music and art is soft in the sense of the edges are soft. So you have to be soft to be a musician. And you can be intuitive, right? You have to be an artist.

Lady O

You can be intuitive in your art and in your music. And that is a tool that you can use to, A, relieve stress, to allow yourself to express yourself, but pent up energy, and then also you can use that to communicate. People communicate with art and music all the time. It's just giving people more scope. So it's not a robotic nine to five, hard core work, work, work. Everybody's intense. Everybody's strict with each other, and everyone's cracking the whip. Because that's what the culture tends to... We tend to be in that.

Riz

Well, if you're not doing things that are part of... A lot of the time when we're not doing creative things because no one ever taught us or we were told that we weren't good at something, our life goes into work and family, and then we get pets. Pets are the area where we are very soft. Even guys who are like, look what they do when guys are incarcerated, they will bring pets into the environment and it helps to heal them because even if it's a pitbull, what happens is it's an aggressive animal. Even then, the guy who is with the pitbull, he has a trust and a nurturing. He wants to nurture this animal.

That feeling of nurturing is that connection because that person may not even trust humans anymore. Our pets serve as a way for us to stay in our hearts, but we have to go further because we're not here to just live with our pets. We're here to live with each other. You guys We all know that when you're not creating, that's when you feel sluggish or when you feel stagnant. That's when you feel that you're not really happy or you're not really being yourself.

Lady O

Then you can't really bring your best self forward.

Riz

In your relationship, you cannot, you can't give the person you're with your best self.

Lady O

Those of you out there, if you want to wrap up, we can wrap up right now, and I can do my little closing statement. Those of you out there that feel like you have looked under every stone in your relationship, and you feel like there's nothing left. Try this approach to see what happens. The part first, yes, take care of yourself, nurture yourself, learn about yourself, do some spiritual work on yourself, self-healing, yes, that's a given. But the other side of it is what It did happen if you started talking softly, gently, loving to your partner? Watch the miracle unfold. All the time. Oh, yes. It is an elixir, and it works because just think about it, how do you feel if somebody talk like that to you? And so Riz and I are all about moving the conversation forward on the planet. That's ultimately our goal. We hear the way people are talking, obviously, and we are listening, and we're hearing all the generations and what kids are upset about it. Everyone's upset about in every generation. And it's that we're not talking soft and nice to each other, not being gentle. And I mean, sure, yeah, we can be sarcastic about that.



Lady O

Like, oh, yeah, talk nice to the guy across the street who's going to punch you in the face.

Riz

I'm trying to listen. Let's make it very clear that we are not referring to abusive. Let me just one second. We're not referring to guys' abusive relationships that are physically abusive or violent. Those you have to get serious help and get yourself out of those situations. We are talking about your normal relationships where you're just not quite hitting the frequency you want to hit, or you've gotten into a pattern, or you realize there's some healing that needs to happen. It's just not happening. We're talking about that.

Lady O

Yeah, it's worth trying, just to try it out. At least it gives you an idea that you could legitimately say you tried everything, because if that doesn't even work, then that means the person really needs a lot of work on themselves because they're traumatized, obviously, from their past. I think this is how it takes guts, it takes intelligence, and it takes that warrior spirit to be able to stand on the front lines. Instead of taking up arms, you bring love. You open your arms. You open your arms and bring love, and you explain to people things in a more gentle way. That is what we're all about and having more fun.

Riz

I think that's why Leonardo came, because that was the first time of him ever coming through, I believe, in this way in a full trans-channeling session. And I don't think it's going to be the last. His energy was just amazing. And it's like, well, why can't we be like that? And if we were like that, guess what would happen? We wouldn't attract partners that are anything but that.

Lady O

You're right.

Riz

Just be like Leonardo in that sense. Just constantly be like that. The people who cannot vibe with that are going to go where they need to go, and you're also going to go and attract where you need to go and what you need to attract will naturally come.

Lady O

And that can answer the question that we posed at the beginning, which is, how do I know I'm with the right partner? That is how you will flush it out. You have to take all these steps to really understand yourself.

Riz

You must be yourself. Yeah, be yourself.

Lady O

It's not understand your partner. You need to understand yourself, and then you can understand your partner. Anyway, there you go. Hope you enjoyed it tonight, guys.

Riz

Hope you enjoyed our- Love to hear your thoughts about Leonardo, and we will see you Sunday night for Psychic Sundays.

Lady O

Psychic Sundays. All right, everybody. Have a great weekend. Bless. Bless.