

Co-Activation Circle I

Eluña Noelle

- 00:00:30 Hello, everyone. Welcome. I love that song. For obvious reasons, that is by a brilliant musician and artist and ceremonialist named Doe Peoro. That is her stage name anyway. Her real name is Sonia and she is a beautiful, very talented being. So that song is called Teach Us of Endings and it is about honoring our ancestors and where they have come from and what they have lived through and also honoring where we are right now, which is in a time of crisis. And during these times of crisis, in the song she says, there is a calling and a place for us all in this time of crisis.
- 00:01:50 Because we each have this incredible opportunity to be a part of the creation of the web of life instead of the destruction of the web of life. And I'm going to actually open with a quote and then we're going to come back to this quote. I loved seeing what you all wrote online by the way. Absolutely loved it. I spent days and days going back and reading what you were talking about in the initiate sanctuary and it's just wonderful. And so because of what you were all talking about, that is part of what has shaped this class. So I just want to tell you that it is very much I am responding to you because you're telling me where we need to go. That is the principle of a Montessori education. In Montessori we say follow the child. That is what I am doing here is I'm following you as a group. So there is a destination that I have in mind that is totally up to the divine that I am a guide for. But you are all showing me how we're going
- 00:03:09 to get there. So what you write online is incredibly important. I just want to tell you that it is that important that you're communicating on there so that I can see where you are. But more importantly so that other people can see where you are and you can see where you are in the reflections of other people writing back to you, commenting, liking what you are writing about etc. It is so it's so beautiful to see what you've all written. And the way that you support each other I every single time would go on there. I would be laughing and crying out of gratitude and just the sheer joy of being a part of this community with such heartfelt, deep thinkers. Oh my and open hard it. People who are willing to have a discussion online and possibly not agree and be able to say that's actually not how I feel. This was my experience. But I'm so glad that you shared that with me.
- 00:04:16 Beautiful. And so because of what I read online it inspired me to share this quote with you which is from Alan Watts and let me make sure that I'm going to say it correctly. He says the thing is you cannot in the process of awakening. If there is not a certain kind of order and discipline present in the person in the person's life then the force of awakening ends up becoming like a live wire and it will blow the world to pieces. The act of liberation will blow the world to pieces if there is not a certain kind of order and discipline within the person and within the person's life. And it becomes like a live wire flipping around. Now I am sharing that and it's very that quote is a beautiful summary because that is what we are also practicing here. It is incredibly important

to honor where we are and allow the unhindered freedom of the divine to flow through you and also to have the ability to contain it. So reading what you were all talking

00:06:02 about this these last couple of weeks inspired that and so we're going to but we're going to come back to that quote just wanted to open with that and share that with you and before I actually dive in I'm sorry I totally got excited and there is something else that I want to say. First of all how are y'all doing? How are y'all feeling? This has been quite the ride so far and today is the last day of March we are officially a quarter of the way through this year. What?

00:06:41 And so I would love to know how you're doing. I have been having all kinds of astral experiences at nighttime and visiting many, many people in my dreams and it's been work and double time here. It's been a little tiring. I'll be honest and many people keep the people that I end up dreaming about. They keep coming to me saying hey you were with me last night we were doing this thing in my dreams and that's lovely. It is sometimes tiring but that's okay that's what meditation is for. So how are you? I want to share with you this is not something that I have been keeping up on myself but if you and so if you have not been keeping up on it I just want to give you a little tip that might be helpful. Looking at the solar activity that's happening as well as the human resonance there are many free resources now online where you can just see that information. It can be helpful for you if at some point during the day you're feeling

00:07:55 or weak you're feeling wow that I am not I don't feel like myself and it's okay but also I am in this place whatever it might feel like for you. It could be explained through that activity of the human resonance and the solar activity because we are all becoming more sensitive and I will say that there was a there was a there were quite a few days maybe five days which is very long for me where I was truly just completely out of it and not in a negative way I just I was incapable of focusing my mind and I was perfectly content to just be.

00:08:37 I sat on my porch watching my forest. I mean it's just watching my forest for hours being perfectly content and also not being able to focus on anything but just the activity of what was happening right there and I had a lot to do so it was I had to surrender to that experience of just being where I was and then later someone shared with me the activity of that week and they said I bet you were totally blasted during this last week because look at this activity and I said actually I was so thank you for telling me because now it makes a little more sense so you might find that helpful and thank you all for sharing how you're feeling it's just nice to see where you've been and I and it has been intense it has been and we're all experiencing that differently so the other piece before we dive in and I know I am slightly late and the only reason I feel comfortable it's very I guess publicly in some ways since we're all together

00:09:41 is because she did choose to write about this on a public forum in the circle so I feel comfortable sharing this and that is that I want to say congratulations to Tina Woodger because she is having her very first pregnancy oh god it's gonna make me cry oh my okay and I am so happy for you Tina and your partner and your baby that is just very exciting so congratulations I know that you wrote about that in the celebrations and congratulations forum six weeks ago I think now but when I saw that I just had to say congratulations here because that's absolutely beautiful so exciting I'm very excited for you all okay so now we're actually gonna dive in okay what we're gonna be doing today is reviewing a bit of what we went over last week two weeks

ago what we went over the last time we were all together and we're also gonna go over some specific questions that you wrote in the discussion forum and you are going to end up having an opportunity where you will be put into breakout rooms so just

00:11:01 just know that now so that if there's for some reason some kind of trepidation about doing that you're just you're aware of that you will be put into a breakout room even if right now your camera is off you're still gonna go into a breakout room and it would be really wonderful if you were open to sharing you don't have to but I just want you to know that when you go through the process of using your own voice to reflect aloud with other people there is a co-activation that happens that's why this is called the co-activation circle and it only happens through the interface and the transmission of your voice that's how it happens so it is vitally important that you at some point throughout this mystery school together that you do use your voice and you share because it's that is part of our major healing it is one of the first things that was taken from us and then given to us and then scrambled that's a whole history that

00:12:07 we should go into some other time but just know that it's very important for you to use your voice even if you say no I really am good I figure out all these things on my own no you don't no you don't you figure things out in the presence of other people even if they don't say anything to you if you just share aloud your body and your entire being has a different experience than if you keep it inside okay but that's not coming to later so if you're nervous you can get it all out right now go do jumping jacks if you need to and then you're gonna go into that in a while but right now I'm gonna go through some quotes and I want to say these are quotes from the last class and the community manager Kristoff who one day you will meet I will have him introduce himself and I'm in a gathering um he is I'm if you are on the circle at all then you have probably seen posts from Kristoff or interfaced with him personally he is a beautiful being and I'm so grateful

00:13:08 that he is part of this team and he absolutely adores this community just as much as I do and he of his own volition I tell you took it upon himself to read every single thing that you were all writing online and made a beautiful not just sent this to me but he made a beautiful document of quotes from all of you that really meant something to him and he even categorized and so that is I did not ask him to do that but it was so lovely to see what you all wrote and the first quote so short and this actually was I found this in the chat from the first field when we were together because I do read the chat after we leave but I read it a little bit here but I go through every single thing again when we go and somebody wrote and I'm so sorry that I don't I did not write down the name for some reason of who wrote this so forgive me but someone wrote life is the field thank you brilliant that's simple truth right there lovely okay

00:14:30 another post this was a post that somebody made and this was in response to the basically the contemplations and practices that you did and this is from Darrell Harris he wrote about logos and full faux leaders so fake leaders this is what he wrote individual mental sovereignty has been under constant extractive energy via digital platforms and algorithms well self awareness of deficits in attention span is growing but addictive patterns are rooted deeply by design of the system it is about controlling how people perceive and make decisions faux leaders or fake leaders seek to overdrive toward outcomes that feed their pursuits to scale control or to build control I have been actively asking myself before engaging in digital content is this really a value

is it going to be something meaningful is it reliable or is this just another pool to slip into the churn and burn of my personal time making conscious decisions to intuitively

00:15:51 discern value of certain stories information reliability and integrity of its author or messenger when I get a signal of doubt I choose to just leave that content alone it's better to reserve my attention for other things I want to reclaim mental silence and practice not resisting the absence of incessant digital stimulus I mean that's poetry right there this piece the opening sentence which really could be a thesis individual mental sovereignty has been under constant extractive energy via digital platforms and algorithms there is so much more to say about that and a last this is not the moment for it but I really needed to acknowledge the brilliance of that quote and this was another one that I wrote which by the way there were only I have I have like saved as many quotes as possible so hopefully we have time for me to go through all of them because there were really there's like too many I could have started realizing I was choosing

00:17:07 all of them to stop so here's another one though from Tracy L the logos of individuals have been targeted as a means of control by the leaders by providing a false sense of authority, security and or solution to the individuals by using their position of power to control them instead of empowering them authority and solutions are created in such a way that the individuals believe there is no other option than to agree with the leaders and their plans the individuals are then happy to have their problem resolved and willingly opt in to receive the solution that the leaders are selling not realizing that they have given their power away and doing so wow so in other words Tracy is saying problems are created by leaders and then those same leaders come and say oh but look we have the solution and then people say oh wow great good thing they have the solution and then they and then people choose that solution and in doing so they

00:18:27 give away their power because they have now chosen to believe the problem to be in with they've chosen to believe that that's really a problem that that's that that's something to feel fearful about that that's something to be enraged by whatever it might be they have believed the problem whatever the problem is it doesn't matter how real the problem appears they believe that the problem is real and then those same leaders come and say but look now we have the solution you can trust us aren't you happy now and people buy the solution as well and buy into as in yes perhaps with money but also with their energy with their attention now they're allowing their emotions to be controlled and dictated first by the problem here's all the fear here's all the anger and then by the solution oh there's the relief that pattern right there that is the pattern of an abusive relationship and people become addicted and fall in love with their abusers

00:19:44 because they when you're constantly told that there are all of these things in the big bad scary world to be afraid of when you're constantly told that and then there's proof from the leaders look here's all the fear look at that scary thing look at this scary thing look at this scary thing and then they tell you but here we can we will protect you we will give you a solution we will solve all of your problems this is you just have to follow us believe us trust us that is governmental systems in a nutshell that's what it is people fully disempowered believing that they cannot do anything without the help of some external authority outside of them that is in the form of another human and we can see how that pattern has trickled down in every part of life every

walk of life that is that is accurate for and there were some of you actually talking about the schooling system and how really this pattern

00:20:56 starts in the schooling system by children being in at least in the public school system being trapped in a room and told what to do bound to a desk and told here's what's true and now your homework is to revert to take to me what I've just told you was true no creative thinking no critical thinking actually even forget creativity there's not even critical thinking permitted or encouraged in those spaces and so then people grow up and as forward Henry Ford said I do believe when talking about when speaking for the board of education we get a world of workers instead of a world of thinkers is what we get and the workers they don't think and they also don't feel because all of that has shut down so the logos is what who in the chat can write what the logo says just from your memory what is it what is it that you remember this is one the chaco silent okay yes the all-pervading force wonderful universal order

00:22:25 all that exists mind of God force that governs us reason the logo says all the external mind source yes beautiful the all-pervading a system in perfect harmony beautiful yes exactly and so this logos it is something that exists within all beings the creative spark of source that exists within all beings just like you said is the logos and again we could use another word it is not it is that universal harmonious order that drives all of creation when there are beings who have chosen to separate themselves from creation which by the way is also all part of creation so we're not villainizing anybody here we're just speaking very plainly when there are beings who have chosen to separate themselves from creation and play God okay play God without the love and the joy of God when they've chosen to do that and then enforce their will onto others the logos loses its harmony because now there is a forced order that is being placed upon people and they have forgotten that they also have

00:23:49 the ability the power to be a part of this creation of life and this creation of order and of course I think this is a very natural and obvious understanding when people are afraid and disorderly it's much easier to control them so the more that fear can be created again I really I want to reiterate this about any number of things there is there is not a limit as to where these beings who have separated themselves from creation where their fingers have not touched right there is no place in our world where they have not touched tried to get in to create disorder so that goes for everything and it's they're we're going to get into it but it can be very challenging for a person who has had a belief to suddenly be faced with an alternative reason or explanation as to why something is the way it is in the world and that's I think again rather obvious any of us any of us here know it's very challenging to change our mind

00:25:22 and changing our mind includes changing a belief if we're like no this is what I am I am this thing and this is what I do it reinforces a sense of identity and so there is a feeling of safety that comes there okay so now that we've gone through that does that feel complete for now yeah now that we've gone through that what I want to remind you of is that we are here together not because firstly not because I am holding some kind of answer the answer that's not why we're here I know that you all know that but I need to remind you anyway and we are here to change it's coming to this mystery school it is called a school because there is guidance and there are peers that we have but it is not a school because I am disseminating knowledge to you

exclusively there are things that I am that I am sharing with you for your information that can be categorized as knowledge but the purpose here is ontological transformation

00:26:50 that means that it's just a fancy way of saying transformation from the inside out and the way that happens is by you getting back in touch with your own wisdom and so my intention with everything that I'm sharing with you is to support that process of you returning to your wisdom that's the purpose and there are these different tools and these different people and guides who are in the scene and the unseen who have lived and who are dead now that are part of that can help lead and open the door because sometimes we take a step up on our path because someone has just taught us something new and suddenly that step when we sit with that something new for a while it seems like we're not going anywhere but we stay on that step and suddenly that step becomes the front step to a door that you step through and then you're catapulted into a new way of being that you didn't know was waiting right there but I want to tell you that if you are entering

00:27:57 this with the idea of okay I'm just going to cherry pick what feels good to me here and I'm going to just let the rest of it go that's that is fully your sovereign choice and sometimes when you go to a new country and you eat all of their food that you normally would not eat you learn something new about yourself you have a new experience and that is how we change it cherry picking the stuff that we already know and that already feels good to us that doesn't lead us to somewhere new it keeps us in the same place so I'm really very happy that so many of you were so challenged with stoicism and I knew that would be the case because it seems so contradictory to the world that we inhabit here in this spiritual space and I knew that it would be very challenging and we're going to get into that is so critical please do not say no I've left those cherries behind I'm not eating any more of your stoic cherries please give it another chance please give it

00:29:17 another chance sometimes you have to bake the cherries into a pie and then you love them maybe they weren't very good raw but they might be very good baked into a pie so we're going to bake today and before we do that what I would like to ask of you is to please share in the chat what was the piece from the first field that has stuck with you the most strongly and whether that was that stood out to you when we were in class or if it's just stayed with you and kind of lingered throughout the last couple of weeks I would just really love to see what it is for a few of you who are willing to share in the chat life is a life it's beautiful the hermitic laws stoicism principles beautiful all is mental maintaining awareness through all perspectives quantum theories ah mat witnessing without judgment yeah that's a doozy mmm beautiful neutral scientist thank you we need more of you in this world decay or die yes beautiful only we in this group understand that that's something worthy of

00:30:37 celebration here hmm being brave with cold water showers good please do it changes you I will tell you that that's wonderful observing without judgment double slit experiment yeah discipline of perception beautiful does this increase my joy leaving the comfort zone thank you for leaving the comfort zone let me tell you why that's so important and why it's also so important with this thing that I'm talking about with cherries because I just want to remind you we are here you know it's funny I entered this space feeling like we're all on the same page and speaking the

same language so I'm gonna go without assumption if someone is lost by what I'm saying because you might be new in this class you also might be new in this space as in this mystery school esoteric kind of space please feel free to slow me down but really ask in the chat and everybody here is gonna help you if there's something that doesn't make sense please don't sit alone in your confusion speak up in the chat

00:31:55 if you if you need something explained please but let me remind you all we are here because we are going we are creating the new earth together but just like that's the that's the field that we're all coming okay so if we stay in our comfort zone if we eat only the cherries that we've chosen to eat how is that going to now lead to something new which is ultimately the creation of the new earth how you do one thing is how you do everything let that sink in for a minute how did you get out of bed today how did you brush your teeth how did you drink your first cup of water how you do one thing is how you do everything so if you are approaching anything that comes through during this time together including perspectives from someone else as no because it doesn't feel good to you then that same resistance and pushing away is what is going to happen and what can happen with a brand new opportunity

00:33:19 of any kind including the opportunity to create a new earth now this is a tricky thing I understand the analytical mind it's very hard to make sense of but how do we do that and maintain our integrity how do we accept things but also hold boundaries I know it is a paradoxical practice it's not easy to be in a place where you are fully open and also fully conscientious and aware of where and how you're going to direct your energy and what energy you're going to allow into your system that's why we call it a practice life is the practice every day it's the practice so I am reminding you of this and I'm really grateful to see where you all are and what has stuck with you and I would like to go through some of that and also again answer some specific questions in this moment however I am going to stop yamoring and instead you are going to this is the moment for those of you who felt nervous earlier you're going to go into breakout rooms I just want

00:34:36 to remind you if you have your camera off you know people won't I think people will probably leave you alone I'm going to just challenge you to turn your camera on it's okay if English is not your first language also it's okay you could turn your camera on and also write in the chat in your breakout room what you want to say if you're too nervous to use your voice right now you could you could do that what is one way that you could step out just a little bit from your comfort zone just a little because again let me just let just put this in perspective if you can't speak in a zoom room how are we going to give voices to the children of the new earth how are we going to do that if we are not practicing it here together right now okay so you're going to go into breakout rooms there will be a 15 minute timer and there are approximately 272 of us here so that will be actually quite a perfect number there will not be

00:35:49 too many people in the breakout rooms you're going to go in there you're going to share and discuss your experiences with the contemplations and the practices that you received so what you went through what's been challenging for you and also something new that you've learned about yourself even if that something new is I have learned that I hate looking at the world new truly I don't like it share your feelings share about your experience please do be conscientious

of the amount of time that you're sharing so that everyone who's in the breakout room can share and again if you really and I mean really are in a place where you're like no there's no way I'm not using my voice okay don't worry you'll have plenty of other opportunities but please do write in the chat just so that people can see where you are in your breakout room all right you may go I see some people have like no I'm leaving the call I will not go into a breakout room that's all right but you're

00:36:51 going to be you're going to go into a breakout room now so please accept that and you'll have 15 minutes there is a timer on zoom that will bring you back to this main room when it's when it's done so see you in a little bit do you all see how amazing you are talking to each other here I am blown away repeatedly oh my listening to what you all we're talking about was amazing I heard people talking about how much they were aware of the judgments that they had toward other people and someone else was also sharing about that experience and then saying but then I realized that person in traffic who's doing something that I really don't like that's actually also me and that could be me doing that and so then I changed my perspective and realized that I don't actually need a judge them or be upset with them someone else was talking about how helpful it has been to look at the world through mythic eyes to see things as a myth instead of seeing it only

00:38:01 as blanket truth that is something that we are very much going to explore that's far in depth but it was really good to hear someone else talking about that and another person was sharing how they have been allowing their body to be their tuning fork just beautifully said so that they can be aware of how their nervous system is responding to something there are so there's so much wisdom here between all of us and it is amazing that we get to have this opportunity thanks to zoom thank you zoom that we can all gather because this is not something that we would have been able to do without technology so very much something we have to be thankful for and honestly again I'm going to say it's really good to hear that this first series of exercises of these contemplations and practices that many of you pretty much all of you I've heard have found it challenging in some way and or and or very enlightening

00:39:08 around what is happening in your mind meta cognition is the ability to think about your thinking and it is incredibly helpful and I will say even a skill of mastery so that you can have that level of awareness over yourself that is how we are able to practice not allowing unconscious thoughts to slip by our awareness and so then now we are unconscious the purpose of any true spiritual practice is for us to enter into a state of economicity greater love and consciousness and so right now here together we I know your hearts I can feel you very easily you are you got the love part down like you don't that's you got it we're there the part that we are really practicing very strongly together is consciousness and what you're going to find is that as we practice becoming more conscious and more aware our level of love increases you are as loving as you can possibly be right now with this level of consciousness but when you

00:40:31 raise your level of consciousness you become even more loving and it is through that becoming all love that you then start to only feel love for everything because you feel that same love in all people in all circumstances in all environments toward all things around you okay I won't say any more about love today guys we're going to move into some of these complex parts that I

mentioned from the last class specifically regarding stoicism and this is because of questions and again discussions that you were all talking about online in the circle so I will tell you for those of you who are like on the edge of am I supposed to take notes or not you this could be a time to take notes possibly so that you can maybe refine some of the things that we have already gone over because we're going to go a little bit more in depth based on some of these comments so one of the discussions was about stoicism emotions and the divine so how do we use stoicism

00:41:51 as a tool without losing our divine spark and emotional experience as a human that either is the direct question or a paraphrasing of the question that was asked so beautiful so thoughtful stoicism just like everything that you're going to learn about in this class and also everything that you've learned about in life so far is a tool it is a tool the more tools that you know how to use the more helpful of a person you're able to be in this world if you know how to use a chainsaw and you know how to use a blender you can help a lot of people because you're a vape you're you are useful in multiple environments now because you can do that stoicism is another tool and so that is again why let's not throw the cherries away yet stoicism is a tool and when you allow yourself to be curious and open with it you are able to understand oh there is its use there it is I am not one of those teachers please guys I am not one of those

00:43:07 people who is going to give you useless information and tell you to memorize it for no reason that is a waste of time I'm not going to give that to you ever that I'm not consciously anyway I am consciously going to give you only that which I think is of absolute importance and usefulness in your life stoicism is one of those things the practice of stoicism and the disciplines that come from there and we're going to get into further pieces with stoicism such as the virtues that will come at a later time but this practice many people because of the term oh they are stoic they take that to mean that they're like emotionless and that is a misunderstanding it is stoicism is not about denying repressing or overwriting your emotions that's not what it's about it is about being it is like the next level of mindfulness that's another way that we could describe it is being so mindful that you are fully aware of oh wow I just had that thought

00:44:12 and that thought just made me have this feeling come up interesting that's what it is so you're not overwriting your feeling saying oh I shouldn't feel this I should feel neutral no the practice is that you are so aware that you are able to recognize just how often throughout the day you are having an emotional reaction to something how often is your are your emotions rising within you how often do you have a thought about a person about a place about yourself now there's an emotion and a whole series of stories are following that emotion and now you are off track down the road far away from that centered place and that loving place that you know that you can be so stoicism is a tool to bring you right back to your center and let's get a little bit 5d here your soul is always in a state of bliss or ecstasy and I want to tell you that is from a human perspective our experience of where our soul is

00:45:30 is that our soul just exists in bliss and ecstasy because when we get in touch with our soul that's what it feels like and from the soul's perspective they feel neutral they're not up there being like yes this is ecstasy that's not what they're doing they're in a pretty neutral state because it's just normal to them right it's normal to feel what they do when we experience them we perceive it as

bliss and ecstasy they experience it as this is normal so when we practice being neutral and having that kind of third perspective, third party perspective so third person first person second person third person we're looking at it from like lunia just had this thought about that person and now lunia is feeling judgmental about that thing that they're doing when you're able to really be zoomed out that is taking on the lens of your soul you're just simply perceiving and witnessing and through the practice of stoicism you're

00:46:36 able to do that more easily mindfulness is different only in that it is really just like accepting everything and everyone as it is which is also necessary you do need to be mindful and accept everything in order to practice stoicism just brings you to a little bit of a different level it gives you a different perspective entirely and I want to tell you and this little piece is true about every single thing in life no one no one can tell you what a mango tastes like you have to eat it yourself no one can tell you so you're not going to know the impact the significance the usefulness of any tool unless you commit to doing it and trying it on through all of the discomfort and the rage that you feel at me and Marcus Aurelius and all the philosophers who came up with stoicism once you get through all of that and then you come to a place where you say okay I'm going to keep practicing though then something new happens but that only happens when you actually

00:47:50 commit so I just want I just want you know and that's true of truly everything in life every single thing that's the only way to find out anything is you just have to do it doesn't matter what I say or what anybody else says you have to just do it yourself so the stoicism is a tool again and I'm going to say is that helpful to say here okay I'm going to say that part of my role at this time is to help all of the people who feel as deeply as I do and who have as sweet and open of heart as I do like all of us here to not be so bound and controlled by emotions that is one of the primary means of control on this planet in the program of enslavement there okay so we in order to master our creation of the new earth and let's just like back it way up from the new earth in order to master the creation of our own life we must master our emotions our emotions our energy eat motion energy in motion if we do not master them they will master us

00:49:29 now here's where it's gonna get a little it's gonna get a little rough little tricky I'm gonna tell you right now you're mind probably we'll not be able to make sense of what I'm about to say if you have not already been practicing this it is something that must be a felt experience which is why I'm sharing with you to do all these practices because it will not become a felt experience if you don't practice but here we go here's where it gets rough little tricky to understand we must master our emotions in order to master our creations our emotions our energy and information that is stored in our body okay if our emotions are stored in our body then that means that we have to actually master our body in order to master our emotions which is then how we master our creations if we have to master our body how do we do that and still honor where our body is what our body is feeling yes a conundrum it seems

00:50:44 part of the practice of somatic therapy which is therapy that involves moving the body in certain positions and in certain patterns and rhythms for specific purposes is one of the ways that emotions and energy can be released from the body that is something that was quite useful for me for a window of time in my life moving past different traumas etc and what I will share with

you is that where I'm at right now the things that I have found to be the most efficient which I love efficiency is breath work breath work does many things to the mind and the body in terms of how it is able to change your mental state allowing you to go into the unconscious background program and it releases things from the body because you go into that state but you're not a sleep so you are able to be conscious in the unconscious program there are other types of breath work that still fall in that category but through their very nature they are releasing things

00:52:02 and releasing energy releasing traumas releasing stored emotion they are releasing all of that and then using that energy to direct it somewhere else such as in the activation of your peniel gland highly effective let me tell you highly effective so when we then do that we are changing the unconscious program which is your body it is your body your body is the unconscious program your body is where all of the stored conditions of your entire life are living the body keeps the score a book about how trauma lives in the body and that is why there are these patterns that are perpetuated throughout our own individual life but also in our lineage and then throughout all of humanity and if we want to break the cycle then we must change the unconscious program because it does not matter how much you try to get your analytical mind your conscious mind on board with something if your body does not believe it if your body has been

00:53:22 shown something else then it and it and that energy is still within you cannot force your body to believe something your body says no but I know because I lived through that those feelings are right here in my solar plexus and what you're thinking about right now not true your body is actively saying no I reject that because that's not the unconscious program that your body is holding so excuse me that is the unconscious program that your body is holding and so the conscious program that you're trying to create is not accepted by your body so this is another place where people get a little prickly with me they don't like it when I talk about the body like this they don't like it because we have been in a place right now in our in our new age world and beyond our new age world where people are saying but we're supposed to love our body and we're supposed to honor our body yes and that's why I'm saying this is a tricky place yes we do honor the body we honor our feelings

00:54:35 we feel our feelings and we remember oh yeah I am having this feeling because it lives in my body that doesn't mean you dishonor it that doesn't mean you push it aside it means that you have the awareness oh that's right I'm having this really strong emotion right now about that person because of this thing that lives in my body now that example that I'm giving is actually only applicable once you are practicing a lot of self-awareness and our already in the process of releasing energy from you the majority and I mean the 98% of the time majority it is completely unconscious as in you are unaware of it and you are not in control of it either so you might have a reaction a response emotionally to someone to something to a story whatever you might have a response to a new story and it brings up a whole bunch of grief in you and just immediately now you are sad that is something that feels like a natural response and you can have all of these reasons in

00:55:56 justifications as to why that is a natural response there is some part within your body that has oriented toward whatever it is in that new story that has brought on that grief for you but it's not because the new story contains truth nor does it have to be something that is grieved over it doesn't have to be that way but if it lives in your body then you cannot help but have that reaction so when we are practicing stoicism we're starting in this area and we will get into practicing other things that liberate energy from the body but when we are practicing stoicism it is for the purpose of catching yourself in that moment of wow I just had one thought and now I'm having an emotional reaction so you can gauge yourself and gain a sense of pausing there a little more space can be created now when you're doing that and through the questioning of saying okay I just had this response maybe I can be neutral about this though and if you're saying no my body is actually

00:57:21 now that I'm aware I'm realizing there is something deeper in my body okay more information now there's more information you're not just spinning off with the story that your mind is going on you're taking a moment to pause and saying okay but I'll return to neutrality and then you realize actually there is something really deep in my solar plexus right here I don't know what that is so now you have the ability to tune into your solar plexus get some more information possibly not necessary by the way to get information but maybe you get information maybe you do some massaging some abdominal massaging to move this energy maybe that's when you choose to do some breath work is to move the energy whatever it might be placing simply your hands there and saying I'm here for you so that part of you that's reacting knows that you're there that part of your body is aware all of that is able to happen more easily when we are practicing this and giving some space

00:58:25 and distance from the emotions so that we are not enslaved by our emotions and therefore enslaved by our bodies which were programmed by a world that wants you to be enslaved please remember that so again it's not about please don't do the I'm offended thing because you're talking about my body in this way it it's that's the story that we're living here that's where we are that's the story that we are playing out so your body has only been conditioned and is responding the way it is because of the story that's playing out we want to create a new story so we have to be beyond the story that created that created us that's being beyond human superhuman that's what we're going for okay that feels complete right there and this allows us to be objective and not controlled emotionally stoicism does the other piece is that it brings us into a state of perceptiveness so that we are truly aware of where are we giving our energy and attention to where are we doing this now here's the piece

00:59:49 again tricky it's tricky if you are in a place emotionally where when you read the news you lose yourself you lose your center you get caught up then please take a break from reading the news it is not more important to know what the collective story is than it is for you to be in control of your emotions and creating from love and joy and coherence the stories in the news number one there is no way to prove how much of the stories are true please remember that there's no way to know remember the quote from Tracy these leaders push out problems and then push out the solutions there is no way to know how much of a new story is true or accurate there's no way to know and we have to just accept that is the world we're living in right now so if the news

is still riling you up if you are not able to read the news from a neutral state then the news is not a good place for you to be giving your energy and attention to

01:01:09 it's not it is more important for you to be involved in the creation of beauty coherence order then to have your emotions be sucked into something that you don't even know is real you don't we don't know if it's real or not so not having your emotions hijacked including good feelings is one of the ways that we also protect ourselves from parasitic entities so let me dive into this ever so briefly if you are unfamiliar with parasitic entities another way that we could call them is just a dense platform that's all it is again that's the neutral stoic way of describing a parasitic entity it is a dense thought form it is something that lives in the denser lower levels of dimensions and interdimensionally and it the way that it they stay alive is by feeding off of emotions now I want to tell you that includes feelings that feel good too now I'm saying this I told you this was all for advanced people so don't

01:02:29 be freaking out on me right now I'm saying you are you telling me that means I can't even be joyful no it's not what I'm telling you but I do want to share a story with you that someone shared with me about an experience that they had really I believe it was their first ever experience with a parasitic entity and the parent the person was feeling like a kind of sensuality unlike a passion in their body not sexual but sensual and then they saw they as they were in that space and they were seeing a lot of energy around them they then they're vision kind of turned even though they were inside they kind of turned where they were looking and they saw that there was an entity feeding off of their sensual feelings and kind of trying to make them feel more sensual and then feeding off of that so those sensual feelings felt really good of course and the person realized oh wow because I'm in this space the space that I'm in right now

01:03:32 this is actually not the space to be feeling sensuality and so there is a being taking advantage of that so this is part of the reason why no matter what the feeling is we practice emotional control it is necessary it is a valuable skill even when you feel really good about something let me give you a very 3D mundane example if you are in a let's say a singing competition and you everybody is getting judged okay this is just what you've chosen to do everyone's getting a score and they're going to announce those scores publicly and whoever gets the highest score is going to be the one who wins the place in this beautiful musical okay so they're going through the scores the scores finally they call your name low and behold you are the one with the highest score you are feeling a lot of joy but are you gonna are you going to just lose yourself and start screaming out of joy or are you going to be elegant and composed and say wow I worked really hard

01:04:49 that feels really good wow and you're not you're not going to have anybody else around you know feeling sorry for themselves while you're over there screaming out of joy and there are there are much more delicate situations than that example where controlling your joy can actually be a good thing it's not lessening it you're just controlling the way that you're expressing it and how much you're feeling it and I will share with you there are times and spaces where when we feel something without expressing it we actually feel it more deeply when we just keep it fully inside and we are having our own internal experience with an emotion we feel it even more deeply than if we were to try to express that emotion and sometimes the opposite is true

so again good practice to move back and forth and to understand that any place where they can the fingers the fingers that want to keep humanity in the same place

01:06:01 they are going to try to control your emotional experience because it is the thing that gives you your power I just want to say many of you have been with me since the very beginning of the circle since the very first Q&A do three years ago now in March some of you have been with me since then I think it's rather apparent I am certainly not a stoic person I am not emotionless I feel so deeply I feel so deeply which is why announcing and honoring Tina's pregnancy can make me cry so easily because my heart is that open and I feel that deeply and I am aware of the practice the wisdom of being able to control my emotions even when something feels really good so when we get to it we're going to get to a place where and I'll just maybe give is it okay to give brief introduction I will give a little brief snippet when you feel a very strong emotion no matter what it is I encourage you to practice directing that emotion to your panel gland do not bring it here don't bring it to your third

01:07:32 eye that's the gateway that leads to your panel gland I want you to direct it actually to your panel gland back of the head back center of the brain direct the emotional current to that space and see what happens okay that's all I will say and we will get into that further I'm going to read the chat in case there's a question that has come up while I've been saying this before I move on what would be incorrect about screaming and shouting with joy if it's genuine good question that's a beautiful that's a beautiful question again it is really about feeling into where that energy could be used and again it doesn't mean that there's anything wrong with that even in the example that I gave if you won the competition for singing and got that place in the musical then maybe you should scream and shout maybe that is what you should do there is no writer wrong here there's no writer wrong it's about it's about having the

01:08:39 option it's about having the ability to control yourself no matter how strong the emotion is going back to the Alan Watts quote that is an ability to create order if your emotions are ruling you and so you're just reacting your body is just going you're just screaming and all of a sudden you realize wow I'm screaming right now the you're not in control of yourself you're not in control of your emotions your emotions are controlling you but if we're going to master our creations we have to master our emotions that's the purpose of the practice it's not because there's anything wrong with any emotion no matter what the emotion is by the way rage I was in rage just the other day on my deck actually I was enraged I felt rage for the first time and a very long time I was enraged and I felt it fully let me tell you fully and then I felt I felt good afterwards I was tired actually a little bit afterwards I will say I did notice

01:09:46 that my energy kind of dropped after I expressed it but I know that I needed to my it was it was rattling in my heart and it had to come out and it did and then I felt better and it was fine so there is no writer wrong it is about having the ability to choose I chose in that moment you know what I think it's important for me to just let this come out a little bit and see where it goes and it ended up taking me down a place where I was able to really work through it in a very short amount of time and you know with myself and then we were good it was fine so thank you for asking that question mmm oh nice Liza or Lisa the which is why sexuality is used so much in marketing yes indeed unhealthy sexuality an unhealthy expression a let me let me say it's not even it is

unhealthy but it is a irreverent expression of sexuality and that's what I that's another perhaps that is another word that could help with this practice are you being reverent which means fully aware and conscious

01:11:02 with your emotions or are you not because if you are being reverent you are you are showing up to your emotions like it is the divine speaking to you which in a sensitive and it's again it's a little tricky because it's through your body which has been conditioned but is it is still the voice of this part within you that needs to be heard in some way because it hasn't been liberated any other way so a way of liberation is absolutely to feel every single thing that comes up in your body and let me just tell you you're going to be feeling till infinity and beyond you're just going to keep feeling because there's always going to be something new to feel and technically that is still a path that leads toward liberation it is true and ultimate sovereignty of your being and of your creations it does lead there like I mentioned the beginning I just happened to enjoy things that are a little more efficient than that and so breath work and certain types of meditation highly efficient and you

01:12:11 still feel everything it's just more efficient with the liberation part so yes difficult to control the sadness of the loss of someone and you know we are supposed to feel that grief the grief that comes is a it's a sacred experience that we are meant to feel as a human we're meant to feel that I have had to learn how to not bypass my emotional experience as a human and simultaneously to not be completely drowned by my own emotions as a human I've had to learn both ways because I've gone in both extremes which is why I can relate to many people because I've done I've done the extreme thing and I keep myself walking the line and the path the middle ground if you will so okay thank you for some of you who are writing in there this was one other piece that someone mentioned about essentially having a foot in each world so thank you for how you wrote this yeah I did not I don't know who talked about this

01:13:34 it might it was really a discussion between multiple people the importance of having a foot in each world so between the 3d and the 5d between the human and the spirit between the body and the soul we are walking on the line that I just mentioned we're moving between both we're not bypassing our emotions and being in our soul and we're also not being drowned by our emotions by being trapped in our body we're walking the line we're learning we're practicing every day how to walk that and yeah that's enough there so take a breath please take a breath so here are some questions about or questions that come from some online discussions one thing that I want to address right here now because this is very important that we are on the same page hmm first of all please remember that reality and God the creator are a paradox therefore if you hear me say anything that seems contradictory to you just remember that I am an

01:15:19 expression of the paradoxical creation okay that can help to relieve some confusion or angst about anything that may come through in this and part of that is because again I'm setting up a foundation in a certain way that I would love your full participation in and just acceptance of so that we can get somewhere and then you're going to see where we're going because the way to create the way to create in your life is to have an amount of scaffolding around you, an amount of structure around you and then at a certain point you realize oh wow I actually don't need the

scaffolding anymore like training wheels on a bicycle you realize oh I actually I don't even need those I can balance perfectly well on just these two wheels it's like that so there are some things that you may hear in one class and you may say but then in the next class she said this other thing yes that's because life is a paradox it does not make one of them untrue

01:16:36 your mind will not accept that you have to just accept that it's a paradox now one of those things that I'm going to address here and now and very directly which who knows if I will do this again but I need to do it because we are all learning together and this is in the very beginning is about some questions that were asked I believe it was actually from Kathy forgive me if I'm wrong about asking if some of the people that I have mentioned ISIS, Hathor, Osiris, Kwanian etc if I if I feel like they're not real so this was a discussion in again in the in the forum of someone saying I don't understand how those people aren't real I have felt such a deep connection to them and their energy I don't I don't understand why you're saying if and I don't know I truly I cannot say now if I use the word they're not real I believe I was referring specifically to Osiris when I was talking about how you do not need to perceive them as real and if you only

01:17:51 perceive them as real then you're not able to see the bigger story of the myth that is applicable to you so that is the intention of what I said because there are some people who will get so lost in the story of one person such as Osiris and they may go off in a place where they end up saying I actually am the reincarnation of Osiris if that is where someone is they can easily get lost in that story and they miss the power of perceiving that as a metaphor and a myth because it's both it's a paradox Osiris was real and his life is meant to be understood as a myth and as a metaphor so you see the paradox here we are the 3d and the 5d were working with both glasses on one 3d one 5d that's what we're doing that's what we're practicing together here so especially when it comes with Osiris which I'm very excited to get further into that with you all he and Isis are a metaphor for the divine feminine

01:19:12 and masculine let alone the life they actually lived which again none of us can prove any part of it being true or not we can't prove any of it but we can accept that at the least there are they existed in myth and they continue to exist in myth and as a metaphor for us in our life so I just wanted to address that very directly so that there was no confusion these beings are real the energies are real because you can feel them they're real and we are going to be approaching them like they are both real and as myth okay so I just wanted to really clear that up since that's a huge part of this class and I'm glad that you asked about that and then there was a question about someone essentially excuse me expressing their feeling like they're not able to tolerate people from the past and past experiences this is from Carmen I believe and but they still want to connect with their loved ones and they're just

01:20:32 finding it very challenging and I want to say that if you if any of you are in this similar boat where you feel like you have people around you that you want to connect with but you're also on this journey or maybe you don't have anyone around you and you say no I'm really alone and I'm perfectly good as I am I've been alone for a while if you're in if you're in either one of those categories either you feel alone or you actually are alone it is important to keep in mind that the awakening process whatever that looks like for a person it does tend to bring on times of loneliness and isolation because you feel misunderstood even amongst a group of peers and

the reason for that is quite important because if you are truly going through an initiation there is no one who can relate to you that's the point the point of the initiation is that you are utterly alone left to your own internal compass your own guidance your own wisdom

01:21:48 and through that process you come out a needle you are reborn and you have a new experience you know yourself a new you recognize the power that you actually have and have had all along and it's only because you went through that alone now that does not mean that you have to forcibly isolate yourself or if you're struggling not talk to somebody it doesn't mean any of those extremes it simply means that if you find yourself going through this and you're like wow I'm trying to tell so many people about this and nobody gets it then just be okay with nobody getting it for right now and really like go talk to a tree about it or talk to God about it will have a greater impact for you if you're really finding that no one around you understands that doesn't make it easier and what I will say is that if you are still wanting any of you but especially Carmen you wrote about this if you are wanting to connect with people from

01:22:52 your past but you're not really able to relate to them I would encourage you to do the things and the activities that bring out the best in them and the most joy in them and just keep it very isolated to that experience where like that is what you do with that person if you're mom if you want to spend time with your mom and she's the happiest when she's cooking then cook a meal with her and keep your time of spending just to that because that's when she's the happiest that's when it's the highest vibration of being around her is during that time and in that place so do that with her that's what I would say and there was another comment about this and I want to kind of bring it further that is part of the reason why when we're going through this we don't we don't point out to people oh well you actually could be neutral about oh well you actually you're just see that emotion actually lives in your body and that's really why you're feeling

01:23:46 this way if you had liberated that then you wouldn't even be upset with me right now that's not what we do that's not what we do because that's not helpful that's not helpful for people because they still are where they are they're going to be where they are for as long as they choose to be there and the greatest impact that we can have on others is through our own change that is absolutely the truth and the more that we that we go and just to share with you as a as a Capricorn it was very easy for me to see what was not working anywhere I went and so I would just say well that's we shouldn't do it this way that doesn't work why are you doing it that's it's I hear you about the when you're seeing something that is so obvious that is clearly either hurting a person or whatever it might be some flaw we could say it seems very easy even possibly helpful maybe you're going in very delicately to explain what this is and it still doesn't leave them feeling good

01:24:51 because no matter no matter what they have to have their own self-awareness with it it's a it's an internal process and an individual process that is not meant to be lived alone that is part of the reason why we have this community the circle it's truly the reason why I created it because it is an individual process that cannot be fully lived out alone it cannot be fully lived out in isolation you can have all of these epiphanies and breakthroughs realizations about yourself when you're alone and then you go out with people and suddenly all of those are gone they are out the window you don't even remember who you are anymore and your nervous system is freaking

out because you've been alone and when you are around other people that is when you have the real confrontation with your real self who are you really is when you're around other people who you are alone is who you are alone we want to close the gap between who you are alone and who you are

01:26:03 with other people we want to make that one experience so that the experience of your soul and the experience of your human self also has the gap closed so we practice tuning in with our soul and practice being in alignment with our soul making choices that lead us toward our soul and then we have to go out and practice in the real world we do we must practice this virtual world that we have right here in connection to each other is a good place to practice it's a good place to get your toes wet before you go out in the actual real world with actual people who are not behind a screen and you practice with them in traffic are you judging are you being hateful when you're at the grocery store are you looking at the person who's checking you out in the ice and saying how are you genuinely not the throw away yeah hey how are you yep that's what I know hard to hurt that's where the real practice happens it doesn't matter how many

01:27:08 books we read and how many hours we are meditating every day if we're not practicing with real people our nervous systems must become acclimated to being around other people while we maintain our center okay so there was a beautiful question asked by Amalia Caragosa and she asked is there a correlation between the seven hermetic principles and the seven body shockers so I actually want to just put that all out to you what do you think is there a connection can you think of a connection between the seven hermetic principles and the shockers oh the love correspondences yes I get confused with the shockers yeah that's fair alignment balance mm-hmm beautiful all this energy as above so below it is a thoughtful question

01:29:10 great so this question is again so thoughtful quite beautiful and the answer to this question is actually about embodiment and the answer comes through a physical and somatic embodiment practice that I teach in person usually and it is I won't go into it right now but it's a dance and it's about dancing with shockty and the wisdom and the connection of those laws and each chakra is answered in the dance that's what I can say um so I want to really spend the last few minutes here clarifying because this is and it's really it's so good for us to be very clear and again I knew that this would be one of the most challenging pieces is about stoicism and emotions I understand and people get upset about the word control just be aware that you might be offended by the fact that I'm saying control your emotions let me put it to you again another way if a story is fed to you in an attempt to control your emotions

01:31:04 then is it actually helpful to feel the emotions that someone else is trying to control you with if someone tells you a story about how worthless you are is it good to feel the emotions of worthlessness and then have that belief reinforced by feeling worthless it's a question we have been controlled through our emotions for millennia and so in order to counteract the external control we must be in control of our emotions we must be aware and have a choice around where we are giving our energy to your emotions and your attention are your form of power but if someone has made you believe something about yourself about the world and so they are controlling you through your emotions and through that belief and the more that you feel that

emotion the more it reinforces that belief and the more that you think that same belief the more you feel that same emotion and now you are in a program you are not sovereign

01:32:40 now just like with training wheels you ride your bike with training wheels until you don't need them the training wheels are controlling your balance that's what training wheels are doing they're controlling the balance that you have on that bike until you don't need them anymore when you are able to control your emotions and have the choice of what you feel of where you direct that emotional energy to of the thoughts that are a part of that emotional experience then you don't have to be in control of them anymore but you must practice control so that you don't need the control anymore paradox I know people get very upset with me talking about this I told you that you would I told you there would be times where you don't like me I did may say that in the very beginning and it's okay it's really all right it is so important to feel this way because there is some part of you that is aware that you absolutely do not want

01:33:54 to go against this you do not want to control your emotions that means there's a part of you that's out of control when we learn how to control and we bring back our choice we are sovereign I told you the other day when truly it was three days ago I was sitting on my porch and I was feeling wow there is definitely something in my heart I feel upset let me let me give you a very clear example I learned something from someone in my family that was very surprising I had not been informed of the passing of a family member who I was very close to this person in my family who is the person who was supposed to tell me did not call me did not tell me of this person's passing and consequently did not share with me when the memorial service was happening so I learned that was speaking to this person on the phone and fully controlled my emotions while I said I'm just curious why was I not informed about this was this like was the intention to keep things rather small

01:35:23 and not share or why and the person went off with their answer okay after I finished that conversation which it was and it was just the answer was many excuses it was just there was no reason why this person had not shared with me they basically thought I didn't care and so when I got off the phone I tuned into myself and I felt wow no I am I am I feel a lot of rage right now I am actually enraged and so I called up a friend and I asked can you hold space for me because I'm feeling a lot of rage right now she said yes and off I went expressing feeling fully whatever needed to come out shaking crying with rage now the only reason why I could do that and not express the rage toward the person is because I have practiced controlling my emotions because that rage is not for the other person who did not tell me about the passing of my family member it's not for them that rage is information for me and so by controlling my emotions and not expressing my rage to that

01:36:50 person and instead expressing it to a in a safe place with this friend I was able to learn more about myself there's no denial there's no repression it is having the choice in the moment of not reacting and then allowing your emotions to come out in that safe place that is what I am referring to this is this is not something this practice of controlling your emotion the practicing neutrality practicing objectivity I cannot give you a black and white step-by-step it's good for this situation and not this one type of a manual I can't do that it is so nuanced what I am referring to though is that because our emotions have been hijacked and controlled we've been being

pulled along on a leash on a leash guys we've been pulled along on a leash being told if you don't keep going this way there's something way scarier over there and we're like okay yeah well okay I'll just keep going because we're afraid and we want the leash there are

01:38:11 people in this world who want many leashes on them controlling them directing them I want you to be sovereign and free and when you break free and you no longer need the training wheels that leash cannot touch you parasitic entities cannot touch you the stories that come out of the news they do not have to upend your world that is why this is important because if our emotions are being hijacked and controlled then we are not going to be able to feel the emotions that create the new earth and again this is highly nuanced this is such a complex thing to talk about which is why I brought it up right away in the beginning because we have to be able to practice this and continue to have discussions around what this means what it really looks like and really come up against our resistance and I just want to tell you I used to be someone who also said do not tell me to control my emotions that's how I felt too and my first degree is in psychology

01:39:30 so I understand and it's a place that I've arrived to of recognizing that only through that practice do we end up having the choice that's why we practice it's not about shutting anything down it's not about turning anything off it's about having a choice so very happy that again really that we can continue to have these discussions because it's so important for us to be able to understand and practice things that feel uncomfortable again that's how part of us dies and that's what the practice of initiation is so sorry I'm distracted by some of the things that you wrote in the chat I was trying to get down to the most recent so um beautiful exactly so yes so it's very it is it is nuanced and I really want to say if you are noticing that there is a part of you shutting down right now that where you're just like no I don't care whatever you say no just please be aware of that just take a moment to be aware of okay there is a part of me

01:40:55 that feels incredibly resistant to everything she's saying and just be curious there does not have to be any judgment toward me toward that part of yourself just be very curious about the fact that is showing up for you that's what I would say that is what we need throughout our entire life our entire experience here in this mystery school we must have curiosity and curiosity can come when we're not having judgments and emotional reactions when we're being neutral scientists huh I wonder why that story is bringing up that feeling in me hmm that's it curiosity so same thing here let's be curious and again really grateful that you all can talk to me about this so we will continue to talk about this because stoicism is not going anywhere which may be much to some of your disappointments but it's not going away we are going to go deeper into it and continue to learn about some of it and how we can use it so when I the last piece that I'm going to

01:42:02 mention are just two little announcements um when I mentioned that I teach this embodiment practice of the seven hermetic laws with the seven chakras that is something that I do in person it is something that I will be doing in person at the in person mystery schools that I'm teaching this year at the Omega Institute and the Art of Living so the Omega Institute's happening in July the Art of Living is happening in November I'm I won't really say more about that but just to tell you if you're curious how you could practice that with me that is where I teach it must be done in person it just doesn't it really doesn't work online but I am doing an online live stream for Omega

it is called Prima Materia that is happening on April 22nd the links for that I'm sure please comfort will send in the in the chat for you all but that is going to be a two hour teaching all about Prima Materia which is the alchemical origination of everything so many things that will be

01:43:12 connected really to this class so I just thought you may want to know about that and he want to join it's on their it's on Omega's website if you if you want to come and the next time that I will see you all will be on April 5th for Ostara our Ostara celebration and activation and meditation that we will do together as a community and I am so looking forward to that I love this time this time this experience of moving through Ostara it's when Venus returns to our dawn sky in the northern hemisphere and so Persephone has left the underworld and it's a really beautiful time of renewal so we are going to be celebrating that on April 5th I would love to see you there that will start at nine the actual meditation will start at ten so you do have a choice if you want to come to the entire piece or only for the meditation or possibly only for the activation in at the opening at nine that is what we will be doing and until then I hope that you have a beautiful week ahead and

01:44:22 that you take heart with everything that we've talked about lightly keep it lightly with you and please do write more in the discussion forums online because I do read those sending you all my love see you very soon bye for now