



**Transcript from Live Podcast show:  
Ep 11. Q & A with Lady O...Empaths, Awakenings, Upgrades!  
with Lady O**

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**eBook: Q&A with Lady O – Empaths, Awakenings, and Upgrades**

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**Introduction: Dropping Into Your Journey**

- Lady O introduces the purpose of the session and sets the tone for intimate self-exploration.
  - Encourages readers to embrace the micro-details of life as the foundation for transformation.
  - Shares personal anecdotes about organizing life details as a creator.
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**Breaking Ancestral Patterns and DNA Programming**

- Discusses the challenges of breaking free from ancestral patterns and past conditioning.
  - Lady O explains her belief in lifetimes of preparation and conscious design.
  - Insights on self-acceptance and alignment with one's unique journey.
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### **Empaths, Upgrades, and Awakenings**

- **Explanation of physical and emotional upgrades during spiritual awakenings.**
  - **Connection between body awareness and spiritual progress.**
  - **Anahata's example: experiencing breakthroughs and connecting with a loved one who has crossed over.**
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### **Twin Flames vs. Soulmates**

- **Clarifies the roles of soulmates and twin flames in spiritual growth.**
  - **Differences between catalytic activation (soulmates) and deep introspection (twin flames).**
  - **Practical advice on calling in a twin flame through self-care and inner work.**
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### **Ending Relationships with Love and Grace**

- **Steps to energetically cut cords while maintaining love and healing.**
  - **Encouragement to take accountability and find gratitude in all relationships.**
  - **Meditation practice to release karmic ties.**
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### **Healing the Self: The Healer's Path**

- **Lady O shares her personal healing journey after major life challenges.**
  - **Importance of self-love, self-trust, and self-care in becoming a healer.**
  - **Tips for holistic healing: clean eating, meditation, and energetic hygiene.**
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### **Deja Vu and Multidimensional Realities**

- **Understanding deja vu as a connection to multidimensional timelines.**
  - **Example of a personal deja vu experience that demonstrated growth and choice.**
  - **Encouragement to view deja vu as a sign of spiritual alignment.**
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### **Conscious Consumption: Food, Media, and Relationships**

- **The impact of diet and chemical-free living on physical and mental health.**
  - **Being mindful of media and dialog consumed daily.**
  - **Guidance on setting boundaries in relationships for personal growth.**
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## Practical Exercises for Inner Work

1. **Fear Exercise:** Journaling every fearful thought over two days to identify patterns.
  2. **Core Belief Exercise:** Identifying deep-seated beliefs that influence life choices.
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## Closing Reflections: You Are the Creator

- **Emphasis on self-accountability and the power of acknowledging one's own creation.**
  - **Lady O's call to action: embrace your role as the creator of your life and evolve with grace.**
  - **Encouragement to revisit lessons and deepen understanding through self-compassion.**
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**This structure makes your content easy to navigate, assigns clear themes to each section, and creates a flowing narrative for your readers. Let me know if you'd like further refinements or additional sections!**

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## SUMMERIZED TRANSCRIPT

### Introduction: Dropping Into Your Journey

Hello, everybody. How are you? I haven't done a 'live' by myself in a while, so I'm glad to be here with you. I saw a couple of people coming in and out. Not sure when I was going to start. Hello to Buckshot and Anhata. I decided to start a little bit early because I just meditated, and I felt good. I was like, I think we're good. I think the UFO is ready to take off.

Here we are in July. Everyone is burning up, and we're trying to all stay cool. I'm welcoming you as you're coming in, as you're settling in. We are going to be discussing and talking today about things that are very intimate and personal as we drop in. It's a time to settle in, to become intimate with yourself, to have the conversations that you have always wanted to have in the most minutiae detail possible. Because really, micro-organizing, that's what we're doing. We're really micro-organizing lives, and everything is actually very, very tiny. So, I definitely want to start with that because that's usually where most people have the issues. They generally create paintbrushes with big, large strokes.

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## The Power of Details in Your Awakening

Answering a question from the chat room:

L, like a paintbrush, you're just painting huge, large strokes, folks. Big sweeping generalities. And the problem with that is that you can get yourself in the doorway of what you want in life. But then there's all these little layers and nuances and details—how your body is responding, how you're sleeping, how you're eating, your relationships with others, how you think, the processing that's happening inside of you, the words that you say to yourself. These are all the fine details. And it's what you do with these tiny details. This is where everything happens.

So, bravo to you for getting yourself here. Bravo to you for moving the big boulders and moving yourself along in life to better pastures, a happier place, and higher vibrational living. But once you're in the ballpark, you don't know what to do once you're there because that takes a lot of effort.

It took a lot of effort because what you don't realize is you're breaking from your past, you're breaking from your patterns, you're breaking from your ancestral patterns, DNA programming. It's really, really hard to break that. Not too many people can do it. My belief is it takes many lifetimes.

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## Twin Flames vs. Soulmates

Christine asked: *“When they say twin flame, soulmate, is one better than the other long-term?”*

Soulmates and Twin Flames have completely different roles. They come at different times in your life, and they feel different, and it's a different experience.

A soulmate is somebody who is definitely 100% an activator but not necessarily a catalyst. There's a small, minute difference. A catalyst is also an activator, but it's more basic. Imagine somebody physically pushing you along. A soulmate pushes you through life. Whether it's positive or negative, you're going to make a move. This person is going to make you move.

The twin-flame relationship is an activation, but it plays a catalyst role. You feel an activation happening in yourself, and then you have to go find it. You have to go look for where that activation is displaying itself through you.

With a twin flame, you feel it more intelligently. A soulmate is more primal—it feels like you are being activated almost against your will. Twin-flame relationships make you go deeper within yourself and think more about life in a different way.

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## The Process of Letting Go

Eric asked: *“Is there a way to cut the cord of a relationship energetically while still maintaining love and healing?”*

Yes, there is. First, understand it's a process because it takes time to create a relationship, and it takes time to end one. The very first thing you need to take accountability for is that you created and manifested the relationship, as well as the breakup.

Take responsibility for the entire relationship and find what you came into it for. Even if it's self-worth, walk away with a sense of empowerment. Gratitude for the relationship creates a clean break.

If it's still rocky, it just means more time is needed. Meditation, journaling, or even physical activities like running can aid in the release process.

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## **The Importance of Self-Care**

Joyful28 asked: *"How can one become more resonant with their imagined ideal partner?"*

The answer is simple yet profound: Live for yourself. Take care of yourself as if you are the beginning, middle, and end. Baby yourself, love yourself, and give to yourself completely.

When you do this, you emanate a high vibration. People will be drawn to your energy because you are aligned with your truth. The key is authenticity—being true to yourself while releasing all expectations of others.

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## **Acknowledging and Releasing Fear**

Patricia shared: *"Positive self-talk and mantras make me sad because I don't believe the words I'm saying to myself."*

This is a powerful acknowledgment because it is the first step toward transformation. Start by identifying your fear-based thoughts. Write down every fearful thought for two days. This journal becomes your reference point for understanding the core beliefs behind your fears.

Your core beliefs often stem from childhood or past experiences. By understanding their origins, you can begin to shift them.

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## **Micro-Details and Spiritual Growth**

Imagine yourself as a gardener tending to your inner world. Get on your knees, touch the soil, and examine what's there—seeds, weeds, and the ecosystem you've created.

Your spiritual growth is rooted in these details. By refining the tiny aspects of your life, you create a fertile foundation for profound transformation.

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## The Multidimensional Nature of Deja Vu

Deja vu is a bleed-through from another dimension. It's a profound reminder of the many lives you've lived and the choices you've made. Each deja vu moment offers a glimpse into another version of yourself.

By paying attention to these moments, you can align more deeply with your highest timeline.

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## Conclusion: Owning Your Journey

This Earth School is a creation school. You are here to create yourself, to experience and express life. The journey begins and ends with you.

Take responsibility for your thoughts, actions, and creations. Align with your truth, and you will find the freedom and joy you seek.

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## FULL TRANSCRIPT

Hello, everybody. How are you? I haven't done a 'live' by myself in a while, so I'm glad to be here with you. I saw a couple of people coming in and out. Not sure when I was going to start. Hello to Buckshot and Anhata. I decided to start a little bit early because I just meditated, and I felt good. I was like, I think we're good. I think the UFO is ready to take off. Here we are in July. Everyone is burning up, and we're trying to all stay cool. I'm welcoming you as you're coming in, as you're settling in. We are going to be discussing and talking today about things that are very intimate and personal as we drop in. It's a time to settle in, to become intimate with yourself, to have the conversations that you have always wanted to have in the most minutiae detail possible. Because really, micro-organizing, that's what we're doing. We're really micro-organizing lives, and everything is actually very, very tiny. So, I definitely want to start with that, and because that's usually where most people have the issues, they generally create paintbrushes with big, large strokes.

### Answering a question from the chat room:

L, like a paintbrush, you're just painting huge, large strokes, folks. Big sweeping generalities. And the problem with that is that you can get yourself in the doorway of what you want in life. But then there's all these little layers and nuances and details, how your body is responding, how you're sleeping, how you're eating, your relationships with others, how you think, the processing that's happening

inside of you, the words that you say to yourself. These are all the fine details. And it's what you do with these tiny details. This is where everything happens. So, bravo to you to get yourself here. Bravo to you for moving the big boulders and moving yourself along in life to better pastures, a happier place, and higher vibrational living. But once you're in the ballpark, you don't know what to do once you're there because that takes a lot of effort. It took a lot of effort because what you don't realize is you're breaking from your past, you're breaking from your patterns, you're breaking from your ancestral patterns, DNA programming. It's really, really hard to break that. Not too many people can do it. My belief is it takes many lifetimes.

You keep trying, and you keep trying, and you keep trying. Each lifetime, you get further along. I believe, like in this lifetime, when I constructed Oriah while I was on the other side, I'm very clear I took a very long time to organize the finest details to understand exactly how to position myself in life with exactly the right parents, with exactly the right star signs that they have and that I have. The exact cities, locations, family members, friends, schooling, early programming, the color of my skin, gender, height, eye color, every single thing I picked because every one of those little things was going to show up for me later, and it was going to be a pointer. It was going to point me in a direction that was going to take me to where I wanted to go in life. For the first half of my life, I fought all this. Why am I so tall? I grew up in the inner city, so everyone made fun of me and made fun of my skin because it was five white people in the whole school. I was constantly trying to do the spray tans, and I was constantly trying to be dark.

I hated being tall. Now, I'm 5'10, so everyone was 5'6, 5'7. All right. I'm going to take some questions from people today. I would love to hear where you're from and what part of the country or the world you're calling in from. And I'm going to take one question at a time. And what we're going to do is dissect the question. And while I'm dissecting it, I will put my artist's tools in there, and then you're going to start to understand how I dissect and break things apart so I can understand how things work. I'm always a work in progress for the rest of my life, and even when I cross over, I am going to be continuously working on myself, I'm sure. It will probably be a lot easier on the other side, but I am definitely going to understand creation as long as I am a conscious being. So this is not a temporary journey you're on. You've been on it for a very long time, and you will continue to be on it. So you might as well get comfortable and relaxed and get ready for a long journey because you've been on one; you're just waking up to your journey.

You're waking up to the idea that you are a creator. You're waking up to the idea that you manifested, created, orchestrated, and organized everything you see around you, including where you're sitting, what you look like, how you feel, and how you arrived here on this planet. It is all you. If that's good news, then you have already done the work on yourself, and you're further along. But you could still sit back and watch and listen.

Listen. I'm going to try to cover the topics from people who are beginners, who are just waking up to themselves and understanding who they are. I'll try to take it all the way to people who are advanced and who are also, like, on the other side of this whole process and maybe even wanting to teach this or do what I'm doing and explain what's happening. Everybody gets comfortable. Get your favorite drink because I'm all about the cozy being a Taurus and an empath. Everything counts. I'm going to

see if I can read here. Let me blow up the screen so I don't have to put my glasses on. I'm going to see if I can take some questions.

Welcome, everybody. By the way, if you're just tuning in and you do not know who I am, I am Lady O. I am the co-host and wife and partner of Psychic Medium Riz Mirza. This is our channel. We have been doing podcasts since October of last year, and it has been great. I have been a shaman since 2010, and I have been in life coaching and helping people through transformation, starting my journey in 2003. I'm a mother. I have five children. I've been divorced multiple times. I have overcome drugs and addiction. I'm on the other side of pretty much everything, and now just having fun. The best person to learn is the one who's teaching you how to be in their truth, in your truth, when they themselves are in their own truth. That is something I really, truly believe. If you want to learn from someone and you want to be discerning on who to listen to and who to learn from, always look for the person who's living their truth. Look for the person who's doing exactly what they say you should do. They're living it. So they're just living their truth.

So it's that simple. Okay, here we're jumping in. Hello, everyone. Okay, so we have... Okay. Hello, VortexFX. If you guys can put your first name if your profile is a different name like your profile handle, make sure you put your first name if you have a question so I can properly address you. Hi, Bill and Adele, Amy. Hello. And Daghilma. Sorry if I'm butchering your name and Ms. Mel. And Hippie Love, I, for the life of me, always forget your first name. I think it starts with an A. I'm trying to remember. You have to remind me. I'm menopausal, so I forget a lot of things, and I flub my words all the time, so I do not care. Sorry. Not sorry. Christine. Hello. Okay, is this Barbisela? Okay, we have Cape Cod, Massachusetts, so you're going to have to definitely tell me what your name is. Christine. Hello to you guys. Okay, so let's see what some of the questions you guys have. Let's start here. Okay, Anahata has been talking about her awakening and having a lot of physical body upgrades and cellular upgrades. Okay, so Anahata, who's on the chat, had joined us before in contact in the desert in Joshua Tree when we were contacting aliens.

Very cool. We're doing it again. If you're interested, go to our website. While she was there, we did some work, and we did some work and some talking. She's had some breakthroughs, and she's feeling closer to her father than ever. It's really great when your parents have crossed over, and you want to have a connection with them. It's I say it now: it's very easy, but I guess when you're first starting out, and you're going through a grieving process and pain and sorrow over the death of your parent, it's hard to connect to them because you're so sad. But there is a time when you finally start to agree with the situation. You start to align with it, you start to understand it, and you accept it. When that starts happening, you start to build that foundation of communication with them on the other side so you can start getting messages from them and hearing their voices. I literally have gotten to the point where I muted my parents because there was just way too much dialog, and I already got enough dialog when we were here. Actually, I didn't, but it felt like I did.

So they're quiet right now on standby, and whenever they do step in, it's very noticeable to me. Riz also teaches you how to connect on the other side if you would like to learn that type of mediumship. Christine, I have a question. When they say twin flame, soulmate, is one better than the other long-term? Well, soulmates and Twin Flames have completely different roles. They come at different times in your life, and they feel different, and it's a different experience. A soulmate is somebody who



is definitely 100 % an activator but not a catalyst necessary. There's a little bit of a difference. I know there is a very small minute difference because a catalyst is also an activator. But there's this type of activator that comes from... It's more basic. It's like, imagine... Here's the difference. I'm going to give you an analogy. Imagine somebody pushing you along, physically, like, Come on, Move, move, move, push, push, push. Physically, you could feel the push. So, a soulmate pushes you through life. Whether it's positive or negative, you're going to make a move. This person is going to make you move. The twin-flame relationship is an activation, but more from...

They play a catalyst role. So it's more like you feel an activation happening in yourself, and then you have to go find it. You have to go look for where that activation is displaying itself through you. So, how is it activating you? In which way? It's more subtle, but you're more drawn to do the thing that you want to do for yourself in your life with a twin flame. You feel it more intelligently. A soulmate is more primal. It feels more like you are being activated almost against your will. It's like you're being forced. You feel like you're going through it. You want to strangle this person, usually. Some people think that's the relationship with a twin flame. Yes, sometimes you get frustrated with your twin, but a twin-flame relationship is not a take-it-or-leave-it situation. A twin flame is permanently in your sphere. You are one with this person, so you can't really separate it. So even if you try to separate it, you can't. So it's a phenomenon. That is true. It's a phenomenon. Sometimes, you resist this relationship because it's too activating and stimulating. It makes you go deeper within yourself and think more about life in a different way.

You become very introspective, and you want to experience life more fully, and you're more detailed in how you create it. So, with a soulmate, a soulmate will throw you in the ring. Like, literally, you are just being knocked around. Figuratively, and probably physically, I don't know. It is intense. It's strong. If you don't have that relationship, and it's just a friendship, that's also... You can have a soulmate friendship, which there is no pushing that hard, but there's camaraderie. So it's like the person is there next to you, writing your side saddle and saddling up next to you, and you guys are just riding, and you guys are just going through life together, and you're just helping each other, and it's all really good, and there's no real deep activations, but you're getting something out of the comfort of this person, but they're not necessarily grinding. There's no grinding involved, but that could also be a soulmate. Twin Flames are outside of both of those experiences. It's a very unusual usual experience. I think the biggest activations and awakenings I've had have been with my Twin Flame. And That is for sure.

That's a guarantee. A lot of people who have met their twin flames share the same feeling because you almost can't get away from it. You can't deny it. It's something you can't avoid. You can avoid a soulmate. You can leave them. You can move on from them. You can graduate them. But you can't do that with a twin flame. A twin flame is looking at you from the inside out. They're guiding you. You guide each other through inner dialog, and you're always psychically in tune with them, and you feel that you're not alone, but you feel very solo because you have to do this yourself, and they also have to do it themselves. And there's a deep respect for the opportunity to create together. If you're lucky enough to be together with your twin flame, you can create more in your life. You could either do it as a team or independently or individually, but you will activate and do more with your life when a twin flame is in your life. You can call in your twin flame, by the way. It's a longer discussion, but you can call in a twin flame by taking care of yourself first and foremost.

That's the first thing I would say: you have to take care of yourself in some way, shape, or form. So you have to give yourself something. You can't feel like you're being dragged behind a truck, hanging on for your dear life. It's really hard to meet your twin flame in that respect because they're not here for you to lean on them necessarily. Where soulmate, you can lean on them because you guys are going through the trenches together. A twin flame is more like you have to do a lot for yourself first. You have to learn a lot about yourself, do the work, and then they show up. And what's ironic is they're doing the same thing. They may not be as far along as you or in the way that you are expressing yourself on the planet. They could be expressing themselves a little differently and more advanced in some areas that you're not, and vice versa, if that makes sense. So, you guys are not always on the same alignment page regarding your evolution. How far along you are in your spiritual growth may not be totally matching, but it does equal out.

So that's what I can say about Twin Flames and Soulmates for now. That's obviously a longer discussion I can go into, but I will go to the next question. Okay. And welcome to all new people coming in. Okay, so Florida. Okay, I just did Florida. Okay. Oh, Anahata has 87 degrees Fahrenheit. That is amazing because we've been in the triple digits. I think today is the first day we got a cool temperature. Hello, England. K and D, in Dorset, England. Welcome. Ohio. Awesome. Okay. Hey. All right. So let me go take... Oh, we're still talking about Twin Flames. Okay, I see here. Where we can get the link to be taught by Riz how to connect a channel. Oh, You know what? I forgot something really important. I have to handle it right now. I didn't plug my battery into my laptop. Hang on one second. My computer is going to die. Why is there? Yeah. You don't need to write that yet. Yeah. That was fun. I need to run. How did you get the charger? Okay, as far as where to sign up with Riz, first of all, I'm just going to drop the website.

You can totally navigate through it, and then you can see if you can find out where to... I mean, there are so many ways that you can connect with us, but there are options. You can go through the menu. Getting a psychic reading with Riz first is probably the best way to get connected to a coaching situation. Or you can email me at [info@rizmirza.com](mailto:info@rizmirza.com) and you can ask Erica to see if you can set up something with Riz that you can do coaching, like mediumship coaching. All right. Let's keep going. Okay. Here we are. Eric. Hey, lady O, I'm handling it. Is there a way to cut the cord of a relationship energetically while still maintaining the love and healing of the highest evolution for the partner? These are such good questions, you guys. Yes, there is. First of all, Look, there are several different ways to cleanly end a relationship, but you have to understand it's a process because it's a process to get into a relationship, and just as much it's a process to get out. The very first thing you need to take accountability for is that you created and manifested the relationship, as well as the breakup.

Then, you have to understand why you broke up with the person. Now, if your final conclusion is uplifting, positive, and empowering, that means you've done all the work and completed that karmic relationship. That means that you have already found what you came into that relationship for, what that person provided for you, and how they gave you something that you didn't have before. For, even if it's self-worth, even if you walk away from the relationship with more of a sense of self, that is just as good. You can use that. So whatever it is that's empowering, whatever feels really good to you, I'm glad I was in that relationship because this is what I got out of it. This is going to be the

fastest and quickest way for you to have a clean break to take responsibility and accountability for the entire relationship for yourself. You don't have to necessarily go and tell this person how you feel, but you can own it for yourself. Also, some people like to journal it out. They can journal their experience and how they feel. You could also paint and do art and get it out that way.

But there has to be some form of expression of release. Because if you don't release, what happens is you get pent up, and you know what happens when you're pent up, right? So, you have to actually find a way to release this energy. Some people are just really athletic, and they need to go running and hike. They need to get it out that way. So, there are many different ways that you can start to feel the process of completion. The second part is to have gratitude for the relationship, like a sense of accomplishment, that you did the right thing by going into this relationship and did the right thing by exiting. So it's a complete circle. You want to take accountability and responsibility for the entire circle that you have created where you were a participant. So it's not all their fault. It's co-created, right? So you guys both came together to do this, and you just happened to get what you needed from it. If it's very rocky and you cannot find this feeling, you just need to take more time because you'll eventually find it. You will find this feeling of completion you're looking for.

But if it's too raw and too hot and sensitive to the touch, you can't really go there; you might need more time to take care of yourself, meditate, do yoga, rest, reconnect to some old activities or hobbies or things that you like to do and raise your vibration a little bit, take some space, have some perspective shifts, give yourself some time to heal from the raw nerves that you feel. You need to give yourself that time because any very big upheaval and big turmoil in a relationship can really grind your nerves, and your nerves become very fragile and raw, especially if you're a sensitive empath. That could be double or triple an experience for you. So you're going to have to really take the time to soften your system down again. You have to calm down. Make sure you eat the right foods, lots of greens and smoothies, and alkaline foods, and live a very clean life. Living, no drugs and alcohol, lots of water, just taking care of yourself, walks, walks along the beach, all the holistic things that you could imagine. You're going to have to pamper yourself and take care of yourself that way.

I see some people, like back in the day, I remember doing this. I don't know if I ever really fully did it, but I know a lot of people did. When they break up, the girls or the guys take their friend out, and they have a divorce party or a breakup party, or they take them to Vega, and everybody gets drunk. If you have to do that, fine. It doesn't help you get through it faster. You still have to deal with yourself. You're never going to get away from yourself. So that's one: taking accountability and responsibility for what you've created, finding the silver lining, looking for the beauty from that relationship, what you've got out of it, what you learned, your evolution, feeling the gratitude that you received this empowerment from it. In doing so, that gratitude should spill over into the relationship that you now have, which is completely different. You can share this information with the person if you want to. Sometimes, it lands okay on the other side; sometimes it doesn't. Sometimes, the other person can't hear it. Sometimes, they're ready to hear it. It depends on how open your relationship was with them.

But you can tell them, this is what I got from it. I really appreciate it. I learned so much. But sometimes, like in my ex-husband, the one previously, I can't tell him what I learned from it because

he would be offended and hurt because it's exposing to him because he's not... The way he is operating, the way he is acting, talking, and being is not anything I could be around or understand. I can't be around it anymore. So I tried to explain it, but he just couldn't get it. So he just hasn't gone through it, and I hate to say it. I don't want to be the one to call him out this way, but I don't know if he's really on his path, on his awakened path, anyway. He's not awakened to himself yet, fully, is one of my thoughts. Everybody has their own story, so it's not up to me to determine. But I feel that when I had my awakening, there was no way I could still stay with him, and it was impossible. And I have plenty of love for him, and we have children together, and we're friends to this day, somewhat friends.

We hang out, do kids' activities, and things like that. And we found a balance. It was rocky in the beginning, but I knew that he was the only one who was going to be able to take me to the places that he took me to help me get my awakening going. He actually was the catalyst and the reason why I had my awakening. He was like the final straw. He was the straw that broke the camel's back. That's a good way of saying it. So I finally had enough, and I couldn't do it anymore. And then that's when I had my aha moment, where like, wow, I'm worthwhile way more than this. I need to take care of myself. And that's when I got set on my path. So that's when you'll really connect with a twin flame during this time because you are now free and clear from any karmic debt that you need to work out with anyone. You're going to be focused just on yourself. You may still have some stragglers from the past that you have to work on. And lastly, I would like to mention that there is a meditation that you guys can do to end and complete a karmic tie.

If you can't seem to get there in all the ways I just mentioned, there is a meditation. I'll share this with you. And you could try it. Save this video, or write down what I'm going to tell you. A lot of people have tried it, and they say it works. It's worked for me. It's really for the harder to... It's the best. I want to say this carefully and properly. It's best to use this approach with people who you can't seem to release, but not in a good way. You can't find the silver lining, and it's taking too long, and neither one of you is going to wake up, and it's like the relationship is very damaging, and you need something to kickstart it. This helps to break some of that psychic pressure that you guys are sharing together. So here's how the meditation goes. So you close your eyes, and you imagine yourself in a dark room with just no stimulation, and then you envision yourself on one side of the room and envision him or on the other. So you got your two players here. Then, let your imagination go and allow yourself to imagine golden threads or ropes, little tiny threads or golden ropes.

And imagine them leaving your body from the head or any part of your body, your chakra. It could be from your root chakra, your throat chakra, or your crown chakra. Wherever it's coming from, it'll naturally just show up there. And you'll visualize, eyes closed, and you'll visualize this golden cord, and it's going to connect to the other person. And it'll happen really fast. As a matter of fact, it happens instantly, and you'll see the connection of where you're karmically tied. And then what you do is imagine taking a cutting device. In my case, I took out an elven sword. That's what I wanted to use. And you imagine cutting those cords, and the cords actually are legitimately cutting through your cutting through all those golden cords and releasing. This meditation, energetically, has helped a lot of people in their work. It is used in conjunction with and coupled with the rest of everything I said. You can never get away from the actual work you have to do to understand why we create the

relationships we have and, why we get into them out of them, what we're supposed to learn while we're in them.

You have to take time to understand it. You can't avoid yourself. And this is something I tried to really instill in everybody. It's a It's a new concept for many people, but really, just try to sit with it and be with it. You can't avoid yourself. You can try. You really, really, really can try, but you cannot avoid yourself. And why would you want to get away from yourself anyway? Because yourself is the only person you really have. So it's who you really want to be buddied up with. You want to be teamed up with yourself. You want to really get connected. You want to work in conjunction with your higher self. You want to be one with yourself so that you can talk coherently to people. You can say what you really feel. You can share how you feel about life, and you can share your gifts with the world; you can just be one with yourself and be open to sharing your gifts. So it behooves you not to run away or try to hide from yourself. So anytime you're working in a relationship situation, always remember there's you, and then there's the partner.

So, you always have to take accountability and responsibility for yourself. Even if it has to be done every hour on the hour, every minute by minute throughout the entire day, you have to do it, especially if you're heading for a breakthrough. If you feel a breakthrough coming because you're hitting a rut or you're hitting a wall, and you know there's a breakthrough around the corner, there usually is. Do not give up, and make sure you pay attention to the signs, people, places, and things, as well as synchronicities that show you that you are activating the path that you're supposed to be on. You're really on the right path and to continue. Do not stop. And don't be afraid and shy of yourself. You can do this. We're going to the next one. Somebody visualized finding money, and they found money. That's That's pretty cool. Okay. Okay, great. Jennifer says that she's canning pickles and beans and drying basil this weekend, and this is why she cherishes the fall and winter, and you have to rest. Can I tell you what a dream that is that you just said that? That is a dream come true for me.

I am a fall girl, even though I was born in May. I love spring, but my favorite season is fall. I am obsessed with the fall. I wish that the fall was six months out of the year. I'm not crazy about summer. That's my least favorite season. I feel like it's just too oppressive and blaring. I like things that are mystical and mystique, and I like the rustiness, and I like the colors, and I like the feeling, and the homesteading, and the cool temperature with a little bit of sun. There's so much amazing magic in the fall. So you're doing fantastic. Those are the things you need to do to take care of yourself. Okay, so here we go. Thank you for joining. Okay, so here we go. Joyful28. I don't know if you put your name in here, but let me know what your name is. Glad to see you live. Thank you. Wondering how one can become more resonant with your imagined ideal partner? I feel like attracting connections that fizzle out quickly, doubting the process. Wow, these questions. You guys, I love it. You're going to. I'm going to go deep now, okay?

I'm going to read the question again. Wondering how one can become more resonant with your imagined ideal partner? I feel like attracting connections that fizzle out quickly, and I doubt the process. Well, you're going to hate what I'm going to tell you. You're going to hate it. But it's the only way. As far as I'm concerned and everything I've tried in my world and all my experiences, this is really the only way. You have to 100% live for yourself. You have to take care of yourself as if

you are the beginning, middle, and end. You have to almost worship yourself in a way. You have to baby yourself, love yourself, give to yourself, clean yourself off, wash yourself down, take care of your bruises, brush your hair. Love, love, love, love. Take care of yourself so much till you cannot believe how you have to keep going. And it never friends, and you're like, wow, wow. So what have I been doing my whole life? Have I literally just been ignoring myself? Because when you start really taking care of yourself, you're going to realize how empty your tank is. And You can blame the world, you can blame the universe, you can blame your parents, you can blame everybody.

But at the end of the day, you are the only one who can actually fill this. Now, hang on before everybody gets really mad. You can be stimulated and activated like a carrot on the stick by a future partner, or twin flame, or not so much soulmate. But you can be activated, but you're still going to have to do all the heavy lifting. Because when you give to yourself at this level, what happens is you start bursting at the seams. You start emanating, and you start being who you really are meant to be on the planet. And when that happens, guess what happens? You illuminate. You bring your vibe way out here. And guess who feels it? All the people around you that you want to attract, right? And the more you're vibing with yourself, and the more you're taking care of yourself, and you have all your bells ringing, and you are just loving, loving, loving on yourself, what happens is you look like a hot commodity, or you feel like one, or it's clear that you are enjoying your life. So who wouldn't want to be with somebody who's having fun and enjoying their life authentically, especially in this day and age, in this world? I don't know if I should say this day and age because I'm sure there have been times throughout history when it's been rough.

But everyone feels like, right now, things are pretty chaotic and crazy in our timeline. Imagine in this timeline where people are dealing with mental illness and all the stuff they're going through; imagine here you come along all squeaky clean, shiny, and happy, and friendly, and polished and loved, and catered to, and baby, and everyone just loves on you in your imaginary world because you may not get everybody around you to do that. Remember that. Here's the thing. Everyone is feeling just like you. Everyone is having the same experience. They are living their own life for their own expression to experience their own experiences. They want to experience things for themselves. Everybody's doing that. Imagine now you come along, and you say, I want to experience you, too, and I want to experience me as well. How do I experience both of us? Well, this is where it's a form of maturity comes in. You can't force anyone, right? You can't force anybody to be attracted to you, and you can't force anybody to come towards you. You can magnetize, but you still have to be in your truth. So you still can't get away from that.

You still have to be in your truth no matter what. Because if you're unhappy, you could attract somebody, no problem, but that person is going to be a frequent match for you. And there's somebody who is also dealing with stuff that they haven't resolved and maybe needs to align with you because that's the only person who will be with them. And you guys work out your stuff together. If you want to have more fun than that, and you want to be with somebody who's ready and willing and able to have more fun and enjoy life more, then you actually have to enjoy life more. So you can't fake that. How do you do it unless you're authentic? You have to actually surrender to yourself. That's what that term means. I'm sure you guys have heard it being thrown around a lot. Surrender to yourself, surrender to yourself, surrender to yourself. So what does that mean? Surrender to yourself means surrendering to the idea that you have to take care of yourself and that it's not

anybody's responsibility to take care of you. I know you guys know this, but to hear it again, it's like, you don't know, should you be happy about this?

Is this good information? Does it feel good to hear this? Because it could feel like a death sentence to some people. Like, oh, great. I got to take the old Ford truck out of the garage and dust it off. Oh, great. That's the last thing I want to do, broken tires and all this. I got to fix all this stuff. Yeah, yeah, yeah. I know. But that's a starting place. You have to eventually get your car in working order. If you want to ride it, if you want to enjoy it, have a joy ride, and go out in the world, in order to enjoy your life, you're going to have to learn the intimacy that it takes to take care of yourself. And that means the emotional state, that means your physical state, that means your energetic state, your nervous system, your skeletal system, your brain. I micro journey all the time on psilocybin, all the time, and it's pretty much getting me through menopause. As a matter of fact, it has diminished my symptoms incredibly. So, thank God. And by the way, I've done mushrooms for years as a shaman, but like, oh, my God, this is incredible because it's day-to-day.

I could take it every single morning and every night to go to sleep. I don't have hot flashes, et cetera. So, microdosing can help you balance your emotional state if you feel like your mind is on fire all the time. If you can't calm down, a lot of this psilocybin will help you relax. There's a lot of information on this that I'm not going to go into right now, as you guys can imagine, and we are not going to talk about it here. So there are videos, and you can talk to us offline. There are a lot of things that we could tell you about that. Right now, we're not going to talk about that, but we definitely need to consider it. Okay, So you're taking care of yourself. You're emanating your wisdom and love and joy for yourself because you're in your own vibe. You're feeling good. You're feeling yourself. You've taken everybody out of the equation. You're not being mean to everybody, but you have taken everybody out of the equation. No one is responsible for making you happy. I know that's hard. I know that's hard. No one is responsible for making you happy. It is a pleasure and a joy, like a cherry on top of the cake when they do.

This is a fast, easy way, once you do this, to attract the partnerships you want because you put yourself in the shoes of the other person. How would you feel, yourself, if you met somebody who is vibing high on their life, on themselves, enjoying their beauty, their love of life, just being alive? They love their world. They created it. They own it, and they love it. Would you be attracted to that person? Because I would think you would. That's criterion number one. Now, if that person is not vibing as high as you want, but they're in the ballpark, at least they've begun the process. You would still be attracted to them. It's more than what most people are doing. So reverse it now the other way around. So even if you're starting at zero and you're starting from scratch, you never take care of yourself, and then you have to begin somewhere. At least it shows you're doing something, and that still sends out a vibe. At least you're taking care of yourself in some capacity, giving to yourself in some way to make yourself happy, to make yourself smile, doing some work on yourself somehow internally, working on yourself.

So that emanates and goes out in the world, and people do feel that, and you still can attract it. But the more you take care of yourself, the better you're going to feel, the more you're going to vibrate high, and people will like to be in your flow, and they'll want to ask in it. That's it, guys. Seriously, that's it. I know it's a tall order, but you can do it. You can do it. I believe in you. I have faith in you. I trust that

you can do it, that the human spirit is powerful, and that the human being is amazing. And don't listen to the naysayers who are telling you that we are weak, broken people. It's just you haven't figured out how to make this avatar work and how to understand your creations. That's it. All you're seeing in the world out there is tantrums. You're just seeing tantrums. Everyone's throwing tantrums and fits. As you can tell, that's all that's happening. We're not broken; we're not damaged. Our avatar is intricately made. It's very, very precise, detailed. You have to slow down enough to learn how to use it, how to think with it, how to process, how to manipulate your environment, manufacture things, create things, design things, and understand yourself.

You can do it. You don't have to go do crazy things in other countries and spend thousands of weeks, years, months, and dollars trying to figure out how to understand yourself. You have a lot of tools available here. You can find it on our channel. You can go to the Internet. There are a lot of people who understand how to create your reality, and you don't have to be intimidated by it. You can just sit back, enjoy the ride, and understand it. You might as well. You're going to be in this avatar for as long as you're in this avatar. Hopefully, you can stick around for as long as possible. And you might as well learn a thing or two about what you're doing here. And why you're here and why you're creating what you're creating. Because ultimately, what you want to feel is you want to feel good, right? That's all you want to feel. You want to feel good. You just want to feel good. Yeah, you can be enlightened. That's fantastic. But you also want to feel good in a holistic way that's healthy and not damaging to your body.

So you want to be natural with yourself. You don't want to feel good by taking artificial means of chemicals and drugs and whatnot to feel good. That's a false sense of feeling good. It's based on temporary stimuli. That's not organic. We'll just end this part here, and I'll go to the next question. All right, then. Okay. Oh, you guys are cute. I'm reading your comments. Oh, okay. So Patricia says that she ignores herself also. This hits home. While Patricia Sullivan Congratulations for saying that. So Patricia said, I ignore myself also. This hits home, what I'm saying. To be able to acknowledge that you ignore yourself? Guess what? That's the first step because you're acknowledging. The power of acknowledgment is beyond comprehension. You guys don't even understand the power of acknowledgment. It's like the difference between plugging in a Christmas tree or having the lights off. When you acknowledge yourself in any way, shape, or form, and you speak your truth, and you say something that's authentic and real about yourself, and you share it with the world, it's like plugging in a light. It's like you start to connect those dots, and you start to connect to your true higher self.

So even just you saying, This sounds like me, is you're doing step one already. Isn't that good? You already did step one. All you had to do was acknowledge it. Look how easy that was. In step one, acknowledge where you're at. I ignore myself. So you can use the logic here. It doesn't make sense to ignore yourself, right? Because if you ignore yourself, it's basically like driving blindfolded. Because you're so distracted being unhappy. You're distracted by being unhappy. It's like you're in a whirlwind. Imagine yourself standing in the middle of a whirlwind; and there are leaves and branches and bushes, and everything is flying around you. You're sitting there, and you're being hit in the face with all these branches. Imagine, you're just like, How did I get here? What's going on? I don't understand what's happening. And that's how life occurs. So you don't know why you got that phone call. You don't know why those people are acting this way. You don't know why your family members,



their son or son, or daughter, or wife, or why anybody does anything. There's no rhyme or reason to anything. Everything is just random acts of whatever, and you just are sitting there taking it.

You're taking blow by blow by blow. You get further and further deeper inside of yourself. You get more and more disappointed. You get more and more sad because this Earth sucks. Everybody's bad. Look at everything around you. Nothing's good. This is a stage. It is a stage. I want to repeat it thousands of times on the rooftop. It is a stage. When people wake up to themselves and realize the importance of taking care of themselves and loving themselves, they will see the Earth change. You will see everybody change. This is why I'm here doing this. I play my part. I'm doing what I can to say hello to everybody around you. Where are you? What are you doing? Are you having fun? Are you enjoying your life? What are you doing? Are you playing? Are you angry? Are you mad at yourself? Are you hurt? Are you sad? Let's get it out. Let's talk about it. Let's not hold this in. Because when you hold it in, guess what happens? It festers. It festers and festers and festers, and then you get sadder and sadder, and brick by brick by brick, you keep putting yourself in your own grave.

Then somewhere along the line, something catastrophic happens, or it's so, so bad, you can't take it anymore, and then you try to get out from under these bricks, and you realize there's 4,000 bricks on top of you. Yes, there's a quick way out. Shaman journeys help with this. This is why we do it. Shaman journeys are a very quick way to get a lot of bricks out of the way. But you do have to understand that eventually you're going to, you're going to have to stop, and you're going to have to acknowledge and be still and acknowledge the bricks that you put on yourself and that it's not wrong or bad. You didn't do anything wrong or bad. You're taking care of yourself by protecting yourself, so it's okay. But there comes a time when you get tired of it because you realize you can't live like this, and you realize you can't keep going on in life buried under bricks because it's hard to live. It's hard to breathe. It's hard to be healthy. It's hard to have fun. It's hard to attract a partner. It's hard to be in a relationship. It's hard to do anything when there are 10,000 bricks of heavy weight on top of you.

So no. Big, deep breaths, everybody. Let's take one together, okay? It doesn't matter where you are in this journey of life. Let's all take it together. Big cleansing breath. Just breathe in. Count of three. Breathe in. One, two, Three. It's okay. Release. It's okay. It's okay to be human. It's okay to have feelings. It's okay to be an empath. It's okay to be sensitive. It's okay to be confused. It's okay to not know. It's okay to feel alone. It's okay to feel like no one's seeing you, helping you, or giving you what you need. It's okay if you don't know what people are talking about. It's okay. You're okay. That's the key here, is to know that you're okay. And thank God I had people in my life and guides who channeled through Riz, who taught me this part, and who have done all the decades of work I've done in this area. They taught me and showed me, like a little light, a little lantern, and they showed me that I was okay. I was okay enough to take my crutches off and mend my broken legs and my wounds, heal all my scabs, and take care of this avatar that was almost destroyed because I was driving blindfolded.

So I was banging into a lot of things and hurting a lot of people, including myself. And so I needed a lot of repair. And in the first few five years, 10 years of my life, I was dedicated to taking care of myself. My healing. It's called the healer's path or the healing path, and you're on it when you begin to embark on this self-discovery. And when you start to learn how to take care of yourself step by step, you have started your healer's path. So anytime you start to heal yourself, you automatically

become somewhat of a healer yourself. Then, you start to encourage others to do the same, and it starts to feel so good. So before you know it, you're a healer, and that's how that works. That's how you end up here. So you just keep telling people how you did it, and sure enough, you'll have enough people listening. So if that's your path, if that's what you want to do. But if you just want to simply take care of yourself, there's no time in your life where you can say, I went too far, or I'm too far gone.

There's no such thing. It's never too late. Never too late. Never too late. Never too late to take care of yourself. Never too late to begin the journey; step one is to be healthy. What do I have to do? Let's remove chemicals. Number one, remove bad chemicals from food, water, drugs, and liquids. If you're consuming anything, clean it up. That's number one because how are you going to heal if you're putting dangerous chemicals in your body that your body has to fight really hard to survive? How are you? How is your body going to properly live if you're fighting toxic chemicals from food, liquids, drugs, and things like that? How is your body going to heal? How's your body going to think straight? How are you going to be hormonally balanced if your body is very sensitive and reacts to all these chemicals you're putting in, including processed food, sugar, and all these manmade things that you have to be careful of? Some things you just cannot eat. Those fried foods create inflammation in the gut because your body can't process them. Rancid oil, it cannot. I'm not saying anything that's not out there, scientifically proven.

You cannot process canola oil. Sorry. I'm just going to say it for the record because somebody has to say it, and it's my obligation. You cannot because it is rancid vegetable oil. It is not actually in its purified state. You can use almond oil or grape seed oil. You could do olive oil. You could do Sesame oil. You could do so many other oils. You don't have to. You could do ghee-purified butter. There are so many things you can do. Animal fats. You don't have to do canola oil. Just remove that. If anybody does anything today besides anything you're learning, get rid of the canola oil and never go back. And don't eat at restaurants that serve heavy doses of canola oil, or don't eat heavy fried foods. What it's doing is it's like a plaque that goes into your body. Your body cannot remove it. It is a compound that cannot be broken down. It creates IBS, it creates irritable bowels, it creates digestive disorders. It goes into your cells. Your body can't release it, so you are inflamed; you gain 10 pounds easily because you have water weight and inflammation. Your face, your body, everything explodes.

Trust me on this one. If you have questions and need more information, go to Dr. Mark Hyman, Dr. Marc Hyman, H-Y-Y-M-A-N. He is my personal guru. I haven't met him yet. I'm one person away from him, though. I could meet him if I want to, but I'm literally obsessed with this guy, and I just love him so much. Go online and find him. I have lost so much weight from him following his philosophies. I've bought all his cookbooks, I've cooked his meals, I've taken his shakes, I've eaten foods that he recommends, and he saved my life. He's He has literally healed my gut, healed my IBS. He has healed me from when I got my breast implants out. He has shown me how to get my body back in balance from all the toxicity from breast implant illness, which made me so sick. I thought I was going to die many, many years, very sick. He's just an angel from God. He is an angel. He is an angel. I love Dr. Mark so much, you guys. Because he saved my life, I could cry about this. He really saved my life. He just teaches anti-inflammatory lifestyles, natural foods, and healthy foods.

Now, if you want to go on your healer's path and you want to become awakened, you have to take care of what goes into your body. You have to pay attention. And you also have to... Like putting oil in a car, you have to drink a lot of water with electrolytes. You don't just drink regular water. Your body can't receive that because your body is made of salt. And water, it's like fresh water. There's no salt in it. You need to at least put some pink salt or at least some electrolytes in it so you can absorb it. Otherwise, you could drink all the water in the world, and you're just going to be thirsty. So the awakening process, the healer's path, healing your body, it's all connected to what you consume. So consume physically, consume mentally. So that takes us into part two. It's a deeper conversation. Let me just check in with you guys before I launch into that to see if that's where I should go next. Okay, cool. It looks like you guys might be ready for me to go into part 2 of what the mind consumes. If you're having fun, hit me up in the chats and say you're having fun to keep on going.

We're an hour in. If you guys want more, tell me to keep on going. Okay, so here we go. What do you consume in your mind? Now, here's the thing. I'm not saying to remove yourself from all media because that would be the easiest thing, right? You just remove yourself from all media. Then you don't know anything that's going on. And so your mind is clear, and you're not consuming anything. Okay, yeah, that's one really drastic way. But we're not about extremism. We're all about balance. So it's just learning how to balance what you consume in your body and in your mind. So, as far as your mind, I went many years, decades without watching the news. In the last five years, I decided that I wanted to keep up with current affairs, pop culture, and the news. I know. I had a long diet away from that. So I went, like, I would say, 10 years without really paying attention to that so, so much. And then I literally got completely back into it. And the reason why is I wanted to understand what was going on in the world, but really from a totally different place.

I was looking at it very objectively as if I were observing patterns. I was observing consciousness, the waves of consciousness, like how people get riled up in some areas and people do things. I'm just fascinated. I'm paying attention more to the alchemy. I really understand the world and how it works from a totally different place. So I started really, really paying attention. But I'm still very careful what I consume because if I want to look for violence and negativity, I will find plenty of it. If I want to find things that are lovely and wonderful, I will find plenty of them. That's what I mean by being aware and controlling what you consume understanding the balance. It's like paying attention to whatever you're listening to, knowing that you have options to change the channel. You don't have to consume it because you think that it's the only thing you need to learn. If you don't learn this, then you're going to be missing out, and you have to pay attention, and you got to listen to the news, and you got to know every single thing that's happening and every drop, every piece of information that comes through and every single technology improvement and AIs, and just everything that's out there right now, all this stuff, the whirlwind of information.

Some people actually try to keep up with it. They try to actually be locked in so they know what's really happening in the truth of all things. The problem with that, I see, is that it can become all-consuming, and then you forget to live, and you forget to breathe and have fun and go for a walk and play with your kids and play with your dog and eat your meals and cook food and be human. You need to be human. Also, you can't keep up with seven billion people on the planet. It's really impossible. So balance yourself. Monitor yourself, what you consume, and what you're taking in. Monitor the shows that you watch. I'm at a place in my life where I can almost watch anything, and it

doesn't affect me because I'm selective; plus, I'm very aware of myself, so I don't get really affected the same. But there was a time in my life when I was very influenced, and so I would watch junk TV, or I'd watch negative shows, or whatever, or scary, whatever it is. I like paranormal stuff, so don't get me wrong;e that's what we do. But I'm talking about murders and things that were scary to me.

I couldn't process it. It would really bother me, and it would disturb me, and I would have nightmares. I pulled it into my subconscious mind. So I started to be careful with what I consumed there. So I started to make sure that I was paying attention to You don't have to throw the baby out with the bathwater, but pay attention to what you're consuming, what you're listening to, the dialog. So now let's talk about friends and family. So you have friends and family, and coworkers, and whatnot. And they all have opinions. If you're not on your spiritual path and you're not awakened, your conversations will probably be negative. If they're negative, which is the lowest common denominator and the thing that most people can relate to with each other, then you have these conversations that are constantly going on around you while you're trying to heal, and you're listening to really negative conversations about life in general terms. That's the last thing you want to hear because you're trying to unplug from that matrix. You're trying to get away from those conversations. You're trying to heal yourself. What you're trying to do is find a new way of thinking, a new balanced way of thinking, and a new dialog. In order to do that, you have to remove yourself from those conversations or let them know that you're not interested in having those conversations.

It doesn't get any more complex than that. I have to tell you that these are really the only two options you have. You either remove yourself from those conversations, or you let them know that you're not comfortable having those conversations. It's not what you're doing right now, and you're focused on something else. They can talk to you about what you're focused on, or they don't have to talk to you at all. I know it sounds harsh, but I had to do that in my life, and it paid off because I was able to bring myself back from the dead. My body was totally wrecked, and I literally healed my entire body. And that was a very tall order for me to do that, and I did it. But I had to be focused. I had to not isolate, but I had to be respectful of my space. I had to have a sacred... My life had to be like a sacred environment. I had to feel good in my space; I had to feel good with the people around me. And if I felt people were being insincere, or they didn't have my best interest, or they were just hanging on, but they weren't providing any value, or they were not taking care of themselves properly or me, and I can go on and on and on.

If they didn't meet these criteria, I was just like, I'm sorry, I can't actually do this. And many times, they would feel my vibration change anyway. So then they just would exit out on their own, which was great. So this is a part of the consuming. This is a part of taking care of yourself. This is a part of the awakening process. This is a part of the healing process. And you see how complex and tiny it is? See how detailed it is? It's very detailed. So don't be afraid of the details. There's magic in the details. Because that's how you're properly going to create yourself, is you have to become really tiny, really micro-detailed. And if you feel sad, hurt, or angry, you can go through the list of things that it could be. You could ask yourself, Am I doing what makes me happy and taking care of myself? That's a big question. It could take you a while to answer. Number two, you can ask yourself, What am I eating? What am I consuming? Am I eating foods that give me a sugar rush and then a depression? So you have a crash.

So that maybe is what's making you sad. You can track it back to that. You could also ask yourself, are you expressed? Are you creatively expressed? Are you giving yourself permission to write that book, draw that picture, paint that painting, build that studio, or do whatever it is that you will not give yourself permission for? And the reason you don't give yourself permission is because you're afraid to make a move. You're afraid to make a move. And that's okay. You'll be afraid for a while until you can't take it anymore. And eventually, you're going to have to make a move. And then, when you start making moves and start taking care of yourself, you're going to notice your world will change. You'll see so many things happen differently in your world, and it'll continue to do that for the rest of your life. Okay, Let me see what else we have going on here. Okay. All right. Thanks for giving me the updates, you guys. Okay. Hanna Lee says this is where she's at. She's removing herself. Amy, and listen to you all day. Definitely keep on going. Okay. Charge on more and more.

Okay, good. Okay. Let's do an overview conversation. I'm just going to do a recap, especially if you're just tuning in. I'm just going to go over what we've been discussing today. If you have any questions, we can ask a few more questions and then wrap up here eventually. Okay, so here's what we've been talking about. You want to get things in life. You want to have experiences, right? There are things that you want to feel. You want to feel good. That's the primary feeling you want to have. So, in order to do that, you have to take a bunch of steps. Most people get intimidated or discouraged because they start to realize that this is going to be more complex and that there are more steps involved than they thought. But this Earth School is a creation school, so we're here to learn to create yourselves. So you might as well stop fighting the curriculum, and you might as well get comfortable and get used to this because you're going to be in this body a while, and you're going to get used to having to learn to create yourself.

**Suppose** if you want to get what you want to get in this lifetime. So, the first thing you're going to do is acknowledge where you're at. You're going to acknowledge where you're at, good, bad, or ugly. And do not judge. There's no need to judge because there's no audience. There's no judge and jury. There's nobody watching you except for your guides, who are appealing to you. So basically, you're just here by yourself, trying to figure this out. So it's just you. As you start to understand that this is just for you, you'll understand that it's time for you to get more intimate, smaller, tinier, more detailed, and quieter. That's why this podcast is about dropping i,n, and I'm talking quite;e this is how we talk to ourselves. This is how we talk to ourselves. We get very, We're very little, and we say things. Now, sometimes, the things we say to ourselves are really negative. And when you say those negative things to yourself, you hurt your own feelings. And when you hurt your own feelings, it gets worse from there, and it's like an avalanche, and you guys already know that.

So the best thing to do is, when you start to talk negative, realize a few things. It could be a pattern from the past, that this is just all you know is how to talk like this. It could be something you learned from your parents or your family. It's not even yours, but you took it on. It could be that you're not moving your body enough, or you're eating foods that are not feeling good and not helping you feel better. There could be a lot of factors contributing to why you don't feel good and why you're not having the happiness, joy, and freedom that you really seek. Now, for those of you who are listening, who are further along in your healer's path and have already done a lot of these steps, you're going to start to realize that it does get more detailed as you go along. As you think that you have accomplished a lot already and you have covered a lot of ground and taken a lot of bricks off of you,

you're still going to see there are more micro details to learn about yourself and your environment, the people around you, what they're doing, how they feel, what they're experiencing, what they're going through, how it impacts you, how you impact them, how your actions for yourself impact yourself and others, and how you do things, and you're going to start paying attention in closer detail.

It's not a place of neurosis. It's not like you're coming into this neurotic because that's a totally different thing. This is not what I'm talking about. You're not neurotically paying attention to everything you're doing. It's the opposite. You're like a gardener going into the garden, and you get on your knees, and you put your hands down in the soil, and the soil is dark and wet. And you feel the spongy material, you smell the soil, and you see the seeds and the weeds and the insects and the plants and the things that you planted. Some of them have grown, some of them have died, and some of them have mold. You have some caterpillars over here, and you're touching the soil, and you're going, Okay, all right. So this is my life. This is my life. I don't need to be shy about my life, okay? This takes guts, you guys. What I'm telling you is that's why I'm delivering it to you the way I am: because it takes guts to be sensitive, gentle, and detailed with yourself. It's one thing to teach big concepts out in the world, but it's another thing to teach the tiniest concepts because these tiny concepts are really the name of the game; if you can learn these things, these are the things that are going to help you get further along.

If the pH balance is correct in the soil, you have the right insects in the ecosystem of your garden, and you have the right plants being planted next to the right plants in the right season, in the right made with the right amount of water, guess what happens? You get what you want. That's what this is all about: learning how to get what you want. You can manipulate all you want. You can try it. You can force people all you want; go ahead and try it. You can demand and bully, and you could be loud, and you could push furniture over; go ahead and try it. You could throw a million tantrums; go ahead and try it. You could be depressed and sad and lay on the floor and cry a thousand tears. Go ahead and try it. I've tried it all. I've done it all. I have experienced that there's no end in sight to those things. You will just keep on doing it until you're super miserable. So it's not worth it. You're only here for this short time. You don't know how long you're here for. It's not worth it.

It's time for you to level up with yourself. It's time for you to level up with yourself, you guys. And you have to just... You're playing it straight. You have to stand tall, straighten your spine out, clear your throat, wash your face, and get back in the game. You just have to remember. You just have to remember that this is for you. This is all for you. This was never, ever intended for anyone else. This is not for anybody else to experience. This is just for you to experience. This is your ride. This is your ride of life. You get to ride in your avatar and do whatever you want. Can you believe that? That's amazing. If you really let it sit and let it in, you'll realize that you are given the seat of the gods. You are sitting in the chamber of the gods. You are with the aliens. You are an alien yourself. You are of higher intelligence. The programming, guys, the evolution of humanity, and where we're at are just in an archaic state in some places. Some places are more advanced. Some people are more advanced. You just have to pick and choose what classroom you want to be in, and you have to stick with the people that advance, that take you further, that to go higher into the next realm so that you can understand how to have a better time here on the planet.

Otherwise, what is the point, and what is worth all of this? What is the point? You're here to experience and express. You're here to experience yourself and to express yourself. You're here to have fun. You're here to play. You're here to enjoy yourself. That's what you're here for. You're not here for any other reason. I know it sounds crazy. I live a full life. I have a full big-time business. Huge. Lots of responsibilities. I have five children. They're all out of high school now. I have a lot of things going on. I just wrote a book. I have this, that, and the other. I have a lot of responsibilities and so many reasons and places where I can check out. Did you guys know that? I can check it out. I can check out any time. I'll look at something that I don't like, and I will go, Oh, man, right there. Look at that. That really is not what I want to see. I really don't like that. I think I might have to get mad right now. And if I get mad, I don't know. Maybe from there, I might throw a tantrum, one of my famous Taurus tantrums, or maybe I'll break the ceiling.

I don't know. What am I going to do? I'm just going to get mad and spiral out. And then what? Eventually, I'll get tired. Eventually, I'll come back to my senses. Eventually, I'll have to come back to the center. Eventually, I'll have to find myself again. So, if you're coming out of multiple, multiple, multiple tantrums for many decades, this could be very shocking what I'm saying to you. Because on one side, you understand what I'm saying, and you hear it, and it makes sense, and you're like, Yeah, I need to eventually stop throwing tantrums. That's just obvious. But then there's another part of you that will be in shock, and you can't believe that you have been throwing tantrums. Now, everybody throws tantrums differently. Some people throw tantrums by being totally silent. Do you guys know who you are? Okay. I keep talking and not looking enough here to you guys in the chats. Okay. Positive self-taught and mantras really make me sad at the moment because I don't believe the words I'm saying to myself. Well, Patricia, you're just doing really good because you're being very honest, and you're going to help a lot of people by being honest.

So you just haven't found the right colored glasses to look through. So you're looking through, let's say, yellow, and you want to be looking through the rose-colored glasses. You just haven't seen what there is to see yet. You are still joking, but you're looking in the wrong spot or with the wrong frame. So right now, you started off your journey, probably saying to yourself, Oh, I need to think positive thoughts. I need to say positive things to myself. That's where I need to start. And you are correct. Okay? And you do that and do that and do that. And it gets you to a few steps ahead of where you were before. And you feel a little bit better, but you don't really buy it because nothing's really changing. And so you found yourself in this podcast, which is not Ann. This is not an accident. Okay? This is not an accident. So you're in this podcast listening, and I'm actually telling you that this is what happens when you get tired of your own BS, or you get tired of not telling the truth, or you get tired of not being authentic. When you get to this place about what this video is about, where you start realizing that it's time for you to be authentic with yourself, and it's time for you to level up and play your game, Patricia, the way it's intended to be played by Patricia.

Sometimes, I tell people to go back to the earliest memories of when they felt like themselves. Some people remember high school; some people remember elementary school. The reason I stopped doing that is because some people have had some really rough childhoods, and they weren't actually themselves in their younger years. So I have stopped saying that. Actually, you may have never met your future Patricia yet. She might be on standby in the wings, just waiting. She might be just waiting for you to release the hold, the death grip hold you have on being angry, mad, and sad

that it hasn't gone the way you've wanted to thus far. Okay? You can rewind that if you want to hesitate again. So you're just mad. When you can't see what you want to see, it's because you're mad at what you're seeing. So, instead of looking at the words to solve the problem, you actually need to go deeper into the person who's providing the information to the program. So that would be the creator. That would be you. So you're the one that's creating the dialog. So you have to look deeper, and you got to look at the person who's actually manufacturing your own dialog.

Forget about the mantras. I'm talking about your day-to-day dialog from the moment you wake up to the moment you go to sleep, the words that you're saying. And I have some exercises and things I do if you guys want to try. There are two different exercises. One is called the fear exercise, and the other is called the core belief exercise. The fear exercise is you have a journal or a notebook, and for the next two days, put the time and date when you start. You can start at any time. You can start writing down every fearful thought you have and filling up as many pages as you need. And that's going to be your reference point because those are the dialogs that you're going to have to start removing. You're going to have to understand why you have those thoughts. Each one of those thoughts was placed there for a reason. So there was a reason why you started becoming afraid of something, and you have to get to the bottom of it. So, yeah, this takes time, you guys. If you want this to be authentic and real, it takes time. It takes time.

I'm sorry. I didn't create the rules. I'm just delivering the information as I know it. It takes time. It took time for you to become who you are today. It takes time for you to be who you are at this very moment as you're listening to me talk and talking to yourself. It took a lot of data and a lot of information to get you here. So it's not like you just turn the corner and all of a sudden you're a new person. You literally have to do it. That's why they call it do the work. You have to do the work. Okay. And it's a good thing. The other exercise is the belief system exercise. So, that exercise is you want to get to the bottom of your core beliefs. So you want to find out what is calling the shots and what's running the show. You want to know what is behind the scenes, the puppeteer. You want to know who's the one... What are these beliefs that I have? Some of them could be family programming, cultural programming, or religious programming, and that's fine. That's just what you signed up for. Take it or leave it.

You can modify, you can sift through that, and just take what feels best for you. As far as core beliefs, it's usually only about maybe 10 core beliefs, and they start at a very young age, and you're five years old. Your first core belief you'll remember is, in my case it was, they don't see me. That core belief is still running the show to this day. I still feel like nobody sees me. I'm on YouTube talking to you on camera. I still feel nobody sees me. It's just a core belief. But I can work with that core belief and work around it and work with it and try to remove it, change it, modify it, and make it feel better for myself. I have I have, but it's a work in progress. Now, I want to also rest assured you that these core beliefs don't necessarily come with this lifetime; this avatar, this, like Aray, came up with my set of core beliefs. I believe these core beliefs came from other lifetimes because I feel like they have deep roots, and they go way, way, way back. Because some of these core beliefs are really, really hard for me to change, even with all the work I've done on myself.

Some of it's programming from your mother, for instance. There's scientific evidence to prove that we're sharing cells with our mother. If she went through trauma or anything that her cells are



recording information in her consciousness or her body is retaining information while she's pregnant with you, guess what, people? You're going to get to know your mother very well because you have a lot of your mom's stuff. There's nothing you can do about it. So you just have to embrace it and understand it. I got a lot of stuff from my mom, stuff that I cannot stand. I'm sure my kids feel the same way. I literally am like, wow, Wow. I have to really be very calm and gentle with myself right now. Not going to get mad. I'm just going to go, okay, well, here we go. Crack the knuckles. This is the time for evolution. This is the time for evolution. We're just going to upgrade. That's all. We're not going to throw a tantrum or a fit. We're not going to make a big scene. We're just going to quietly upgrade. The faster and more streamlined you are, and the quicker you upgrade yourself, your life will be easier, faster, and smoother.

You'll get more done; everything will start happening quicker. When you have these false starts and stops, and you have a lot of difficulty going from A to Z, and you're fighting yourself, and you won't surrender to yourself, and you won't surrender to the process, and you have a hard time believing anything, and everything is really, really hard, and you just make it really difficult, you're just dragging out the process, you guys. It doesn't matter. You can imagine that even if you're a man, you're pregnant, you're going to give birth. If you try to slow down that labor, imagine. You're trying to slow down a birth. Imagine what that would be like to the body. And that's what you're doing when you slow down your spiritual evolution and your spiritual growth. Nature itself wants to evolve, and you're constantly going through the stages of evolution. So, your body is naturally evolving. Your mind is evolving. Everything's evolving as you're processing and taking in data. But let me tell you, there comes a point when you get really tired of nickel and dimming everything and trying to figure out every single tiny detail of your life and how it's operating, and you start to just fully surrender.

You just fully surrender to the process. You start surrendering to love. You start surrendering to the love that you are, that, of course, you are. You start surrendering to the idea that you have love that you didn't even know you had, love that you've never seen before. You start inventing yourself. You start creating a version of yourself you didn't even know existed from scratch. And for those of you who like to play Barbies or make dolls, let me tell you, this is perfect because you're literally inventing yourself. You're inventing yourself and reinventing yourself all the time. Can you believe that? I mean, if you're not blown away by now, and it's been like an hour and 30 minutes of finding out how intricate and detailed and comprehensive and amazing your human avatar spirit consciousness is, and we're just... I'm barely even touching the tip of the iceberg. There is so much more to this because you have to remember that it is also multi-dimensional. You also have your dream state. You also are rejuvenating. Your body is listening to you; your cells are listening to you, and you're rejuvenating as we speak. What you give yourself, what you take in, what you consume, what you hear, what you listen to, and what you allow inside of you is what gives rise to or informs your way of being.

So who you're being, how you're acting, how you're seen in the world is a product of your environment, of what you say to yourself, of what you bring in. When you remove the players from the equation, you're going to start finding more and more sanity. I didn't say peace sanity. You got to get to sanity first. You're never going to get to peace if you don't have sanity. So you have to become more sane. You have to become more sober. You can't pull your hair out and scream like a bansheer or throw yourself against the wall anymore. You cannot do that anymore. Those days are

over. Eventually, you're going to just wear yourself completely out. If you haven't broken your bones by now, you'll just be exhausted in every possible way, and you're just going to crawl to your surrender. You're going to crawl to your feet, your own feet, and ask for mercy. So instead of allowing yourself to go through this arduous path, where you are exhausted and collapsing at the finish line, instead of doing it that way, there's a more graceful approach. There's a way that you can walk across the finish line with your head held high, and you have your spine straight, and you feel good about yourself, and you're taking nice deep cleansing breaths, and you just walk along the finish line, and you say, That's right.

This is my world. This is my life. I created it. I invented it myself. I'm here for the long haul. I'm here to have a good time. I'm here to play. I'm here to enjoy my world. And the first time you If you've never heard people talking like this, if you've never heard anybody speak the way I'm speaking today, you might only resonate with 10% of what I'm saying and understand it. But if you watch the video again and again and again and again, you will start to get more information, and you'll start to understand the logic behind what I'm saying. Let me see what you guys are talking about, as I'm coming to a close. Okay, so I got some. This is interesting. Bleed-through dreams. Yeah, bleed-throughs. They're amazing. Let me talk to you about deja vu for a second. I have a couple of videos that I made on deja vu and why it's important. And it's along the lines of bleed-through, and I'll explain what that is. I also want you to take it seriously because a deja vu is not a, Oh, cool. I had deja vu. It's not a surface-level thing.

It's deep. So first, you'd have to believe that you have multidimensional lives and you're a multidimensional experience personified. So that's heavy. If you're not ready for that, it's okay. You can go watch some other videos we've done on the topic. If you are ready for that, just understand that your consciousness is not just focused on this reality you're creating right now in this very second with the person who's listening. There are other versions of you. You have attempted this before. You have attempted to get to the finish line of your projected goals that you have wanted to achieve. I wanted to become a singer. I wanted to become a dancer. I wanted to become an artist. I wanted to become this and that, a doctor, this and this and this. And then, who knows? Whatever it is that you have tried to achieve, spiritually, your soul growth. You've tried many, many times, thousands of times. You've come to this planet, reincarnated, and tried again and again. You changed it up with the gender, skin tone, background, and culture. You've changed and changed and changed, modified, modified, modified to find the best perfect formula to get you the furthest that you can get so you can have your breakthrough, and draw a weekend.

Now, if you're having an awakening, it's probably the first time you've ever had one while you've been on this Earth, meaning all the lives, all your lives. Even if you are a spiritual teacher in a past life, it doesn't mean you've had the awakening you're having now because this awakening is your graduate program. This awakening is the one in which you are awakened to all yourselves, all the versions of you. As you go deeper into more work in this area, you'll start to actually feel it and see it for yourself. You don't have to take my word for it at all. You can see it for yourself and feel it for yourself. When you have deja vu, what's happening is you're having a bleed-through from one of those lives. So, I'll give you an example of a bleed-through I had recently that rocked my world because the more I've been studying deja vu, the bigger they've been getting. So I was on the computer, and I was making a plan. It was like, oh, it was a trip, that's It was the East Coast trip. I

was making the plan, I was doing the itinerary, and all of a sudden, I had this really big, massive, massive deja vu.

It literally was like I was catapulted into another version of me that was sitting at my computer doing the same exact thing, but I had given up because, for whatever reason, I couldn't get past all my stuff, and I couldn't make this trip happen. And so I had given up, and I didn't actually go through with the trip. In this deja vu moment, I actually had an awakening and saw that I actually set up, organized, and prepared my life just right, perfectly enough, to overcome the previous obstacles or the obstacles that felt so big and heavy. It's not the first time I've had these obstacles, but I felt like I could get through them this time. So I actually did. And I did feel the pressure. It felt like this was new territory. I normally would have given up already by now, but sometimes I stayed in because I was stronger this time in this particular timeline, and I went through it, and I did go on the trip. So that deja vu was through, and it showed me that I'd tried this before. So I'm now shifted into this new timeline, and everything from this timeline shifts with me.

That includes the people, the places, things. Everything started to shift with me, and I could see everything changing because my mindset changed, and my filters changed. It's like a reset. This is more advanced communication for people who are new to the channel. So don't feel like if you're listening to this and you're like, What the hell is she talking about? Don't freak out. It's okay. It takes time to get to this place to understand what I'm talking about. However, we do have a lot of information on it on the front page of our YouTube channel. There's so much information. You can listen for months and months and months of information to even break down what multidimensional reality is to the best of our knowledge, as well as the spirit guides that have been channeled through Riz. That talks about it and helps you understand more. So I feel like I'm coming to a close, you guys, and I'm really, really enjoying this. I've had so much fun with you guys, and I hope that you really got something. I'd love to hear what you've learned in the chat or the comments after we're done. If you would like more on what topics, I would love to drop in with you guys again.

I think this was really helpful. You can only go deeper; you can only go wider and more colorful and just enhance your spectrum. On that note, I hope you guys enjoy your weekend.