Introduction and Guest Background

– Hello and welcome back to the Global Energy Healing Summit. I am so excited to announce my guest today, Pamala Oslie is a consultant, bestselling author, visionary, professional, psychic intuitive medium and an aura expert, Pamela has appeared on abc CBS NBC The view Dr. Oz the Ricky Lake Show Hallmarks Home and Family Iyanla, Coast to coast with George Noory Gaia with Lisa Gar and and who hundreds of other television and radio shows. She has also been featured in many national magazines. Pam has spoken at the ted X talks, the international forum on new science Fortune 500 companies and many seminars for professionals in the psychology, education, health fields and more.

She has written five successful and popular books. Life colors, I love colors, Make your dreams come true and her latest books infinite you and the truth. According to John She was awarded the Holistic Transformational Leader of the Year Award by the Global Association of Holistic Psychotherapy and Coaching for nearly 40 years. She has had a very extensive clientele including many celebrities. She also has the number one show for 11 years at a popular Santa Barbara radio station which also broadcast internationally via the internet.

Pam is the founder of AuraColors.com. A site dedicated to help you create success, joy and fulfillment in every area of your life. She has developed lovelycolors.com.

The site is designed to help you find love and friendships by matching you with people who have compatible aura colors Pamala, thanks for joining me. – Jason, great to be with you. – So you do a lot of things in this world of intuitive aspects awareness, energy. I'm curious how did all this developed for you before we get into all the fun stuff. It had to start somewhere.

I'm curious, it was a big awakening or was it something slow that kind of crept up on. You didn't really know – Well you know what Jason? I think my whole life has been all about consciousness, spirituality going beyond limitations and boundaries.

I'm one of those people who doesn't like people to tell me, I can't do something. So I've always been curious, a seeker spiritual, it's been my nature. So you see like you said almost 40 years, So I can't believe it, I'm only 28 years old.

So I went to hear a psychic speak and I walked into the room and he said you you know how to do this, get up here and it's like what? What? He said no you've been asking to go to the next level, this is it.

And I went, wait, how did you know that? So anyway, he kind of threw me in the water, he told me to start telling people what I saw about them. And I was surprised Jason to find out, I knew things about him.

I mean I knew someone was pregnant, she didn't even know she was pregnant. I actually saw the spirit of a little girl standing next door. I'd never seen that before in my life. It was kind of a quantum leap that happened and I just had to trust it and go with it. And so I started out by being psychic, intuitive, clear, whatever you wanna call that term, I think we need to come advanced consciousness. I allowed my consciousness to expand.

About a year later, I met a woman who could see auras and I brought her up to Santa Barbara where I lived to do seminars and workshops with my people and I discovered that she was seeing things that I was picking up psychically about people.

So went, oh that's a yellow, oh that's a blue, that's a violent, okay, I get it. So then within a year I developed the ability to see the aura myself. But first I started picking it up psychically.

So basically it's always been my desire to know who we are, what we're capable of to, to go for it to be kind of

fearless, fearful in the fearlessness to go for it. And it just keeps expanding.

And once you honestly Jason, once you have these abilities where you start allowing yourself to expand everything opens up everything, I mean just that well, I'm sure we'll get into it. But the number of things that we're capable of doing, it's mind blowing or mind expanding, I should say it expands your mind expanding thing in your life. – Well it's fascinating.

I think I first had my real kind of Let's say peek through the veil, that I was conscious of through an experience with Ayahuasca. And so this is more common now than it was, let's say, 30 or 40 years ago. But it's certainly not the only, or maybe even the best way I would say for many people.

And yet for me that was something that was so illuminating. It basically allowed me to see another world. I was very caught in my ordinary mind, very scientific, right? I love to to see things proven, demonstrate something to me, right?

Pam's Awakening and Psychic Development

There was a fundamental distrust and I think a lot of this came from, from childhood and some other things too. And at that same time when I had this experience, I recognized the magic of life.

There was something beyond that I wasn't conscious of before, Right? And so I think what's fascinating is as that sort of opened up for me, the and my curiosity really blossomed.

It was like, oh, it was really the Matrix, right? I mean, of course many people say this is a, this is a documentary, right? The Matrix. And once we see through it, then it's like something opens up and and and the magic, the excitement for me really, really blossomed. And so I'm curious, you know, I'm very much still very in love with science.

I think so it's really cool. It's by no means the be all end all. And yet it is a cool way that we can validate some of the experiences that we we may question and we may not understand fully from our own experience.

I'm curious as we sort of as quantum physics has really taken hold, what is the relationship as you see it between quantum physics and sort of this more spiritual awakening that is all around this now.

– I see, I'm like you, I mean, I like to know the science or the logic behind why I can do what I can do. So quantum physics has been a big study of mine for decades. And so I see it as quantum physics is proving and validating what the spiritual Mystics and teachers have been saying for centuries. So to me they go hand in hand, it's like giving giving ground or under understanding or logic or proof or whatever you wanna call it to our experiences, to what the mystics have been saying forever.

– One of the things I'm curious about because from my experience this like these, these let's say very subtle gifts or subtle awareness capacity that you have either naturally been born with or or maybe even developed further, seemed to be something around the ability to sense the subtle nature of things.

And I notice in our reality and especially in the West we are our senses are quite gold, right? We have so much stimulus, we have so much sound and visuals and it's just it's nonstop stimulation and in my study of Ayurveda, that is one of the things that we that they talk about is like this this over stimulation of the taste buds of the sensory organs in every way.

And when we quiet things down, when we go into the stillness, whether it's through meditation or being in nature or being in a flow state of any kind, there seems to be this perception that starts to develop that we can hone, that we could that we could develop further and grow.

And I'm curious if that's something that you that you continue to practice and develop your sort of find uh senses in that way and kind of what you how you, how you work with people, teach them maybe how to develop this further.

– Okay, well, great point because I believe honestly that we all have all these advanced abilities and just to let people know, I am intuitive and psychic and I can talk to the other side and I can do remote viewing and I can use parallel universes to change reality is to change the my circumstances. I can mind over matter.

I teach people how to bend spoons, you know that kind of stuff. So all of these and see auras, see energy fields um and and and and and change things using energy. So all of the and see past, present, future and see outside of time and see other lives past, present and future, right? All of those are because I've learned how to develop a natural ability that all of us have. And honestly Jason I believe that's where humanity is headed. More and more people are interested in this.

More and more people are getting experiences in this. And the biggest key in all of it is exactly what you said is quieting our mind because it's, it's like another state of consciousness. It's another state of awareness.

Like we've got sleep, we've got daydreaming, we've gotta wake, we've got, you know, they're different states of consciousness and so going expanding to that level, deepening to that level. Becoming aware of those more if you want to call it subtle all the point once you start getting in touch with their louder than you know, I mean it's so obvious the feelings that the visions, the pictures, it's, it becomes very a parent much more obvious.

So it can start out subtle. But you're right. That's one of the biggest things that keeps people from achieving or connecting with it is the overstimulation or being bombarded with everything.

So I have learned how to just, and it's funny because I know before they used to they have to go into caves for 40 years, you know, and be still in order to connect with that.

When you develop this ability and you trust it, I can be in a noisy bus station or not that I go to bus stations, airports or you know on a plane or at a party whatever and I can still connect at that level and see what's going on, but it's way more challenging if the tv is on and the and I'm on my phone and I'm checking email and it's like then I can't, it's too much harder to break through, it's harder to get in there – When it seems like there's just maybe a little bit of practice, so to speak. You know, this repetition of kind of like if you're playing the piano for the first time and you're playing the violin or or your just wandering into music and you're not quite what, I'm not sure what A. C. Sharp sounds like, right? And then you hear it and you go okay, that's a C. Sharp and then eventually over time, you know what A. C. Sharp sounds like.

And if it's just a little bit of off your ear can pick it up, right? So there's these neural pathways and these energies that we can sense, right? We know that if somebody goes blind then the other senses start to enhance, right? So it's like, we dedicate our neurology, our whole system really to the the the precise awareness of these these what were once subtle things then they become very acute very very overt, right? And I have this experience myself particularly in the body right? So I used to be so numb in the body and then through enough practice and enough, you know some therapy if you will energetic work I was able to process sort of the muck and the gunk that was in the way and then I can start to feel and then I could feel very subtle things and was like oh there it is, there's something I could feel my my left pinky toe, right?

Like these are very interesting things about pasta, helped with this for me in a big way and then it became so over it, I could feel into my solar plexus very easily I could feel into my route, I could feel into these things pick up these these energies, these sensations and and then the content within.

Right?

Quantum Physics and Spiritual Validation

So just kind of pointing to this idea that even though we might go into meditation or start on this in this journey of trying to uncover these things, you might be challenging at first we may not be able to sense or pick up or notice things but over time with enough keen awareness and paying attention then it seems to develop naturally. – It does, it totally does.

You're exactly right, Jason. It's funny because a couple of things, first of all the way I help people develop these natural abilities to align with them to access them to open them up to allow them to emerge is really it because we all have it, we all have it. I mean, you know, some people, it's easier for than others because just like it's easier for some people to become musicians than others or writers than others. Some people are really going to be good at it and other people, but we can all, we can all learn how to play chopsticks on the piano, you know, so, but what I tell people number one, in order to in order to access the number one you have to be willing to do it. So many people are afraid that you know, we've there's so much fear out there about, oh I could tune into something, I don't want to see or or I'll lose my mind and people will think I'm crazy or you know, I won't be in touch with the reality anymore. And it's like no, that's not what happens, it's not what happens so fierce.

So the number one thing for people to be able to access this is a willingness and a trust to go in there and then learning to be still learning to so that you can connect with that other voice in you, that deeper part of you that knows things that you can practice with. So getting being still enough to get in touch with that than practicing practicing just you know, doing it over and over again. And one of the biggest ones and I had to learn this too was trusting, trusting I was hearing. When I first started doing this, I picked up things and I was afraid to be wrong so as to say things and then I found that guy, it was exactly what I picked up. So trusting it and and then a key that a lot of people forget when they do these processes is to acknowledge and give gratitude, that you're actually picking it up to acknowledge yourself that were courageous enough to go for it, willing to expand and that you've got some things, you know, or you are able to expand to that level.

Plus, you know, I told you I see auras right? I see energy fields and you have a lot of yellow in your aura adjacent and yellows from the body. You've also got some tan and you've got some violets.

So yellows are more physical, it's about nature and feeling things in the body. So I'm glad you learned how to sense that because that's natural for yellows and tans are more logical, more analytical, more more and they can get skeptical.

I want the facts and what the logic, I want the data. So they're much more practical.

Developing Intuition Through Stillness

Yeah, that's a yellow tan tan but you've got a lot of violet in your or nl so you've developed violet and violets are more, they talk faster, They're visionaries, they're more intuitive, they're more psychic, they're more global conscious, They're more cosmic, they're bigger picture bigger picture.

They want to go beyond the boundaries. And they're typically teachers, they get involved in media. But it's interesting to me that you started out with yellow, which is physical and the tan which is mental.

And then that violet, which is more spiritual emotional, developed. – Well, it's funny, you totally nailed it. And and even as you mentioned, after you sort of connect with these things to sort of give gratitude to the grace, right? To feel into the beauty of that, it actually hit me with some emotion, right? So there's a piece there that I think is that I've learned. And I forget all the time when I I connect and when I able to tap into some of these things when I'm in such a flow, right? That it's it's sometimes actually become natch right? At first, there was a lot of efforting and then it's become more natural and in that sort of natural capacity sometimes I do forget um that how lucky I am to even be able to experience anything at all, let alone these sort of what I would say progression in my own experience this expansion that I'm, that I'm perceiving. But it is to me like, I don't know, as these things have opened up for me, it has made my life infinitely easier. And that piece that you mentioned about trust. This has been such a challenge for me because there's so much conditioning. I've recognized that needs to that we get to undo, right? Because the skeptic the ordinary mind, the physical reality, it seems like all there is at first, right? And then undoing that and trusting this thing. That seems so bizarre.

I mean I've picked up some really bizarre things sitting with people and and it's like as they're coming through my, I am afraid sometimes, you know, I'm like this is weird. You know, I don't know if this is right, I'm afraid to be wrong. For not only the condition part of me that is afraid to be wrong in Jena, but also to deliver incorrect information or to lead somebody astray. That's also a conditioned part right?

That is afraid to let somebody down or whatever. So I'm just pointing to the ton of conditioning we have in the human experience that that is really helpful to wade through and as we learn to do that, the trust factor starts to increase. And I've noticed there's times where it's like, it's so doubtful that there's absolutely no fear.

And it just comes from the heart with the heat. – Yeah. Yeah. Well, Jason, like I said before, I honestly believe this is where humanity is headed when people are afraid.

It's funny because yellows can procrastinate Tans, you know, step one, step two, step three, step four. They got to see the logic that grounded is the practical. Yellows are more curious, spontaneous violin. I want to sleep.

They go 1 50 I want to do it now. I want to be there now. I don't want to be left behind. Yeah. So one I want because we don't want to promote the fear or the presidency.

I also don't want people thinking because if we set it up this way, we'll experience it this way that has got to be hard or that it's hard. It's scary. It's like, no, I'm not going to affirm that anymore. It's natural.

It's natural. It's where it's going and you violets don't want to be left behind. So I always go, you know what, okay, you can wait till everybody else doesn't and then you can, you know, get in the game because violets don't like that anyway, so I believe this is where we're going. And it's just one of the things that our consciousness is expanding. It's part of our evolution.

And do you mind me sharing what I've been told from the other side? – Yeah, I would love that because that's what I feel intuitively is that the train is in that direction and we can continue to fight it and hold on to our old ways of being both individually and collectively. Or we can we can step into maybe the uncertainty and the quote, unquote fear of something new and see where that takes us, right? That's seems to be what's happening right now – Our souls are leading us that way.

We have to, we have to evolve our and we have to evolve where we're going to extinguish ourselves, okay? We have to evolve. And that's where our souls want to go. So we're we're leaving ourselves forward.

And the issue that's out in the world right now is the battle between the old and the new, The fear of holding on to No, no, no, we got to keep the way it's always been to go, it's not working the way, it's always been, the caterpillar is falling apart so the butterfly can emerge. Right?

So what I've been told is that there's a new renaissance ahead and we're already in, we've already entered into parts of it. And they gave me the example of, we've had this happen before we had the fall of the roman empire and then we went into the dark Ages where there was a pandemic by the way the black happened and then out of that emerged that the renaissance and in the renaissance there was new, new philosophy, new science that's when Newtonian physics showed up and the world wasn't flat anymore and they started traveling around the world and the printing press came out. So communication was was more available to everyone. New art, new beauty, new philosophy, new science, new health, everything shifted and the people in the dark ages couldn't even have fathomed what was going to emerge in the in the renaissance right now, that took hundreds of years if you haven't noticed things are a lot faster now.

So what they told me is that what we have ahead is a new renaissance that's coming. So we're going through that birthing process which is uncomfortable and the oldest afraid to change fear, we're like, want to move forward and then there's fear that we want to move forward. And then there's old habit, you know, it was so old habit that it's hard to sometimes I don't want to affirm that, but it can be challenging to break through. But there's something in us that knows there's more that wants to move forward. So what they showed me was that the first renaissance was based on Newtonian physics, which is basically Newton and it's a mechanical universe biomechanical right where we're headed, the new renaissance is going to be based on quantum physics, which is all about energy and consciousness.

– It's so exciting. I mean, I'm just giddy inside for for what's to come and it feels like that. And I will say though, while there is this excitement in my system and I and what I feel what you're saying is true.

And there's still uncertain aspects that feel challenging and there's a lot of compassion, I feel right now because there's so much there's so much struggle, there's so much suffering right now. So, how can sort of empathize and the ones that want world peace and just everybody to be okay and and and everybody to communicate and to love one another.

Trust, Gratitude, and Aura Colors

How do we look at this world and manage ourselves um, as we're going through this time of chaos and sort of destruction in a way? Because what I've learned is I can't change the world, like I thought I could in in my old ways, right? That's like forceful way, but I can change myself, which which inherently changes the world, right?

So what can we do individually, as we sort of witness this sort of – My opinion? My belief is, the more you evolve, the more you're gonna affect everybody else.

I like to use this analogy and usually I have to use this analogy on people with blue auras, because blues are rescuers and yellows are healers to okay and very compassionate and sensitive. But we blues are the compassionate ones.

We've been trained to think that you're supposed to get down in the pit with everybody get in there and help them and get them on your shoulders and help them get out of the pit and, you know, you stay down there and kind of sacrifice your life to help these other people out. I go, most people are afraid to get out of that pit first themselves. What's up their monsters are people gonna hate me, am I gonna die? Am I gonna be alone?

Ah so everybody stays down in the pit thinking that we're all victims and suffering. The most loving thing we can do is get out of the pit first ourselves show people what's possible, put your own oxygen mask on first in the plane, okay because then the child won't be afraid to do that.

So you get out of the pit first yourself show people what's possible demonstrate that so that they're not afraid of it. So then everybody's got a different mission here on the plan or a different purpose for coming here.

So if they're down in the pit looking at you up there going what you mean it's okay for me to live my dreams, it's okay for me to be happy and healthy.

I mean there's no monsters up there and you know people are gonna hate wow and then everybody's got permission to live their authentic self, their soul, their purpose for coming here. Not everyone wants to be the way you are not, everyone wants to be empathetic or sensitive or help heal the world.

A lot of souls came here for a different reason. So it's giving people permission to do that. I think one of the biggest things is and people don't like when I say this, but we have got to stop buying into victim consciousness.

You know compassion love. Yes, but leading the way not trying to rescue because basically when people try to rescue someone else, they're actually looking down on them, you're basically saying look I'm amazing, I can help you. You're kind of you're less than you don't know what you're doing. So I'm gonna help you.

There's a difference between compassion support and allowing somebody to live their vision but to also believe in themselves. Right? So the best way to help them believe in themselves as one show what's possible.

Okay be the leader, be the visionary, be the demonstrator and then the most loving thing to do. So I believe in you. I trust your soul knows what it's doing and whatever path you got going on, go for it, sweetie live it full out. And you know if you just show them options, give people choices right? Does that make sense to you?

– And I think it was Abraham Lincoln and I might just paraphrase this quote but he said something like the best way to help a poor person is not to become one.

So it feels it feels like whoa that's a little offensive, right? But what he's saying is is like no you be wealthy and then

you can help others do the same, right? Not to go down and join them in the poverty that's not going to really get us anywhere. That is what I see a lot.

I mean, I'm in southern California, I know you're in California, we have a lot of this in California where there's this, this, this, this, this misery loves company kind of scenario.

And I think it's because it's there's a fundamental compassion and empathy and it's just a lack of understanding of the best way to actually assist in to help, right? And it is to be that that beacon of light.

And I see this with, with wealth, wealth dynamics is a really interesting, I mean, I held a lot of this for a long time. This is a lot of work that I've had to do recently to not be in this sort of poverty complex that I grew up in and view the wealthy or or having money with any sort of negative energy or disdain. And that was an interesting thing that I had to really sit within my own system to to recognize where some of his came from and how to step aside and step into something new. So when it comes to healing, maybe somebody's got physical ailments they're working through or they have financial challenges they can't seem to ever get moving forward or they can't find their purpose.

How do you advise these people to work with energy to, to move to a new level. – Oh, we're gonna have some fun now, we're gonna go out there. Okay, Jason.

So first of all I want people to know that you won't always get what you want but you will always get what you believe, who we really are as souls we are.

And this is where I believe we're um evolving to is basically heaven on earth realizing who we really are if we're suffering we've either forgotten who we are.

There's only two reasons we've forgotten who we are and that we're creating all this with our thoughts which is quantum physics by the way. Okay. There's all kinds of scientific proof on this one.

Um we've either forgotten who we are or we're putting ourselves into challenging situations for the experience to see what it feels like.

Consciousness Shift and the New Renaissance

Get the juice out of it and then either like really wow about it. You know like the same reason we go to the movies or to see if we can overcome to see what we're made of.

So those are the only two reasons we put ourselves into situations like that. You know if people buy into the victim and oh my gosh I'm helpless. I can't do anything about it. Do you understand that's not helping anybody and it's it's not a great way to do life.

So some of the things that I teach people know we're going to go out there. Okay again it's quantum physics you guys it's grounded. There is evidence of quantum of what I'm going to say next parallel universes are a real thing. The real thing.

It's quantum physics. And so to see, to show you in a lay term how into this is which way do I go on this one, Hold on. So I – Can direct you a little bit because one of my experiences that I've had directly and again, I feel weird saying this, there's a little part coming up is as I named this, but it's sort of what I call jumping timelines. So it's like, I'm on a timeline and there's something that happens that I can actually have learned to do this.

And sometimes I've noticed it just kind of happens because it's like, it's like I'm on a track and reality is one way and then I jump timelines and something shifts.

Like reality shifts so suddenly it's a completely different track if that makes sense, – It's the same thing. So, I use this analogy because its frequency, its vibration, its energy. Because you're talking about energy.

It's like, imagine, right, well, you don't have to imagine right now, in the room, you're in there's at least 10 radio stations broadcasting around you and those radio waves are in the room with you right now, but you're not connected. You don't know, they're there because you're not, you don't you're not tuned into the frequency you're not tuned into the tuner, right? So if you went to your radio station your radio and turned it on and put it on 99.9 right? You're going to hear the talk, the music, the program that's going on, that becomes your reality.

If you change it over to 107 now, that's your reality. That's what you're listening to. That's the program 99.9 is going on around you all the time, it's still there, you're just not aware of it because you're not vibrating, you're not in the frequency. You haven't tuned into that show.

Right? So that's the same way with parallel universes. So there's a U. This is how bizarre this is. But remember a lot of things that were much once were believed to be science fiction are now science fact. I mean just our cellphones sliding doors.

Exactly. It was all supposed to be science fiction. But it's now science fact. Same thing with parallel universes. So when people get that this is real anytime we've discovered something like aerodynamics that existed before, once we realized it was a real thing.

Now we can fly parallel universes are a real thing and you can change your life dramatically quickly. You can change your circumstances just by changing the channel just by jumping just by going into we do it all the time.

By the way, Jason, we're just not aware of it because everybody, we've been taught to believe there's only one reality. And that's not just like they thought there was only one continent or 11 planet or one solar system, right? It's like oh my gosh, there's infinite. So this is how bizarre this is.

There's a you that married somebody you knew in high school. There's you that never got married at all. There's a U. That's living in another country with four kids. Every time you make a choice, I don't care if it's you decided to wear white or you know, instead of black, right? Every time you make a choice, there's an actual you a consciousness of you that splits off and is having that experience.

Okay, so that's why we have dejavu I believe. Okay, intersecting with this and you can you can go read David Deutsch, he's a world famous quantum physicist.

And this whole thing is about parallel universes. Stephen Hawking called Multiverse. It doesn't matter what you call it call it. They're real things. So since they're real things when I first discovered them and I went, well, if that's a real thing, we should be able to use those to our advantage. Just like we do quantum physics, we have cell phones because of its satellites because of it.

We have GPS because of of quantum physics, right? So it's like all right, So all you have to do in order to shift beliefs. I mean shift realities is to change your focus, Change your thoughts, change your emotions and it actually brings you into a new one again.

We do it all the time. Just unconsciously. But I've done it intentionally. I honestly believe that's why people have spontaneous remission on cancer or illnesses all of a sudden they're fine.

Healing, Victimhood, and Personal Responsibility

Right? So they exist. We just and I teach people in my courses how to how to shift them. But it's really easy. You're just basically changing your thoughts, your beliefs and it affects your emotions and emotions are energy and motion and it shifts your trajectory. I mean, I do psychic work so I can see people's future, but I always let them know it's free will.

It's free will. I can see based on their current beliefs and the path they're on right now where they're headed. And if they don't like that, we we've helped people cure cancer.

We've helped people not get divorced, you know, change their marriage all kinds of things by scene where they're headed. And look, if you do this, if you do this, if you do this, you're going to get off the path.

I like to explain. It's like if you're in a helicopter, let's say above New York City above and you're watching I'm watching you on a car down below and I go, oh, get off that street because there's a traffic jam ahead.

So if you turn right and go up two more streets and then, you know, turn left again, you won't hit that traffic jam because I can see that above, right. We all have that ability and people will choose sometimes not. I'm gonna stay on the path I'm on.

It's like, okay, and then they run into the traffic jam. – Yeah, well it's funny because it's still marries with some of these more basic concepts, right? Like the law of cause and effect, right?

So if I eat this food or if I do this exercise or if I sleep at this time of day, like we're gonna start to see reality emerge based on those choices that we make.

And this is obviously completely ordinary level of mind that we're in and then we have things like karma, right? And and some of the things that are going to be taught in the more spiritual practice that are essentially a lot, a lot of cause and effect. Right?

So it's we don't even have to go very far to see the evidence of what you're talking about that all these little choices. And I find that while daily habits and, and, and and the actions that we take are very crucial.

Some of the more important aspects that I recognize in my life are the beliefs are the mental processes, the thoughts and sometimes while I would say most times these beliefs in these thought patterns are unconscious, they're operating in the background based on past experiences and conditioning that we're not aware of.

And so simply bringing some of those unconscious thoughts and emotions and beliefs and starting to bring those conscious even if we're not ready to change those yet.

Just becoming aware of them seeing them for what they are recognizing them. As past programs getting curious about them, maybe why they're there, How do I change them? What do I actually want, what's the new thought that I want instead, right?

Or new belief that I actually want to inculpate? And so that seems to be kind of the starting point and then with a little bit of intention and in some practices, I've noticed an inconsistency, I would say consistency in all this work that we're talking about. To me, consistency is like it is such an important factor, but then all of a sudden things start to shift.

– Well and absolutely, I mean we've all done that. You know, you go through a therapy or you go through, okay, what's my hidden belief? And I go, you know what you guys, it's not that hidden.

All you have to do is look at your life, your life is a reflection of your beliefs, Okay. It really is whatever you believe is going to show up in your outer world. So it's not even like so hidden this like, oh my gosh, I gotta get in there and really do something, keep thinking and that is one way to go right what the funny thing is and again, that is a valid way to go.

And sometimes it's safer for people, they've got a process, they want the journey. Sometimes I want to take a road trip someplace I want to get on a plane and get there cause I got things to do there, right? So that's one way to do it for sure.

And our beliefs do create a reality. Our thoughts and beliefs and emotions create a reality. They're really doing that again. Physics. The faster way to do it because I noticed I did a radical shift of being single and then being in a relationship.

I just dropped believing in this one in universe one. I just dropped believing it is like just taking off my jacket, whatever. It's like, okay, I'm done with this, I'm no longer going to put energy into it. I don't hold on to that belief anymore.

And I just shifted universes and everything changed everything. I mean radically changed. I was in a relationship then with the person. Then when I changed realities, people can see this in my Ted X talk.

All of a sudden I was with the person that I wanted to be with and all my girlfriends who were in universe one complaining that they were single. No great guys, they want to be married, they want to have families, They're all single over here. As soon as I shifted, All my girlfriends were in relationships, they were getting married and it's like I started experimenting with this like 30 some years ago. And so I couldn't go to at that point go hey, you know what in the Southern University is still single and complain back then they would have thought I was crazy now I tell them and they're like wow that's really interesting because that's all that information is coming out now.

So there's lots of different ways to get there. We can process all those beliefs, we can find out where they come from. Oh yeah it's because of my childhood is becoming.

I go that's one way to go. It's not the only way to go shift. You can change the channel like that. I had that same experience you're younger than I but I remember we had to get up and go turn the knob on the Tv station now on the T.

V. Get another channel now. Now it's like oh man they were most not working. Come on like my finger it's like come on and we've got thousands of of shows to watch now where when I was growing up I think we had like seven channels or something. – I do remember that.

I remember 13 channels and they would have to go up there and turn this dog. Very strange. Yeah but I had the same experience. I actually met my wife and had my son in the same way I actually set an intention.

A very heartfelt, connected grounded intention. Then I'm ready to find my person to start a family and and it was actually four hours later that it began. So to your point, you know, there's something about to me what I think what you're pointing to and what I've noticed is that it comes down to making a choice. Like there's sometimes that you just, you just choose and it's hard to put words to because we can make these choices from the mind, right? And the condition or we can make a choice from the depths of our soul from our being.

Parallel Universes and Timeline Shifts

And it's like when you do that, things will radically shift and it's like saying no more. I'm done with that. I'm onto the next right. Like it's such a radical shift and I know that feeling when it happens and I know when I'm kind of trying to fake it till I make it so to speak.

– Yeah, yeah, yeah. And you know what, honestly, there's usually two core re reasons why we don't have what we want. We either think we can't, we're not enough. We can't, it's not possible. I'm not smart enough.

I'm not rich enough. I'm not pretty enough. I know whatever it is. I can't okay because I'm not enough or whatever or I shouldn't because I'm bad. There's something I could hurt people.

People will be jealous. You know, I'll have more than them. So it's either I can't or I shouldn't, I came because I'm not enough. I shouldn't because I'd be bad and that blocks us from everything.

It would be amazing. Amazing how many people I've seen, especially guys for some reason that are afraid to have more money than their father made because they want to hurt their father. So they have their own abundance of their own wealth, of their own success because they don't want to make their father feel bad.

It's amazing how many people have that one. They don't want to hurt somebody else. They don't want to make someone else feel less than, yeah, they're both based on fear. They're both based on faulty information.

– Yeah, it totally makes sense to me. I mean, I I get it completely, you know, your aura colors is kind of your thing. I'm really curious. How are you using this?

Right? So you named you know, a couple things for me and that's all well and cool. Right? Like, so I'm gonna point out like, this is really cool. I'm not I'm not experienced with auras in that way.

How are you using these, what's the value that you are bringing to your clients and or that maybe clients and people that that you speak with or teach about these things can really bring into their life.

– So basically, let's put it this way. You chose to come to this planet, You chose to come here at this time. Matter of fact, there's an infinite number of you having having different experiences simultaneously, okay, there's a u that's hanging out in the 16th century, another you that's hanging out in 21 50.

Yeah, yeah, they all exist simultaneously. We're infinite beings. We're infinite beings. So the aura colors that you've chosen now, some people see that are differently than I do, and a lot of people see the same things.

What I see are lots of different colored bands out from people. And one or two colors of bands that are closest to your body or what I call your life colors.

That's what reveals who you've chosen to be in this lifetime personality. You want to be, what you wanted to experience the careers, you're going to be the happiest with what relationship, compatibility, potential health is. You kind of left breadcrumbs behind in case you got here. And he went, wait, why wasI forgot what I was supposed to, what I planned on doing here. We have a plan.

And so we left a lot of breadcrumbs behind Jason. We've got it in astrology, numerology. Ihr ideology, palmistry. The aura colors are just another one.

So people ask me, it's like, I don't usually see the one or two bands closest to your body changing because those are your life purpose, – Your constitution, so to speak. – It's what you chose to be here in this lifetime and it reflects that it reveals what you've chosen.

The outer bands in the aura, those change all the time, depending on what's going on with you at the time. So for example, if somebody's really angry, I see red flaring up once.

They're not angry anymore. That red goes away. That's different than someone who's got a red life color. That's a different energy, a different frequency, a different vibration.

So the way it's helpful is first of all, it helps somebody validate and understand who they really are. I've had so many people going, oh God, no wonder I felt that way my whole life. No wonder I like.

Like Tans, Tans tend to want security, financial security. So they get jobs, they'll be practical. They either do technical stuff or Arky, Arky archaeologists, architects or accountants or engineers.

Their data there detailed people, right? Violets don't want to work for other people. They want to do their own projects. They want to have freedom – They wanna have conflict in my life with that. – So violets want to do either the arts of the media there, their radio people. They're, you know, they're performers, they're actors, they're musicians.

They're artists, designers or they get into teaching or psychology or spirituality or they get into politics. Lark causes right? Where Tans don't like violence because they think violets are unrealistic.

Dreamers, visionaries because Tan's go 1 to 10 and one and stay ground to pay the bills. Be cautious, right? And Tans are very cautious with their money.

Where violets go, no 1 50. There's something bigger going on. I got a bigger mission here, I'm supposed to live this

big, Well that's awfully arrogant of you who do you think you are?

You know, what do you think? You know, do you understand? So there can be conflicts. So there are a lot of violence out there that have been trained to think they're supposed to be tans.

So they're in jobs they're not happy with or they get involved in your career is a big one where they're living. There's even places like yellows, yellows like nature and they like sunshine. Okay, Yellows are not usually that happy in gigantic cities where they can't see any nature. So it helps somebody go, oh, this is okay now I get it. And so then you get to reinforce who they are and each one of the aura colors has different tools that work for them to make them happy that make them fulfill that help them live their purpose here.

And then not only does it help us understand validate and live our true colors helps us understand each other. So instead of running around going, why can't you think more like me?

Why can't you be more like me? We go, oh you're a lavender, I get it, Oh, you're a blue, Oh no wonder you're like that. Okay, and then we can speak their language, we can support them being who they are and their purpose for coming here instead of thinking everyone's supposed to be like us.

– Yeah, I love what you're naming because it's you know, going back to some of the paramedic training and some of the things that I've looked at, there's there's something fundamental about our constitution that I think when we understand our constitution, whether it's in through the ira vedic map or through the or colors or, or gene keys or, you know, you name it, there's all these maps out there that we can look to to help us understand ourselves. But I think it's really important to recognize that we are, who we are at our core and when we align with that, then it seems like things on unfold, there's we find our purpose, we find our mission, we find more ease. Like there's just something really beautiful and then, but I think what's challenging I've noticed is that we have our our core our constitution and we have all this conditioning in this layering that comes from cultural, you know, backgrounds and family backgrounds and so when we're kind of developing, sometimes it's hard to distinguish who am I really and who who has shown up based on all these conditions. – Yeah, it's definitely challenging Jason here.

The thing is though, deep down inside you do know the inside you do know, and then you can tell when it comes from the outside, when you're trying to because we, yellows and blues were pleasers, make sure people like us and that we're not upsetting people and were being a good person, although yellows are also rebels.

Okay, told what to do. So, But do you understand, we each came here for a different reason. We each came here for a different experience is like going to a different movie. There are people out there that like to go to horror movies or slash and burn movies or, you know, war movies, It's like, they're not my thing, right? But there are people that like those movies.

So it's the same thing. Their souls might have come here to experience that just like, oh, and and if I see if I see someone who's, who's chosen, who's chosen to be born into dysfunctional situations where there's a challenge, I go, oh, usually those souls are the people that came here to help other people once they survive it. Now they've got the compassion, the awareness, the first hand experience. So then they come out with compassion and want to help other people, right? I see a lot of therapists that's very common for violence. – Yeah. I work with a lot of clients in that same realm.

Aura Colors, Life Purpose, and Compatibility

It's like, and, and it's hard to to really have that message land until there's some kind of tipping point in their sort of healing or reclamation in some way.

And so, but it's what I've seen over and over again, there's just like emergence from the other side. It's it's the phoenix rising from the ashes and in that way, right? – Get stuck in it.

That's why I said the victim thing of victims enough, that's it's detrimental to us. We think it's like, yeah, but now you have compassion and so it's not that you don't have compassion, it's just that if somebody feels like they're a victim

and they buy into that, they're never going to get out of it. Okay, when you start talking, I use this analogy, if if you've got a child, when they start riding a bike, we think the most loving thing to do is hold onto the handlebars of the bike.

When the child's learning to ride a bike, we think that's loving, well we don't want to see him get hurt. But basically what you're saying to that child is you don't believe in them, the most loving thing you can do is go go for it, you can do this and then they go, wow, someone believes I can ride a bike and they learn how to ride a bike, we've all, we've all survived following up bikes.

Right? So back to how, how, what's the best way we can help people by being that ourselves by demonstrating that ourselves, most of the big master spiritual teachers. That's what they did – Totally. Yeah, absolutely – Demonstrated – Well, and I've been around many of these, these amazing beings and literally just when you're in their presence, you can feel yourself shifting, right? There's an awakening that happens, there's a remembering that happening among these amazing beings because because they've done so much work because they have gifts. What for whatever reason, but the impact is so obvious even to the most dole of minds like myself sometimes.

And so as we develop this ourselves, this unconscious unfolding that happens all around us, particularly in our immediate family unit and our friends and our loved ones that are wider community, of course, the the world as a whole and then beyond.

Right, I mean, this this thing, this whole is entirely connected. So I think that's what's it's great to understand that it doesn't just stop within the walls of your home, this is infinite in its in its expression.

And so with that I kind of want to last question I want to ask you because we're running out of time here. You mentioned remote viewing and I want to I want to tap into this idea of kind of non local mind because there's something really powerful that I've experienced myself in this realm that once I get out of this sort of if sometimes I get caught in my ordinary mind, ordinary consciousness and if I tune into it, I can sense it. It's actually right here.

It's kind of forward a little bit, it's right around the head, and then once I can drop that and I can expand my awareness, then my mind and and maybe you can help define that for us a little bit because that's an interesting topic itself then it's free to express in different ways in a non local way.

And I find there's tremendous benefits that that come into my world when I'm in that state. – Yeah. So again that's quantum physics, Jason non local mind basically we've been trained to think that who we are and we we got a brain and that's who we are. That's what's running us now.

That's like saying your tv is is is creating all the programs that you're watching on it, who are who we are as beings are these infinite amazing expansive beings were not little Casper the ghost trapped in our bodies. Our bodies and our minds are focusing mechanisms here bro focusing but that's not who we are.

It's where we're focusing so we can have this experience right in three D. On three dimensional. But who we really are is expansive. And so that's why I can locate missing persons. I can go talk to somebody on the other side, I can go talk to somebody who's in Europe, I can have its and by the way telepathy is is part of where we're going okay communicate. We're not going to need all this technology down the road. People can do that if they wanted to but who we really are is very expansive. So mind not brain, not brain mind is our consciousness. I prefer that word, our consciousness is infinite, it's expansive. It is not limited to our bodies.

Once you get that, it's like, wow, your mind can go anywhere. And again, this is quantum physics, our consciousness is nonlocal, it's everywhere. I'm sure you've had the experience where you think of somebody and then they call, – I think most people have, right? – Yeah. That's all part of that nonlocal connected mind.

And real quick before we, since she said we're almost at the end, I want to just throw one more thing in there about parallel universes. There's more than one earth, there's more than one planet.

So if you're on a planet where you're seeing a whole bunch of suffering and and the environment is falling apart

and there's war and blah blah blah. That's coming from your consciousness.

Nonlocal Mind and Choosing Reality

You can shift to a planet where none of that's going on, where it's peace and harmony. We can But there's something about our souls, sweetie that we're adventurous beings. We want to have experiences, we want to see what we're made of. We want the challenges, we want to see if we're compassionate, we want to see if we can experience love, Do you understand? So one we end up on the earth of the planet that we believe in and also the one that we want to experience.

Okay, I mean quantum physicists are actually saying there's there is a world where the Germans won World War two and we're all speaking German, that actually exists, It's a parallel universe that exists, there is another one where we blow ourselves up a long time ago, that one that one is a reality. Do you understand?

So that's why I like to focus on whatever you focus on is going to increase. So if we start I understand there's a difference feeding into oh my gosh the war and those poor people and you know the starvation of blah blah blah and getting sucked into the fear and the trauma and the helplessness and the victim nous or starting to see everything flourishing and everybody's healthy and happy and their souls are having experiences here that they want. We can create that with our thoughts, some make sense to you. – Absolutely, yeah.

And what I found really amazing and beneficial in my world is to sort of acknowledged the both and right before I lived from this either or sort of universe, right? And that itself was its own universe, was totally caught in dichotomy. And and then I opened up to this idea of of yes and right. And so it's like, yes, they're suffering and there's unbelievable beauty and harmony and peace.

And so it saves me from trying to wrestle with kind of what I see and what I know and you know what I mean, I can actually hold both and recognize that they both exist and I can choose where I want to live, so to speak. – And they literally both exist and infinite versions of that person or those people or that race exists.

Infinite. And so we all join in on this one movie because we think it's interesting or fascinating or we don't know any better. Right? So I'm just I'm learn we need to find ways to express that you guys were bigger beings and we're creating this and we can create anything, not that right? You know, life's terrible, terrible. I go we're not I think we're getting bored with that, that we're out. We're outgrowing struggle, suffering war. Look at we we've even out we're outgrowing war.

Do you see how many people don't want to go to war now? We're outgrow all this stuff because we know there's something better. And so that gives me optimism and hope and do I get into those challenges and the struggles in those days where I go, this isn't turning out the way I want.

Yeah, I do. But I'm quicker now to go now, why did I create that? Why would I go into that one? I go, we'll have the experience then get it. Okay now I'm bored with it.

Okay, now get out of it and I get out of it a lot faster now – I love this advice. You know, I just want to reiterate that we can choose which media we're listening to.

We can choose which podcast, right? We can choose which interviews. We can choose what we're what videos and shows we're watching, We get to choose all these things. And what I've noticed is that as I surround myself with positive and beauty and encouragement and motivation instead of this reporting of this suffering, my entire reality shifts, right?

So I just I know what you're saying to be so true and when I get sucked in or pulled into old habits, old conditioning, I can recognize that some at some point and pull myself back in and choose a different reality reality.

– People okay, they go, well you're hiding your head in the sand, all this bad stuff is happening and go, you're hiding your head in the and by not realizing quantum physics, who we really are in this bigger ability to create our

lives.

So who's hiding there now, Different choice. It's a different choice of experiences. – I love this Pam. I feel I can go on and on with you. I hope one day we get to get to meet because I just I love your your energy.

I love the feeling that that you're all the work that you're doing is so amazing to me. So thank you so much for putting it all out into the world. Tell people where they can find more of your work. – My website AuraColors.com.

A U R A aura A U R A color C O L O R S dot com Right back at you. I really appreciate that you're out there doing things like this to it just, it all adds to the expansion of our consciousness.

– Absolutely. And check out our ted talk. It is amazing! So cool, So Pam again. Thanks so much for coming on. – Thank you. Jason. Have fun.