

Unlocking the New Earth Human

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Because I think all of a sudden, and I noticed that people were like, oh, now I know why I was feeling like that. And what I think it's done is it was all of a sudden had light bulbs that people are like, now I get it. Now I get it. And I think it's been really, really instrumental in

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how people are holding sessions

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Absolutely. And we'll talk about that. That's one of the key things we're going to talk about, is how so much of the language we have been using as people in spiritual communities, as practitioners, it's very abstract. And so it's been hard to say, okay, that's great, but what is it really

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And so that's kind of the heart of what we want to talk about. As I've been doing my work, for those of you who are new to me and my work, in simple terms, you could say I'm an Ascension guide. I'm a psychic medium, a channeler, and a healer, and my work right now is a very specific synthesis of

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Spiritual expansion, psychological healing, and I've been very involved in politics and cultural change because I believe it is the growth in all these areas comb

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That is the actual lived process of ascension.

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And so my information that I've been receiving about the nervous system as the site of ascension not only blends perfectly with what Lisa has been teaching, but what I've been seeing in the large collective that I lead. And so I've been teaching, I've taught it in a course called the integration point, which talks about how we actually go from

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I'm feeling into the field of those who are here, the questions, the needs, and just make it a live jam where we see what comes up, we discuss what we know

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And then we will go into the portion where we are going to channel and bring through new information. And at that part of the session, my assistant Laura is here. She's going to be gathering your questions in the chat and she will be reading them so that we can channel for you live.

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It's gonna be fun

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It's gonna be fun, y'all.

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No, I think you hit the nail on the head. And I think what we both found, and I just want to share this when we actually got together and we said, how long has it been happening for you? And we noticed it was almost parallel. It was happening at the same time

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I think I was probably a few months before you, and then we noticed how it was just like this acceleration, and we both needed to jump on this... on it

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And I think it's really interesting how you've been sharing it. I've been sharing it. And when I first mentioned it, I had something like 600 people

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sign up for this free event and then, you know, I think there was like

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however many turned up, and it was really incredible where people are just having these aha awakened states. And I think this is something, again, within the space that we both operate from, which are two very polar opposites, but they're also very cohesive

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We are now starting to see that we have to start talking real. We can't be doing the spiritual bypassing. And I think the spiritual bypassing is one of the things that we've become so accustomed to. Oh, don't worry, it's just energy. And I think that is one of the things that we I think we're really

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both passionate in order to explain

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Absolutely. And let's start with that there, because that phrase is what led me to reach out to you after our podcast, because I can't remember if you said it in our discussion or in the podcast that we've been using this phrase energy, energy

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Right.

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Well, what if it's really not? What if what we've been calling energy is actually our nervous system? And our nervous system reacting to the world? And when you... if you look at it from that perspective of what if we swap out the language that we've been using

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the aura vibrations, you know, and we use a lot of language in Ascension communities. We're moving from carbon based to crystalline, or we're activating the light body

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What does it mean

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Right.

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And that is so, like, cool, but what the hell? What does that mean? I have no idea. And how do we do it? And so it puts us in this unintentional bypassing of, well, I hope it happens to me, because I don't...

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Oh, and the energies are so intense with just I'm knocked out by these energies. That may be true, but then we just become passive and victimized rather than in the embodied, empowered position to say, okay, this is what's happening. Here's how it's happening to me, and here's how I need to change

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and respond and utilize what's happening.

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Right. And I think that's the thing when we start noticing out in the world, and I just want to backtrack just one moment is we all want to sit in this place of love. We all want to sit in our pajamas and channel every day, and we all want to be in this like woo woo state. Okay, listen, there's nothing happier for me to be in that place

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But in actuality, we have to be really grounded, and I think this is where you and I come from. We come from a very grounded perspective. When we start using language that is of ascension, and we start using different

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you know, it's almost that that person where you speak, where they start saying, well, you know that I know that I know that you know that you know that I know. I'm like, what'd we get into? Okay, can we just bring it down to basics? And when we bring it down to basics, what we're actually doing is we're making it real

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Rather than speaking a whole different language that somebody else doesn't know, and what it does is it creates a segregation, first of all. So

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Hmm, hierarchy, yeah

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You know, it creates that hierarchy, like, I'll do it, I'll sit there, and they're talking all of this language, and I'm

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As you said, I'm kind of the OG in this industry, and now I feel like I'm not good enough, or I'm not at that level. And so, when we bring it down and we actually take the language away from it, is I think one of the things that we have to do is we're bringing it into the actual terminology, what's happening into our body, because it then creates some form of trauma

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And then it activates our trauma. So if somebody is talking about Ascension processes and they're talking about the light and they're talking about these light bodies and they're talking about they're talking in light language, they're going off on this journey, they can activate part of you that has a childhood wounding of I'm not good enough

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I am not in the in-crowd. I was not chosen for a certain sport. Whatever it is, it then makes us... it creates a segregation. And so when we bring it down into... and we take energy out of it

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And I'm almost wanting everybody to imagine that there's no energy around us. All right, and it's hard to explain. You can't. Energy is everywhere, all right? So I'm not

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coming away from energy. But what I'm coming into is, how is our nervous system, based upon all of our wounding, based upon our conditioning, based upon our cultural

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beliefs and the way that we see the world, because everybody sees it in a very different way, then we are going to react and act upon what we're seeing. And it's our nervous system that then sends out that energy

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And that is the part that people start reading

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Exactly.

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You know

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And that is exactly... that gets into my anatomy of trauma model that I was talking about that

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Yep.

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When we experience a trauma, the body does a number of things. It creates a belief system, it creates protective mechanisms, and really what it does is it creates a predictive structure, because the body is very smart, but very overly active when we've been traumatized, and so it puts us in this very specific physiological pathway. This is what happens when I've been triggered, when I've been activated

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And that exists in the nervous system, not just in the body, not just the energy of trauma. It's the mishmash of both. But really, it's the operating system. This event happens, and then this

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tidal wave of physiology and beliefs and behaviors and weirdness activate, and then I can only respond this way

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And when we think it's, oh, the energy or like

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Right.

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I'm trying to make it, because I could go a thousand different places with this. When people ask, probably ask you, because you teach a lot of psychics to develop their gifts, they say, how do I know if it's anxiety or intuition? It's a perfect example, because anxiety is never intuition. Anxiety is the nervous system going, we're in danger and I'm freaking out

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Yeah.

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and all this stuff. So learning to manage, regulate, work with the nervous system does a number of things. Number one, being regulated allows you to receive intuitive signal without the distortion of fear of programming, paranoia, all this stuff. Dissociation

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Let's not go there, yeah, because

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The whole other thing

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And the spiritual psychosis that people get into, that's a whole conversation. Yeah, that's a whole other thing. But that happens when we dissociate from the body

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Yeah.

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We can't actually receive the signal and make it embodied. And the other thing that happens is that when we become present, we then become an active co-participant and we are able to rewrite the path that trauma created in us

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We're unwinding all of these behaviors and triggers and beliefs

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Right?

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Timelines, dare I say, the timelines we create when we're traumatized. Healing gets us back into it, and allows us to recreate, so we're not just like... I used to call it the bobsled track.

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When you're traumatized, the brain, the body, everything says, oh, we've been here before, zoom, and you activate the same pathway.

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Yes.

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But when you heal and you integrate and you rewrite that, you change the physiology of the body so that that bobsled track is no longer available. You now have other options, other timelines.

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See where we're going here

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Yeah, and it's, you know what's interesting is I've been teaching this for a long time, but not knowing what it is. And one of the things that we

are, I actually do in my classes and I teach this big class on how to be professional psychics, mediums, the whole thing

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As I get them to do their healing. Because what you're doing is you're coming into your session with your trauma. You're coming into your place with your wounding. And I remember a friend of mine and very, very big spiritual teacher saying, Lisa, I would like a reading with you because you seem to be the only one that doesn't read

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Themselves in me

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Mmm, yes

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And I'm like, this is it, because what's happening is I'm regulated. I've done my work. I can show up, don't get me wrong, I can still have those, you know, and there's clients that will still do that to me, but then I know how to regulate myself

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and not get locked into, and again, we can use the word energy, not get locked into their energy, AKA their nervous system, which is going to pull me off track and try to guide me down a pathway of saying, well.

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This is going to happen, and when is this going to happen, and how is it going to happen? It's going to happen this way, it's going to happen... and that is where we can, and I say this lovingly, but we can ruin people's lives.

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We can re... I always say that I am carrying someone's life in the palm of my hands, not just for that hour that are with me, but for the rest of their life.

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Because I will guarantee they cannot remember what they had for dinner two days ago, but verbatim, they can remember what their psychic told them 20 years ago.

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Yeah.

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And they're holding onto that. And so, therefore, we are doing exactly what you explained, Gia, is we are creating a cellular reaction to information that we have been told, and that we claim to be true. So we can be activating and layering on top of already trauma that's already held in their body and that their body is acting and reacting to.

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Yeah, and you stated exactly why I don't do private sessions anymore. I had a major dark night of the Soul several years ago. I still did sessions after it, but I will never forget what I went through where I had that realization of

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Some of my information was outdated, and I was accidentally perpetuating ableist nonsense because I had these beliefs about healing and about energy and about whatever, and I had this horrible reckoning with, oh my god, what have I done

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And I'm happy to say that I don't think I ever

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actively injured someone grievously, but I was perpetuating ideas that do lead to just a whole host of problems.

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Right.

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Right.

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Yeah. Okay, so

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Yeah, you know, I

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I'm going to share a personal story, and this happened. And so I remember my husband, my husband was active duty for 20 years. He just retired in October and

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he was going off to Afghanistan, and I, of course, was nervous. My nervous system was on high alert, I was nervous, I was worried because of that. So I went to somebody who I trusted, who I trusted as a psychic, as I trusted as a medium

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And

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I will never forget verbatim, she literally said to me, if your husband goes to Afghanistan, he will not come home alive

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Oh my God.

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Now, here's what actually happened is she was reading my nervous system. She was reading my energy, right energy. She was reading my thoughts, my fears, and she was then projecting them back into me and not reading the signals clearly

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And that can create problems. And at that point, I will tell you, as a psychic and medium, and as a spiritual teacher, you would think I would

know better, but for those whole nine months that he was in Afghanistan, I didn't really want to be far from my home

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Because if he does get killed in action, you know, the boys in blue, as I call them, turn up, and then they turn up on your doorstep. The last thing I wanted was my daughter to be answering the door to the boys in blue. So I made sure I was always home. Now, for me

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That's like chaining me to my desk, alright? I do not, I just can't do it

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And so I think what people are doing now is they're starting to get caught up into stories as well. And it's fears that people are getting caught up into and their nervous system is regulating to the fear of what is happening out in the world

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And what we have discussed

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is that we need that polarity, and I talked about it last night. We can't all just sit in this loving environment in our pajamas, you know, which would be so nice, because nothing would ever get done. We need the people in the world, and we were talking about the political space, but we need

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We need challenging individuals to create polarity, because if they're like, if we put two magnets opposite end, the world spins. It's exactly how the world works

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Top magnet, bottom magnet, and the world will spin. If you do not have that polarity, you cannot move forward. And this is the reason why I think those moments where they are highlighted, this polarity is highlighting, to actually help us move.

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But we can get stuck into this trauma of, I am in fear, I don't know what to do. And I think this is where you and I were talking, we wanted to make sure that people just don't get stuck into that fear

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You know

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Absolutely. And this gets into the bigger concepts of ascension. First of all, how do we do it individually and how do we do it collectively to navigate this polarity field as we have in a way that is beneficial for growth as opposed to simply trauma after trauma after trauma?

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Yeah.

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Because what happens when we're traumatized, if we're looking at both the nervous system, the body, the psyche, we become fragmented. Parts of ourself get broken off, parts of ourself, we create protective barriers around our nervous system creates all these self-protective mechanisms and pathways and aggressions and all these things

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So, within ourselves, we're unbalanced. We're protecting this part. We're completely dissociating, avoiding that part. We're favoring this part, we're just

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a truck with square wheels and triangle wheels is just hard to move forward. So the journey of Ascension in my worldview is going into all of those areas that are traumatized, fragmented, broken off, and not just

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Yeah

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Have a Reiki session and I'll be ascended. It's what happened there and what beliefs did you create that you're still perpetuating? What operating system did your brain and body adopt in that moment that is limiting your potential to only those things

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And it's through that journey that we gain more access to the self, to the psyche, the soul, the whole psychology, the integrated psychology, as well as the nervous system parts that aren't over-functioning here and under-functioning here, and we're just breaking down inside

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And so my big thesis about Ascension as it intersects with politics and world systems is that fragmented people create fragmented systems. Domination, control, extraction, and that's what we're dealing with as above, so below

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Right.

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But whole people integrated, coherent people create coherent systems. So if we want this new world we've all been waiting for, we don't get to wait for it. We have to become the healed, coherent people that can not only come back into the world and participate and create it

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But how do you think we're going to manifest these magical timelines if all we know is polarity and freakout and whatever?

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Right.

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So getting into the nervous system patterns and the trauma and the beliefs and the fear loops and all of that allows us to literally rewrite the entire body, the entire nervous system, the operating system. And as

enough of us do that

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That's what creates the new earth. And we go from a place where the polarity that holding those two goes from being I'm victimized by polarity into, oh, I'm really motivated to go over here and climb this and create that and explore here

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It's a holistic kind of duality instead of an extractive, abusive kind of duality.

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Yeah

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Yeah, I agree. And I think what you're talking about is I like to call it a dance. So what we're doing is we're dancing in that space because you can't immediately go, oh, isn't this exciting when you've been, oh my gosh, I'm in fear. And this is where we have to slowly integrate it

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Yes.

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Integration is so key here, and so I always say, whatever your modality is of you doing your own inner work, your own practice, whether you have sessions with a psychic, a medium, a healer, a coach, a, you know, therapist, or whatever, or you're actually sitting in your own meditation, you're doing what you need to do

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is it's between the sessions, between that, the juice happens, it's where that, oh look, oh, I'm aware. How we integrate it, and then it's the integration of

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bringing it in, and then we can ascend, and then we can help, and then

we're like, hey, and I think what we've done is we've created some form of shame in previous, you know, constructs. We've created, like, what do you mean you're not on

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on the bandwagon. And it happened in COVID, where everybody was like, I'm an anti-vaxxer, I can't believe you're wearing a mask. Like, there was a huge amount of shame in that space. And yet now it's like, let me show you the other opportunity

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Right.

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Let me just open your mind. And I had a friend of mine who was very, very much on the, you know, she was like, she was she was absolutely on the marching and, and she was very, very

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out there

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And, but there was a huge amount of shame in that environment. And when she softened and said, Hey, no shame, let me just show you other opportunities and the way forward

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Then I went, oh, that is so nice, because what she did is she then integrated it softer into a way that some people can see it, because we also have to realize is that immediately when something hits, and I think... and I just got a download here, because there is going to be something that hits

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All right, we're gonna... we're gonna get hit with something. I don't know what it is. We're gonna get hit with something. And it... we're going to immediately go into that fear, in that fear of like, oh my god, and that old wounding and that old

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We see things through our cultural beliefs, okay? And we get into our cultural space, and we then get fed. And then as we get fed, we then have to regulate, and there's that regulation of what is mine

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What is not mine? What do I want to deal with? What do I not want to deal with? And where are my true beliefs?

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Because what we do is we have to the pendulum can swing one way to the next, but we have to look at what is my true beliefs.

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Yeah.

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And then you can start bringing that in, and then you can integrate it into the into the sessions or into the world. And I think that's the key here, that some people are not quite getting

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And that is so, so huge, because what that type of integration that you're talking about allows for is our sovereignty to choose for ourselves, to take... you know, we always say, oh, take what resonates and leave the rest. We're kind of getting to it, but what that means is

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Yeah.

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I'm going to present you with something, and it... everything we as psychics, channel or whatever receive comes through our filter. Dare I say our nervous system that's built up of our beliefs, our fears, you know, the way I learned a thing has this whole entire structure that I learned the thing through.

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So, I'm gonna say a thing

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And if like there are 100 people on here, you're going to interpret this in 100 different ways. And it's not my job to force you to take what I'm saying and to get it exactly in the way I'm getting it. It's that here's the thing, and then you take it and say, huh.

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And you pull this, and you pull that, and you... okay, well, I like this, and this I'm not ready for this, I just... I don't really feel that. And then you can plug it into your own nervous system, your own little life, beautiful life puzzle, and use that to then... and that's how it integrates. We're not taking a new system to completely blow through and bypass my entire operating system. It's

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How do I upgrade my system to accept this new piece of truth

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Right.

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And as I'm very invested in progressive politics at the moment. It's a huge part of my movement, and I'm seeing that collectively of how people who are deeply, deeply entrenched in ideologies, how they can't cope with new information that challenges the entire structure

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Right.

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Whether we're talking about political or we're talking about, you know, and I think it's so important for Ascension that we have to stop bypassing the reality of being human. And I won't talk too much about it, but, you know, racism, misogyny, we want to float above it all, but you're avoiding the work of ascension. You're avoiding the work of

being a soul.

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You want unity, you have to actually get into all the places we don't have that. And if you're avoiding that, you're not spiritual, you're bypassing. And that puts the struggle of fixing the system on the visual on the individual who's harmed by the system.

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Correct.

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So that's my tangent there, but this whole thing about integration is

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We have a whole lot of as-above, so below happening, so it's all well and good for me to heal myself and then skip off to Shangri-La

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But what about the other people who don't have the luxury of healing, or who are broken by the system that I personally heal from? How are we going to create unity if we're not integrating those other parts of our society, not just ourself, our community, our disenfranchised populations

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Yeah.

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And this is where I see this as the beautiful part of cosmic ascension, because in this life, I had a very privileged white lady, upper middle class life. But I've been here before as a slave, as a person of color, as an abusive... we've done it all

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Right?

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But in the nervous system, I believe, also comes with our soul record, our karmic history, things we've inherited, the stuff we incarnated into this life to deal with. Now, I don't personally have wounds of

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racism or colonialism

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But when I witness it out there happening to other people, that's still an opportunity for me and my soul record to reintegrate, to participate in the integration of those communities who are still affected by it. Does that make sense?

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Yeah, you know, I love what you actually said because, you know, and I'll just show a very quick story. I'm deathly afraid of peas. I hate peas. Peas will kill you. I don't like enjoy peas. And it's a lovable thing.

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But what happened is, is that this it was in my nervous system. I kept thinking, peas will kill you, peas will kill you, peas will kill you, okay? Then it was only one Christmas that my dad said, what is it about your peas? He said, you know your grandfather's great-uncle died choking on peas

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So you cannot tell me that our past lives are not held in our DNA, that are held in our nervous system, that are part of us. You know, I could tell you time and time again, in this whole space of how my past lives have actually brought through

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I do think that there is some form of bypassing that happens here when people go, I have a wound from past life.

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And in my mind

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Because they want to treasure the wound. It's so

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Yeah.

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They want to treasure the wound. I'm like, work on it. Let's work on it. Let's not blame the past life. Now, my husband is completely not in this world at all. But one of the things that any hears about it, but he'll often say

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You know what irritates me is when someone blames something on their past life. And I said, I get that, but now they need to be taught how to integrate that past life into this life, because there is definitely some wounding that we carry, our thoughts, our belief systems

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Because we can't just think that it's not there because it really is. How else are we remembering this stuff?

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Yes.

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Right. And why else is it so activating? Because I've been through things where I'm like, I am losing my ever loving mind. This thing is actually not a big deal. Why is it such a big deal? My conscious mind may have no idea why I'm reacting the way I'm reacting, but something is in it

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So I'll give a couple examples, both a collective example and a personal example, so we can really understand how this works. And if you're in my community, you've heard me talk a lot about clearing the karma of war, which is something we're going through as a nation and as a human family. Now, that does not mean

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that suddenly

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War is not a thing anymore because we've decided it's not a thing. What this means is we are brought right back into the circumstances that have led to many wars and conflicts throughout humanity

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and we're getting re-triggered into the energy. We're opening up that pathway in the body, in the psyche, in the Akashic Records, if you want to put it that way.

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And we are now having the opportunity to make a different choice to rewrite the story. Different bobsled track. So that's what getting into the wound allows us to do. We can't bypass the thing and call it karmic clearing. We can't come and be like, oh, this is a past life I'm doomed to repeat it

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It's, oh, this is coming up because I have the distinctive opportunity to rewrite the story, and therefore clear my karma, clear my trauma in the physical body, and now open up a new timeline where war is not going to be our default response to conflict

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Right.

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That's the as above. Now, I've been going through something. It's hilarious because it's not a problem, but it's been a problem.

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I am actually finally renting an office space, and I'm so thrilled, but this has triggered the out of me.

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Because I have, for all the things, I won't get into specific reasons, but

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How I want to point this out is

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Because I've been through times in the past where I have this recurring pattern, where I'm really succeeding and I'm really on a thing, and then, boom, smack down, taken away into a really dark period. This happened, like, 5 or 6 times in my life that were severely traumatic

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So now, as I'm coming up to a threshold where I'm like, I'm gonna do the new thing, and I'm breaking out, and this is going to allow me to do so much, the part of me that knows that pattern is terrified.

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So, I've been getting into it. I've been working it out. It isn't just manifest harder, it's, oh, some part of me is really scared and has a story, and I need to get in there.

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Now, when we're talking about the nervous system and the layering and different belief systems.

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As I've talked through different friends and family members to kind of help me with this, help me process, help me see it objectively

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I've encountered their different belief systems. So for example, some person in my life who's deeply religious has said, well, I guess it's just not meant to be because it doesn't feel good

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And I see their belief system of they have no way of working through challenge, it's just God's in charge of me, I don't get to choose.

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Then I have another person who's very body-based, and they said, well, you, you know, you need to make sure that the space is a full body yes before you say yes.

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That may be true in some instances, but in my belief, the reason it's not a full body yes is because there's trauma in the body that needs my attention.

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So then when I talked to my husband, again, we have Muggle husbands. The most psychic women you will ever meet have muggle husbands. It is how it is. It's beautiful.

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So he says to me, okay, you're anxious now, but how did your body feel when you were there touring the space? He's like, bypass the whole story and the whole anxiety. How'd your body feel in the moment before all the activation started, and that was the belief, the idea that clicked me into

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Yes, you're correct. So

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This is why understanding the nervous system and how it functions, understanding how

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karmic cycles, inherited stuff, all the things are also in the nervous system

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Yeah.

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And how collectively we're doing this all of us at the same time to rewrite our... we'll call it a collective nervous system. You can call it the morphic field, you can call it the timeline, but it's really a collective shared nervous system with all these paths of, this is how we do it, this is how it's always been done. Oh no, here, oh, Honda virus, pandemic, you better buy all the toilet paper, we're

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Right.

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creating the same trauma loops

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Right. You know, there's something that I also want to add into this is that, and I'm sure everybody out there will understand where you've got that one friend that sucks the life

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out of you

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All right, that they hook into you as they hook into you, you're like, oh my God, I feel like their cords are there, you know, you've got all of these little energy chords. Well, I've, I've started to really look at this and what I've done, because it happened to me where somebody was super anxious

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super, like, it was like, they were projecting all of their... they... they splatted on me, okay? And at that point, when... when it becomes very, very anxiously driven, you feel like you have... you have all of this ickiness over you

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And it's really not ickiness, it's actually that wounding in you that has made you go, has responded in the nervous system, and so therefore, it's an opportunity, instead of blame

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For you to say, how... what has that triggered in me? And is it... is there hooks in there? Have they sucked me dry? But what is it that they have activated in me that I am refusing to look at in myself?

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I love that.

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That is causing my energy and my nervous system to have a big reaction, to have that big

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somewhere going on. And so, I think one of those things is, yes, we do have those people that we have to look at and go.

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I have to gear myself up to have a conversation with you. But there is something within that energy and how they are maybe showing up and how your body is reacting and you're getting into coherence or entrainment with your with their nervous system

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What is it? And that little wounded part of us, okay, we can talk about wounding, you know, there's so many different people who have talked about it, but that little wounded part of us, what is that wounded parting need? And I think that's one of the things that we have to really look at as well. So instead of

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Asking ourselves, oh, you know, and thinking, oh god, I don't want to deal with them, what is it... why do I not want to deal with it? Same with clients. You know, are we still carrying our clients from our sessions, and we're coming away exhausted

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Is it because we are allowing us, our nervous system to entrain with

theirs, or we should be, as psychics, mediums, healers, teachers, you know, whoever we are

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We should be the steadiest nervous system in the room

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Absolutely.

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And that's without a doubt

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Absolutely.

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You and I had to turn up today as the steadiest nervous systems in this room, so we are connected, and therefore everybody else can calm themselves to us, or entrain themselves to us.

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And that happens. Those of you who come to my monthly sessions, how many of you fall asleep?

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I have people falling asleep in my sessions continually because we're so deeply regulated that their nervous system entrains, and they can finally just crash out, relax.

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And I want to throw a couple of potential... I love this conversation about the friend who drains us because not only is there a lot of wounding, for example, I have that pattern where I get in these female friendships and eventually it's like, oh, so this has been something a little initiation in my life

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One of the wounds that was triggered, and I finally figured out what was

triggered, this was my religious background, that as a woman, as a spiritual woman, I am giving, and I am not accepted by my Mormon community. I am ostracized if I am not perpetually available and completely

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Oh, yeah

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self-effacing. So the wound of, I'm gonna lose everyone I love, I'm gonna be ostracized, was triggered. However, it's not only wounding, well, often the wounding creates the beliefs, okay? The belief that I will be all alone.

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But there are also other beliefs that we attach on. For example, the empath-narcissist dynamic

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Right.

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They're a narcissist, I'm an empath, I'm just gonna feel it, and it sucks. Or, I'm a healer, I'm a woman, I have to give. We adopt these beliefs, and then they punish us, and we don't ever examine.

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Right.

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We just know that's just how it is.

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Well, that's exactly right, but it's because what we're playing into is old constructs. We're playing into the construct. Yes.

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Yes, the 3D world. These are all the old when we talk about going from

3D to 5D, it's not a rocket ship to unicorn land. It's what are all the 3D dynamics that I've been living and participating in and haven't broken my contract with yet

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Right. 100%. Yeah, and that's exactly it. And we have to start looking, how am I wanting to show up?

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How do I want to show up? Because we can't just immediately say, oh, I'm going to change. It's really about knowing yourself. And that's one of the things that I always talk about is you have to know yourself before you can actually think, what is it that I want to go into?

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It's like you're not gonna... you're not gonna, suddenly, you know, suddenly lose weight and go, okay.

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I'm just going to grab that. You're gonna go out, and you're going to say, how do I want to feel now? How do I want to be? What clothes do I want to look? Do I want to have a sexy dress? Do I want to wear pants? Do I... what do I want to look like? What's my new image going to be? Because all of a sudden, when you change that body, that frequency

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What we're doing is we're now showing up as a different person

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And that's where people go, oh, you've changed

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Because then that, you know, oh, I don't like their energy or their energy, I don't work with their energy anymore. No, that nervous system, you've done your work. They may not have done the deeper work that you have, or that, yes, they have done the deep work, but

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It's taken them on a whole different journey. And that's okay.

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That is okay. That's a beautiful thing.

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It's really okay.

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Yeah.

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Exactly. Well, and that's, again, just another belief that someone is triggered by someone else's growth, and that's, you know, that's their journey that we don't have to get involved in.

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Right, right.

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So one thing I want to talk about, we have discussed how certain things in spiritual spaces are inadvertently

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harmful, abusive. But what I have also found in my work is that the ancient structures of spiritual tradition and healing traditions not only are still deeply relevant today, but that actually our nervous system appropriate

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Right.

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So, for example, my body of work that I've put forward to help people through the crisis, and this... the political the past couple years have been really intense, in addition to all my years as a healer before, I was essentially teaching people how to do this, this excavation, what is the wound

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So my free shadow work guidebook is the process where, oh, I'm triggered, what is it? I could run the old program up. Oh, that means it's a no, God's telling me it's a no, or whatever. Or I could say, oh, something's coming up. How do we get in and figure out what it is?

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The bigger part that I'm kind of getting to here is I started doing a series of what I called light circles, which are essentially a hybrid class and guided meditation to help people with the main things that were being triggered with the cultural upheaval we were going through

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And now that I have, you know, to scale, I have a large audience, 230,000 people on social media, and I've had almost 10,000 people go through these light circles. I now have the data to show how wildly healing and transformative that is. And that's part of what led me into

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Okay, cool, let's assess what's happening here. What's happening in these sessions is

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I am coherent, I am holding a space, it allows people to come into coherence. That's number one. Number two, I'm teaching the broader concept of whether it's anxiety or it's why we closed down the heart. I'm giving them a new belief system that they can then choose to update their own, to integrate into their own

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And third, through that healing ceremony, I'm essentially, it's a soul integration, a soul retrieval. I'm inviting the fragmented part of self, the wounded inner child, the 30-year-old woman who was heartbroken, we're inviting all those pieces to come home and integrate

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And that creates a nervous system upgrade, a nervous system rewrite

that allows you to be whole, coherent, functional.

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So I'm not trying to ever throw spirituality out. We don't throw the baby out with the bathwater, but we need to be very careful about what... where we've gone off track, but what was always true and what's actually going to create coherence in the nervous system, because that is the path of ascension.

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Yeah, and I think there's also this element where we have to recognize that spirituality is something different for everybody.

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You know, and what is spirituality to you? And, you know, because I have people who try to define what their spiritual spirituality is. And I had one guy who actually said to me, he said, it's just

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my alignment with my soul

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And I went, you know what, that is your way. And I think it's one of the things that... and maybe it's a journaling for everybody, is what does spirituality mean to you? What is it for you? And I think there's all of this pressure on people to find their purpose

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And I feel like we don't need to start looking for the purpose in that, because purpose changes every single day at all the time. Our purpose right now is to show up as teachers, as speakers, but yet, in two hours, your purpose is probably to be a mom, my purpose is probably to do something

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There's purposeful things that we do

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But I think

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And may I interject, when we talk about finding my purpose, usually what people are reacting to is capitalism

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Yes

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Right

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I just need a job. I have to make my purpose fund my life. That's capitalism. That's not your purpose.

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Right. And that's what I'm so glad that you said it that way because it changes everything. And what we have to really start doing is what is spirituality to us? And then we can start aligning with it because I know I'm sure there's people on here who have gone, well, this is great and it's all above my head

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But where do I start? Start with you. You have to start at home, because you have to do the clearing out. It's like, you know, again, I'll refer back to the to losing weight. Are you going to keep old clothes? Are you going to keep clothes that are out of date

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Get rid of them. Move through them. It's really about allowing ourselves to be... oh, in fact, I've just read it, clearing out the closet of your old past self. It is clearing out that place, that old part of us that no longer serves us

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Yep, spiritual root canal.

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When we look back at photos, yes, it's accountability

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Yeah. And what I think this does is it just makes it all so much more empowering. Again, we're getting out of this abstract. What even is Ascension? What is healing? It's just these are really lovely ideas, but we're lost as to how do we actually walk the path

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And that's actually what led me to create this whole anatomy of trauma, because I was born and raised in Mormonism, and as my gifts and abilities opened up, quickly realized, like, okay, I can't stay here. So I was left in this space of, what is truth?

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My spiritual dark-minded soul, what is even truth? Because the whole thing I had been taught, I knew it wasn't true, but I wasn't given enough outside to create a belief system. So it took me on this journey of

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Not only what is truth, but I went deeper and I said, is objective truth

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even possible to determine

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With the variety of thoughts and opinions and belief systems, is objective truth, does that even exist? That was very deeply philosophical. And also, maybe it doesn't matter. Because to your point.

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my truth has to be about me and how I want to show up, and how I want to move through the world. That is the only barometer. But we can't get into our own objective truth if all we're reading is the layers of trauma and the beliefs that were handed to us.

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Yeah. Yeah, for sure. And one of the key things that I'll actually say with a lot of my coaching clients is who are you? And they'll start saying, well, I'm a mom, I'm this, I'm that. I'm not

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Who are you? Do you know who you are? And they're like, Well, of course I do. I went, okay, I want to sit. I want you to sit with yourself for 30 min a day without any form of, you know, any emails, no phone, no nothing in a

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quiet room, maybe with a cup of tea, and I want you to sit with yourself. Not thinking about all the things that you have to do, but sit with you

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and get to know you. And you know how hard that is. People find that so hard because now all of a sudden, those wounding, that trauma, that construct, everything then starts, and they start to question it. And truly, you only need that one simple exercise in order to

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really understand who you are. And in that time, then you've got to look at yourself.

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Exactly.

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And it's powerful.

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It is. And I think that what this leads people to is one of two things. When people start to do the work, we can accidentally get into the healing treadmill of I'm so focused on the pain, all I ever do is heal

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Versus the point of healing is to open up a new layer and then live in this layer, and then when the new thing comes up. So it is hard to figure out

who you are, and luckily, you don't do that in one fell swoop. You get into layers, and then you change, and then every time something new comes in

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And so my followers will know I channel David Bowie. He's one of my very personal spirit guides, and I have learned so much from him. And one thing he taught me is very relevant to this. He told me that the reason he explored all these characters through his art, Ziggy Stardust and the Thin White Duke

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It wasn't just that, that created sort of a shape for his art to take. It was he wanted to experience himself as somebody else. He could so morph and become that person, and that's what he wanted. The art was secondary. He just wanted to be that person

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And so that's how I like to approach my life, because he told me the very first thing he ever said to me is, if you're not living your life as a work of art, then why are you even living? And what are you living for?

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Isn't that amazing?

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Oh, oh my gosh.

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And it is so to the point about

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I don't have to live as the series of beliefs that were given to me. My life is a work of art. And today, I want to be the badass mystic, and maybe tomorrow for a few hours, I'm going to be the earth mother, and I'm going to be barefoot, and I'm going to be tending to my trees, or whatever. We get to experience the infinite layers of self

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And we... we should feel as free to discover them as discard them when they're done.

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Right.

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This is a beautiful enfolding process and sometimes we're really in the muck and we're healing, but we don't have to stay there. We work on the layer and then we go, now that I have integrated this part of me, I'm going to bring that into the hole, and now who do I become? Which is why he kept recycling, or not recycling, he never went

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Yeah.

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It was always new. Let's go on to the next. We shouldn't ever feel so married to a version that we discovered once. We're always evolving, and healing helps you do that cleanly and very... you're very free, unfettered

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Yeah, you hit some... I mean, that's so beautiful. You actually hit something where we shouldn't stay to who we were

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And I think there's so many clients, and I just say for me, is there's so many clients that will actually come to me is my mom is still alive, so I can't say X, or my family is still with us, so I have to fit back into the mold. And I think this happens, especially with a lot of religious trauma that happens with a lot of

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different family dynamics, and, you know, I'm going to be honest with you, I'm about to jump on a plane to England tomorrow, and I'm going to be back with my parents in the next three days. And so, what we do

is we revert back to being that who was I?

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We fall back into that, and it's okay to do that because there's a comfort, but there's also that sovereignty of standing up and saying, listen, this is my boundary. This is who I am, this is actually who I am now

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And I remember my dad saying it to me years ago when he had his mom go and live with him, and he said

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I realized I had to learn to like my mom as an adult.

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And I went, oh, interesting. And it was so he said, you know what? He said, I actually don't like my mom as an adult. And I went, that's a powerful thing for me to hear my dad say. And in a way, it actually gave me permission

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To honour who I was as an adult, and recognize that I don't have to fall back into these old ways and these old, old ideals

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And I think there's so many people who still live in that place of breaking those molds and breaking those family traditions and breaking all of the ideals that they have been born into and the shoulda, woulda, coulda

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Right. And I've certainly been on that journey of leaving Mormonism while living in the state. My husband stayed in the church for four years after I left, so believe me, I know. But that's also how I know the beauty of the journey of it never has to be one and done immediate and we're out

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Right.

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It's always this beautiful process of layering, and as I release this layer, then how do my husband and I re-relate? And then as he releases this, and we say, oh, and that is integration. We should feel more empowered to take the space to integrate what the new layer, the new experience, the new whatever

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reveals to us. And that is that returning of our sovereignty, of now that I know this, now that I've discovered this, now that I have claimed, I want to explore this, I want to experience myself as this, that autonomy of

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Yeah

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Choice, exploration, rejection of old things. This is really the stuff of life, in my opinion. You know, when that man said what his version of spirituality is, it reminds me of, you know, I have this pressure of, well, you're a psychic medium, and you're a channeler. Certainly, you have these beautiful traditions you teach your children

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And I don't. I don't teach them hardly a thing. And that's because of my religious trauma, where I was given all the beliefs, and so my pendulum swung hard. So one day, I did ask my daughter, who was probably 10 or 11 at the time, I said, what do you think the purpose of life is? And just very simply, the way children do, she said, it's just to experience it and enjoy it

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And I was like, yeah

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That's literally it.

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Right.

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Wow, that's fine. Yeah, that, I mean, that's profound from a 10-year-old. I mean, I think there's something about our children that we can learn from

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You know, especially those who are now younger, who are growing up. I've got adult children, but certainly those who are coming into this life because, and I actually said it, to my... to somebody I know, who is my son's age, and I said

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I'm sorry for our generation

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And she looked at me and she said, well, and I'm sorry, she teared up. And I said, because what we have been brought up into is old constructs and old paradigms that we think we had to fit into. And as a 15-year-old woman, I'm now looking at my 26-year-old son and realizing

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You know, I was trying to make him as the New Earth child, fit into the construct of where I was. And, you know, there's that whole thing, if I could do it all over again, I would. But one of the beautiful things is, is not to sit in that shame or blame is to actually approach it

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And there's many times I'll sit with Charlie and I'll say, listen, I'm so sorry for the trauma that I may have caused you. And we'll talk about it. And I remember we did we did a whole healing ceremony, and he came up to me. It was probably the most

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beautiful thing that he said. He said, Mum, I chose you. And I went, oh, it was almost like the heavens opened the angel sang. And in that

moment, I realized that he

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may have needed those life experiences, but he doesn't have to live by my life experiences, and he should not. And I think that is one of the things that you're talking about, and it's like that... the person who gives up alcohol and their husband's still the alcoholic, or it's the person who decides to eat

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Yeah.

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be vegan, and then they suddenly are, like, activists, and then their spouse eats meat. There's so many different polar opposites that we have to embrace, because... but we also have to live as we believe. And that is the key, because that's what, again, we go back into that nervous system that is the important part

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Correct.

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Perfect. And I will close on that, because what you've said is the unity consciousness that we're going toward. We have these ideas of unity consciousness as we're all vegan. I always like to say, like, we're not all going to be hobbits in the Shire.

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Yeah.

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That's not what this unity consciousness is. What unity consciousness is, is we are all so beautifully coherent within our own selves that I can exist among the contradiction of other people and not be triggered, and not try to conquer, or dominate, or run away

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That is true unity. We're all beautiful individuals, we're all... we have access to the totality of self. I'm not taking from you, you're not taking from me. That's true unity. And that goes back to what you said about the polarity. That's a clean polarity.

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Yeah

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That's not a force attack that is, oh hey, you're really different. And that's kind of spicy. And this is really interesting. That's the unity that I've been saying is if the 3D world is propelled by survival, conquering, all of that.

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And if we have, if we don't have that kind of duality

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What does contrast look like in the 5D? It looks like creativity and interest and curiosity

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And play and fun

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Only deciding play exactly it's a different propulsion system, but you can't get there if you're in a 3D operating system. The 5 D operating system is, well, that's interesting. Or like, oh, don't love that. I'm gonna go do this my own way, and your experience doesn't have to have any bearing on my experience

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Right. Yeah. And I think that's one of the things that is really important because, you know, I live in a society where

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I'll talk about it. I live in media... I live in Lilydale, where Lilydale bases itself on spiritualism from 1848, when modern day mediumship came about, and they are still trying to keep it into Victorian times. I'm like,

mediumship has changed

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Yeah?

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Peer mediumship has changed. People want to see it differently, and yet they're still holding it into that space. And I agree with that. It all has to evolve. Because again, we go into that polarity. We stay where we are, it's not going to move. We need to move with what is being born in the world

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Exactly, exactly.

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I could go off on that.

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I know we could hold a weekend retreat and never stop talking and still

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Right.

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It's beautiful. I love it. Okay, but we do want to get into the channeling portion of this. And so, as Lisa and I have discussed, we're not going to go full trance, because we might have, like, a traffic control problem here.

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We discussed that.

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Yeah, so what we're going to do is instead we're going to open up in hybrid trance and so allow, as we've been sharing our insights, of course the psychics, it's all blended. We're always channeling. But this is going to be a bit more where we kind of take our consciousness is

going to take a backseat and we're going to allow higher self and spirit and whomever we're channeling

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To come through and answer your questions, and so I'm going to take a few minutes to allow you... I saw a lot of people taking notes, which I love. I'm going to listen back and take all the notes

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And take a few minutes to put your questions in the chat, share your insights and things that you want some expansion on. And it doesn't have to be relevant to what we've said. It can be relevant to any questions you have about the nervous system, about Ascension, 5D, all of these things.

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Yeah, and

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So I'm going to take —

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Think out the box as well. Really think out the box. Think about all the questions that you may have, and that you may be like, oh, I don't want to ask that, but truly ask it because you'll never find... you will often find that one person's question that's maybe 10 or

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10 or more people are actually thinking it as well.

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So yeah.

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Absolutely, yeah. And let's see, I got to find Laura here. Laura is my co-host. Let me unmute you.

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I'm just going to

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I'm here

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Oh, perfect, you can unmute yourself, love that. Okay, so Laura is going to be going through the chat as the questions come up, and choosing the questions for us, kind of curating among these. Oh, I forgot to mention, it kind of goes without saying, but it's always a little housekeeping here. Of course, we're not doing private readings, private questions

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So no, I'm going through this, no personal questions here, but make your questions about the collective experience, make it something that everyone can receive benefit from, that is applicable to the group. And of course, as Lisa said, if you want to get weird with it and ask some really out there questions, we love that.

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We'll go there wherever Spirit. Okay, hold on. They're already, like, I can feel them shuffling in. Who's coming for me to channel? This is the Collective Guides of Ascension. This is a group I work with often

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And I'm seeing

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I kind of... there's, like, this

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board behind me, this collective, and I'm getting this image of they're just gonna, like, sort of when you drop the paper into the, like, a basketball, you drop the paper into the wastebasket. I'm gonna be getting a lot from a lot of places, and it will not always be necessary to know who is channeling and who is coming through, but understand

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This collective is here to share for the benefit of all

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Yeah, and so I normally channel, I will often channel Josiah, Ben and Anu. And it's interesting because

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I've got Ben and Anu that are coming in. Josiah's taken a back seat, but I've definitely got Ben and Anu. So again, I don't know who's going to be talking, so we'll see.

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Okay. All right. And any other housekeeping?

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I think if you're here, you've either been to something with me, or you've been to something with Lisa, so you kind of know how this goes, so we're just

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Know how we work

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Yeah, alright. Okay, Laura, do we have a question ready to go?

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We do. Matthew asks, where do I begin towards ascension? I had a rough upbringing and long-term incarceration and a ton of trauma. It is an overwhelming situation to be in much of the time, and I really just want to know where the first steps are

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Lisa, do you want to go ahead?

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Okay

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Your story is not uncommon and your story is much alike many people out in the world. And yet you have to realize that your voice has become courageous for other people to follow. So please take that as a blessing for you, my friend.

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We ask for you to start in silence. We ask for you to start in that place of recognizing what your truth is and what your truth is to move forward. Other things do not need to be addressed and try to be forced. Allow it to come quietly in quiet moments

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Take this time to meditate, to sit, find community. Community is of the essence. Finding like-minded people who can support you through this moment. This ascension doesn't have to be difficult. This ascension is clear. It is now taking the moment to break, to breathe

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Finding the breath, allowing yourself the source. Sleep, rejuvenation, rest, restore. Allow yourself that moment. And yet when you find your mind that is transcending off into the places that you shall not want to visit

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Allow yourself to come back to the present. Remember where you are. Look at the mission and the choices that you are choosing. Are you that person? No. You are now who you are now.

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So trust

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In this journey, you are moving forward. You're allowing your movement to be the learning lesson for others.

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This

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life that you have led has not been in vain. This life that you have led is to teach other people in how to do this. You are a powerful voice. You are the strength, and it is in this lesson that you are learning and here to learn. You will

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Others

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They're going to hand over to you, Gia, but I feel as though that was very personal for Matt.

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And very beautiful. The collective guides of Ascension are saying, understand that your path is not a deviation from the ascension path. Your life is your ascension path. And what you must understand is how many past lifetimes, past experiences, generational patterns you're bringing into

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That led you to the dark journey that you have been on, the pain and suffering, understanding that those of us who are here and awake and aware at this time, those of us who are actively participating in our ascension at this time have brought with us the weight of the world to transmute through us, not only

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to clear and neutralize the pain of all we have been through, but to find a new path through it. In doing so, you will not only forge your own Ascension path for your soul that has accrued much pain, much learning in past lives

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But you are creating a new path forward that is now becoming available for all those who have a similar journey and are needing similar medicine. There is no off the path. Every step is the path. We might

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dilly-dally, we might delay, we might believe ourselves lost, understand that going into the self, examining the pain, beginning with the pain, allowing those painful versions of self to speak to us, are bringing you the wisdom, are bringing you the medicine.

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All paths are ascension paths, and as you work with the material that your life has provided for you, the new path forward out of darkness into light will become clear. There is no wrong way to ascend. You are all ascending beautifully.

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Okay, Laura, what have we got

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We have Marianne asks, what is the best way to regulate the systems when you're triggered when working with a client?

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Barry at least a question here.

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All right.

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Well, I could answer that from Lisa, or I can answer that from the guides. I partly want to answer that from Lisa, actually.

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So, can you just repeat the question

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Yes, what is the best way to regulate the systems when you are triggered when working with clients

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Well, when you're working with clients, one of the things that I think is really important is to allow yourself to pause. So find yourself

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Again, I think I'm partly channelling here, find yourself those moments of pause, whether it is grabbing a drink, whether it is just taking a moment and saying, just give me a second, please, allowing your feet to plant on the floor, looking out, just even changing the way where you're looking.

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Looking out the window, looking at a picture, find something that you can regulate, and then take a deep breath. And what I like to do is I like to actually place my hand on my chest, because again, it's a spiritual act, but the heaviness and the weight of my hand on my chest allows me to actually soften my nervous system, my vagus nerve

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And I breathe under it. And it takes 3 seconds. And in those moments of just taking those 3 seconds, you can actually regulate the system that you need, because your client is needing that regulation that you are now being triggered to. And so, and again, I feel as though I'm in that channel space

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But your client is needing that regulation, so learn how to do that in front of people, because what you're actually doing is learning how to do it in front of others so others have the permission to do it for themselves.

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Absolutely. And I want to point to, we'll give a little plug to some tools I have in my body of work. If you go to geoprism.com slash emotionalarchitecture, there is emotional stability. I can't remember what they're called, the emotional stability course and the emotional orientation course will teach you how to do that.

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And Lisa, I'm assuming you have a lot of tools, both for practitioners and others

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Yeah, actually, I've just been teaching an intuitive practitioner course on this. And what we're actually doing is we're putting together the course that is just a standalone, you know, evergreen course. So that will actually be available

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In June, but if you do want to go to my website and sign up just for a newsletter, we'll actually let you know when that's actually coming out.

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Perfect.

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Yeah

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Yes

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Let me see if there's an... I feel like that was a... that was a practical question we could answer from the consciousness. Let me see if they

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They're giving me an all roads lead to Rome kind of a... kind of an answer, meaning you can study somatics, you can study nervous system regulation. Those of you from my community in the 4AM Club, you know I love my dear friend Nina, Nina Shine, S-H-Y-N-E. Her whole bread and butter. Nina, your witchy healer is all about nervous system regulation, so

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Find a practitioner, a tool, a method that works for you. This will give you... okay, they're showing me like Ratatouille. The rat needs pulling the hair. This is how we learn to move our human. Okay, okay, yeah, I'm going to bring something through

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This is beyond regulation. Regulation is the beginning. Regulation opens the door to access all of you in ways that you never had access to. As you regulate the nervous system, you become a host for not only more of your higher self

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But more of the hosts of heaven that want to exist in you, for indeed your bodies as vessels are already set to receive many spiritual insights and information and beings and energies that you can merge with seamlessly within your body

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But due to generations of trauma and fragmentation, there has not been, as it were, enough space in the body to co-create, cohabitate with all the energies of heaven that want to be born through you. Indeed, you are limitless as physical souls, as physical vessels. You may open yourself to the hosts of heaven

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and have them seamlessly move through you. Indeed, you are already doing it. Artists and those who are open to inspiration and joy and moments of allowing are already doing this.

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learning how to regulate your nervous system gives you access to the control panel, and I'm seeing, like, the movie Inside Out, when she goes from being a child to an adolescent, and it's an entirely different set of keys

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What is going to be coming through your nervous system, and why understanding the nervous system is so vital at this moment in time is that through the ascension process, and might we add, through the solar energies, yes, you are processing energies, but they are being processed through the nervous system as you are healing, as you are upgrading, as you are opening up to these new energies, and indeed as you are excavating

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The spaces of your body that have yet to be open, you will have an entirely new operating system that is attuned with fifth dimensional vibrational energy. Learning to consciously navigate the nervous system will allow you to drive your vehicle in a way never possible before.

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This is the New Earth operating system, so learning to work with a nervous system is your ticket to entering the new Earth.

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Mmm, beautiful.

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So beautiful

01:08:56.000 --> 01:08:59.000

Okay.

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All right

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What you got, Laura?

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Hmm

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Noelle asks, any information on disclosure and how the scientists are doing? This is way high up on my wish list right now, especially full and rapid disclosure will change everything in a wonderful way.

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You know, this is something I actually, I did a video on recently. I'm not sure if you're following me. And I was channeling in that video where it's interesting. This was just a few days after I did my monthly signal fire,

which is my group, my group session I do every month to orient us to the moment

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And I was surprised to meet with a reptilian consciousness that came through to be channeled. And we learned so much about they kept saying, pretend you know nothing, pretend you know nothing, because there's a lot of misinformation

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But in the space of that, I did a video where I said disclosure is not about who's out there. It's about who's already here and why and how they've been functioning here. And this is the true direction of disclosure

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And

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I'm gonna see if

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I'm seeing if the sentient guys want to come through. What you will discover is, yes, there will be more to learn about what is out there, but as Gia has spoken, it is understanding what already exists here, both in physicality and in energies beyond your conscious perception

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So focus not externally on the type of disclosure that takes you away from the world, but focus primarily on what brings you deeper into it and who you might meet here as to the missing scientist, not all is as it seems

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Much is being made of it as misdirection, as pulling the storyline in a way that is leading you away from the truth of disclosure, and indeed, the deeper cosmic perspective that is trying to be borne through disclosure. It is not simply that there is scandal, of course there is scandal. Of course there are those who would hide the truth and harm

those who have the truth

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But that is not the story. The story is that disclosure is coming no matter who tries to obscure it, because disclosure is not a physical act, is not a governmental truth. Disclosure is a cosmic truth about why we are here, what we are here to do, and what other beings, energies, entities, etc. are here as part of the human game. And as we move forward, our expanded knowledge of all these things will be made complete despite the obscuring attempts

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By those in positions of power. All will be made whole, and all will be made known in time.

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I'm smiling all the way through this because as you were talking, I was hearing the word just before you actually were saying it. So everything that you were saying was exactly what was being said to me.

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Oh, I love it. Okay.

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It's crazy.

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We must be psychic, Lisa.

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I know, I was like, is that really happening? And I was smiling all the way through it, so, except for the last part, I was like, oh my gosh, yeah.

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I love it

01:11:58.000 --> 01:11:59.000

Okay

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Next up

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Next up, Stephanie asks, what is the best way to heal a wound from childhood that has resurfaced with family and transmute it

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Yeah.

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Lisa, I'm gonna let you go first on this one.

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This has been transmuted as you need to understand it a little bit more deeper and more be more soul aware for this alignment for you to grow. This is not because it's come up, it's just because the self has forgotten the healing that it's already done

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And therefore, it needs to grow. We have to remember that once the soul has healed, and once the individual has healed, it's the mind that needs to be trained. The soul is always allowing yourself

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The ascension, the progression, the movement forward. The mind is one that is going to hold you. And so release. We ask you to start unhooking those tethers that have held you so captive, and now it's about understanding where you are in this dynamic

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Should you wish to stay in the dynamic. Then this needs to be healed. It is now a part of you moving through this in order to increase and find courage and find opportunity to help others through it by your actions

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And yet, it is the constructs of now of what has been family beforehand.

And it is the understanding of what your family dynamics may have been that sometimes people play into.

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We ask you to sit back. We ask you to be aware. We ask you not to have shame or right or wrong. We ask you just for awareness. It is in that awareness that we ask you to align with your soul of what feels right and what feels wrong. And in that moment, realize that nothing is wrong. We are allowing you to grow

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It is understanding your soul has had to come back for the learning. It is understanding that the soul has greater purpose and greater awareness, and it is through your soul as when you connect, that you can then see the pathway forward. It is the mind that's keeping you captive and allowing you to hold in that place

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We ask you to connect deeper into the soul. Find moments of silence, moments of time where you can have reflection. For it is in this moment that your soul will align with the true journey of what it is called to do.

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This, my friend, is to heal. There are many opportunities to heal, and with that courage of stepping into the healing, you encourage others to do the same. Please do not have shame. Please do not have judgment. We ask you to look with awareness with fresh eyes, and recognize

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that your tender soul wants to move forward, and with that, there is fear that holds you back. And that is the fear of others. So we ask you to step forward, to breathe, step into your own power, and recognize the soul is taking you on the journey

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Which leads you to all.

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You want right where you need to be, no judgment, no shame, just be.

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Beautiful. And what I want to add is not explicitly channeled. It's about

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So many times, what we're looking for with transmutation is that we no longer feel the same and things are suddenly different. But often what is required after that moment of the energy clearing is we have to just start doing things differently.

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And that's the physicality, and that is writing new scripts and making different decisions, and not playing into, this is a behavioral repatterning. The family behavior dynamic is coming to you as a blueprint, and when you are in the environment, you are entrained to it. It is the bobsled track

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It is a volley of words, a series of behaviors, of postures you are expected to take. This is where becoming conscious is most important. Consciousness is not simply a cosmic understanding. It is becoming consciously aware in every moment

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What forces are driving your behaviors, and to invite you to consciously create a different response, a different conversation, to do things differently, to reset your dynamic, and to invite those in the family, those in the dynamic with you to graduate into

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A new dynamic. Some families, this will elevate the entire family. For others, you will find that certain members will not be able to meet you in the new script, and as such, it is up to you to determine how to move forward, whether within the dynamic or

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Walk your own path, and that is the transmutation needed. This is

deeply personal, this is deeply individual, but to understand that at a certain point, the behavior is the change.

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Beautiful.

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All right, do we have another one?

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We do. Shanika says, I'm feeling like as I am, the bleeding edge of creation, I really struggle with repetitive tasks like dishes. If I follow my joy, I would only be experiencing the new. There is no joy in dishes. How do I balance?

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I'm with her

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Yeah.

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What I will say about this, again, this goes back to the ancient... what the ancients knew, and it's that aphorism of chop wood, carry water. And more commonly, we can say that

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Going on a journey of, we call it romancing your life. What do we say about I'm going to romanticize my life. We have to come into a new relationship with the physical and with the mundane. Nobody like laundry for me, cleaning toilets for me.

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But

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The friction comes from an overall pattern of wanting to escape the body into the realms of creativity and high guilty. And so the challenge

of this time, like we talked about earlier, I would love to just go be with spirit all day, every day. If we wanted that, we would have we would have not incarnated. Right now we're physical

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So we have to have a new relationship to physicality, and adjusting the overall relationship of I mean, we have to put boundaries on our creativity. Sorry, I hate that, too. The artist's way is a great guide for coming into a new relationship with your creativity.

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But in this way, adjusting the relationship as a whole allows us to have more joy in the mundane, and not feel like they are at odds with each other, and allowing ourselves to... because we in the past have felt like we had to sacrifice other things so that we could sneak away and be creative. Creative was something that happened

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After the chores were done. So then you hate the chores because the chores take away your creativity. So there might be wounding there, but in addition, it's about understanding that creativity comes in many forms, and if we have ritual and space and boundaries around, when I will be creative, we no longer feel like we're being taken from, and we just reset the balance, if that makes sense

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Yeah, and there's also something I want to add on to this is that we actually need these mundane tasks because what these mundane tasks does is it allows our brain to actually calm down in order to be the antenna and the signal for our intuition to rise. And so it's within those mundane tasks that you do, such as the driving, the washing the dishes, the laundries

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The mundane of everyday life in which you chose to be born into, needless to say, that you can then have those moments of listening. And it is in those mundane tasks that that is where the inspiration comes. That is where the beauty arises, where it's where new creation comes.

And so embrace the all

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And I'll just talk from my personal experience and what I'm actually seeing, and I'm feeling very, very compelled to talk about this, is that gone are the days of needing to have those roles, such as, you know, as we say in my house, we have pink jobs, blue jobs, and purple jobs

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But nowadays, what we're actually doing is we're coming together and we're working as one. And when we are in that creative space and we're in that creative flow, the dishes can wait, hence why there's dishwashers, you know, and this is why we're actually bringing in

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Allowing those things to wait for when we need to have a break from that creativity, because the creativity can't always completely flow.

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So, so true, so true. I know I already answered, but I will say

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Creating an understanding that creativity has many different parts. It's not always the flow. We chase the adrenaline and the dopamine of the creative flow. But if you stay in that too long, just like if you stay in open spirituality too long, you become

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Yeah.

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dissociated and imbalanced, and then you have a harder time getting back in. So understanding the total arc of creativity and different parts and what is required can help you not fight the parts that aren't as fun. And I'm saying this with zero shame, because I think we all know what that feels like, and I especially identify with

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I would rather be writing and creating

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But learning this is a journey I've been on myself.

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Yeah.

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Take it as someone who I... the struggle is real.

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We... I think you and I are exactly the same. The struggle is real. I would love to be in that creative flow all the time, but it doesn't always happen. And whether it's doing the dishes or doing the laundry or making the bed or taking the dog for a walk, it is all the same. There's always that part that

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And we have to, again, recognize what is the resistance.

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Yeah

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And I will add one final thing, understanding supports for neurodivergence will help, not because I'm trying to give anyone a diagnosis, but because

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Sometimes, being creative people, we have different levels of dopamine and serotonin, and so we chase those kind of chemicals, and we only feel the chemicals doing the fun thing, and so doing the boring thing, our brain is, like, literally... I have this with my neurodivergent kids, literally cannot do it

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And so we have to learn other ways to manage, and so look into

neurodivergent support for task-orientation.

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Love it.

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Okay, was very thorough. Okay, Laura, what you got?

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I know!

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With the aliens, it's laundry today. Yeah

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I love that the cleaning the dishes got the most talk out of both of you. All right. Steph says, what are the tips for regulating our nervous systems as we clear the karma of war?

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I'm... I'll speak to this because this is something I've talked about often.

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Again, it's that all roads lead to Rome, all different types of nurturing, self-healing. You know, earlier I made a crack about Reiki. It's not to say don't do Reiki. It's understand to have a complete set of tools to serve the various parts. And so regulating as we clear the karma of war begins with when a trigger arises, having a set of tools to turn to

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to help regulate, number one. Number two, going into a healing space to excavate what is coming up for witness. The triggering is happening not simply because something is so-called broken, it's because a part of you wants witness an unexpressed, incomplete emotional experience wants completion

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Holding space for ourselves, and alternatively, seeking out others who

can help hold space. This is a healer, a therapist, somebody to help hold space and co-regulate to bring the complete emotional experience to its finality. And as we do so

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We are essentially purging all of the trauma of all past wars through our bodies. So do not fear the triggering, the triggering does not mean you have gone astray. The triggering means you are, in fact, doing the work. So having support tools to allow yourself to properly process the emotion so that it might complete, leave the body, and release from the nervous system will allow you to recreate a new pathway. And one final thing I will say about that

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My teaching, the integration point really gets into how the nervous system will automatically rewrite itself. We do the healing, and then the body is like, sweet, we release that, we release this, we release that, and your body will

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reorganize, and so this requires a lot of rest. There was weepiness, there's aches and pains, these vague ascension symptoms we talk about, that's actually your nervous system rewriting

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Yeah.

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So just being present with what's coming up and having proper support allows your nervous system to rewrite itself free of the trauma.

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Yeah, and as you were talking, I wrote something down and it came through. It's like war is necessary, large or small family or regarding the individual. So it's like big or small war, family or individual wars, recognizing the part that you play in the fear and you've got to own the path and focus on the self

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Understand the microcosm of your life and live in that. The larger macro is something that is needed to actually be of new sense. So it's like, we have to... we need the macro, we need the macrocosm, and we need the

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more on the larger scale, because it's actually leading us into this whole change of what society needs. And yet, you have to focus on the smaller side. So, focus on the support systems, focus on the belief systems of self, focus on the breadth

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finding yourself to be in that real solid space of knowing thyself in this space, and recognizing that humanity is we're breathing, and as I'm being shown it, we're all breathing the same rhythm

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We're breathing that same rhythm, and in that rhythm, what we're doing is that people are moving with you on their nervous system is moving with you, other people's nervous systems are moving this way, but when you can focus on the microcosm of your world

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That is going to be really, really important here for you to start regulating yourself before you can actually start worrying about the bigger piece.

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Yeah.

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Awesome

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Yeah.

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And might I add, let's not worry about the bigger piece. Let's trust that

your piece of it is beneficial and is contributing to the overall, because there's untold millions, billions of us doing the same thing. People who are completely spiritually asleep, they're still ascending, they're still doing the work, they're just using

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Yeah

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different frame it's happening organically as humans are expanding. So yeah.

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It's that rhythm. It's that rhythm of everybody's breathing in that way. And if you imagine it, we're all in that rhythmical space and moving with it. So yeah, I think this is that's the key. Yeah, I love that.

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All right, what do we have?

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Kelly asks, can you pick up nervous system triggers from your guides or the souls you're connected with as a soul collective?

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I'm not sure I understand the question.

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So

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You get it, Lisa?

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Yeah, so I'm going to answer this as Lisa Brain here, because I work with clients a lot. And what I've actually noticed is that

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And I'm just going to share this as new spirits, and maybe this is again part of hybrid here, as new spirits that are actually transcended over into the spirit realm, they are coming through the

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Well, they have only just passed over. They still come through with the human ways. They still come forward with the human ways, so you can tap into that regulation. And yet, I've actually noticed, and again, maybe I'm channeling, maybe I'm not, but I've noticed that as I'm communicating with spirit

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And that spirit is coming in. I'm actually regulating myself to not necessarily their nervous system, but their

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the life things that they've done, their thoughts, their programming, their

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how they have lived in the world, and so my nervous system gets activated. And so that's what I have personally noticed, having done, you know, and I'm just going to share with you, I've demonstrated mediumship in front of 7 million people around the world

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And so I have noticed this on a larger scale where

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Being in that place, I've recognized how I can act and react to what a spirit is actually telling me. And that is my nervous system going with their understanding of life. So I do think it's possible, but we have to stay in our own lane

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of recognizing that's their way that they are channeling... that they have lived... chosen to live their life

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Makes sense. And you see my body moves depending on, especially those who've been to multiple channeling events with me, my body moves differently because there's that physical aspect of it as well. I'm physically responding to their energy, life force information they're bringing through

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And so, for me, as an embodied channel, that's my journey of learning to allow that energy to animate me, but whether it's mediumship, explicitly, or as a practitioner, we learn to read it. I read a book, I don't put it on me and then become the character. Read it

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And yeah, we're gonna be like, I'm very somatic. Those of you who see me flailing, I'm like, ugh, when I do my live sessions, that's okay, but read it. Don't become it.

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Yeah, I think that's really... and one of the things that I will do, because I've actually studied this, and I go into the mechanics of mediumship psychic, and really look at that, and I've actually studied neuroscience, so this is not me just reading a book and jumping on the bandwagon. I've studied neuroscience for the last 7 years

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I started my master's in neuroscience, studied at MIT, so there's been a huge amount of awareness that I've done. When we're actually channeling our nervous system spikes. So our heart rate spikes, our breathwork spikes, we have our... we release the cortisol, everything spikes when we're actually channeling, and when we are in session

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So I just want to bring that awareness as well. So, of course, it's a somatic experience as well. And I did a whole test on 100 mediums, and we actually watched their... it all spike

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It was insane.

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So I think where we landed in, yes, it's natural, normal. It's okay to respond to it, but have the awareness of

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That's the top layer of it. What's underneath, what's behind it? I don't have to become it or be overly influenced by it. But then we get into the layer beneath, which is reading and the... and this is maybe a different conversation, but when I... when I used to do client sessions, I would never... well, I would start by reading the person

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But that was never to get the guidance. The guidance comes from the guides, either mine or theirs, a combination of both. If you're doing sessions and you're only reading people, it's like Lisa said, we can get into the trap of, I'm just

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where trauma resonating and trauma looping

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So get to the higher beneath the personality, the nervous system, the activation.

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Always, always, yeah.

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All right, okay, so we're 12:37. I can go for a while longer. Do you want to go to the hour when you

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Yeah, I can go for a little bit longer, yeah.

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Okay, we'll go to the hour.

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Okay, perfect.

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Okay

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I'll let you answer that.

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Okay, Enrique asks, I understand it is ideal to not be triggered with people's differences, but I just can't with the bigotry, willful ignorance and cultish partisan nonsense. What do you do when faced with that?

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This is... yeah, yeah, this is definitely my wheelhouse.

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There's a lot going on here.

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Part of it is

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Compassion for self, compassion to the part of self that is activated in these moments, but it is learning mastery over the reaction. We don't vilify the reaction, we don't silence the reaction, we have compassion for the self that is activated

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And we adopt tools to help regulate so that we are not as triggered and activated, and from that space, we can move into what we more commonly think of as divine love, celestial love, where we can have love and compassion for the people who are still in their wounding that they would be so bigoted

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So it is a progression of going from the activation, the part of the self

that has triggered, angered, work with the wound, step one, work with the regulation to calm the self to not be reactive, step two. Step three, if you so choose to do physical work among the people who have been harmed by the ideologies you are offended by

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To take physical action to rejoin the community, to take action to physically change. This could be advocating, this could be volunteer work, this could be speaking up. There are many different ways to embody the change going forward. This is going to be increasingly necessary as we move deeper into our society-level ascension

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in which it is going to become necessary for new ideologies to be the norm for those brave speakers to set, as Gia says, set a new moral baseline, set a new set of ideologies and new beliefs, and those who are often triggered the most by this behavior, you have an opportunity

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To be the most vocal if you can master your triggers, master your reactivity, you can become the most firm in speaking truth without fighting, without perpetuating your own oppression, without perpetuating further separation and domination. So, it is a journey of mastery that is ultimately an invitation into creating greater unity, both within the self

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And within the community and the world around you

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I can't add anything else to that.

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It's so perfect.

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Right

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This is why I say, you know, the spirituality that stops at love and light, I don't see color, not my timeline. There has to be more people who are willing to do the work. And I know it's hard and it's ugly, especially those of us who have never experienced this type of oppression. We feel awkward

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Yeah.

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I don't know what to do, I don't want to say the wrong thing. It's hard. It is hard. And so, those of us who really do, myself included, have a resonance for social justice work. That's calling. And we can't ignore that because we have, lots of chills on this. We have to bring so many more people into this work

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Yeah.

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This is going to be a vital part of Ascension that not enough spiritual people want to take on. So if you have that resonance, lean in.

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Yeah, you know, I actually just on this course that I was telling you about the intuitive practitioner, I had someone come in, talk about cultural differences and how to actually communicate and what language to be used, because that's not in my wheelhouse. And I actually bought an expert in

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And I think it was so well received because you

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We are in that place where we do need, we need people, we need, we need... we need our tribe of people, we need our... it's like the army of people, and it comes from a variety of different cultural backgrounds,

and we need that because we are coming into the collective stance that is going to

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move forward, and I truly believe, and I'm seeing it right now in this, is that there is going to be two... three elements. There's going to be spirituality bringing that old wisdom back. It's going to be New Age technology that's going to meet the old wisdom, and in between the science, and that's where we're gonna

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This is the growing industry, and that is where it's going to be powerful.

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Oh, yeah.

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Correct.

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Absolutely. And then when you apply it to the cultural level of how and interact as a society, that's the engine of change. It's not floating away. It's okay, we take what we've learned, we integrate it, and then we physically become capable of being the change and we participate

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Yeah. Yep.

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Beautiful.

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Okay, Laura

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Okay, Leslie says, how do we create social... nope, sorry, I jumped over Sam, so sorry. Sam, as an acupuncturist, I'm seeing a lot of patients with what I would call symptoms of activation. I've been working on

helping them allow in the energy and process it

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Hmm

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Is there any other vector of change besides letting in source to consider

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Hmm.

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Like a Lisa question

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Yeah, you know, as you were saying, I kept feeling as though letting in source, but some people don't know how to let in source. And so it's understanding, getting back to basics because when people are on the 3D level, they don't quite understand what they're doing. And so when we talk about energy, they don't know what energy is. When we talk about nervous system, it's a language that they've been given but don't quite understand.

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And so take it back into the breath, take it back into a system that they know, understanding that the brain needs a system for them to hold onto to make it feel safe. And so recognizing it could be a simple spiritual practice, waking up and having a breath

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moving the body, reading a new novel, reading a new book, taking our action in writing, writing their thoughts, allowing themselves to explore their own inner truth. And it's in that inner truth that they will actually find and allow the light to come forward.

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But recognizing it's not just the light that they need that shadow in order to question the light that is coming forward. So both apply in those

polarities. And understanding that as the work that you are doing, which we commend you for, it's recognizing that you are the guiding light forward. So also, we encourage all of those within you, the light

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And those who are transcending individuals to take their own spiritual practice spiritual, and that's Lisa doing spiritual, whatever you consider it to be, spiritual practice forward in order for you to continue to elevate you, and break it down into the simple moment. What does that practice look like? What does that breath look like

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Because it may look different for everybody else. And so I'm going to encourage you, in order to allow that energy to come in, or allow that to regulate with their own energy of their own nervous system, recognize where they're at, and break it down into simple terms. Some people might just need a spiritual practice of meditation

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Some people might need a spiritual practice of surrendering, some people need to understand what their life lesson is that their biggest sole purpose is here to grow. And it's in that bigger soul purpose... oh, here we go. It's in that bigger soul purpose, as we're looking at the big soul purpose, all of you have come in with an understanding of what is it that I need to learn

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What is it that I need to learn and continually learn, which is your light and your shadow? It will show up in many ways and reflect it back to you, and so speak to the lesson that they are here to learn, and allow themselves to process it in their individual way

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Don't make anything right or wrong, have no shame, no judgment, but create it in a simple way forward.

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And so I think, and just breaking this down here is allowing them to find

their own practice, truly, because everybody's going to find something different.

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I love that. The only tiny thing I would add is, as someone with a lot of religious trauma.

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I don't talk to God. I reject the concept of God. I'm not saying it isn't true, but my trauma says I'm not comfortable with that. So any sort of surrendering to source completely triggers my wounding that

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all this... all this stuff. So we... understanding that

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Like Lisa said, allowing them to find their own way with it allows them to create a construct that is more comfortable for them to receive, that isn't as triggering, and inviting them to explore what the resistance and the fear from letting energy in could stem from.

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Yeah

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Yeah, for sure.

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Okay, Leslie asks, how do we create social change while maintaining our own beliefs and respecting other people's beliefs that differ

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Hmm, what I will say about this is

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We have to understand the difference between a belief that is neutral, that is a worldview, and a belief that is causing harm. And all beliefs that are causing harm need to be examined, deconstructed, and rewritten. It

is not a difference of opinion to say, well, you're racist. That's just a difference of opinion. That belief system and ideology creates actual harm.

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So we cannot allow beliefs that cause harm to be allowed as a difference of opinion. This is where doing social justice work to understand all the different nuances and deconstruction become really helpful because we learn how to have these difficult conversations. We learn how to, again, regulate yourself so that you can have the conversation in a way that isn't a battle. It's a very complicated, there's no simple answer I can give

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But the bottom line comes into if a belief is causing harm, it's not a neutral belief and deserves to be questioned, challenged, challenged, pulled apart.

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And so what is a diversity of belief system that is beneficial could be, for example, a belief in God versus source versus we are all God. That's a variety of belief that doesn't do harm, but that allows agency and sovereignty and beautiful diversity. So the beliefs that deserve to be challenged are the damaging ones and understanding how

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Belief systems perpetuate harm

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This is something I'm deeply passionate about and involved in, because even psychology has

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Just, oh, damaged me so profoundly over the years. We have... because every belief system we had essentially grew from the 3D world, so many of our systems are fragmenting people, not even in as damaging as racism and misogyny

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So many things are fragmenting people, so the nuance of deconstruction and pulling apart each little belief will allow us to see which part of that, like I said, my awakening around

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Oh, , I'm perpetuating ableist stereotypes in my healing. I had to do a lot of deconstruction to find the part that was damaging, and pull that out, and then rewrite a new worldview around healing that is not damaging.

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So in a lot of ways, this is a moving target. We're going to keep evolving and moving on, but the simplest way is to start where it causes harm and to not tolerate harm.

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Right.

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What she said

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Okay, Nicole says, do neurodivergent people have specific challenges or suggestions for nervous system work and healing?

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This is all you, yeah.

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This is all me. Okay. So my belief is that again, as the mother of children on the spectrum, I'm likely on the spectrum myself. Where I believe we are headed is that we will understand that neurodivergent isn't a binary, isn't either you are or you aren't. There is a beautiful web of neurodiversity

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What we are seeing as typical neurodivergence right now is the people who are struggling most

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What this stems from largely is the world is not suited to accommodate them. They're overstimulated, they're overtaxed. The world and their conditions are requiring more from them than they're able to give. And so if you find yourself in that category

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I'm telling you, not just because it's convenient, but learning to regulate your nervous system is what will work with your neurodivergence more than any other thing you can possibly do. That's number one.

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Number two is to restructure your life and the expectations you're putting on yourself, and to lower the demand load. We don't have to be doing all the things we think we're supposed to be doing

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Restructure your life so that it is not placing the neurodivergent burden. And as the world be... and we've already been doing this more. We've already become a more egalitarian society that supports people with differences. We will continue to go forward, and what will happen as more of that happens, both within the self, within the family, within the home

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People with challenges will move not only into just better coping, but we will see the areas of challenge are actually the profound gift

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And my neurodivergence is specifically what allows me to channel, to be an artist, to synthesize patterns across psychology and politics and all the different things. So start with where you're overstimulated and overwhelmed, work on the regulation, change the circumstance

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of the life and the demand, and allow that to spiral out to create space for you to function better.

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Yeah, and I'll just add to that, because I will... and although I don't... I mean, I'm not in this world as much as Gia is, however, really allow yourself to have a safe container. Understand that safe container, and one of the things that I would always question is whenever you feel overwhelmed

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Whenever there's something that's perpetuating, there's a loop in your head, the what, where, why, when, how, who, allow yourself that sacred container, and then recognize, always come back into the breath, and I almost imagine it's this space between the mind and the soul, and what we're doing is we're allowing that breath here

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And anything goes in this breath. Anything goes, whether it's play, movement, whatever it is, allow yourself to be in that place of true, simple self. And I feel that there's so many people that are linking into, I should fit in

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You don't have to fit in. In fact, I encourage different differences and I always say to people, listen, welcome to you think you're weird, welcome to my circle of weirdness, where we're all normal because this is us. All right, welcome and play in that place and find community and recognize that

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If we're trying to fit into a society that we're outgrowing, that that is fear, and that is sometimes we're playing in to the fear of everybody else. And so, I'm going to say, stay in that place where you can be truly who you are

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And if you are becoming overwhelmed, sit back, find that regulation of breath, do some simple techniques that, again, ancient techniques, separate nose, nostril breathing, you know, allow yourself just to hold

space and allow yourself just to do you.

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And I think that's the key here.

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Love it. Fantastic.

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Karen asks, how do we know if we're on the ascension path? How do we know that we're getting on the right train? I don't feel any ascension symptoms and although I'm pretty positive, I do have moments of pure fear

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Yeah, this train was a specific reference to something that came through in my April signal file. So I'll start with this and toss it to you, Lisa. As they channeled earlier, all paths are Ascension path, but I understand the fear because we hear a lot of people, we get FOMO

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We hear a lot of people talk about what they're experiencing, and we might not be, and then we're like, did I miss the train? And something really important to understand, you know, a lot of what I talk about on social media is this concept of energy waves is what I call them before I knew what they were

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That was B, somatically feeling in my body how my nervous system was reorganizing and responding to the events of the world. But not everyone feels those. We all have different sensory pathways in the body. If we have a stronger sense of interoception, we're going to feel it more than if we don't

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We have different levels of we're shut down due to trauma, we're more dissociated, or we're just simply not as sensitive to. So, there really truly is no wrong ascension path. The only wrong ascension path is people

who are like, I will absolutely be the biggest problem in the room and not apologize for that. That is the only like

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You're not missing you're missing the assignment.

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Yeah.

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So not feeling ascension symptoms is not a problem. Lucky you, I will tell you because it hits a lot sometimes.

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And so as they channeled before, surrendering to the circumstances of your life or giving you all the material you need.

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And if your life is a little more unproblematic, then I'm so jealous. Some of us are just here to kind of anchor the light and be steady and be still, while others are really in it and really deep in the trenches, and there are no wrong moves.

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So just be where you're at, and allow yourself in that space.

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Yeah, and I would just say here that you are on the ascension process. Everybody is on that ascension process. If you are finding that you are trying to hold back into the 3D world, the old way of living

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then you are stopping yourself being on that ascension process. But everybody is on this place, and I'm about to sneeze, and I always say, sneeze on the truth. But, we're all on this ascension process, and so some people are, you know, I like liken it to the medicine wheel. Some people are really, really activated into spirit, and so therefore, when they're so in spirit, they have to get into the body

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And so that allows you to be grounded. But if you're not in the body, you're not going to feel it, you're not going to have the shifts, the somatic movement, the feeling that, oh, it's a bit restrictive. You know, you're not going to have that. Again, if you're so in the mind

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Then you... we need to get into the heart, and it's really important to really recognize opposite and complementary. So if you're not feeling it, I am so happy that you are not, because there are many of us who really are.

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And it's in that moment, and it's funny, because it takes me back to where I live in Lilydale, I ascended so quickly and so rapidly that I was constantly having migraines, and that it was constantly... it was holding me back in so many ways. So I really want you to encourage, you know, if you're not feeling it.

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Are you sowing your body? Are you not in your body? Where are you? But just know that you are ascending. You don't have to have the symptoms. We... in fact, I am so happy that you're not. But the fact that you're here and showing up shows that you are ascending in the right speed that you need to be there, because we're all on different pathways. We're all on different speeds

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And you are doing it right because you cannot get this wrong.

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Exactly. Yeah.

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Yeah.

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Yeah

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Okay

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Okay, final question to wrap it up

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All right. Frankie asks, what is the most dangerous thing people misunderstand about spirituality

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Oh, boy.

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Something's coming through for Lisa. I'm going to let you handle this one.

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Yeah, okay.

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Belief systems and constructs

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Fitting yourself into a mold

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And truly believing that that fits for you.

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That is the most dangerous part. Being spirituality is finding your own truth, your own rhythm, your own awareness to your own source, be it divine source, whatever comes through for you and recognizing that your message or wisdom is all within your own truth.

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You don't need to rely on anything else. You need to rely on your own soul speaking to you, and yet it's the mind that will hold us. And so it's allowing the mind to stay in that constructive... in that... in that construct

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And not allowing the mind to break free of the old paradigms. So the most dangerous thing is ignoring your own soul when you know you need to ascend into new

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brighter, clearer spaces, but being held back because of old beliefs

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That was what was coming through

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Yeah, and what I'm feeling from that is it's a question of sovereignty. Dogma versus sovereignty. Are you being told that the only spiritual path forward is one that has been chosen for you and one you do not choose for yourself?

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This is the greatest struggle in mankind is surrendering their sovereignty to those who actually do not have insight into their individuality, into their soul's path. Learning. It is beautiful to receive guidance from others. However, you must be the driver of your own soul, the driver of your own life. You must take sovereign ownership of your path

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Take information from others, but allow yourself to be the chief creator of your life, trusting that you are so connected to your own infinite divine soul. You are so intimately connected to Source. This is why we miss it. This is why

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We do not realize we are connected to source because it is seamless. Looking for source anywhere but within yourself is a miscreation of

humanity. Trusting that you have the connection, leaning in, opening up, learning to listen, chasing after your inner guidance

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is going to bring you in right relationship with spirituality so that you cannot be manipulated, deceived. It is the abdication of your sovereignty that leads to the greatest pain and heartache in this world. It is not simply that evil people will deceive you, it is that we have fallen into the trap

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of abdicating our sovereignty to those with a penchant for manipulation. Trust that you have everything within you. We understand this is cliché and this feels confusing to those who do not know where to look. We are calling within you an awareness, a remembering, an awakening that the seed is within you

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The voice is within you, the inspiration is within you. It may not look the way you expect, or feel the way, or sound the way you wish it to be, but it is there. Understanding your language of tuition, intuition, following your creativity, following your spark, going into the wounding

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Not retreating from what life is asking of you is how you connect both to your sovereignty and to the guidance within you that is continually steering, offering, speaking, giving itself to you, animating. For indeed, you are a God in human body

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You are the divine in physicality. How could you ever seek divinity outside of yourself? The divinity is within you. It is shooting from every pore. There is no divinity outside of you, only the spark that is embodied in others, and that same spark is embodied within you.

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The journey of ascension is a journey of embodiment, allowing ourselves to go deeper into yourself is the Ascension journey. That is

where it begins. And as we stabilize on this inner ascension journey, then may we turn outward. Then we may

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We may become stewards of change and change the world and create the new Earth that we are all seeking. The light of the divine is within you because you are divine. Let it be so.

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Beautiful.

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It was a powerful message to end on

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Yeah, very, very powerful. I'm looking forward to coming back and listening to this in our own

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times, and I'm just seeing the comments of just how you and I are in very in sync, as we said, different ways of delivery, but definitely there's such a sync. So I'm glad that we did this. I want to say thank you to you, because I think you actually said, let's do something

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Yeah.

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Yeah.

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We had to tractor beam led us together. I loved it. I would do it again. If you are not already following Lisa, please do. She has so much to offer. Her podcast is amazing and perhaps we'll collaborate in the future because I do love... I've never done a dueling channels before. Have you ever done this

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