Change Your Frequency, Change Your Life Transcript

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Introduction to the Medicine of Mindset Summit

– Welcome back everyone to the Medicine of Mindset summit. I am Jana your host back with another amazing speaker. I want to remind everyone that this week and the Vision for the Medicine of Mindset summit has been to put amazing beating hearts in front of you who have had what you might think are only you know lives that you would write for a movie script.

But no these are people that have actually experienced so many things in their life and I believe most of those experiences were most likely put in front of them so that they could show up in the way they do today and my next guest is no exception to that little bit of an intro. I would love for you to help me welcome massage body. He's an expert in human transformation who not only after one near death experience but three came back alive to share wisdom and remarkable abilities that break through the limitations of psychology, willpower and current self improvement methods to change countless lives in a matter of minutes by helping people shift at their core frequency level, resulting in drastic life transformation.

We're going to learn more about his method called exponential Intelligence or X.

Defining Frequency and Exponential Intelligence

I. As the next generation of human advancement that utilizes the power of frequencies to massively transform your life, not just improvement or not just improve it. Sorry.

So he's worked with celebrities, athletes, members of the royal family from the U. A. E. And from Monaco, executives from Capitol records, Starbucks, Fox, Forbes, Microsoft, FedEx and so much more and we get him all to ourselves for the next little while here on the virtual stage at the Medicine of Mindset Summit. So Mas, thank you so much for being here today. – Thanks for having me.

– So we're going to get into, we're going to get into X. I. We're going to get into a little bit about your story, but I think what's really important that the title of what we're going to be talking about or the theme of our time together is called Change Your frequency, Change your life. And I know for some of our audience members there might be people who are have been doing some studying or self learning about frequency.

I would like to know from you for those people who maybe this is new to them. Let's get you to define frequency first to really set the stage. – And again, you know what I do is basically just straight out science.

There's a lot of, lot of, lot of tests on my abilities and more and more coming, which is really cool. So again, it's just uh and it's what I do also is, you know, Provable Plus Plus it's a duplicate Herbal, you know, over and over again with hundreds of thousands of lives.

So frequencies to me uh with, you know what Einstein was saying, Tesla was saying those individuals who got to deeper deeper layers of understanding, say how how this reality works. Always came to a point or this junction where it says like, gosh, everything is made out of frequencies.

So and that's what I believe in and that's what this, you know, this whole space is about is literally about frequencies. Once we start to understand frequencies and and how to modulate those frequencies, then we can change our lives. You know, in a in a matter that seems magical to most individuals, but literally is, you know, change the frequency, change your lives. So frequencies are say the basic particles or creates the basic particles of what we call life.

That's how deep or that's how deep I go.

Three Near-Death Experiences and Expanded Awareness

Or I would call your Get I access that Master blueprint that generates the frequency that generates who you think you are. – And so you had three near death experiences?

Can you can we go there, can we touch on those so that and the whole concept of exile and where that probably came from. – Yeah. So uh and again, the third, the most recent one, which was less than a year ago actually. But the first one was in my early 20s.

And again, I'm not going to go through the whole thing because then that would take up your entire show. But you can look at it at.com for your entire bio on that. The first one really well beforehand, you know, there's let's talk about this as well, because you know what you mentioned in the beginning, there's certain life experiences in everybody's life that allows us to expand or or contract. You know, Most individuals tend to say contract or go spiral downwards in those life experiences.

So when I had my near death experience, it allowed me to expand or catapult a higher level of, say, self realization. So, and that's the key. So I was pretty much groomed to have these near death experiences to allow me to catapult or jump to higher levels of consciousness and then stay there or have the mechanics or understanding of staying at those levels and then still creating or rendering this reality, what we call, say, our physical form, our life here today, that makes sense? And that's the key.

So the first one was a college job, I was working in a warehouse and I had my jaws crushed. I was unloading, you know, rail cars back in the day. I climbed up because they have these moving walls and rail cars that keep the products in place and it was stuck.

And that day overall felt really a little different, Very strange to me because the universe knows what's going to happen to you right, or your higher self knows what's gonna happen to you, so you can, you know, so if you can access that higher level, then you can change your life.

So that so, um anyway, as I climbed up to release that wall, you know, I was just kept pulling on it and then all of a sudden it let go. And about half a ton wall just sliding on on the railings, uh just crushed my jaw and I was hanging there by my jaw and well, it was, it was a near that was that first near death experience, which allowed me to understand who we really are at a deep level because I was watching myself, I literally, I felt myself pulled away from my physical body.

Like, you know how they, you know how you see the movie soul or other movies, you know, where literally you see, you see somebody's spirit kind of lift off.

It was, it was basically like that that really does happen. I pulled away and I and I looked at my body dangling there by my jaws and I'm going, wow, that's really limited compared to what I am now.

And it was a beautiful experience, you know, all those painful afterwards, but that really taught me or allowed me to understand who we truly are and you know, or the limitless version of who we are. So that was that first near death experience.

The second near death experience um allowed me and that happened in my mid forties that it was a drowning accident. And again, that day sound felt really peculiar or it had to happen so to speak, to allow me to access the higher levels that was a drowning accident uh in Belize and I was underwater for about 88 minutes.

Just I got pulled into what they call a cenote. You're, I don't know if you're familiar with here in Mexico now. Yeah, so, so I just got pulled into, it was a river and I just got pulled into one of the cenotes and I got, you know, sucked into the bowels of the earth, which was quite intriguing uh to say the least. But it allowed me to again reconnect to a higher version. So I lifted, I could see my body floating again deeper into the bowels of the earth.

And then I looked away and it was so it was real because because that it really happened, it's it's more real than

life, but through my spirit eyes or my spirit being, I could feel myself go through the lava or the rock through the coolness of the water and then I escaped say time and space, which is really important to understand.

And I went into the realm way beyond, say, the physical dimensions of time and space and an old circle back to time and space. But at those levels is where, you know, your pure spirit, you know, at some level, you know, you still have a consciousness of like physical form.

You know, you're, you know, a human body and so on like that. But I went to levels where you're not supposed to come back, I kind of like cheated. I went behind that veil that hardly anybody comes back from behind that veil you I became pure spirit.

So that means I had no dimension. I had no consciousness of a physical form. You know, I was all the limitless possibilities that we could be at one time, which is the key, you know, you are all things all at one time and even Einstein said that you know, all things happen to you if it wasn't for time at you know, at the same time. So at that level of that consciousness, you know, the love that you felt, you know magnify anything that you felt about love or joy or peace or excitement or anything like by about a million times or so.

And then you could experience the limitless possibilities that you really are. So at that level though um you know, I transcended even beyond that and that's where I could access, say the universal database that I would call it because I'm a computer programmer by trade and and that really allowed me to understand or comprehend or access, say the knowledge that's out there for all of us to to access.

So and that's where I get my ability. So the second year that really allowed me to access my abilities that I guess I'm famous for, I can tap into anybody and see exactly what their life is. I'm not a psychic in any way I see your master blueprint or your algorithms as I would call it. And then can I can edit those those those patterns for you. So that was the second year death experience.

Again, allowing me to see the mechanics of how this reality works. And then the third near death which was recently in Peru for some reason potassium levels dropped way below even like the lowest level it could be and you know, heart issues and so on like that uh you know transcended.

I could see my son holding on to me, he was next to me and you know the emergency room and I just floated above and then I blanked out for I don't know how long but you know, coming back uh you know with like deeper access or deeper knowledge on on on how to change lives very differently.

So I was very fast before my third near death as far as transforming and picking up on what's really say causing your life issues. But after that third near death, you know the knowledge that I can access about anyone dead or alive or anything about space and time. Uh to me is mind boggling.

I'm still trying to get used to say that knowledge that comes down so to speak. It's downloaded for me by the way we have all this we have access to all this.

You don't have to have a near death. I've already done that for you all. Okay, so that's the key. You don't have to go through that process, having the near death, a lot of the programs that I do allow you to access, you know, the limitless version that you are without having to say those experiences.

And that's the culmination of what I call exponential intelligence.

How Frequency Changes Genetics and Life Patterns

It's the, it's a body of knowledge that literally is say the physics, it's a new physics, You know, you've got like say um Newtonian physics, you've got quantum physics and then I would call it say X I physics literally the basic structure of this reality.

– So you need to know it is all I can do not to ask you to start working with my brain and my blueprint and see

what's going on and that is, this is not the place for that. But I want to just a few things came up for me.

– One thing though. So Jana while I'm working while we're speaking, you'll probably feel me working on you, you're, you're very sensitive anyway, so you'll probably feel it's not my frequencies, but basically, um you're probably, you'll probably feel very different after the interview. Your listeners will, even if it's on a recording, that's how powerful to say the frequencies are and I can explain the science behind that, but so if your listeners might, you know, their headaches might go away or whatever, you know, things of that nature that that seems to happen with interviews with me. – So just by talking.

Okay well so I mean let's can you explain can you explain the science behind it? – Sure. So where do we start? You're just telling me before your husband is a genetic molecular geneticist.

Oh that is so cool. Him and I think we have a great time together. So what I see is I literally say would change your genetics and I would assume that or some of the tests that we've done on human D. N. A.

Has has shown that I've changed human DNA by over like 300%. So the way you do that is again through frequencies not through say physical control or chemical control or um you know things of what scientists use nowadays.

You uh those are all say limitations of time and space. You would have to go to your master blueprint or those who are say spiritual or religious your spirit self there is a timeless self that goes beyond and if you're a scientist you know the bigger version of who you think you are deep inside the limitless self.

You know there's that possibility. So when you can access say that blueprint level we have a blueprint on how your life is created. That life that you that you think you call your your own is really not. You know you go how many hundreds or thousands of generations back you're just a cumulative total or you're the latest version of say that you're just the latest version when you were born of your family's genetics.

That makes sense. Your husband would understand that. And then you add, you know you Sprinkle your own ingredients into it and then you pass it on to your kids. So that's how humans work.

In you know nature's evolutionary process. And I'll tell you why there's it's different than nature in nature's evolutionary process. What happens is say in an animal society, I guess the clearest way to explain the science behind it uh in in the animal society or plants or anything that you know that grows.

Um Is that nature takes say the best possibility. Say say like you know, alliance species, they have heart issues for example. Right? In about one or two generations from from the knowledge that's there again from that universal database.

Right? The knowledge which all knowledge exists, it would figure out how to say clean up that heart issue. So by the first or second generation you know, our genetics would have changed not to have heart issues anymore. So that makes sense in in the lion structure.

And that's why I say nature always evolves to a higher standard of itself or the best version of itself. It's a natural process that's built within us.

But the key factor here in humans is that well we have free will. So that's the problem. So we have free will. What humans do is well it's like my mom had this issue, I'll have this issue, you know what I mean? We just pass everything on from our genetics not just say the end total. So if it was like an an accounting example when some when a generation dies off right it mutates, it takes the best version or an accounting process the last number and then it moves it on to the next generation.

Does that make sense to you? – Yeah it absolutely does. – Okay so what humans do is very different. It takes the whole story and moves it on to the next generation. Which which one fills up our genetics with a lot of garbage so to speak that that we don't need.

Right? So this is where you know you'd hear stories of people who and you can look this up. You know people who have had um say traumatic traumatic experiences from war, you know famine uh you know and other things um you know P.

T. S. D. And so on. Like five generations back. There are kids who from that generation who elicit say PTSD that come from more type situations and they've never been anymore right?

Or a lot of those patterns or you know hard issues that might have started way back then. You know your great great grandfather had heart issues and now you have heart issues again we don't clean that up. But the thing is we not only, we not only brought about say the genetics, the physical say shifts in our body, but then we brought the storyline with it as well, you know, and this is where we don't just, you know, inherit our genetics, you know, the way you look and you know, your body shape and structure of that nature, we, we inherit the story as well. So if you're, say for a lot of your, um, a lot of your audience runs from lack from what I'm seeing, uh they can never get enough or they always need more and more and more from what I'm reading and I know this is a recording, but again, I can tap into any time and space, so they always need more information, you know, to be better.

That's how your audience runs basically, if that makes sense, that's how you kind of run. So, so that pattern comes from, again, not you or not, again, not say the individual person, but again, what, what the audience, the type of audience that you've attracted, but that comes from generations back of again, famine or whatever that's inherent.

This is where I work with a lot of successful individuals and their billionaires Jenna and they can, and they tell me it's like Moss, you know, I can buy anything I want, I need and stuff, but there's something missing, there's always something missing, What is that? You know, So that's that deal, it's because you brought that that say, and this is just one example, but you know, you, you brought that over from say your parents, your grandparents pattern and so you eliminate all that and that's what side does, it literally, it eliminates it and takes you back to say the nature standards of how you're supposed to transform.

And it sounds kind of crazy. I know. – No, it's, it's fascinating. And because you know what you, what you've just alluded to about lack. It's interesting because one of the things that I pride myself on is being this lifelong learner that always wants to learn more and more and more and more and more. Yet the way that you just positioned it in that one sentence, I was like, hey, well, well wait, that's a totally different story, right? – Yes, it is.

And again, I'm not saying it's wrong. I'm not saying you're wrong or your audience is doing it wrong because you should be a lifetime learner. But, but what is the reason why you're learning jennifer used for safety and security.

If you don't mind me, uh, if you don't mind me analyzing scanning, uh, a lot of your audience is like, like lifetime security, you know, you don't want to age the way your parents did and you know, you don't want to have say success patterns, your, your audience seems like they have a lot of success or, you know, middle or higher income from what I'm sensing.

Um but they seem to run and lack, they always need to know more. They always need to stay updated on the latest trends and so on. Thinking that that would be secure.

But the key is the purposes of why you're doing it. Um is the problem. There's nothing wrong with making money, there's nothing wrong with, you know, trying to find great relationship.

But what's the purpose you know, and again in your audience, the purpose would be to for you to be secure or for you to be safe for for you to stay every young uh if that makes sense and and that won't happen for you because again your purpose is missing. You should be you should be expanding yourself. So you can be doing the same thing like learning, being a lifeline learner but instead of always like being behind the ball.

What if you were, you know riding the wave or in front of that ball where you could go, wow, these are the possibilities of myself rather than I better do this so I can protect myself from aging, which is one of your biggest fears by the way.

So it is it's it's the underlying fear that you had around six or seven watching somebody die or gets ill when you were about six or seven. And and that fear as you know, imprinted on your master blueprint and that's that's what I call filters or again your husband, what's your husband's name?

I'm so sorry. – Jason, Jason that's your husband would call it. You know genetics or D. N. A. You know but that's how your genetics or D. N. A. Gets imprinted by your D. N. A.

Is always absorbing say information and then editing it. So you know it's very it's very flexible or dynamic. So – Okay so then what role does environment play on the genetic blueprint?

– Yeah really great question. And so your environment, you know you're you're a sounding board. You're always I would say you're you're not your brain. You know your brain is just the middle man.

You know there's there's a I would call it. You're super intelligence. You're super intelligence is basically what runs your system or what most scientists would get close to as your autonomic nervous system.

You know like there's a super intelligence that runs your heart. Does that make sense? And like like your liver functions? It does I don't know over 1000 functions just your liver to keep you alive.

That bypasses the brain. It's it's like where did that genetic coding or where did that information come from on what to do what it does and that we're just talking about your liver. Does that make sense to you?

So that super intelligence. Some of you might call it God but you know God is. So I guess it's such very variable depending on you know people have turned it into whatever I call it super intelligence or your pure pure presence. But anyway, there's a knowledge deep within you that exists deep within you, not outside of you, within you on how to create your system.

Does that make sense to you? And then I forgot the question. So just like environments and environment, you know? So yeah. So your environment. Yes. So so the reason why I brought that up is because that master blueprint, right? That you have from your genetics.

Does that make sense? You have a filter or you have a self image. Let's just make it simple. You have a self image of who you are. Does that make sense with your filters? Say you're abused?

Understanding Environment, Blueprint, and Self-Image

Say for example or say again in your case, you know fear, Fear of Beijing because you saw somebody dying. Right? So that filter, you see your environment through that filter all the time and then so your environment say adapts to whatever filter that you're running and it creates a consequences or experiences that you have uh that's a rhyme or match the filter that you're running some make sense? So your environment can change or you know, say that you always get short changed no matter where you go.

Uh Or better example is like why do I always pick relationships that? Say I can't that say aren't trustworthy? You know that could be somebody in your audience if that makes sense to you.

Uh you know, why does that happen? Why do I always get short changed or why do I always get abused in relationships no matter who? So so that pattern is you, so you literally change or you literally create your environment the way you view your environment dictated on again all this genetic structure.

If you want to call it that um uh that goes beyond your physical genetics. But again you're say super genetics, I would call it. So your environment is created by say your master, let's just call your Master blueprint.

Your environment is created by your master blueprint or how you see your environment. This is where again if you are say abused as a child, you naturally would mostly attract abuse in your environment where somebody else that didn't run that pattern wouldn't wouldn't attract abuse.

Does that make sense? So your environment always dictates. But your environment always has the propensity or the opportunity for you to wake up once you understand your filters. – Got it. So then let's to help build more understanding of the X. I experience, I feel like we've set up a lot of good, you know, good foundational information.

What did someone do in a is it is it like a is it a you call it a session, do you call it an experience? How long is it, what do you do? What are they doing, laying down eyes closed?

What's happening? – Yeah, it doesn't really matter. But yeah, you can do a private session with me by the way. I've got thousands of people waiting in line. So the best way to do is I can transform people in group settings. The 18 day meditations literally would radically transform your life in 18 days.

Even by the first day you'll feel very, very different. So again, I don't need to know exactly what's going on with you. Your higher self does your higher self is always comparing itself to you and then to your environment? But most people's higher self aren't, isn't awakened, it's just running say it's just running a program again of abuse, you know, or short change or like lack of success.

That's where people can try all they want, they can even win the lottery and then, you know, six months or a year later they've, you know, they've lost all the money that they, you know, they want and the lottery, Why is that because of that master blueprint? So what we do again through the 18 day meditations that we do, we've got lots of other programs even before you have say a private session with me, I would suggest any one of those because most likely most of your issues are so simple two X. I that the 18 days would resolve it and it would be a lot cheaper for you anyway, but it's intriguing.

– It, well I need to ask this. So I'm assuming that most people, it's kind of like that saying you don't know what you don't know. Right? So so how do you, how does the person know they've been? I'm going to use the word fixed and maybe that's not the right word but I'm going to use it.

How do they know they're fixed if they actually didn't know what they're super conscious or super subconscious patterning is were you helped to evolve? – Oh you know, I love your questions.

That's so perfect. So I call it spatial referencing okay. Because it's not about, it's not about psychology or you know, NLP or self improvement or you know your daily routine or anything else that we do to improve our lives. Although those are really, really fantastic.

I'm not knocking those down. But those are like the second step. The first step is changing your master blueprint and that's what I do. Okay, so when people go through the program, for example, the 18 day meditations that we do, um what happens is that you start to say separate your identity from your from yourself. You start to see your your higher version of who you are and that's really the key. So I start and it's not, it starts um and we could get into some really deep, deep science here but it's your multidimensional self. So I don't change who you are?

I start to change say the dimension that you render yourself, you're talking about your environment. Does that make sense to you? Your environment or your filters say somebody looks at an object depending on, you know, the culture or the standard or whatever they came from.

They would look very differently at the object, depending uh compared to somebody else who came from a different culture, different say background and so on.

Does that make sense? So there's a version of you, there are different versions of you that are in dimensional space, and I know it gets a little out there, but again, hundreds of thousands of people have changed their life really, really fast. So what I do is I so this is what happens and it goes back to your question, how do you know? Well, you start to see yourself actually literally change from, say one dimension of time and space to another version of yourself.

You'll start to see yourself, you know, going through the 18 day process and it's like you'll start to go wait a second.

What Happens in an X.I. Session

You know, my grandma used to do that, I do that. You know, you start to see your patterns and that's how you know that you're changing. You're starting to because your genetics, your cell, each cell of you dana knows what your higher self is or what your best possible version that you can attune to right now is right?

That's super intelligence already knows where your higher self is, what's the best version of yourself. So you start to separate, so you start to separate and you go, oh gosh! You know what?

I can't believe I've been treating myself like this or not. Now. I understand why I get abused in relationships all the time or why money slips through my hands all the time.

You know, those kind of patterns? Do you start to you start to see the mechanics, You start to say step outside of those filters that we talked about earlier and then you have a choice. Again, I don't I don't perform magic.

It's all signs you have a choice. Do you want to go to your old route? Your old path? Or do you want to go to your new path? So, if you choose your new path, according to Einstein's theory of relativity, I think it's second law is like depending on where you are saying dimensional space or relative to where you are, you have different choices or different opportunities that show up for you from there, and then that's how your life changes.

And this is where people, you know, like cancers for example, again, I'm not claiming to cure anybody, but I am claiming that I can awaken somebody say natural healing abilities that we all have because a lot of time cancers, for example, uh and again, dozens and dozens of individuals have cured themselves through backside. Or a lot of others say terminally ill type situations where they don't find a choice and then they wake up and go wait a second, I don't need to have cancer to to say fix my life, right?

They have another choice. And then they go, damn, I don't need that because that was my, that was my father's way of, you know, like um you know, adjusting to life having cancer and then whatever, it's like there's another solution.

Again, you're in a different reality or a different dimension which allows you different opportunities. – So if we are, if we are, I mean it's fact we are frequency. Everything is frequency, which has an electrical system to it, right? Help me understand how what you do. Like obviously The people that come to your 18 day meditations or that do their one on one work with you.

You're not just working on that one soul because they're going to be changing their frequency. And then do they not have the ability then to help others around them shift? Like how like, you know, when you throw a pebble into a lake and it permeates when you work with a person or a group of people, am I right to think that you're not just working on those people, it's gonna expand out from those people? – It is, it is. And again, I love your questions Jenna.

Yes. So and that's the difference, you know, like psychology only changes you if that makes sense for you. And usually, you know, other people stay around the same.

So the way I change individuals is I vibrate at a high level frequency. So for example if I'm doing a meditation on say, you know, I don't know like say being you know the best leader.

So I can generate frequencies of being say the best leader that makes sense to you. And then what you do is like you would compare yourself to the frequency of being say a really good leader and then you can adapt, does that make sense to you?

– So when you start to adapt and that's just say leadership skills, but anything is a frequency like you said, um I generate at a high level say I generate a high level frequency of say the best version of what being human is.

Does that make sense for you? So when you walk around being say the best version of yourself, other people,

what will look at you and go that's what I'm looking for.

I'm not looking for more money, although you know money will come to you, I'm looking for a best version of who I am. So you do change, was that clear? I mean I could.

– You know that's clear. And then so based on that, could we not go to the next level that my, You know 10 and 20 and 40 generations from me, the work I'm doing now will change those blueprints of.. Yeah.

– Yes, absolutely. And this has been shown with, you know, people or parents who are say ex Irs you know, their babies are like, really brilliant and they don't have say some of the genetic patterns that they do even so I call it the Roger Banister effect.

Um um, do you know who Roger Banister was? He? He was he was he was the guy that ran the four minute mile, the first four minutes one. Okay, so here's the difference between like psychology and everything else that we do or even success for example, um or making having success to be happy. Okay, The Roger Banister effect, as I call it, is where, you know, Roger he ran the first four minute mile and it was world news, You know, it was like, wow human potential.

So, so he bought so about three months later, more and more people started doing a four minute mile before it was like impossible. Right?

Spatial Referencing and Present-Moment Awareness

You just expanded, say, the possibilities of what human potential is, right? Or he did so, and then nowadays, if you're not running the four minute mile, you're not considered, you know, uh, you know, a professional runner, Does that make sense to you? It became standard.

So, take a look at um, who's that basketball player? Take a look at other athletes. They just improve their lives. Does that make sense to what's who's that basketball where everybody know, I'm forgetting.

Yeah. Like Michael Jordan for example, Michael Jordan, he's a fantastic basketball player. But he didn't have the Roger Banister effect. He didn't he just improved himself. That makes sense to you.

Roger Banister say allowed the potentiality of like and that's what you want to do. So he through mindset through say, um, you know, just physical practice and so on like that, like Michael Jordan's again, he practiced over and over and he made himself a better say basketball player. It probably rubbed off on other people, but not the same effect as say roger Banister. So you want to be that individual, that roger Banister type individuals. So when you walk around like roger Banister, if he walked around he they and if you're a runner, you would pick up those frequencies and that's how again your environment changes because you're always learning from your environment, right? So if you're a runner and you didn't even know who Roger Banister is and you bumped into him, you know, you're always exchanging frequencies and it's like, damn, he broke the four minute mile. And this is at a subconscious super subconscious level. It's like, oh, the potentiality of me breaking, you know, if you're a runner of the four minute mile would would be there for me because now it's it's in the it's in the Pool of possibilities for community.

So that's the difference between what oxide does because it allows you to be the in the pool of possibilities for other people. So when you do that, you know, again, generation after generation and and if you have young, especially if you have younger kids, you will see your kids dramatically change as you change probably far faster because they've got less garbage to go through.

So, so that's how impactful it is fascinating. But again, it's been proven. – Yeah. And so based on, you know, your your years of work and you know, creating and delivering X I and you know, impacting humanity the way you have. Is there anything that you think is not being talked about enough?

– Yeah, right now again, most people think and it's all about, well, you know, the science, the science of this and

the science of that. But you know, we have to go beyond say, the current standards of science to go beyond where we are today. Does that make sense?

You know, like a lot of the great scientists, um or a lot of say the great innovations that we have were brought about by scientists that were shunned literally right.

They were shunned uh, you know, their own colleagues which shunned them and so on because of bringing. So my comments here is that, you know, let's break the barrier. You know, we don't have to say, we don't have to wait for science and this is just, you know, word to your audience as I as I as I read your audience, it's like you don't have to wait for science to prove it to yourself, you just have to prove it to your own self and be your own say, you know, uh individual.

So what most people would think is that, you know, we need we need like psychology or what's in the brain, you know here, what's in here, but that doesn't really changes it. I mean that's all we've used, you know, better ways of learning, better technology, better, more money, more, whatever more of X, whatever X might be.

And again the X is that physical thing? It doesn't really help you. That's why again, you know, the richer you are or the poorer you are, you're still in that same place of not being complete.

So we have to go beyond the concepts of say this physical platform or controlling our mind, we have to go beyond into say again that master blueprint or again, the frequency that Billy generator renders your simulation of who you are, you have to understand that there's a higher, bigger, better limitless version that is rendering you and then how to access that.

– How do you not or what do you do for yourself to not absorb some of the less than optimal blueprints that the people you're working with are running.

– So well there's lots of ways I I call it spatial referencing one if you're a beginner and this is what your audience can do by the way, your audience can spatial reference.

So it goes beyond, its basically the steps on becoming present and it's you know when when people say becoming president or becoming mindful, you're just most people again are in their heads and they're seeing themselves, so you're here and then you have like these filters through life experiences and your genetics, does that make sense to you?

So spatial referencing allows you to pull yourself away and then you start to see the filters that you're running. That makes sense to you. That's the difference.

So what what is spatial referencing spatial referencing is you start to observe the objects around you, you can do visual spatial references, you have five senses, you can so I'm just going to give you the visual like say, you know that the the windows over there, you know that if you're a beginner spatial reference here, you go the windows over there, you know, the tip of my nose is over here so you would always pick the object and then you know part of your body and it sounds kind of crazy but this allows you to render or you this allows you to understand what say, filter what dimension of yourself that you are creating yourself in. It sounds and I know I know for your audience just listening this it sounds way crazy, it's like well how does that work?

Just give it a try you know, and I and I'm just talking about visual but you have the five senses or you can listen to a sound and observe the sound and then observe, you know, like a body part, the sound is coming over there, you know, my body is over here, It again, it allows you to understand, say the reference points that you are creating yourself in or again the dimension that you're creating yourself, and once you start to observe how you're creating yourself, you start to see the habits because you start to break away from your normal thought patterns, so it bypasses your brain basically, you know, mental habits, You know, being mindful, even like meditation, you know, I call it the 18 day hyper meditation because they're very different.

You know, because meditation is just keep you in that loop of your own self literally or you escape yourself and

then you come back to your old self, but spatial referencing will actually allow you to step away and then this is where you observe, so you're observing how you render your reality and this is where you start to go, oh my God, I can't believe I talk to myself that way, Oh my God, I can't believe that, you know, I'm allowing other people to, you know, treat me the way they do and so on, so that makes sense.

I know it's way out there, but – No, but you know, you know how it landed for me most was that I often talk to my, you know, my community or my clients as being on this autopilot, right? And we go through and we're at the grocery checkout and the clerk asked us how we are and we say we're good, but in our head like and so when you were explaining, you know the spatial referencing, I think that's brilliant because it does bring us into the only moment that we can change right now is the present. I can take the simple water, it's going to nurture my future self or I can choose to not.

Right? So that's the way it landed for me. I hope that makes sense the way I interpreted what you said. – No, that's perfect. It brings you into the reality that you're in, not the reality that you're creating yourself in.

And this is when you do that. Just that just that if you don't do anything else with me, that's totally fine and it's your choice. But if you just practice spatial referencing, this is where, you know, people who start spatial referencing, they get rid of their fears Jenna, they get rid of, they get rid of their say psychotic drugs or their antidepressant medications and all that stuff. We can go into the science of it, not on the show, but maybe some other time, literally it's a lot of those issues or that people have is because they're out of time and out of space.

So they're out of space time, that's why they have the issues, spatial referencing allows you again to pull yourself back in and you go wait a second.

So once you're if you've ever noticed that when you're really, really present, do you notice that time? Just flies by that, you know, everybody's gone through that, right? Um you know, time goes fly by. You get lucky, lucky things happen to you, you know, matt magical things happen to you. You know, you're not depressed, you don't have to like constantly worry about something, you know, that big deal that you're going through or you meet that magical person, you know, or you know what I mean? You're in that space and everything is wonderful for you. What is that?

What's the science behind your present moment? Time? Simple as that. There's so spatial referencing allows you to pull yourself into say being in the zone.

The 18-Day Experience and Where to Learn More

For example, if you're a professional athlete or something, they're in the zone, they get they tap into that present moment, they can lock into their other teammates and they're in the zone, you can do that in the workspace, you can do that with your family, but when you're in the zone, gosh, you know, there's so many Amazing things that could happen to you, spatial referencing is the fastest and best way to get you in that zone automatically. 24/7 by the way, – So good and and you know, I think that it's They're obviously there's the potential for this to like be, you know over our heads and not be, you know, being really absorbing it.

And I think what you just said there in this last 30 seconds, so simple and so concrete in a very, you know, frequency energetic kind of way. So if I mean, my last question to you is going to be, what do you what do you personally do? Just to to nurture to nurture that, to not, I would not not protect it, but but to nurture to nurture your own mindset and the way that you see life.

– Yeah, and that would be very different. You know, we're always looking for ourselves to nurture ourselves, but when you again through spatial referencing, uh you know, when you start a spatial reference or you stay in present moment time, so I've done it so often that I'm just in present moment time, just automatically, you know, I wake up, you don't have to have a morning routine or anything like that. You literally just wake up being who you are, your best possible self, but when you start to become, you don't have to really nurture yourself your higher version nurtures, which is, you know, most people go like, like, again, you're always like if you're nurturing yourself, you know, you always have to go, I got to do this and I got to do this and I got to do this, but if you do it the other way

like the way I'm saying your higher self tells you or like literally pushes your guides you into those experiences that will nurture you and that's the way it's supposed to be instead of, you know, because a lot of people, they don't know how to nurture themselves.

You know, they might take a ton of vitamins for example or whatever and they're still ill. Why? Because again their higher version is ill, their physical version, no matter what you do here.

So when you flip say that that that consciousness or you know version or that mindset or your how you see yourself again from your higher self, your higher self will nurture you And then it creates a loop and that loop you get closer to your version of who you are and then it starts to eliminate uh you know the distortions that you are, you know that you've inherited from your parents and so on.

This is where you start to go shoot, you know what I don't need to age like my parents like I'm 61 years old, you know, you know, I don't have the heart issues and diabetes and all that stuff that my my you know the family the rest of the family does.

You don't need, you don't need that shit. Just don't, you know, you can just eliminate all that stuff once you again become or you once you become same nurtured from the higher version of who you are.

– Yeah. Yeah. You know, just one more question just came up for me. Is there a significance behind the 18 in the 18 day experience with you? Not really before.

You know, people would go well you need 21 days to change a habit. You know what I mean? So we before back in the day we did, we we had it was the eighties, it was the 21 day hyper meditations.

But then it got so intense for people. Uh and my abilities got, you know, more, more say, more efficient that I only needed 18 days to help transform people. – Okay, all right.

And so these 18 day experiences, we can find out more about them on your website. Like if people are like where do I find out more about all this where we send them?

– I would I we made a special page for your audience. Just go to X I G genome G N O M E dot com (XIGenome.com) And then there's a special offer there for you for the 18 days.

And then it literally gives you the science and the knowledge behind that side. – Fantastic. So, we're going to make sure we have the link to that. – Just one more thing.

You can go to MasSajady.live and that's my YouTube page and you can find out a lot of the questions basically. It explains why life is the way it is and then what you can do to change it, you can go there as well, – What a gift this has been. I feel so I feel pretty special that you said yes to this project of mine because I have a sense that you get asked for a lot of these kinds of summits and virtual stages and and gang for those of you who are watching it is not a coincidence that you are here right now listening to this conversation and so I just, I want you to like I hope that resonates with you and it may not be in this moment, it may not be tomorrow, but sometime in time and space you're going to come back to this moment and there will be like this little sparkle of like huh And because yeah, thank you, you've just gifted us with so much knowledge and wisdom and I always say you know knowledge is knowledge but once you start to put it into action and really understand it is when there's true wisdom and then you can live that knowledge and that's where we can be changing who we are to our very essence.

So thank you, thank you. – Yeah. – Alright gang this is going to wrap another episode here this week at the Medicine of mindset summit, I will see you back for our next speaker and like I like to advise, get away from your computer or your tablet or your phone for a few minutes.

Get some fresh air, grab a fresh bottle of water and we'll see you back on the next episode.