Introduction and Michael Beckwithu2019s Background

Hello there. I'm Dr. Sue Morter again here with DrTalks, and I am so thrilled to be able to bring to you conversation regarding from Trauma to Transcendence with our beloved Michael Beckwith.

So I'm going to be able to introduce him. We're going to come in and have a conversation. And I'm so looking forward to sharing Michael with you. Now, I know that in the millions of people that we are reaching with this broadcast, that most of you know who Michael Beckwith is, in fact, probably all of you do.

But if there happens to be someone in the audience that doesn't know Michael Beckwith, let me share just a few things about this extraordinary individual that we have in our presence today.

So Michael Beckwith is not only a member of Oprah's Super Soul 100 group and founder of Agape Center. it is also he is also a trailblazing figure. It's a way.

Sure, he is not only a teacher, he is truly an example of what it means to bring spirituality into our humanity. And so his whole life is about transcendence.

So we're definitely in the right place today. He's the number one bestselling author and influential spiritual voice, and his original teachings and ideologies have not only guided and influenced many, but have also catalyzed a profound transformation in millions of people's lives globally.

His impact extends beyond the literary world as well, as he has addressed the UN General Assembly and co-founded the Association for Global New Thought, hosting conferences and featuring influential figures such as the Dalai Lama and presenting the Gandhi King Award to Nelson Mandela.

So you're starting to get a feel for what we're talking about here today in terms of having a voice of feedback for transcendence and transformation. So he is recognized as a maverick in the realm of spirituality.

And I have to say, Michael, that that name is exactly perfect for you. Michael Beckwith commitment to world peace has garnered public recognition, including prestigious awards such as the Gandhi King Akita Award for the Morehouse College and the Humanitarian Award of the National Council for Community and Justice.

His core purpose is to share love and light and enlightenment, and profound guidance with those seeking to discover their authentic purpose in life and to of course, experience fulfillment.

His holistic approach to nourishing his mind and spirit, including through physical optimization and mental wellness, has empowered him to fulfill his true calling while inspiring and leading others to do the same.

So Michael's success, lies in his approach to spirituality and his personal development, emphasizing that the highest vibration always wins. And this is something I'm sure that we will get to get into today.

In a world yearning for comfort and understanding on a deeper, more celestial level, Michael empowers others to take back their minds. We're going to hear about that and realize that the answer to life is within each individual.

It isn't out there. It's within you. His influence and teachings continue to resonate with those seeking spiritual growth and personal transformation, aligning him with renowned figures such as Deepak Chopra, Eckhart Tolle and of course, is has received much great praise from Oprah Winfrey, for his profound insights into the human experience.

He's established a gap, a center for spiritual living. He has a podcast based. He's a bestselling author. you know, what I love most about him is he's an amazing individual.

He is a human being in spiritual vibrate tone, and it is what every individual should aspire to be. So I'm thrilled to bring to you not only a person who has had a great impact on my life, someone who I call a deep and meaningful friend.

Defining Trauma as a Split from the Self

If I were to pick a handful, less than a handful of people on this planet that I would be honored to call friend, I think Michael might be right at the top of that list.

So I'm thrilled to be here with you all today and welcome, Michael Beckwith. thank you, Dr. Sue, I'm so glad to be here with you always. When we get together, it's always a love fest.

And yes. I'm listening to you introduce me, and I. I know I never think about my selfish of all that you've introduced me, and I just see myself as an individual, just loves life, loves people.

And then here to serve and, yeah, it's beautiful that those things have unfolded and manifested in my life. But, appreciate it. Appreciate you. Appreciate your impact on the plate.

in this. It's wonderful. Well, you know, we're blessed to to be able to tap into these concepts and then to be able to share them not only with each other, but with the world is it's truly a great blessing.

And one of the things that I love so much about you is that you're just, you're just humbling right in there. Live in life right where it counts. And and at the same time, you bring the magnificence of, brilliance of multi dimensionality into the walking, talking, living, breathing, humanity that we know.

So we're here today to talk about how to move from Trauma to Transcendence. It's a it's a conversation about how to heal. It's a conversation about how to do more than heal.

But to begin, at the beginning. And so one of the things I'd love to do in our short time that we have together today is, is just start with the definition of what trauma is and how people can begin to identify, with some level of trauma that that may have been in their life or may be occurring now, in terms of being able to turn it into something useful to them.

But, let's begin. How do you define trauma? To start with? Right. That's it's a obviously it's it's a it's a big question and it seems to be up a lot these days.

That word trauma and how to move through trauma. You know, psychologically people have a tendency to to say that trauma is is something that's happened to them.

they were hurt, they were abused. They were betrayed. And so they begin to be identified. as living and living in trauma. But actually, when when what happens with trauma is that the individual splits, they split from their from the the authentic self, from the real self, from the, the soulful self.

There's a split that happens and they live life basically, from a sense of separation. And then that, that personality construct of separation spins all manner of realities based on a lie of separation.

So the traumatic event is not just what happened to a person. They got they got in a car accident. Someone hit them, someone stole something from from them.

But when that split occurs, they're not attached anymore consciously to their real self. And so there's a whole plethora of identities. They create all kinds of realities based on lies that keep determining and out picturing different levels of experience.

And so, and compulsive behaviors, coping mechanisms, defense mechanisms, because of how one has, has that is identified themselves. So when one begins to understand that trauma basically made you split from yourself,

then the healing of that, like, is actually a spiritual movement.

It's not just psychological. It's not just mental. It's not just emotional. Even those those those components are very important unless there is a spiritual component to it where the split, begins, begins to be healed, then the person will continue to live out a traumatic life, even though they may have some great, behavior modifications.

They may learn how to move through life without having a compulsive behavior. But until that split is healed, there's still traumatic. There's still trauma there.

There's still a, a defense mechanisms that are going on. So so I think a progressive metaphysical understanding is that it's actually a split from the, from the authentic self.

And so we have to in order to for that to heal. obviously there, you know, the great work that you do. As a matter of fact, there's great ways of bringing a person back to their real self.

You have to acknowledge that whatever happened happened, they can't be hiding it. sublimating it, pretending that something didn't happen. You have to you have to say what it is.

This is this is what happened to me. And then there has to be some way by which, through spiritual practices, that we come back to ourselves and then may be through a process of deep forgiveness, of something that occurred, maybe a process of deep forgiveness of ourself.

But ultimately, there comes a moment where you can actually ask, you know, you know, there's a there's it, there is a gift trying to be born here. There's something in me that because of this event, even though I didn't like it, that's going to emerge something greater in me.

There, there. And if we begin to ask that kind of question, which is difficult at first, but when enough work has been done, we can begin to ask, what gift is trying to be born here?

Then out of the sludge, you know, out of the mud, the lotus will happen. Out of the sludge, out of the deep sense of negativity that may have occurred.

There was more of us that we haven't discovered we don't even know about. We may have been living a life on the surface when the trauma happened. We may have been just living a regular old life, you know, 9 to 5 life, not really living up to our full potential.

And then the trauma absolutely made us split. As we begin to come back, we realize there is so much within us that we haven't even begun to discover, to express.

So I think that after we just after we say, okay, this is the trauma, then it's like, okay, what gift is this bringing us? And it's not just a quick jump to that, this, this, this inner work.

It has to be done. You know, there's there's these wonderful practices that we can participate in. And then it leads us to asking that question, what gift?

What gift? Because the universe is progressive. It's not it doesn't sabotage, contradict or go backwards. It's always moving forward to express the infinite nature.

So this particular thing that it's got a stagnant what gift is trying to happen through us? If we can sit with that sincerely, we will be given instructions through feelings, insights, dreams, revelations as to which trying to be born in us.

Embracing Emotions and Finding the Gift

That would be my first beginning answer to this dialog we're about to have. Yeah. Beautiful. You know so I know

that that today many peop many more people than, than 30, 40 years I guess it's closer to 40 plus years ago when we first started even being in conversation about such things in, in, in larger forums, many more people today are willing to associate that there's some gift in this, perhaps because it's been in the dialog for a long time now.

And, and people are hearing that on the periphery. And when it comes time for them to apply that to themselves, it can be an intimidating thing to try to ask in the midst of trauma.

And I'm feeling broken. I'm feeling confused. I'm feeling disoriented. Or perhaps I've suppressed it. And for a while, and now I'm feeling anger or dejected or resistant to life.

And how how do we go from that into the curiosity of what's the gift here for me? What is there one little thing that comes to mind for you that would be helpful for someone who's on the opposite end of the spectrum right now?

And, and we're saying, okay, let's go to the gift. Let's get to the gift. Let's get to the blessing. Let's get to somehow in here. I'm I'm going to be better because of this.

Is there is there something that you have experienced in working with the hundreds of thousands of people that you have an intimate conversation along these lines, that has surfaced for you, that has allowed them to turn the corner and start to start to sense and feel that there there is an opening here for me.

There's something there's a benefit. I one of the words you use, and you may have used this particular word, but we don't want to sublimate what what's happened.

So I think the word embracing, I think that when we're going through the anger, the regret, all of the things that occur when we're traumatized, we want to actually learn how to embrace those particular emotions, those particular energies that are coming up, not necessarily labeling them good or bad.

This is just what it is. You know, here's here are the sensations that are moving through me right now. Now, if I can just embrace that without label feeling it and or or even misidentifying myself as being, a trauma person here, here's what's going on.

I can watch it. I can be aware of it, I can embrace it. And just the fact that I can embrace it now, the I begin to identify myself as the awareness that's embracing and as I identify myself as the.

And this is, you know, most of the time people need coaches around this. They need a practitioner, somebody to help them walk through it. But as you begin to to watch what's going on, there's anger there.

There's fear, there's worry, there's all these things. But you don't put all the labels on it. You just watch it. We all know what the observer effect is, you know, anything you watch, anything you observe changes on the subatomic level just based on your observation.

So if you are observing with intention to be free, with your intention to awake up, with your intention to come back into alignment with your real self, then all of those things that you've identified yourself as they begin to speed up, they begin to, give you the gift, but they also begin to not be as condensed and as stagnant and as intractable as they appear to be.

there are condensed energy. Some things happen and it's condensed itself as this energy. And then we label that energy, all kinds of things. We can label it depression, we can label it, you know, fear.

We can we can label it, you know, anxiety, we can label it all of those things. But if we just embrace it without judgment, with an intention to be free and to align back to our real self, then that condensed energy begins to be freed up.

We start to become more open. There's more spaciousness in us. Healing begins to happen, and a healing is is basically a revelation of that which has never been hurt within us.

It's that which has never been hurt can begin to shine forth. So it is not the denial that something's happened. It's not the denial of the emotions that are going through, but it's absolutely shifting your identification through embracing and observing and intending, you embracing everything.

You're observing everything, and you have a strong intention to be free. Now, many individuals that, will live life not really intending to be free. They're mainly intending to cope.

They may they may only intending to survive with what has happened, but they're not really intending to really be free to come back to the authentic self and to be free.

So we if we embrace, you see, and then and observe and intend those particular dynamics lead to like ten of insight pinpricks of, oh I more than what's happened to me.

And more than when I thought about myself and more. And then we begin to learn how to stabilize the eye more, and we begin to escape the limited perception of of identifying ourselves as the trauma.

That's an event, but it's not an identity. Yeah. Beautiful. I oftentimes say with students or in, in, in groups that I'm speaking with that, that safety isn't a good enough goal for you.

It's not it's not the end game. And this is what you're saying that surviving or just getting by or coping isn't isn't the same vision that we could have for ourselves, even in the face of traumas that trauma can contribute to us waking to a greater version of ourselves than we were before the trauma.

And so it could be considered something beneficial, something good. Not that we have to seek trauma in order to awaken, but if there's been trauma, then we can start to to look at it from this perspective, where things are always in service to my unfoldment into a greater version of of who I am.

So I love that, that that you're you're making this distinction that's that oftentimes people aren't really focused on being free. They're focused on coping with what has happened.

And so their their center point of focus in their life has to is surrounding the trauma versus taking that and allowing it to have a new central focus and can to contribute to something greater.

So yes. So what's the number one reason that you think that people would get locked into just trying to cope, just trying to get by, just trying to get over this thing?

I mean, is it in terms of of benefiting from being victimized by something? Is it is it from a perspective of just not knowing the distinction, the difference?

what is it that that for the for the majority of time you experience people, being held back into that survival disposition that, that coping skill? Well, you know, our personality constructs have emerged from time, whereas our divine identity emerges from the eternal.

They're not the same thing.

From Coping to Freedom and Compassion

So what happens is, that the personality construct, you know, spins out its own reality and its its safety, its security, its, its sometimes pleasure things of that particular nature.

So when something happens to us is happening on a personality level. So on the personality level that is the main goal is to be safe or secure or, to defend oneself or even to develop, a focus of it's not my fault, you know what I mean?

Somebody else did this to me, or it can go to the other extreme. It is my fault, you know? But that's the person.

That's the personality. So as long as the person is over identified with that which is made from time and oftentimes, you know, if they go down just pure psychological constructs or psychological therapy, oftentimes people are just dealing with the personality, you know, and they're trying to make the personality a better personality, you know, so somebody can be a better worker or a better wife, better husband or something like that.

Yeah, but that's not that's not freedom. That's not liberation. So it's I think it's unconscious. It's not like it's not an on purpose thing. an the person is in fear of been traumatized.

The personality. It's already a personality. So now it, it redefines itself based on this thing that has happened. And now the coping mechanism is magnified.

You see. So when one comes into a higher field, you know, 1st May come into your field, they may come into your class, they may come into this letting us speak.

There may be a dawning of the awareness of I am more than this. I'm not just what happened to me. I'm not just the personality which has emerged from time.

I'm actually something more than that. And then when that dawns upon a person is awareness, because this is what we seek to lead them through. If someone you know, I used to counsel all the time before I established agape, and even the first few years of agape, a, you know, I would see 6 to 8 people every single day, five, six days a week, you know, and do spiritual work with individuals for their healing.

And eventually I could tease them into an awareness that they were more than what has happened to them or more than their temporary experience. And then they're trying to fix that experience from the personality.

They're trying to fix the experience while they remain the same. That's an impossibility. You seem so. So that so the split occurs anyway. And then I think you talk about this.

The split, do you? Yeah. Go to split like split. Glad that makes the split. I call it the split. The man. We should write a song. Split the flat. But split. It's a matter of fact.

But it ain't the truth. Exactly. Yeah. So? So based it based on what you're saying. You know, that whole dynamic is only from the personality construct.

So we're teasing people back, and that's why we have them, embrace, observe and intend as a part of a spiritual practice. And then if there can be some level of, self-compassion that that frees the energy.

And oftentimes people can't get to that immediately. They're blaming themselves. They're blaming someone else. They're in like the blame game. So sometimes it's helpful if an individual can have compassion for someone else, someone that's in a worse condition than themselves, even an animal or even, going to a food kitchen or or something.

And that energy of compassion, compassion. I define compassion as a very high level of love. It is the sometimes the understanding of the lack of understanding.

So if somebody is going through something, you know, the person has a lack of understanding about what's happening or how they got in that circumstance.

But you don't judge it. You just have compassion. You just have compassion and so as a person begins to to have a level of compassion, then it becomes easier for that person to turn that light on themselves and have that same compassion for themselves.

It's not my fault I didn't do anything wrong. God isn't against me. I'm not a bad person. Again, energy begins to be loosened up to a degree, you know?

So so we we we come from, compassion. I mean, excuse me, trauma is not just it's not just the event, but it's actually causing a split from the essential self that we move into in this.

There's a gift here empty. And then we're moving into some level of of compassion. And these are all like stages that one has to move through. But ultimately there becomes an awareness.

You know, I am more than what ever seems to have happened to me. he's a ways that we get there. And when that little thing happens, you know, it's that little.

But it seems like a little spark, you know, then the dominoes begin to fall that the personality has built up. It's like they built up a whole life, a whole experience.

So that personality has built up a whole perception that keeps producing experience. So it seems real. It's kind of it just kind of falls apart and it's a no and it's like a rebirth that takes place and.

I imagine you know in Viktor Frankl in the meaning, you know he talks about that he had the ability to have his own attitude. You know, he was in the throes of, of, of degradation and oppression.

But, but had the ability to shape his own attitude, you know, he had to go through those stages of realizing that something's happening. Yeah. You know, and, and, and then transcend that into a different identity.

I control my own attitude. you see. And, and this is where we eventually get to. And once the individual has that breakthrough, they almost become unbearable.

They're not they don't they don't prefer oppression. They don't for hate. They don't of a prefer racism. They don't prefer any of those things. Yeah. But it's like they almost can be untouched because in order to touch them, you'd have to touch God.

You have to actually touch the frequency there hanging in. That makes sense. Yes. We break this. We kind of break the seal of being living in the confines of this, this smaller reality.

in trapped in the personalities definition of life. Right. And we are. And what's going on and we just we break the seal and and then things start to, to shift. So.

But a beautiful thing with, with you mentioned Viktor Frankl just that they can take everything away but you cannot take this, this piece that we're speaking about.

You can take away my privileges. You can take away my my food. You can take away my freedom to get up and walk whenever I need to. but you you can't take you can't take the spirit.

You can't take my my freewill choice. Right? To determine my reality inside of these traumas. Absolutely absolute and. Quite an extend and extensive example of what we're speaking about.

Taking Back Your Mind

So you also speak about, taking back your mind, you specifically referenced that in your podcast is entitled this and I'd love for us to just kind of step into that part of your conversation a little bit more in terms of what does it mean and, and how can people visualize?

Okay, that's what I'm going to do. I'm going to take back my mind, what is what is the reference point there for them? Well, the the larger context obviously, is that we have a body, but we're not our body and we have a mind, but we're not our mind.

We have one. We are pure awareness. And the mind is a set of programs. And a lot of the programs of the mind are things we didn't program ourselves. It's from nefarious hypnotism.

It's the environment. We were born in, the country we were born in, things we've experienced and interpretation of those experiences, you know, have formulated a program, of the mind that spins itself out.

And so we're seeking to have a level of sovereignty over our own mind until the mind becomes an avenue of awareness of, of reality rather than merely being a program of, of experience, of, of a limited point of view.

So there are people that are living in, the mindscape of there's not enough. We live in a world of scarcity, of lack, of limitation, of separation. you know, and that's obviously what's being broadcast most of the time through channels, through programing.

It's called television. You know. Right. And so, you know, a broadcast is a channel is a program. You know, they they even use that language. You know, yes.

There's the programing. There's the programing, you know. And then when you look at the news, the news is broadcasting, a programing from an old paradigm.

You know, I like to say like what you and I are doing, we are reporters from a new paradigm. We are reporters from a paradigm that's emerging. And when you look at the news that's, reporters that are reporting from a paradigm that's dying.

And both are occupying the same space at the same time because of the quantum reality that two things can exist in the same space in different dimensions.

So I know I've gotten into a little bit far fetched here. Not far fetched, but it went off track a little bit. So so basic. Good. Take back your mind is you're saying no no no no no no no I'm not going to allow what appears to be out there.

I'm going to program my mind. I'm going to program my own mind. I'm going to live, thank, speak, feel in the world that I desire to live in. I'm going to live in there living it now because it already exists in the field of infinite possibilities.

So I'm going to I'm going to take the leap and live there right now because it already exists. And the ramifications of that is, instead of me being little low personality, trying to make something happen and manifest something, I'm actually vibrating with my real identity and the manifestation becomes automatic because at some reality, it already exists.

So I leap into that. But I have to take back my mind to do it. And that's obviously it's meditation. You know, it's primary on the it's it's inner work.

It's self-forgiveness. It's it's work that allows us to take back the mind. So it's not just spinning out on its own. And again, it also comes back to observing the mind and seeing the content that's passing through and realizing that content is not you, which is content.

You know, I often use the analogy of, you know, the ocean is water, you know, has salt. It has different things in it, but it has pollution. It has plastic, it has boats, it has plankton has seaweed.

It's fish that's content. But that's not the ocean, you see. And so we have content, but that content is not us. It's what's we're able to tell the difference between us.

Awareness and content. We now come into having a choice. We've taken back our mind. We could actually choose the life we want to live because we're not then over identifying with the content, passing through again, going back to trauma, the things that have happened, things that have been said about us, the mistakes we may have made as content as this content, we are something else.

And, and I think we're living in a time now with this something else is is more available because more of us. I've

been speaking about it for so long that that 40 years ago it used to be French.

Now it's central, you know what I mean? Is the conversation we're having now, you know, 40 years ago, we were weird people. Yes. Right. They have their eyes closed. Why did they go to India?

You know why, why? Why are they chanting these syllables? They don't mean anything. Yeah. Now it's all scientifically proven that words carry vibration.

Sounds carry vibration, chants carry vibration from breath changes to body chemistry. You know, now it's the science is now caught up with the spiritual practices.

So I like to say take back your mind. Don't just you know that anybody just take it and program it, you know. Yeah, yeah. I was watching a basketball game recently, and I purposely purposely sat through the commercials.

I wanted to just see, and as I, you know, and I'm aware that most of it's lies, but I just look at the lies that were being told about the benefits of the body temple.

They eat these fast foods and and all the things that we just nefarious. It was nefarious hypnotism. It was just like there was nothing on there. I would say it had any benefit to humanity.

Yeah, nothing. Life affirming. Nothing. And then. And then the medications that you can take, when I. Was getting ready to say I was my next thing, then the drugs, if you can say take if you eat all this stuff, eventually have this disease here the drugs.

Right this further further splitting or splitting the supply from source from from the true essential self. Right. So taking back your. Mind, that's why I called it take back your mind.

Yeah it's beautiful and I kind of I speak about it like instead of your mind even having a hold of you, you get it off of you and you put it in the proper place where, where you are choosing the value of the thoughts that the mind is thinking.

Because when when it's off on its own, it gets defensive, it gets protective, it gets victimized, it does all these things that that we then experience.

And so what you're saying is let's pull that back and allow the mind to contribute to something greater than itself. and the stories that it writes. Right.

And you, you keep touching your heart, which is interesting because one of the Sanskrit words heart and mind are the same thing. You know, it's like the heart and the mind are receiving the same, same thing.

So yeah, we're we're allowing our heart mind to, to actually be a vehicle for transcendence in. The true mind. Right. That's how that's how I it, it lands for me.

Is that the true mind that isn't split off is part based. It's the consciousness of the heart. It's it is heart love awake, basically. Yeah, I like that.

So when we go back to your steps, let's just let's just so this the steps of of really landing how to transcend that for spiritual healing. we know that compassion has been a very big part of of what you're suggesting and recognizing that we are at choice on how we're going to focus the mind and the the environment that we're going to create, regardless of our external circumstances, that we are at choice there.

And and then you mentioned, you know, accepting, embracing. I just want to make sure that that people and these simple steps that they can do or if there are any other practices that you'd like to bring in just just to allow people to, to have a take away that, you know, when push comes to shove, I can do this thing and I know it's going to keep me from spinning out.

Yeah, acceptance is very important. Acceptance keeps one out of wishful thinking. So you accept that whatever happened, this thing happened. This this relationship is over.

Acceptance, Questions, and Transcendence

You know, it's never going to be the same ever again. There has to be a total acceptance of that. Not wishful thinking. Not I wish I could have done something better.

I wish they would have done something better. I wish I would have, could have. So acceptance is very, very important. This whatever happened, happen and then with it, with acceptance, then you can embrace the the condensation of the energy that has happened, you know, is a regret.

Is it fears or does the worry, is it whatever, whatever it is, you could actually embrace it and observe those reactions from the personality. And then that changes the frequency, the vibration of those particular condensed emotions, because everything is vibration.

But your observation speeds it up, you see. So so now, now I can ask for the blessing. I can ask what is the gift here? You know, and when I counsel people that have gone through relationship breakups as an example, I just say transformation.

I don't really call break ups, but, you know, the relationship is going to change. I say total acceptance and then seek to harvest the good meaning. There was some good there somewhere in this in, in trauma case we're calling it.

You know what's, what's the, what's the, what's the blessing. What's the gift. This trying to happen. Going back to the other example, harvest all the good, some good came out of it.

You grew some kind of way. and then you forgive everything else. Those are three stages of moving through a relationship. This transform, this transforming acceptance, harvest forgiveness in trauma.

It's acceptance in embracing, embracing, and and observing that changes it. And but you must have a radical, deep intention to be free, not just to cope.

Obviously, in the beginning stages of some traumatic event, you you got to cope. You have to, you know, but ultimately you have to have a deep intention to actually be free and intention to be free and quantum Lee, there is a part of you that's free already.

There's a part of you that's free. It's free. It's it's looking at this as a movie. It's a part of me. It's like, whoa, this is interesting. Yeah. Ooh. How are you going to get out of this? Right?

You know. Right. I gotta get this one. Is it going to get it? Yay! Let me send it. Let me let me send him some. Let me send him some information. I'm a I'm a visit him in his dreams.

I'm going to do something so he can realize this is this is it over? You know what I mean? Right? But if you have the intention to be free, you become more available to getting those breadcrumbs, those insights being of understanding that those dreams you become available to the conspiracy, the spiritual conspiracy that's leading you to awakening, meeting a person here you go over here in a conversation, someone recently, not recently, but someone recently told me the story of how they came to a a.

They were at a restaurant. They overheard somebody speaking about their healing at this place called the God Big. And some key word that they said ignited him because he was he had been in prayer about he needed to change his life.

And he heard something. He ear hustle, you know, he over. He starts eavesdropping on this person's conversation. And they were speaking and they were using certain, spiritual language.

And the next week he came and he he told me, you know, a couple of weeks ago that that changed that that conversation at that restaurant changed his whole life.

And when he came, he found the books, the classes probably went to your class, you know, but it was, we we had. But he he was living in an intention that he wanted to change.

And then something came. He probably would have never heard that conversation. Probably. We thought it was woowoo. Yeah. If he didn't establish that intention, when you established a real sincere intention, the conspiracy for our awakening, you get to participate in it.

and it's so interesting how often trauma can actually set us up for success in that moment. It can kind of break us down. It can kind of humble us in.

It can cause us to, to, to to look around and wonder, how am I going to get past this, or how am I going to deal with this? And when we move into those kinds of questions, we open with a vulnerability that gets us in alignment with exactly what you're speaking about.

So it's so ironic that and again, we're not saying that one has to be traumatized in order to awaken, but if trauma has been there, it can certainly serve an awakening.

We could even intend to be more free than we were before the trauma. Not just free from the trauma, but let the trauma contribute to greater freedom than we might have ever had had we not been through that humbling, you know, deepening experience.

Absolutely. And you use the word question, people may not realize that they're actually living in their dominant questions that they asked themselves on a regular basis.

They're living in the answer to those questions. So if you're if you're living in the question unconsciously, what's wrong? Who's to blame? Why be why is this happening to me?

You get a a downward spiral experience because the universe will go through the database of everything that's wrong and give it to you. Right? If you're.

Living in. Yeah, if you're living in, you know, you know, what gift is here for me? What good is here that I presently can't see? What what what what what are the ways I can get out of this that I don't know about right now?

If you ask a higher order of question, the universal law will go through the database of all of that and start to bring you answers based on your question.

so it takes sometimes the level of strength to ask a higher order question when you want to ask what's wrong and who's to blame, right? Ask a higher order question.

You'll get a higher order answer vibrationally and otherwise. this is beautiful. This is the golden nugget at the end of our time together. It's amazing.

Ask a better question. Ask a question. When? When we're in trauma, we're looking for transcendence. Evaluate the questions that we're asking. Evaluate the questions that are going through our minds because we're living into the answers to the questions we've been asking.

Yes, fabulous. And most of the and most questions are unconscious, you know. Right. If I used to have people back in the day we had tape recorders. Now they can do it with their iPhones to keep your phone on a lot and record your conversations, record what you're saying, even record what you're saying to yourself and then listen to it.

At the end of the day, basically see a template for your life experience, questions you're asking, the complaint you

have, the blames you have. You'll actually see the energy of what you're speaking into existence.

And then you can actually ask better questions. You can declare better things for yourself. You can intend better things for yourself. In the beginning, it'll be, it'll be a difficult because, as you know, people are addicted to the chemicals that they've been producing based on their lesser identities, you know, actually.

Well, you'll break free. You'll love to be happy. You'll love to be enjoy. You'll love to be in bliss. It'll be like, yeah, I want to live here. Yes. Yeah.

Not so bad after all. Yeah. This is not a hi. This is. This is my new norm. Yeah. This would be the truth, a greater truth. Yeah. Oh my goodness, Michael, you know, I could talk with you forever, and and we do. And, and this, this particular conversation has to have some bookends on it.

So, so I'd like to just ask if there's any one last thing that you would love for people to, to live into, or, and to know regarding the traumas and the idea of transcendence.

I would like people to not allow themselves to identify themselves as, as trauma. sometimes things become popular in psych psychological terms and psychological, you know, and so, so now we're dealing with mental health.

We're dealing with trauma, you know, and that's good. I'm glad it's all coming up so it can be healed. But we have to be aware of how we're identifying ourselves now.

So we have to identify ourselves as this being. Trauma is passing through. Trauma is an experience, but it is not our identity. So we're not living our entire life as a traumatic person.

That's an experience that happened. This is what I'm learning from it. This is how I'm growing through. These are the gifts I'm getting from it. This is the compassion that's becoming more amplified.

But it is not my identity. My identity is awareness. My identity is luminosity. My identity is the timeless. life that is emerging into more effulgence.

That's my identity. Everything else has been my experience. So I want people to separate the experience from their identity. beautiful. Beautiful. What a great and empowering disposition.

Identity Beyond Trauma and Closing Resources

Thank you so much, Michael, for our time together. I know you're very busy, man, and I so appreciate you stopping the presses and sitting down with us today and allowing your guidance to be filtered into, again, the the multiple millions of people that will be impacted here.

we are blessed to have spent this time with you. Is always my joy. woke up this morning, I, I, in my have a certain practice that I do it. I wake up around gratitude and surrender and everything.

And then I looked on my card. I said, what's going on today? I got Sue Morter at 1:00 Pacific time. This is going to be fun. Yes, indeed. The other things that preceded it.

But that was like, that's going to be like this. I felt the same way. I got a smile as Michael's today. So this is a good one. Excellent. You know, always, always.

So blessings to you, my friend. And thank you again to you. And, you know that all my folks here at Agape love you. I mean, I love you, obviously, but I but they love you so much.

So, It is it is a home. Definitely a home that I would suggest everyone, visit online or in person. what other things might you suggest for people? How can they find you?

Where can they learn more? Where and how can they study with you? Yeah, they can they can begin at agapelive.com, which is the portal to the spiritual community, the portal to the university we're going to be getting begin a wonderful, Power of Prayer class and really shift the notion of what prayer is.

It's going to happen shortly. obviously they can go to Take Back Your Mind podcast. they can go to my personal website michaelbeckwith.com to see where I am and what I'm doing.

And I do something pretty much almost every day on my Instagram page. It funnels into my Facebook page as well. Something inspirational, some kind of education, some kind of teaching as well.

Yeah. Beautiful. Beautiful. I'm going to suggest that everyone find this man. If he's not in your life already. make it so because your life will change because of it.

So thank you again, Michael. So goodbye to all of you. And, DrTalks today. It has been a great joy to share Michael Beckwith with you. And I look forward to next time.

Blessings to you all.