Bridging Science, Spirit and Leadership with Richie Moore Transcript

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Podcast Introduction and Reunion

Welcome to the Wellness on [music] Tap Welcome to the Wellness on [music] Tap podcast with your host Dr. Debs podcast with your host Dr. Debs Eastwood.

Eastwood. Eastwood. But on to more positive things. But on to more positive things. [laughter] [laughter] [laughter] It's a really good way to start the It's a really good way to start the conversation, but wow, yeah, we've got conversation, but wow, yeah, we've got it off his chest now. That's it.

it off his chest now. That's it. >> [laughter] >> [laughter] >> [laughter] >> We're feeling better. So >> We're feeling better. So we bumped into each other again at the we bumped into each other again at the expo. How is it 3 weeks ago now? 2 expo. How is it 3 weeks ago now? 2 weeks? Something like that anyway.

weeks? Something like that anyway. Something like that. Um in Derby. Yes. Something like that. Um in Derby. Yes. >> And >> And >> And I think I had alluded to you before that I think I had alluded to you before that I'd like you to come and give a Yeah.

I'd like you to come and give a Yeah. >> update Yes. >> update Yes. >> on where you were. And that sort of >> on where you were. And that sort of solidified it, didn't it? Absolutely.

Near-Death Experience and Ego Shift

solidified it, didn't it? Absolutely. >> today sorted. I'm honored. Thank you >> today sorted. I'm honored. Thank you very much. very much. >> Oh my god, you are so welcome. You are >> Oh my god, you are so welcome. You are so welcome cuz so welcome cuz last time you were here last time you were here >> [snorts] >> [snorts] >> [snorts] >> we were just saying was when we'd been >> we were just saying was when we'd been at an event a different comp type of at an event a different comp type of event, but with the same organizer. Yes.

event, but with the same organizer. Yes. Yes. Yes. Yes. >> Um for the expo and you'd met somebody. >> Um for the expo and you'd met somebody. Mhm. Mhm.

Mhm. >> Um to work alongside with, be a ment She >> Um to work alongside with, be a ment She was the mentor. I think you're a bit of was the mentor. I think you're a bit of a mentor as well quietly. Um but a mentor as well quietly. Um but to work alongside her. Yes. Yeah.

to work alongside her. Yes. Yeah. >> And I could just feel the energy between >> And I could just feel the energy between you two. I could see it. Yeah. It was uh you two. I could see it. Yeah. It was uh it was magic and I would say I do call it was magic and I would say I do call them my mentor. They don't like that them my mentor. They don't like that label. Um label. Um but I feel that they mentor me. Um but I feel that they mentor me. Um but she was able to make me but she was able to make me see and make sense of my experience.

see and make sense of my experience. Very Very Very crudely. And it was like and it was a crudely. And it was like and it was a punch in the heart and I'm not very I'm punch in the heart and I'm not very I'm quite composed person I like to think.

quite composed person I like to think. And I and I burst into tears because it And I and I burst into tears because it hit me right because it all hit me right because it all made sense.

made sense. >> Right. And there was a lot of >> Right. And there was a lot of >> [snorts] >> [snorts] >> [snorts] >> As I >> As I >> [clears throat] >> [clears throat] >> [clears throat] >> as I highlighted, it was my ego was at >> as I highlighted, it was my ego was at play, but not in the way that we often play, but not in the way that we often think

of ego. It was keeping me small.

think of ego. It was keeping me small. It wouldn't let me identify with It wouldn't let me identify with what had happened, the capabilities, cuz what had happened, the capabilities, cuz there was an underlying fear of there as there was an underlying fear of there as well. I didn't want to well. I didn't want to you know, turn out to be some crazy you know, turn out to be some crazy woo-woo blah blah. Not that I'd woo-woo blah blah. Not that I'd discredit any of that, cuz the truth is discredit any of that, cuz the truth is I am. I just didn't want anyone to think I am. I just didn't want anyone to think I was.

I was. >> [laughter] >> [laughter] >> [laughter] >> I just spent a long time negating that >> I just spent a long time negating that sort of image. sort of image.

Duality, Spectrum, and Oneness

Um and it was yeah, it was my ego was in Um and it was yeah, it was my ego was in in the way of allowing me in the way of allowing me to be what I'd become, to accept that I to be what I'd become, to accept that I was a completely different person, and was a completely different person, and that I had a whole different perspective that I had a whole different perspective on on the world after the near-death on on the world after the near-death experience.

experience. experience. That That That I couldn't deny, but I put myself back I couldn't deny, but I put myself back into doing mode. I need to work this into doing mode. I need to work this out. What do I need to do with this? I out. What do I need to do with this? I think we talked about last time.

think we talked about last time. Um and when we did talk last time, I'd Um and when we did talk last time, I'd gone into the phase of surrender again.

gone into the phase of surrender again. I took all the information. I took all the information. And again, said to the universe, "Show And again, said to the universe, "Show me." me." me." And and it did.

And and it did. It did. Um It did. Um super quick. super quick. Like a conversation with I remember one Like a conversation with I remember one particular conversation happened on a particular conversation happened on a Sunday, and then it was about two veins Sunday, and then it was about two veins of work, and on the Monday I had of work, and on the Monday I had confirmation of the one and Tuesday the confirmation of the one and Tuesday the next.

next. next. And I was like, And I was like, >> Wow. "Okay, I'm listening." >> Wow. "Okay, I'm listening." >> [laughter] >> [laughter] >> [laughter] >> And they were two things that I thought >> And they were two things that I thought were really in opposition with each were really in opposition with each other.

other. other. And I actually thought And I actually thought and I thought I was stuck in in between. and I thought I was stuck in in between. But I wasn't stuck. And yes, I was in But I wasn't stuck. And yes, I was in between, cuz that was the purpose. That between, cuz that was the purpose. That was the calling, if you like, was to was the calling, if you like, was to bridge bridge bridge I see.

I see. >> two dualities that we live in. The >> two dualities that we live in. The polarities of positive, negative, day, polarities of positive, negative, day, night, whatever you want to call them.

night, whatever you want to call them. Clinical medicine, alternative medicine, Clinical medicine, alternative medicine, in my case. in my case. >> Exactly. Yeah, precisely that.

>> Exactly. Yeah, precisely that. >> Yeah. >> Yeah. >> Yeah. Because we do exist in this duality, and Because we do exist in this duality, and I I know that explicitly from that near I I know that explicitly from that near death experience. That's what I was death experience. That's what I was shown.

shown. shown. But I still had this humanness that was But I still had this humanness that was like, well, I I might position myself like, well, I I might position myself here or here or here or here or >> Yeah. And actually it was like, no, you >> Yeah. And actually it was like, no, you you understand what oneness is.

you understand what oneness is. Yeah. Yeah. Yeah. Yeah. And being that bridge between the Yeah. And being that bridge between the two. And I don't mean positive, negative two. And I don't mean positive, negative as in right or wrong, just polarities.

as in right or wrong, just polarities. You know? The doing and the passive or You know? The doing and the passive or the the doing and the being. the the doing and the being.

That gives me goosebumps. That's That gives me goosebumps. That's marvelous. marvelous. marvelous. So, So, So, your near death experience, how many your near death experience, how many years ago now was that? Seven years.

years ago now was that? Seven years. >> Seven years. Okay. >> Seven years. Okay. >> Yeah. And it's taken you up until about >> Yeah. And it's taken you up until about a year ago. Yeah.

a year ago. Yeah. Yeah. Yeah. Yeah. The first three of those were The first three of those were physically recovering and mentally physically recovering and mentally recovering, learning to walk again and recovering, learning to walk again and so forth. And of course that was we had so forth. And of course that was we had a little thing called lockdown in a little thing called lockdown in between there as well. It's between there as well. It's >> Gets in the way of a lot of things that, >> Gets in the way of a lot of things that, doesn't it?

doesn't it? Yeah. So, yeah, that and then when I Yeah. So, yeah, that and then when I felt, okay, I'm physically ready to to felt, okay, I'm physically ready to to go back to work, I went straight back go back to work, I went straight back into entrepreneur mind of, right, what into entrepreneur mind of, right, what do I do about this, you know? How do I do I do about this, you know? How do I pay off the cancer debt? How do I pay off the cancer debt? How do I recover from this? How do I get recover from this? How do I get everything back to everything back to where it was. But the point is where it where it was. But the point is where it was isn't for me anymore because that's was isn't for me anymore because that's not who I am anymore. No. No. So, it was not who I am anymore. No. No. So, it was again the trap of the mind, which again again the trap of the mind, which again this duality.

this duality. You could argue my mind is one of my You could argue my mind is one of my strongest traits. strongest traits. But equally, that means it's strong But equally, that means it's strong enough to work against me as much as it enough to work against me as much as it is for me.

is for me. So, we have to So, we have to So, you've got to be right in you. So, you've got to be right in you. Absolutely. So, that you can use the Absolutely. So, that you can use the strongest parts of in the direction you strongest parts of in the direction you want it to go.

want it to go. >> for everybody. Physically, mentally, >> for everybody. Physically, mentally, emotionally, they can work for you, they emotionally, they can work for you, they can work against you. Mhm. The same as can work against you. Mhm. The same as life.

life. life. Is it working for you or is it working Is it working for you or is it working to you? You know, as in the victim, to you? You know, as in the victim, like, "Oh, everything just happens to like, "Oh, everything just happens to me." But when you realize that actually me." But when you realize that actually there's an ownership there, there's an ownership there, when you realize your full when you realize your full being, your full capacity, being, your full capacity, then you can help then you can help align things to things working for you align things to things working for you and working with the universe.

and working with the universe. Absolutely. And how can we fight Absolutely. And how can we fight something as huge as the universe if we something as huge as the universe if we just think about it like that for a just think about it like that for a second? Yeah.

second? Yeah. But this is again the the trap of the But this is again the the trap of the mind language, the linguistics. mind language, the linguistics.

Fight. Exactly. Fight. Exactly. >> A fight means there's a winner and >> A fight means there's a winner and there's a loser. Yeah, it does. there's a loser. Yeah, it does.

And that's the old paradigm. And that's the old paradigm.

Recovery, Career Change, and Mindset

That's That's That's what we have to bridge now what we have to bridge now is that we are getting closer to oneness is that we are getting closer to oneness and the duality is not this and that, and the duality is not this and that, they're two completely different things, they're two completely different things, they're either end of a spectrum.

they're either end of a spectrum. Which we're coming to realize, you know, Which we're coming to realize, you know, in conversations around gender, in conversations around gender, sexuality, sexuality, sexuality, >> Yeah.

>> Yeah. >> Yeah. neuroplasticity, etc., neurodiversity. neuroplasticity, etc., neurodiversity. It's all a spectrum. Yes. It's all a spectrum. Yes. [clears throat] [clears throat] [clears throat] And the best example, day and night.

And the best example, day and night. Where does day end and night begin? Where does day end and night begin? There's no definitive point cuz it's a There's no definitive point cuz it's a spectrum. Precisely.

spectrum. Precisely. Yes. Yes. Yes. >> do we want to And we can go through >> do we want to And we can go through either end of that spectrum, but where either end of that spectrum, but where do we want to position ourselves for the do we want to position ourselves for the greater good or the better outcome?

greater good or the better outcome? >> So I think fighting and battle >> So I think fighting and battle is the old paradigm, which we can very is the old paradigm, which we can very clearly see is clearly see is desperately trying to desperately trying to keep a hold.

keep a hold. But it is literally by its very nature But it is literally by its very nature destructive. Absolutely. destructive. Absolutely. There's no There's There's no There's you know, might assert oneself as a you know, might assert oneself as a winner, winner, winner, but that means there's a loser. Yeah.

but that means there's a loser. Yeah. But even in today's narrative and slide But even in today's narrative and slide They're both saying winners and losers They're both saying winners and losers all the time and it's actually the lines all the time and it's actually the lines are so blurred. It's like you've no are so blurred. It's like you've no idea. No. Cuz the veil of illusion is idea. No. Cuz the veil of illusion is gone. Yeah, and it's tragic, isn't it?

gone. Yeah, and it's tragic, isn't it? >> Absolutely. It's tragic. Your day night >> Absolutely. It's tragic. Your day night example I was thinking officially example I was thinking officially society has said society has said sunrise and sunset, hasn't it?

sunrise and sunset, hasn't it? >> Yeah. But when you go and watch a sunset >> Yeah. But when you go and watch a sunset it's not like that, is it? Not at all.

it's not like that, is it? Not at all. Not at all. Everything is spectrum. That Not at all. Everything is spectrum. That is Yeah, we know light is a spectrum.

is Yeah, we know light is a spectrum. We've known that for a long time. Sound, We've known that for a long time. Sound, there's sounds we can't hear, there's there's sounds we can't hear, there's sounds we can. It's all spectrum. That sounds we can. It's all spectrum. That still blows my mind though.

still blows my mind though. >> of the universe, right? >> of the universe, right? >> [laughter] >> [laughter] >> [laughter] >> You know, colors we can't see and sounds >> You know, colors we can't see and sounds we can't hear Yeah.

we can't hear Yeah. >> just cuz of the way our bodies are >> just cuz of the way our bodies are designed. designed. designed. >> Absolutely. >> Absolutely.

>> Absolutely. I think even with your medical I think even with your medical expertise, expertise, expertise, you know there's a very fine line you know there's a very fine line between somebody being unconscious between somebody being unconscious because you've put them there for their because you've put them there for their safety during an operation versus safety during an operation versus they're gone. Yeah. You know, it's a they're gone. Yeah. You know, it's a spectrum, isn't it? And you have to get spectrum, isn't it? And you have to get that balance right with your expertise.

that balance right with your expertise. Everything is this Everything is this It's not black and white. No, no, it It's not black and white. No, no, it isn't, no. And isn't, no. And I think that contributes hugely to a lot I think that contributes hugely to a lot of the stress of my job. Mhm. Because of the stress of my job. Mhm. Because it's something that the second you begin it's something that the second you begin to take that for granted to take that for granted you become an unsafe practitioner.

you become an unsafe practitioner. >> Yeah. >> Yeah. >> Yeah. Absolutely. Absolutely. Absolutely. You know, and some patients that come You know, and some patients that come through the NHS doors to me are through the NHS doors to me are obviously sicker than others. Mhm. You obviously sicker than others. Mhm. You know, some you I'm never blasé but some know, some you I'm never blasé but some you can have a lighter touch Yes.

you can have a lighter touch Yes. >> with than others. >> with than others. Because they've got really good Because they've got really good reserves. They're young, fit and reserves. They're young, fit and healthy. What you're doing, what's healthy. What you're doing, what's happening to their bodies happening to their bodies isn't going to put so much of a stress isn't going to put so much of a stress and a strain on it as what it would some and a strain on it as what it would some frail really sick individual.

frail really sick individual. >> Yeah. >> Yeah. >> Yeah. Yeah. Yeah. Yeah. And that is I suppose the important And that is I suppose the important thing the individual isn't it and their thing the individual isn't it and their circumstances.

circumstances. circumstances. Completely. And that makes a good Completely. And that makes a good medical practitioner. medical practitioner. >> [laughter] >> [laughter] >> [laughter] >> Thank you my darling. Yeah. I >> Thank you my darling. Yeah. I that's part of the reason that that's part of the reason that for me personally for me personally the NHS doesn't hold the NHS doesn't hold the attraction that it did at the the attraction that it did at the beginning. Yeah. Because I even though beginning. Yeah. Because I even though it does some incredible work and I would it does some incredible work and I would never knock it in its entirety. I never knock it in its entirety. I wouldn't be without it.

wouldn't be without it. But yeah, precisely. But But yeah, precisely. But it is so protocolized it is so protocolized and big farmer driven and money driven and big farmer driven and money driven even within the NHS even though it's not even within the NHS even though it's not the same as like an American system the same as like an American system that's based on insurance and money more that's based on insurance and money more openly. Yes. It is. It's still based on openly. Yes. It is. It's still based on money.

money. money. And I'm like And I'm like it doesn't sit as well with me anymore it doesn't sit as well with me anymore that I have to follow certain paradigms that I have to follow certain paradigms and rules and rules just because they're there. Yeah.

just because they're there. Yeah. It's a swinging pendulum, isn't it? Mhm. It's a swinging pendulum, isn't it? Mhm. And you can't actually well, I use the And you can't actually well, I use the river analogy. It's okay to go to that river

analogy. It's okay to go to that bank. It's okay to go to that bank, but bank. It's okay to go to that bank, but down the middle is where the water's down the middle is where the water's deepest and where you get to deepest and where you get to sail sail sail with the winds. Yeah. But if you spend with the winds. Yeah. But if you spend too much time on one side of the shore too much time on one side of the shore and the tide goes out, you're stuck.

and the tide goes out, you're stuck. Yep. Yep. Yep. And I think with your own journey it's And I think with your own journey it's like you've been like you've been the pendulum has been in the the the pendulum has been in the the mainstream medical and now it's coming mainstream medical and now it's coming the other way cuz you need that the other way cuz you need that contrast. This is the duality. Yeah. And contrast. This is the duality. Yeah. And it's it's it's it's the world right now. Look at the the world right now. Look at the paradigm we've been so far into greed, paradigm we've been so far into greed, control, destruction, all of these control, destruction, all of these things.

things. things. We've got to come back in go way to We've got to come back in go way to balance it out. Any softening, doesn't balance it out. Any softening, doesn't it?

it? it? Absolutely. Absolutely. Absolutely. He's knocking down a peg or two by some He's knocking down a peg or two by some some way. Yeah. some way. Yeah.

>> So, should we let him in this back to >> So, should we let him in this back to your story? your story? So, So, So, 6 years ago, 6 years ago, 6 7 years ago, you all experienced 3 6 7 years ago, you all experienced 3 years years years getting yourself physically and mentally getting yourself physically and mentally Yeah. Okay, we're back in the game now.

Yeah. Okay, we're back in the game now. Whatever the game is. Yeah. How long did Whatever the game is. Yeah. How long did it take you from there then to Was it it take you from there then to Was it or was it in your head right from the or was it in your head right from the beginning that things have now got to be beginning that things have now got to be different?

different? different? Um I always knew things had got to be Um I always knew things had got to be different, but I wasn't fully accepting different, but I wasn't fully accepting of that. Because again, I was I was of that. Because again, I was I was still thinking in these extremes that I still thinking in these extremes that I had to be all of this all or all of had to be all of this all or all of that. Right. Rather than being able to that. Right. Rather than being able to slide along that spectrum.

slide along that spectrum. You know, could I be a You know, could I be a spiritual teacher of sorts or teaching spiritual teacher of sorts or teaching sort of spiritual principles from that sort of spiritual principles from that perspective and perspective and still do psychotherapy still do psychotherapy and have a foot over there Mhm.

and have a foot over there Mhm. or more so or more so the corporate work that I really enjoy, the corporate work that I really enjoy, the mental health training. You know, the mental health training. You know, and I I wasn't still thinking that there and I I wasn't still thinking that there were these contradiction again, black were these contradiction again, black and white again and it it isn't at all and white again and it it isn't at all because you know, science and spirituality you know, science and spirituality really are just two different languages really are just two different languages for the same thing and quantum physics for the same thing and quantum physics is really proving that. Oh, tell me. Go.

is really proving that. Oh, tell me. Go. So, Get in there. Go deep. Oh god, we So, Get in there. Go deep. Oh god, we can really go deep. Because everything can really go deep. Because everything everything is energy. Mhm. That's the everything is energy. Mhm. That's the point. And all energy has a vibration point. And all energy has a vibration and this has a frequency.

and this has a frequency. And it's as simple as that if you want And it's as simple as that if you want to Yeah. keep it in that box. to Yeah. keep it in that box. Um Um Um And it's playing with those frequencies And it's playing with those frequencies and understanding what's needed. You and understanding what's needed. You know, if if you if an individual is know, if if you if an individual is stuck in denser frequencies of emotion stuck in denser frequencies

of emotion then the solution is higher frequencies then the solution is higher frequencies of emotion.

of emotion. Because that's the contrast. So, it's Because that's the contrast. So, it's always this delicate balance and it's always this delicate balance and it's the corporate [snorts] work, you know, the corporate [snorts] work, you know, the mental health which is very much the mental health which is very much based on science, what we know about based on science, what we know about psychology, we're still very much psychology, we're still very much focused on what was broken.

focused on what was broken. Mhm. Mhm. Mhm. Whereas physical health, we preach a lot Whereas physical health, we preach a lot more about this is how you stay fit and more about this is how you stay fit and healthy.

healthy. healthy. So, mental health is has come from the So, mental health is has come from the problem now into the Well, this is how problem now into the Well, this is how you improve your mental health and quite you improve your mental health and quite science-based, but science-based, but >> [snorts] >> [snorts] >> [snorts] >> that's >> that's >> that's evolving now because we know that evolving now because we know that emotions and mental health are emotions and mental health are intrinsically connected cuz again it's intrinsically connected cuz again it's this sliding scale. So, I was finding this sliding scale. So, I was finding that the mental health work I was that the mental health work I was delivering was evolving more into delivering was evolving more into emotional intelligence emotional intelligence type work.

type work. And the one-to-one stuff, And the one-to-one stuff, I had an an instinctive knowing that I had an an instinctive knowing that I was no longer to stay in what I call I was no longer to stay in what I call negative change. Right. The trauma negative change. Right. The trauma focusing Yes, finding a solution, focusing Yes, finding a solution, turning the negative into the the turning the negative into the the positive, but I was continually looking positive, but I was continually looking at what was broken.

at what was broken. Yeah. Very rewarding. Yeah. Very rewarding. Been in that field for a long time. Been in that field for a long time.

Science, Energy, and Emotional Health

But I started to get the words, "It's But I started to get the words, "It's time for positive change. It's time for time for positive change. It's time for positive change." positive change." Not to fix what's broken, but to create Not to fix what's broken, but to create a new way of a new way of thinking, feeling, being, etc.

thinking, feeling, being, etc. So, that we evolve. We're at a really So, that we evolve. We're at a really pivotal point of our evolution. pivotal point of our evolution.

The world is not going to be the same. The world is not going to be the same. We're absolutely not going backwards. We're absolutely not going backwards.

Mhm. This chaos Mhm. This chaos isn't a sliding back. This is the old isn't a sliding back. This is the old desperately trying to hold on to what desperately trying to hold on to what was. Yeah. And he wouldn't be doing it was. Yeah. And he wouldn't be doing it if he didn't know if he didn't know that he'd already lost.

that he'd already lost. They know the new paradigm is here. They know the new paradigm is here. People more than ever are compassionate People more than ever are compassionate and empathizing and standing up for what and empathizing and standing up for what is right.

is right. They're still protesting about things. They're still protesting about things. They're not letting things drop. They're not letting things drop.

Turning a blind eye anymore. And I don't Turning a blind eye anymore. And I don't want to get into all of it. I think want to get into all of it. I think everybody knows where what I'm talking everybody knows where what I'm talking about.

about. about. But people aren't prepared to let that But people aren't prepared to let that go anymore. go anymore. Even the way that we you know, we've Even the way that we you know, we've been pushed into this consumerism.

been pushed into this consumerism. You need this. You need that. You know. You need this. You need that. You know. And then now we're being told, "Oh, no, And then now we're being told, "Oh, no, you can't have any of that anymore cuz you can't have any of that anymore cuz you need to save the planet." You know, you need to save the planet." You know, and it's like you were led into that.

and it's like you were led into that. But people are getting savvy about that. But people are getting savvy about that. It's an empathy-driven economy.

It's an empathy-driven economy. If a corporation isn't behaving itself If a corporation isn't behaving itself or doing something wrong, people will or doing something wrong, people will will no longer spend their money there.

will no longer spend their money there. That's very true. Yeah, that has become That's very true. Yeah, that has become more apparent, isn't it? more apparent, isn't it?

>> Yeah. Because we're becoming more >> Yeah. Because we're becoming more emotionally intelligent because this is emotionally intelligent because this is our evolution. We are naturally our evolution. We are naturally empathetic, caring, compassionate human empathetic, caring, compassionate human beings.

beings. beings. And we've been divided into And we've been divided into these contrasting groups, and that's these contrasting groups, and that's been the focus.

been the focus. Because, you know, the reality is if Because, you know, the reality is if every human being saw another human every human being saw another human being, nobody would go to war. They being, nobody would go to war. They wouldn't harm anybody else because wouldn't harm anybody else because they'd see one of themselves.

they'd see one of themselves. But instead, But instead, they've been taught that they're they've been taught that they're different, so it's okay to go after different, so it's okay to go after them.

them. them. And that's just not the case. No. No. And that's just not the case. No. No. That's the way that, like you say, That's the way that, like you say, creates creates creates resistance between people, isn't it?

resistance between people, isn't it? Totally. Totally. Totally. >> Identification of differences, and >> Identification of differences, and therefore you cannot therefore you cannot communicate with somebody different. No.

communicate with somebody different. No. But like you say, we're all made of But like you say, we're all made of energy. energy. energy. Exactly. Take it to the macro. Yeah.

Exactly. Take it to the macro. Yeah. We're all We're all the same. We may well look different on the same. We may well look different on the surface. We may well exhibit the surface. We may well exhibit different behaviors. Yeah.

different behaviors. Yeah. But fundamentally, Mhm. But fundamentally, Mhm. we work the same. Yeah. we work the same. Yeah. And that's the contrast to be And that's the contrast to be celebrated. Different cultures, celebrated. Different cultures, different nationalities, different different nationalities, different ethnicities. Yeah. You know, celebrate ethnicities. Yeah. You know, celebrate night and day.

night and day. Yeah. That's the point. That's the Yeah. That's the point. That's the contrast we're living. That's what it's contrast we're living. That's what it's for. It's the beauty of both. Yeah.

for. It's the beauty of both. Yeah. Not that's right, this is wrong. Not that's right, this is wrong. Precisely. Yeah, it's those Precisely. Yeah, it's those negative labels that get attached, isn't negative labels that get attached, isn't it? Absolutely.

it? Absolutely. So, it's So, it's returning to one's essence in some to returning to one's essence in some to some degree. Our consciousness is now some degree. Our consciousness is now no longer accepting what we've been told no longer accepting what we've been told because we're evolving consciously.

because we're evolving consciously. Yeah. We know we know this. And I think Yeah. We know we know this. And I think if you know anybody with smaller if you know anybody with smaller children now, children now, >> [laughter] >> [laughter] >> [laughter] >> they're they're wired They're different.

>> they're they're wired They're different. Without a doubt. Without a doubt. What matters to What matters to the younger It's already I mean, even the younger It's already I mean, even there's like a huge decrease in there's like a huge decrease in teenagers drinking. Yes.

teenagers drinking. Yes. You know, and I don't want to speak for You know, and I don't want to speak for you, but certainly for me, you, but certainly for me, Oh, yeah.

Oh, yeah. >> I did plenty of it. >> I did plenty of it. But like my own But like my own kids that's not interested. Not doing kids that's not interested. Not doing it.

it. it. Not doing it. No. And the way we were Not doing it. No. And the way we were brought up, the way the behaviors we brought up, the way the behaviors we exhibited, we would never have thought exhibited, we would never have thought No. We just thought [clears throat] it No. We just thought [clears throat] it was a natural right of passage as a was a natural right of passage as a teenager and in your early twenties.

teenager and in your early twenties. Yeah. Yeah. Yeah. So, we can see this consciousness is So, we can see this consciousness is evolving and and certainly younger gen evolving and and certainly younger gen they're we're looking for different they're we're looking for different things. I mean, we are. This is this is things. I mean, we are. This is this is us waking up. This is why you're us waking up. This is why you're moving in the direction you are and moving in the direction you are and giving people a voice to to have this giving people a voice to to have this and people want to listen to this now.

and people want to listen to this now. You know, 10 years ago You know, 10 years ago it might have been quite different. it might have been quite different. Yeah.

Yeah. Yeah. But certainly a lot earlier than that. But certainly a lot earlier than that. Yeah, it wouldn't have been shut down. Yeah, it wouldn't have been shut down.

Yeah, wouldn't have been accepted at Yeah, wouldn't have been accepted at all. No. And this is the thing though, all. No. And this is the thing though, it's we have this information it's we have this information at our fingertips now.

at our fingertips now. And it's available, and this is people And it's available, and this is people are educating themselves, people are are educating themselves, people are waking up to different ways, another way waking up to different ways, another way of doing this, a different way of of doing this, a different way of approaching that.

approaching that. And being more conscious about it. And being more conscious about it. >> Yeah. You know, a win-win mentality. >> Yeah. You know, a win-win mentality.

So much better. Yeah. So much better. So much better. Yeah. So much better. I'm reading a book at the moment. Um I'm reading a book at the moment. Um It's It's It's a It's a called The It's It's It's a It's a called The Mesmerist or Mesmerism. Okay.

Mesmerist or Mesmerism. Okay. And it's And it's primarily sets true, supposedly. Um primarily sets true, supposedly. Um certainly some of the location names are certainly some of the location names are true. Yeah. Um it's based in early 18th true. Yeah. Um it's based in early 18th century London. Yeah, okay. And a couple century London. Yeah, okay. And a couple of the medics and it's talking about how of the medics and it's talking about how University College Hospital in University College Hospital in University College London Mhm. came University

College London Mhm. came about and the spats between the medics about and the spats between the medics and the surgeons Right. for supremacy and the surgeons Right. for supremacy and who's better and the introduction of and who's better and the introduction of what you and I would call clinical what you and I would call clinical hypnotherapy. Mhm. Yes. Yeah.

hypnotherapy. Mhm. Yes. Yeah. >> Um >> Um >> Um and it's obviously and it's obviously varied successes cuz it don't work on varied successes cuz it don't work on everybody, does it? No. No. I mean, everybody, does it? No. No. I mean, theoretically, you know, anyway.

theoretically, you know, anyway. >> [laughter] >> [laughter] >> [laughter] >> But But widely accepted as a Yeah, >> But But widely accepted as a Yeah, widely accepted now as a modality and widely accepted now as a modality and how that was coming in and how that was coming in and yeah, it's so that was like yeah, it's so that was like the fighting and somebody had to win.

the fighting and somebody had to win. Mhm. Mhm. Mhm. And even to the point where it they were And even to the point where it they were trying to get rid of trying to get rid of the system of like nepotism. Yes. For the system of like nepotism. Yes. For bringing medics in. You know, people bringing medics in. You know, people that were absolutely diabolical in terms that were absolutely diabolical in terms of their ability to practice, but oh no, of their ability to practice, but oh no, it was so-and-so's son, nephew, cousin, it was so-and-so's son, nephew, cousin, whatever.

whatever. whatever. It's really interesting. Yeah. The way It's really interesting. Yeah. The way thought is evolving. Yes. thought is evolving. Yes. >> finding it interesting from that >> finding it interesting from that perspective as much as perspective as much as having a bit of an interest. Mhm. Been a having a bit of an interest. Mhm. Been a medic myself, you know.

medic myself, you know. >> Yeah. >> Yeah. >> Yeah. And a clinical hypnotherapist. And this And a clinical hypnotherapist. And this is the thing, we're seeing things in a is the thing, we're seeing things in a more from a quantum physics perspective.

more from a quantum physics perspective. It can be this or it can be that. It can It can be this or it can be that. It can be this and that or none of it. Yeah.

be this and that or none of it. Yeah. >> [laughter] >> [laughter] >> [laughter] >> You know, Schrödinger's cat if you want >> You know, Schrödinger's cat if you want to go there. But, you know, it can be to go there. But, you know, it can be both. Mhm.

both. Mhm. It can be nothing. It can be nothing. Yeah. And Yeah. And >> Which is amazing. This is the thing now, >> Which is amazing. This is the thing now, it's not you're right, I'm wrong. No.

it's not you're right, I'm wrong. No. It's like actually It's like actually we can both hold those polarities if you we can both hold those polarities if you want if you take it to energy. Yeah. And want if you take it to energy. Yeah. And that's absolutely fine.

that's absolutely fine. But when we don't balance the polarity, But when we don't balance the polarity, that's when we've got the issue. Yeah, that's when we've got the issue. Yeah, great. And this is what I think great. And this is what I think corporations are now facing cuz they corporations are now facing cuz they know people care more than ever, the know people care more than ever, the empathy-driven economy.

empathy-driven economy. But we've been sacrificing people in But we've been sacrificing people in pursuit of profit. pursuit of profit. Very much so. Very much so.

But that's not sustainable. No. But that's not sustainable. No. You know, corporations are a piece of You know, corporations are a piece of paper. paper.

paper. People come along to animate that with People come along to animate that with its values, its purpose Yeah. and in its values, its purpose Yeah. and in turn makes profit.

turn makes profit. But one without the other isn't But one without the other isn't sustainable. And that's the cusp we're on with And that's the cusp we're on with leadership in in corporations now is leadership in in corporations now is understanding that actually we've got to understanding that actually we've got to catch up with the people element of this catch up with the people element of this because it's not sustainable.

because it's not sustainable. And people and profits in that And people and profits in that corporation equation are of equal value corporation equation are of equal value because one without the other because one without the other you've got this imbalance.

you've got this imbalance. >> Yeah. >> Yeah. >> Yeah. And it's you know, the same with us And it's you know, the same with us as human beings as human beings all of one thing and not of the other, all of one thing and not of the other, you know, doing all the work but never you know, doing all the work but never being being being the thing that led me into that trap.

the thing that led me into that trap. And again, so it's this Mhm. bringing And again, so it's this Mhm. bringing balance to that and that's what this I balance to that and that's what this I think increasing consciousness is trying think increasing consciousness is trying to do to see that there are elements of to do to see that there are elements of ourselves, particularly as human beings, ourselves, particularly as human beings, I call it spiritual, you know, I call it spiritual, you know, our spirituality.

our spirituality. But I don't necessarily mean somebody But I don't necessarily mean somebody humming on the side of a mountain. That humming on the side of a mountain. That could be one's connection with nature.

could be one's connection with nature. Yeah. The spirit that they express, the Yeah. The spirit that they express, the But we haven't really nurtured that. I But we haven't really nurtured that. I mean, religion has gone some way to do mean, religion has gone some way to do that, but then we know that there's that, but then we know that there's doctrines and rigidity there.

doctrines and rigidity there. But to bring out the true spirit of And But to bring out the true spirit of And this is why people physically, mentally this is why people physically, mentally get unwell.

get unwell. Cuz they're not expressing themselves. Cuz they're not expressing themselves. They're not They're not discovering what that spirit is. What's discovering what that spirit is. What's the passion? What's the why?

the passion? What's the why? Yeah. And like you mentioned earlier Yeah. And like you mentioned earlier about emotions and mental health, about emotions and mental health, emotions are linked to your physical emotions are linked to your physical health as well, aren't they?

health as well, aren't they? >> Absolutely. >> Absolutely. >> Absolutely. Without a doubt. Without a doubt. I know. I mean, there was I interviewed I know. I mean, there was I interviewed a lady on here a lady on here months ago now who had had significant months ago now who had had significant emotional changes in her life emotional changes in her life >> Mhm.

>> Mhm. >> Mhm. that that that she spoke about how she then developed she spoke about how she then developed cancer. cancer. cancer. And once [snorts] she changed those And once [snorts] she changed those emotional places that she was sitting emotional places that she was sitting in, Yeah. the cancers disappeared. Yeah.

in, Yeah. the cancers disappeared. Yeah. I would agree with that in my instance I would agree with that in my instance as well. as well. That to me was just such a profound That to me was just such a profound example of something that a lot of example of something that a lot of people don't want to accept.

people don't want to accept. my understanding, my understanding, I will should say, you know, if you look I will should say, you know, if you look at at at emotion, e-motion, energy in motion. If emotion, e-motion, energy in motion. If we stop the motion, we cause a blockage.

we stop the motion, we cause a blockage. Yes. Yes. Yes. Blockages in any instance aren't good. Blockages in any instance aren't good. So, whether it's a physical blockage, we So, whether it's a physical blockage, we know we've got potentially a medical know we've got potentially a medical emergency of sorts, emotional blockage, emergency of sorts, emotional blockage, again, what happens to that energy?

again, what happens to that energy?

Ascension School and Spiritual Integration

So, we stop that motion because So, we stop that motion because everything is in this flow. everything is in this flow. You know, by medical definition, cancer You know, by medical definition, cancer cells are ones that have gone chaotic, cells are ones that have gone chaotic, right? Or manic, or whatever the correct right? Or manic, or whatever the correct terminology is.

terminology is. >> Good enough word. >> Good enough word. So, if that energy is blocked, what do So, if that energy is blocked, what do you think it's doing to those cells, you you think it's doing to those cells, you know? Potentially, it's putting it into know? Potentially, it's putting it into a chaotic state, which then then a chaotic state, which then then multiplies that frequency. Yeah.

multiplies that frequency. Yeah. And you know, in my own experience with And you know, in my own experience with cancer, it was in my stomach, in my cancer, it was in my stomach, in my emotional center, on the right hand emotional center, on the right hand side, and I knew instantly it was all side, and I knew instantly it was all the the anger, guilt, shame that I'd the the anger, guilt, shame that I'd buried.

buried. buried. Because they're measurable on a on a Because they're measurable on a on a frequency scale. frequency scale. So, So, So, absolutely. Yeah, shame is one of the absolutely. Yeah, shame is one of the lowest power emotions in the body, lowest power emotions in the body, the silent, invisible the silent, invisible element to to physical and mental element to to physical and mental health.

health. health. >> Yeah. And I say, again, these are all >> Yeah. And I say, again, these are all intrinsically connected. You can't be intrinsically connected. You can't be separated. Nothing in this universe is separated. Nothing in this universe is separate.

separate. separate. We're no exception. We are made of We're no exception. We are made of stardust, aren't we? You know, we can we stardust, aren't we? You know, we can we can follow that back, can't we, to can follow that back, can't we, to traces of elements and minerals and traces of elements and minerals and things that are from all over the things that are from all over the universe.

universe. universe. >> Yes. >> Yes. >> Yes. So, it's that expansion into that So, it's that expansion into that consciousness. You know, the universe is consciousness. You know, the universe is expanding, so is our consciousness, cuz expanding, so is our consciousness, cuz that's another form of energy.

that's another form of energy. We look at evolution as a science. We've We look at evolution as a science. We've seen the way that animals have evolved seen the way that animals have evolved certain skills, certain skills, extremely unique skills.

extremely unique skills. >> Yes. You know, I love a nature program, >> Yes. You know, I love a nature program, and watching them with my husband the and watching them with my husband the other day, we're like, "How on earth did other day, we're like, "How on earth did that learn to do that, to develop?" that learn to do that, to develop?" You know? Yeah.

You know? Yeah. And it's like, that's the consciousness And it's like, that's the consciousness that has evolved. that has evolved. >> Precisely. And we're here now.

>> Precisely. And we're here now. Yeah, it's fascinating, isn't it? Very Yeah, it's fascinating, isn't it? Very much so. much so. You know, how did that bird, the You know, how did that bird, the woodpecker, decide that that was what it woodpecker, decide that that was what it needed to do?

needed to do? >> Yeah. >> Yeah. >> Yeah. That's That's That's I don't know why that example popped I don't know why that example popped into my head, but it did.

into my head, but it did. >> No, but it's one that just landed. are a >> No, but it's one that just landed. are a beautiful beautiful beautiful >> example, >> example, >> example, but there's so many but there's so many I don't know the correct word, but like I don't know the correct word, but like whole species of animal and then there's whole species of animal and then there's these little unique elements because of these little unique elements because of the environment that they live in that the environment that they live in that they've developed.

they've developed. >> Yeah, precisely. Yeah, is it the >> Yeah, precisely. Yeah, is it the Galapagos Islands that have got so many Galapagos Islands that have got so many unique species that are nowhere else?

unique species that are nowhere else? Yeah, and I think if we do look a little Yeah, and I think if we do look a little towards nature, towards nature, then the answers are there. Oh, yeah.

then the answers are there. Oh, yeah. There's so much to learn, isn't there? There's so much to learn, isn't there? And absolutely. And I think that's the And absolutely. And I think that's the from my personal experience is from my personal experience is that new perspective I brought back is that new perspective I brought back is actually all of this actually all of this because I see the vastness of that. I because I see the vastness of that. I see the expansion of that.

see the expansion of that. And the evolution of our consciousness. And the evolution of our consciousness. Yeah. Yeah. Yeah. >> And I think that's what I was sort of >> And I think that's what I was sort of tipped off about, if you like.

tipped off about, if you like. No, it's marvelous. No, it's marvelous. >> And now And now it because it makes >> And now And now it because it makes sense, even though not necessarily sense, even though not necessarily intelligently makes sense for me, intelligently makes sense for me, because it's not something I've because it's not something I've necessarily studied, necessarily studied, but there's a knowing, and I'm like, but there's a knowing, and I'm like, "Okay. Do I know that? Why do I know "Okay. Do I know that? Why do I know that?" that?" that?" >> [laughter] >> [laughter] >> [laughter] >> I just know that I know it.

>> I just know that I know it. >> Yeah. >> Yeah. >> Yeah. And it And it comes out, so I feel like And it And it comes out, so I feel like that was the big shift with Julian, my that was the big shift with Julian, my my mentor. Yes. When I realized that my mentor. Yes. When I realized that that was the thing I'd come that was the thing I'd come back, I'd survived to be part of that back, I'd survived to be part of that evolution. Yeah.

evolution. Yeah. So, having that conversation with her, So, having that conversation with her, like you said, was like, you know, a like you said, was like, you know, a sucker punch to the gut. Yeah.

sucker punch to the gut. Yeah. Yeah. A big awakening. Yeah. A big awakening. Very much. Very much. >> [snorts] >> [snorts] >> [snorts] >> So, >> So, >> So, what changes did you seek? Are you able what changes did you seek? Are you able to quantify them? Quantifying That's the to quantify them? Quantifying That's the wrong word, but you know what I wrong word, but you know what I >> Um No, I Label them almost?

>> Um No, I Label them almost? Um It Well, no, I just say clarity and Um It Well, no, I just say clarity and that knowing. And And my knowing isn't that knowing. And And my knowing isn't intelligently knowing. It's when It's intelligently knowing. It's when It's more to do with head and heart more to do with head and heart coherence.

Yeah.

coherence. Yeah. And it's like, okay, the brain and the And it's like, okay, the brain and the heart are going. heart are going. That frequency fits. That frequency fits.

Go with it. Yeah. Go with it. Yeah. And then And then the intelligent part of mind will go, the intelligent part of mind will go, "You really sure about that?" "You really sure about that?" >> [laughter] >> [laughter] >> [laughter] >> And I'm like, "Shut up." Yeah.

>> And I'm like, "Shut up." Yeah. Bring me the evidence. Bring me the evidence. And that's And that's the way I proceed in life. If I'm in the way I proceed in life. If I'm in Because again, frequency, once I'm Because again, frequency, once I'm coherent with that frequency, it will coherent with that frequency, it will reveal itself in some shape, [snorts] reveal itself in some shape, [snorts] way, or form.

way, or form. The same for everybody, really. You The same for everybody, really. You know, know, know, the universe really doesn't respond to the universe really doesn't respond to our our our wants and desires.

wants and desires. It responds to the frequencies that It responds to the frequencies that we're giving off. So, if there is we're giving off. So, if there is something you want and desire, get the something you want and desire, get the frequency in alignment.

frequency in alignment. Then, like a magnet, it will pull it Then, like a magnet, it will pull it straight in. straight in. Which is amazing, isn't it?

Which is amazing, isn't it? That whole concept. Yeah. That whole concept. Yeah. Because we've, you know, there's a lot Because we've, you know, there's a lot of science in it now. You know the of science in it now. You know the HeartMath Institute? Yes. Which I did HeartMath Institute? Yes. Which I did some work with them many years ago some work with them many years ago before any of this happened to me around before any of this happened to me around heart rate variability, for example.

heart rate variability, for example. And how emotions, when I was studying And how emotions, when I was studying energy psychology, and how that all So, energy psychology, and how that all So, I think now we're I think now we're this is part of this evolution. We're this is part of this evolution. We're understanding that, you know, there's as understanding that, you know, there's as many neurons in our stomach as there is many neurons in our stomach as there is in the brain, the gut-brain connection in the brain, the gut-brain connection that can be researched now, the the that can be researched now, the the frequency that's given from the heart.

frequency that's given from the heart. The HeartMath Institute have got endless The HeartMath Institute have got endless studies and papers about this now.

studies and papers about this now. And when you bring these into coherence, And when you bring these into coherence, and that's why I think again, with the and that's why I think again, with the evolution of mental health is into the evolution of mental health is into the emotional, because it's coming from emotional, because it's coming from these centers.

these centers. Yeah. Yeah. Yeah. Yeah, I completely agree, cuz Yeah, I completely agree, cuz the heart from just a clinical medicine the heart from just a clinical medicine perspective is so heavily dependent on perspective is so heavily dependent on electrical activity. Yeah. And electrical activity. Yeah. And frequency. It's just That's just what it frequency. It's just That's just what it does. And muscles don't contract without does. And muscles don't contract without frequency being involved, an electrical frequency being involved, an electrical charge. Yeah.

charge. Yeah. So, it's just So, it's just like you said, cannot be separated, can like you said, cannot be separated, can it? No. it? No. So, what sort of things are you now So, what sort of things are you now doing doing doing that, you know, through your year spent that, you know, through your year spent working with Julianne?

working with Julianne? So, it's it's gone off in duality. So, it's it's gone off in duality. >> See. >> See. >> See. I would say. Um I would say. Um So, I've started what we're calling an So, I've started what we're calling an Ascension School, Ascension School, which is for which is for people who people who these words resonate with.

these words resonate with. Those that know that we're on the cusp Those that know that we're on the cusp of evolution, that feel of evolution, that feel a calling of some description to a calling of some description to something more, to want to understand something more, to want to understand where we're going as a species, where we're going as a species, and maybe developing and maybe developing a spirituality, but again, not a spirituality, but again, not necessarily a spiritual practice that necessarily a spiritual practice that involves meditation or yoga. Although, involves meditation or yoga. Although, I'm all for those, you know, I do those I'm all for those, you know, I do those daily.

daily. daily. But, finding their meaning, their But, finding their meaning, their spirits. spirits. spirits. Yeah. Okay. Finding what makes them Yeah. Okay. Finding what makes them tick. Yeah. And working with tick. Yeah. And working with something that Julianne channeled some something that Julianne channeled some back in 2016, back in 2016, which we refer to as the laws of which we refer to as the laws of Ascension.

Ascension. Ascension. And they're elements of lessons or And they're elements of lessons or energy to move through as part of the energy to move through as part of the evolution, you know, as we talk about evolution, you know, as we talk about the the the what serves us, what no longer serves what serves us, what no longer serves us, stepping into the energy of us, stepping into the energy of surrender and release to let go of what surrender and release to let go of what no longer serves us, no longer serves us, but equally to step forward and look for but equally to step forward and look for what does serve us to be illuminated what does serve us to be illuminated so that we could follow that. Yeah.

so that we could follow that. Yeah. So, I started that as as a group So, I started that as as a group following those laws, and we invoke the following those laws, and we invoke the frequencies, do a little bit of healing, frequencies, do a little bit of healing, and and and study study study how this shows up for people how this shows up for people individually, cuz they're very much individually, cuz they're very much universal laws, but it's about how you universal laws, but it's about how you embody those individually. So, I'd call embody those individually. So, I'd call that my spiritual work, if you like.

that my spiritual work, if you like. >> Yes. Um >> Yes. Um I've been through it all myself with I've been through it all myself with Julian, and now I've been Julian, and now I've been with honor tasked to with honor tasked to take this forward and Wonderful. share take this forward and Wonderful. share share further.

share further. And that And that that's evolving in itself that's evolving in itself as as well. Um and again, part of it for as as well. Um and again, part of it for me is demystifying that spiritual me is demystifying that spiritual element. I think that's really element. I think that's really important, because certainly for me, I important, because certainly for me, I always used to think spirituality and always used to think spirituality and religion were the same thing. Yes.

religion were the same thing. Yes. >> Up until a few, you know, a few years >> Up until a few, you know, a few years ago, a couple of years ago. And you ago, a couple of years ago. And you know, I can now say know, I can now say what were you thinking, girl? But that what were you thinking, girl?

Corporate Leadership, Empathy, and Sustainability

But that was all the knowledge I had at that was all the knowledge I had at that time. But that's how we were given time. But that's how we were given spirituality was through religion, spirituality was through religion, because [clears throat] they want they because [clears throat] they want they wanted it controlled.

wanted it controlled. >> Yes. >> Yes. >> Yes. Rather than find out for yourself, Rather than find out for yourself, that's risky, cuz you might come to your that's risky, cuz you might come to your own conclusions.

own conclusions. So, we'll set the parameters, stay So, we'll set the parameters, stay within this. And I think this is

where within this. And I think this is where people are now who are healthy people are now who are healthy physically, mentally, emotionally physically, mentally, emotionally are beginning to think there's some are beginning to think there's some there's some there's just something there's some there's just something else, and it's that else, and it's that element of spirituality. I said before element of spirituality. I said before when I was healing, I knew the only way when I was healing, I knew the only way that I would heal, and the way that I've that I would heal, and the way that I've worked with people, is to heal on every worked with people, is to heal on every level. Physically, emotionally, level. Physically, emotionally, mentally, and spiritually. Yes.

mentally, and spiritually. Yes. Yeah. And I think when we've Yeah. And I think when we've studied people who are sick, you know, studied people who are sick, you know, they they say people use the words, they they say people use the words, don't they? I've you know, I've lost don't they? I've you know, I've lost this I've lost this my spirit. Yeah.

this I've lost this my spirit. Yeah. Yeah, and we are a whole human. Exactly, Yeah, and we are a whole human. Exactly, and that spirituality is important, and that spirituality is important, however you see that, whether you just however you see that, whether you just simply see Mother nature as as a simply see Mother nature as as a spirituality, you know, you can spirituality, you know, you can to a degree still be an atheist and to a degree still be an atheist and still be spiritual. Yes, I would agree still be spiritual. Yes, I would agree with that.

with that. >> But just by acknowledging that there is >> But just by acknowledging that there is an infinite force of energy that runs an infinite force of energy that runs through this universe that turns the through this universe that turns the seed into the plant into the tree, etc.

seed into the plant into the tree, etc. And see that spirit And see that spirit that energy Yes. that energy Yes. But without it, we're not quite But without it, we're not quite fulfilled and I think this is what we're fulfilled and I think this is what we're coming into now.

coming into now. We We can to to to a degree, I mean, I We We can to to to a degree, I mean, I know we've got problems with the know we've got problems with the physical, the mental, we can tick tick, physical, the mental, we can tick tick, you know, we've come you know, we've come leaps and bounds. Look at physically, leaps and bounds. Look at physically, we're we're living longer, we're we're we're living longer, we're healthier than ever, etc. Mental health healthier than ever, etc. Mental health vastly developed.

vastly developed. Emotional, spiritual, this is the new. Emotional, spiritual, this is the new. This is where we're getting into that This is where we're getting into that rather than oneness, I'd say more it's a rather than oneness, I'd say more it's a completeness, a wholeness.

completeness, a wholeness. I like that. Yeah. I like that. Yeah. >> And I think >> And I think the people that can tick the boxes, the people that can tick the boxes, whether that's their financial or whether that's their financial or professional accomplishments or they've professional accomplishments or they've overcome their health worries, but they overcome their health worries, but they know there's just something else.

know there's just something else. So, I wanted to provide a space where we So, I wanted to provide a space where we can demystify and say, "Look, you can demystify and say, "Look, you haven't got to take up a yoga practice, haven't got to take up a yoga practice, you haven't got to do that. You've just you haven't got to do that. You've just got to get into the energy of what makes got to get into the energy of what makes you tick.

you tick. The spirit of you. And own that, invoke The spirit of you. And own that, invoke that. that. that. Because it's it's it's it's an aspect of Because it's it's it's it's an aspect of ourselves. So, no it's not withheld from ourselves. So, no it's not withheld from anybody.

anybody. anybody. It's It's It's we lose we lose the clarity around it because of other the clarity around it because of other things that have been distracting us, things that have been distracting us, that have intentionally distracted us, that have intentionally distracted us, you know.

you know. >> Dimming our awareness of that part of >> Dimming our awareness of that part of us. To keep us small. Yes. us. To keep us small. Yes. Because when you tick every level, Because when you tick every level, physical, mental, emotional, spiritual, physical, mental, emotional, spiritual, etc.

etc. etc. You're dangerous to the status quo. You're dangerous to the status quo. Yeah, and we know people, we've seen Yeah, and we know people, we've seen people in people in the world without naming the world without naming that we see as amazing human beings that we see as amazing human beings doing amazing things because they tick doing amazing things because they tick all of those boxes. They're they're all of those boxes. They're they're whole and they're complete. Yeah.

whole and they're complete. Yeah. And then in contrast, you see somebody And then in contrast, you see somebody who's super successful in business, who's super successful in business, but physically, but physically, they haven't got the health. No. And they haven't got the health. No. And that's the true wealth, you know. So, is that's the true wealth, you know. So, is any of it equally any of it equally I will argue I will argue if you're all spiritual if you're all spiritual and you don't bring it back to the and you don't bring it back to the physical, you're very detached from this physical, you're very detached from this reality. And it's that's not a healthy reality. And it's that's not a healthy place to be, either. No. You can't be place to be, either. No. You can't be all this or all that.

all this or all that. It's again being Yeah, absolutely. So, It's again being Yeah, absolutely. So, for me, it's for me, it's making spiritual making spiritual thought energy thought energy very real very real for people, regardless of who you are, for people, regardless of who you are, where you come from, or what you do.

where you come from, or what you do. It's not about It's not about doctrine or you can't do this or you doctrine or you can't do this or you can't do this or you can't do that. You know, everything can't do that. You know, everything Yeah.

Yeah. Yeah. >> is in this universe. You know, have >> is in this universe. You know, have reverence for all of it. reverence for all of it. And put your energy and your attention And put your energy and your attention into whatever makes you tick into whatever makes you tick because you're up in your frequency, because you're up in your frequency, you're up in your consciousness. That's you're up in your consciousness. That's going to have going to have huge huge huge ripple effects, yeah?

ripple effects, yeah? >> Yeah. It's a tipping point, we call it, >> Yeah. It's a tipping point, we call it, isn't it? And we're very much on the the isn't it? And we're very much on the the cusp of that tipping point now.

cusp of that tipping point now. But if you follow the mainstream, But if you follow the mainstream, you'd think, you know, it's Armageddon you'd think, you know, it's Armageddon time, isn't it?

time, isn't it? But statistically, But statistically, the world's a safer place than it's ever the world's a safer place than it's ever been. Yes. been. Yes.

We're healthier than we've ever been. We're healthier than we've ever been. Yes. Yes. Yes. >> than we've ever been, yeah? >> than we've ever been, yeah? Statistically, Statistically, Statistically, but that's not the narrative because if but that's not the narrative because if you get in alignment with that, then you you get in alignment with that, then you start living like that. Like, "Oh my start living like that. Like, "Oh my god, yeah, we are safer. Oh, yeah, god, yeah, we are safer. Oh, yeah, yeah." And it goes in a direction where yeah." And it goes in a direction where you can't be sold that you don't you can't be sold that you don't need.

need. need. To put it bluntly. No, no, you are not To put it bluntly. No, no, you are not wrong at all. Mhm. You're not wrong at wrong at all. Mhm. You're not wrong at all, and that is a soapbox that I'm not all, and that is a soapbox that I'm not going to get on right now. No, going to get on right now. No, >> [laughter] >> [laughter] >> [laughter] >> you probably shouldn't. But >> you probably shouldn't. But for me with the spirituality in the for me with the spirituality in the whole, I can look back now whole, I can look back now and think to all the different facets and think to all the different facets I've had if I just look at my career.

I've had if I just look at my career. Yeah. Yeah. Yeah. And think, well, they were all on their And think, well, they

were all on their own on paper own on paper great.

great. great. You know, they're good achievements by You know, they're good achievements by society's standards. society's standards. But in here Yeah.

But in here Yeah. and I didn't know back then it was the and I didn't know back then it was the spirituality box I was trying to tick. spirituality box I was trying to tick.

Yes, yeah. Yes, yeah. Because that wasn't in my awareness. I Because that wasn't in my awareness. I wasn't I hadn't woken up Mhm. back then. wasn't I hadn't woken up Mhm. back then. No.

No. No. But I knew that I wasn't right where I But I knew that I wasn't right where I was and I had to keep moving. Yeah, was and I had to keep moving. Yeah, yeah. And some people were like, "Well, yeah. And some people were like, "Well, why are you starting again?" I said, why are you starting again?" I said, "Because it's not right." Yeah, yeah.

"Because it's not right." Yeah, yeah. It's expansion, isn't it? It's growth. It's expansion, isn't it? It's growth. And I think you you knew and I think we And I think you you knew and I think we do instinctively know there's something do instinctively know there's something more. Yeah. But because we can't see it, more. Yeah. But because we can't see it, so we don't necessarily tap into it. We so we don't necessarily tap into it. We restrict. Yeah. You know, in any restrict. Yeah. You know, in any situation we can either contract situation we can either contract shrink Yeah. or we can expand and grow.

shrink Yeah. or we can expand and grow. And And And either is neither right nor wrong. either is neither right nor wrong. Certain situations we need to Mhm.

Certain situations we need to Mhm. contract and keep ourselves safe. Other contract and keep ourselves safe. Other times we need to expand. That again, the times we need to expand. That again, the duality that we live in.

duality that we live in. And I think there comes a point a lot of And I think there comes a point a lot of people who professionally people who professionally they reach they reach everything that they've achieved wanted everything that they've achieved wanted to that to achieve.

to that to achieve. And then they're like And then they're like ah, but there's there's something else. ah, but there's there's something else. Yeah. Or I don't feel as expanded as I Yeah. Or I don't feel as expanded as I or the opposite. I've learned so much or the opposite. I've learned so much that actually that's contracted because that actually that's contracted because now I'm in this box and I can't do now I'm in this box and I can't do anything outside of it.

anything outside of it. >> And that's what I found by leaving >> And that's what I found by leaving conventional psychology and conventional psychology and psychotherapy. It's like psychotherapy. It's like oh, well, you can't mix this. And I was oh, well, you can't mix this. And I was what? And it was like, I've learned all what? And it was like, I've learned all of it and then ch- Yeah. stay in this of it and then ch- Yeah. stay in this lane.

lane. lane. Yeah. And I was like, this doesn't feel Yeah. And I was like, this doesn't feel like and I can't imagine you staying in like and I can't imagine you staying in a lane that somebody's told you to stay a lane that somebody's told you to stay in. No. [laughter] in. No. [laughter] God, no.

God, no. No, that's the problem. So, it's easy. No, that's the problem. So, it's easy. It's that expansion and I think this is It's that expansion and I think this is evolution. It's our expansion of evolution. It's our expansion of conscious conscious conscious awareness. And awareness. And it applies to everything.

it applies to everything. And one of the issues I sort of had with And one of the issues I sort of had with accepting how things were going was accepting how things were going was because I enjoy so much going into because I enjoy so much going into corporations doing mental health corporations doing mental health training.

And I was like, I didn't I know felt And I was like, I didn't I know felt like I don't to stop that. I love being like I don't to stop that. I love being in the training room. Right.

in the training room. Right. >> Possibly more than anything, if I'm >> Possibly more than anything, if I'm honest. I love being in the training honest. I love being in the training room and watching people learn and the room and watching people learn and the But equally, But equally, this is the same crossroads of evolution this is the same crossroads of evolution Particularly, there are a good group of Particularly, there are a good group of corporations already that are doing good corporations already that are doing good work, work, work, looking after their people, making good looking after their people, making good money, helping humanity, money, helping humanity, doing it sustainably, doing it sustainably, and they're thriving. Yes.

and they're thriving. Yes. But again, the old paradigm is money at But again, the old paradigm is money at all costs. all costs. So, that's done. But there are So, that's done. But there are corporations that want to do better, corporations that want to do better, Mhm. leaders that want to do better.

Mhm. leaders that want to do better. And it's almost And it's almost I don't use these words in I don't use these words in corporate, so to speak, but it is corporate, so to speak, but it is bringing spirituality to a corporation.

bringing spirituality to a corporation. Empathy in leadership. Empathy in leadership. >> Yeah. >> Yeah. >> Yeah. How do we align How do we align everybody who works here everybody who works here with with with a positive outcome that includes profit, a positive outcome that includes profit, that is given back to them, that in that is given back to them, that in turn, turn, turn, you know, work-life balance is nonsense.

you know, work-life balance is nonsense. You can't work five days for somebody, You can't work five days for somebody, to two for yourself, and ever find some to two for yourself, and ever find some sort of balance.

sort of balance. But the future is work-life integration. But the future is work-life integration. How do we How do we work and live and neither detract from work and live and neither detract from the other? Mhm. Rather than this the other? Mhm. Rather than this mentality of again win-lose. Yes, mentality of again win-lose. Yes, precisely that. You know, so we overwork precisely that. You know, so we overwork and then we suffer physical health and then we suffer physical health issues.

issues. issues. Well, if we can integrate work and life Well, if we can integrate work and life and they're both supporting of each and they're both supporting of each other and do that consciously with other and do that consciously with emotional intelligence leading with emotional intelligence leading with empathy.

empathy. empathy. Leveling up people and profits. Leveling up people and profits. Making every employee feel like a Making every employee feel like a stakeholder in an organization stakeholder in an organization with a shared goal, focus, or vision.

with a shared goal, focus, or vision. That's powerful. Yeah, that is powerful. That's powerful. Yeah, that is powerful. You know, You know, I firmly believe I firmly believe in the positive and the negative, in the positive and the negative, corporations hold the power at the corporations hold the power at the moment.

moment. moment. You know, and even forget governments. You know, and even forget governments. You know, I think I'll give you one my You know, I think I'll give you one my perfect example of this.

perfect example of this. We all know that energy's gone off the We all know that energy's gone off the scale. scale. scale. And our very own government was like, And our very own government was like, "Oh, let's start "Oh, let's start giving, you know, extra money to people giving, you know, extra money to people to help with these energy prices." Why to help with these energy prices." Why didn't our government just go go along didn't our government just go go along and say, "Actually, no, you can't You and say, "Actually, no, you can't You can't trade in our country like that and can't trade in our country like that and we're going to You can't put a cap on we're going to You can't put a cap on it." Why not? Because the corporation it." Why not? Because the corporation has got control over the government.

has got control over the government. So, imagine if a corporation is more So, imagine if a corporation is more conscious about its outcomes, its conscious about its outcomes, its behaviors, and strives to behaviors, and strives to sustainability, sustainability, sustainability, that's going to have a That's a huge that's going to have a That's a huge impact. That's more impact than I can impact. That's more impact than I can have alone or you or any other have alone or you or any other individuals. And absolutely some individuals. And absolutely some people's journey is activism and people's journey is activism and changing mindsets and stuff. We need changing mindsets and stuff. We need that equally.

that equally. But if a corporation But if a corporation as have many of the giant corporation as have many of the giant corporation made made made and they are steps towards and they are steps towards sustainability, sustainability, sustainability, decided that all leaders decided that all leaders were now going to learn to lead with were now going to learn to lead with empathy, Yeah.

empathy, Yeah. the impact would be profound. Yes. the impact would be profound. Yes. And we're not sacrificing one for the And we're not sacrificing one for the other.

other. other. Yeah. And profit and people can coexist Yeah. And profit and people can coexist and we can recycle all of that. Yeah. and we can recycle all of that. Yeah.

But we've still been stuck on that, But we've still been stuck on that, sorry, the the old industrial revolution sorry, the the old industrial revolution idea. You just take the words out of my idea. You just take the words out of my head. I literally just going to say that head. I literally just going to say that was the industrial revolution model.

was the industrial revolution model. Yeah. Yeah. And it's it's evolved or and Yeah. Yeah. And it's it's evolved or and is very much, you know, leadership is very much, you know, leadership originally was on the war mentality, you originally was on the war mentality, you know, win at all costs. Yeah. And know, win at all costs. Yeah. And obviously there's loss involved. Then we obviously there's loss involved. Then we went into a more sporting model, which went into a more sporting model, which was about competition. Mhm.

was about competition. Mhm. But there's still that I'm better than But there's still that I'm better than you and you're going to lose. Yeah. you and you're going to lose. Yeah. Now, Now, Now, win-win. Yeah.

win-win. Yeah. This is where it's not that I'm going to This is where it's not that I'm going to be better than you and you're going to be better than you and you're going to lose. It's like, actually, how can we lose. It's like, actually, how can we collaborate on this?

collaborate on this? Rather than compete for it, how do we Rather than compete for it, how do we collaborate? Yes. How do we make sure collaborate? Yes. How do we make sure that we can sustainably that we can sustainably look after people, planet, and profit at look after people, planet, and profit at the same time?

the same time? Yeah. And yes, we use different language Yeah. And yes, we use different language in a corporate environment, but it's in a corporate environment, but it's fundamentally the same part of fundamentally the same part of evolution. It's the same thing, isn't evolution. It's the same thing, isn't it?

it? it? >> Absolutely. >> Absolutely. >> Absolutely. So that's the other branch. Ah, okay. So that's the other branch. Ah, okay. So you saw those as two very separate So you saw those as two very separate things, kind of mental health in things, kind of mental health in corporate and the spirituality corporate and the spirituality >> Yeah.

>> Yeah. >> Yeah. ascension. ascension. ascension. But they're both parts of you, so But they're both parts of you, so they're not entirely separate, are they?

they're not entirely separate, are they? No, they they they come back to the same No, they they they come back to the same thing, which is thing, which is an evolution, an expansion of our an evolution, an expansion of our consciousness. Yeah.

consciousness. Yeah. The way we think, the way we feel, the The way we think, the way we feel, the way we behave. So whether you're a way we behave. So whether you're a corporate, the people within a corporate corporate, the people within a corporate environment environment environment in pursuit of in pursuit of whatever, whatever, whatever, or the individual in pursuit of or the individual in pursuit of whatever, whatever, whatever, it there There no separation. No.

it there There no separation. No. So we're back to that same thing we're So we're back to that same thing we're talking about our conscious evolution as talking about our conscious evolution as a species a species and how we think and behave for a and how we think and behave for a greater good where nobody has to go and greater good where nobody has to go and fight and nobody has to lose and we can fight and nobody has to lose and we can uplift.

Gender, Balance, and Conscious Evolution

uplift. uplift. And I'm not even talking to the extremes And I'm not even talking to the extremes of of of politics and things like that. It's just politics and things like that. It's just sustainability.

sustainability. sustainability. It's sustainably taking care of the It's sustainably taking care of the place we live, place we live, >> [snorts] >> [snorts] >> [snorts] >> the people who live here.

>> the people who live here. Because it's all Because it's all that cycle of life, if you want. Yeah. that cycle of life, if you want. Yeah. Why not? Why not? And I mean, if Why not? Why not? And I mean, if leaders, not just in corporate, but leaders, not just in corporate, but within community groups, family groups, within community groups, family groups, any kind of groups, Mhm. become more any kind of groups, Mhm. become more spiritually aware and settled within spiritually aware and settled within themselves, Yeah.

themselves, Yeah. Change. They're going to pass the Change. They're going to pass the message on, aren't they, to people that message on, aren't they, to people that Yeah. perhaps currently don't have any Yeah. perhaps currently don't have any awareness. No. And we see this already awareness. No. And we see this already with the the charitable sector.

with the the charitable sector. You know? You know? Okay. They're making money and going Okay. They're making money and going about doing good things for a for for a about doing good things for a for for a cause.

cause. cause. You know, there's a there's a model You know, there's a there's a model there already, but that's seen as there already, but that's seen as charity and then it's not. And they're charity and then it's not. And they're unfortunately not of not a lot of them unfortunately not of not a lot of them are sustainable are sustainable because again, the emphasis is in the because again, the emphasis is in the other direction. That's true. So, a lot other direction. That's true. So, a lot of charities do struggle for the money.

of charities do struggle for the money. Yes, they do. Yes, they do. But again, it's like But again, it's like let's level it up. If you've got a let's level it up. If you've got a corporation, which many do, that have a corporation, which many do, that have a foundation or a, you know, and they can foundation or a, you know, and they can fund fund fund it's sustainable. And that's, you know, it's sustainable. And that's, you know, for once of a better cliche of the word, for once of a better cliche of the word, but the future is about sustainability.

but the future is about sustainability. Mhm. Mhm. Mhm. Not take, take, take, take, take. Yeah. Not take, take, take, take, take. Yeah. And that's what's got us to this And that's what's got us to this position. Yeah. Somebody winning and a position. Yeah. Somebody winning and a majority of people losing.

majority of people losing. Yeah, cuz a few people want to lead and Yeah, cuz a few people want to lead and are not doing it with integrity. are not doing it with integrity. Absolutely.

Absolutely. Absolutely. >> And good spirit. Yeah. >> And good spirit. Yeah. But with the shift is already happening. But with the shift is already happening.

There are more female leaders than ever. There are more female leaders than ever. Some countries have appointed leaders Some countries have appointed leaders very recently, they're first female very recently, they're first female leaders.

leaders. leaders. >> Yes. >> Yes. >> Yes. And I And I use female leaders as an example because use female leaders as an example because they're often they're often more heart-centered by the nature of more heart-centered by the nature of their makeup, should we say.

their makeup, should we say. But we won't go into that too too much. But we won't go into that too too much. We know it's a sliding scale, but Mhm. We know it's a sliding scale, but Mhm.

women demonstrate often women demonstrate often more compassion and more heart-centered more compassion and more heart-centered behaviors behaviors behaviors because of the maternal instinct, should because of the maternal instinct, should we say. Yeah, that's fair enough. Um but we say. Yeah, that's fair enough. Um but not always the case cuz we we've seen not always the case cuz we we've seen female leaders that go exactly with the female leaders that go exactly with the male blueprint.

male blueprint. >> Exactly. And we know also now, again, >> Exactly. And we know also now, again, gender being that spectrum. gender being that spectrum.

But this is the powerful individual, But this is the powerful individual, one that can be in the masculine and the one that can be in the masculine and the feminine energy.

feminine energy. That's where the the power lies. That's where the the power lies. And I just think we're seeing more and And I just think we're seeing more and more more more than ever than ever women stepping up. How do you think women stepping up. How do you think we the world would shift if we sacked we the world would shift if we sacked all the men and the women took over, to all the men and the women took over, to be honest? [laughter] be honest? [laughter] I think I think just I think I think just sticking just with the pure gender at sticking just with the pure gender at the moment, women just tend to do things the moment, women just tend to do things differently to men. Yes.

differently to men. Yes. >> If you look at your typical stereotype >> If you look at your typical stereotype stereo typical gender roles, you just stereo typical gender roles, you just tend to handle situations differently.

tend to handle situations differently. But like you said, it's a complete But like you said, it's a complete spectrum. Doesn't mean that every woman spectrum. Doesn't mean that every woman and every man does it that way. Not at and every man does it that way. Not at all. And all. And >> for me, it wouldn't matter in the >> for me, it wouldn't matter in the slightest what gender these leaders slightest what gender these leaders were, so long as they were doing things were, so long as they were doing things Yeah. from the heart and with good. And Yeah. from the heart and with good. And yes, you need to be strong and yes, yes, you need to be strong and yes, there's going to be some really tough there's going to be some really tough decisions that they have to make and decisions that they have to make and you're going to need the strength.

you're going to need the strength. Doesn't have to be masculine strength, Doesn't have to be masculine strength, it be feminine strength. it be feminine strength.

>> No. And I think this is what >> No. And I think this is what the the polarity in quantum physics and the the polarity in quantum physics and the spiritual language explains the spiritual language explains perfectly.

perfectly. perfectly. Because Because Because the polarities are seen in spirituality the polarities are seen in spirituality as masculine and feminine. Mhm. Nothing as masculine and feminine. Mhm. Nothing to do with gender.

to do with gender. >> No. >> No. >> No. Masculine being the dynamic doing Masculine being the dynamic doing energy, the feminine being the inert energy, the feminine being the inert Positive and negative, if you will. But Positive and negative, if you will. But again, not good or bad, just polarities.

again, not good or bad, just polarities. And it's that And it's that it doesn't matter what gender one it doesn't matter what gender one identifies with, it's bringing those two identifies with, it's bringing those two energies into balance.

energies into balance. >> Yeah. >> Yeah. >> Yeah. Because if you're all up in the Because if you're all up in the masculine, do do do do do, masculine, do do do do do, then you're not in the heart space then you're not in the heart space nurturing nurturing nurturing being, being, being, and vice versa. Yeah.

and vice versa. Yeah. If you're that end of the spectrum, If you're that end of the spectrum, and and and yeah, regardless of what's between yeah, regardless of what's between somebody's legs, that's it's irrelevant somebody's legs, that's it's irrelevant really, but it's that dance of masculine really, but it's that dance of masculine and feminine energy and what you bring and feminine energy and what you bring to it. And there are absolutely some, to it. And there are absolutely some, you know, you know, women women women who are very much in their masculine who are very much in their masculine energy, but they'll experience the same energy, but they'll experience the same problem as a man that's very much in his problem as a man that's very much in his masculine energy. But when you get masculine energy. But when you get somebody, and you know them because you somebody, and you know them because you meet them and they're perfectly balanced meet them and they're perfectly balanced human beings.

human beings. You know, they have that contrast. Yeah. You know, they have that contrast. Yeah. They can stand up for themselves, be They can stand up for themselves, be assertive, be kind and caring all in assertive, be kind and caring all in one.

one. one. Yeah. The whole person. The whole Yeah. The whole person. The whole person. That's the oneness that I talk person. That's the oneness that I talk about really now in our consciousness.

about really now in our consciousness. And you have to do it in public. And you have to do it in public. >> This is just the meat suit. >> This is just the meat suit. >> [laughter] >> Yeah, that is very true.

>> Yeah, that is very true. And that's what you are striving to And that's what you are striving to achieve, isn't it? This Mhm. oneness. achieve, isn't it? This Mhm. oneness.

Absolutely. Bringing it into balance. Absolutely. Bringing it into balance. There's neither right nor wrong, but we There's neither right nor wrong, but we can't be one extreme or the other.

can't be one extreme or the other. That's where we get stuck on one side of That's where we get stuck on one side of the riverbank. Yeah. the riverbank. Yeah.

And then rather admit actually I've And then rather admit actually I've spent too much time over here, I need to spent too much time over here, I need to go to the other side, we go oh well this go to the other side, we go oh well this must be the right side and that's the must be the right side and that's the wrong one. What are you doing over wrong one. What are you doing over there?

there? there? Yeah. Yeah, and almost picking a fight. Yeah. Yeah, and almost picking a fight. Exactly that. Exactly that. >> other side because he's different. Yeah.

>> other side because he's different. Yeah. And there we go. Yeah. And there we go. Yeah. We've come back to where we started, We've come back to where we started, haven't we? And that's fine.

haven't we? And that's fine. >> [laughter] >> [laughter] >> [laughter] >> And that's great. >> And that's great. >> What a lovely conversation. Thank you.

>> What a lovely conversation. Thank you. Thank you, my darling. You know, always. Thank you, my darling. You know, always. I'm dying to know I'm dying to know how this all lands, this ascension how this all lands, this ascension spirituality spirituality spirituality Mhm. schooling that you're doing.

Mhm. schooling that you're doing. >> Yeah. >> Yeah. >> Yeah. Yeah, no, it's it's it's it's going. Yeah, no, it's it's it's it's going. It's it's full force now.

It's it's full force now. Both in both aspects. And getting it and Both in both aspects. And getting it and I asked the universe, I was like, okay, I asked the universe, I was like, okay, if I'm really cuz I was particularly the if I'm really cuz I was particularly the leadership stuff, I was very leadership stuff, I was very like really? In corporation? I was like like really? In corporation? I was like prove it.

prove it. And I started having conversations with And I started having conversations with people talking about the changes in people talking about the changes in leadership and the assistance that they leadership and the assistance that they needed.

needed. needed. How do we teach our leaders empathy? How How do we teach our leaders empathy? How do we teach emotional intelligence? do we teach emotional intelligence?

And that happened one day and then the And that happened one day and then the next day I had people that I would say next day I had people that I would say were on the brink of their spiritual were on the brink of their spiritual awakenings that came through the very awakenings that came through the very next and I was like, okay.

next and I was like, okay. But again, just different languages. But again, just different languages. And bringing it all into unison I think And bringing it all into unison I think is really the word. It's exciting, isn't is really the word. It's exciting, isn't it? Very.

it? Very. And fulfilling I'm certain for you as And fulfilling I'm certain for you as well. Yeah. I think yeah. I feel like well. Yeah. I think yeah. I feel like I've hit the sweet spot now. Yes.

I've hit the sweet spot now. Yes. Because I get to do all that I love with Because I get to do all that I love with people that I love and people that I love and people that help other people to do people that help other people to do things that they love. I mean, I can't things that they love. I mean, I can't tell you and then even some tell you and then even some organizations I work with, I have organizations I work with, I have friends there, but to do what I love friends there, but to do what I love with people I care about who are helping with people I care about who are helping people to help people people to help people and get paid in that equation and get paid in that equation is is is yeah, I can literally bring myself to yeah, I can literally bring myself to tears when I think of it in that in that tears when I think of it in that in that perspective. But it's that perspective. But it's that yeah, com- completeness for me, so yeah, com- completeness for me, so All of it.

All of it. Very much. All of it. Very much. All of it. Thank you for coming and talking. Oh, Thank you for coming and talking. Oh, thank you for having me.

thank you for having me. As always. My pleasure. As always. My pleasure.