

COSMIC SHAMAN

Transcript
Week 2

Walking the Cosmic Shaman's Path

Course 2 Transcript

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John: Hi, everybody. Welcome to the second week of Walking the Cosmic Shaman's Path.

Oh, my God, guys, it's been amazing. The replies that we've been getting in through emails, your interaction on the Facebook group has just been phenomenal. Thank each and every one of you for showing up in the way that you have. And I can feel – I can feel – the shifts that are happening.

And there's some questions that have been coming up through the Facebook group and I want to address some of those as we get started this morning. And I also want to invite comments and feedback this morning here at the beginning of the call about your experience of the exercises that we went through last week. So if you guys want to raise your hand on the phone line press *2. Let's take some live calls, live questions. Type your question into the webcast page and we'll just open up the process here.

So the first thing actually that I want to do for today's call is I want to set the intention. I want to set the bar for what we're doing today and why. And this whole shamanic journey that we're on – and we're always on it – we're always interacting with nature, we're always interacting with the elementals, we're always part of the whole. It always has been that way and it always will be that way.

And what we're doing through this journey is we're getting reacquainted with aspects of ourselves. And there's forces at play that always have relationship with us, that are here to remind us who we are, the love that we're here to experience, the expansion that's available within all of us. And what happens in human form – and you guys know this, but just to reiterate – is that we start giving ourselves out and we start sharing and we start interacting, and the wholeness of who we are, because of environmental influences, because we have been taught to be so separate, pragmatists...

So on this morning's call I want to start first with the intention. And the intention is to bring all of us back to wholeness, to bring all of us back to who we are so that we can remember with greater ease how to have relationship with the whole, because we are that whole.

So what I want everyone to do on today's call... Again I'm hoping... Right now if you have pens ready, if you're drinking a cup of coffee, sipping water, whatever, if you can set that down for a second and just relax. Just take a moment to just be at peace within yourself. And whether that's by taking a couple of deep breaths in, kicking your legs up on the table or on the bed, whatever feels comfortable to you, and just let out a sigh of relief – ah – as you set that intention. And notice your shoulders relaxing and your body just slowing down a little bit.

And from this space I want you to call back all aspects of yourself that you have given away for whatever reason during this last week. So all of your energy that you've put there because you've wanted to help someone else, because you were distracted by work, because the news or the television distracted you into something else, because someone in the road did something that made you leave your body. Ask all those pieces to come back to you. Breathe them in. Recover those aspects of yourself that you have given away and ask them to come back. And let go of the attachments. Wherever those energies were, whatever they were trying to assist, know that they have done their job and it's time for them to come back home. It is time for those aspects of you to return to you. And now that you've asked I want you to take a deep breath in and a sigh out and steal them back into your being.

And I want you to do another round of this, but as you come up I don't want you to ask, I want you to command those pieces back. Because they are your pieces. It is your energy. It is your divine right to have those aspects of you within you. You may have gifted them to someone or something else for a time gain, to serve a purpose, and it's time to get those pieces of you back.

And breathe them into your being. Allow them to integrate and ignite you, to recalibrate you, to bring you present into this moment so that you can receive, so that you can be in wholeness, so that you can be in your power. And know that from here moving forward that you may have the awareness that those aspects of you may interact with others. They can co-create with others, they can co-exist with others, but they never have to stay corded or hooked in with others. It doesn't serve you and it doesn't serve the relationship, because in our individual sovereignty is where we house our ability to love ourselves and in that aspect of loving ourselves we become examples for others, and in that we become the greatest expression of love for them.

So, guys, take a deep breath. Allow that to sit within you. Allow that energy that's come back to ignite. And welcome to today's class. Thank you so much for being here.

Now, with that I want... The invocation last week with the *Course in Miracles* quote a lot of people commented on that and how it opened you up. I mean, I love it and invite you to keep using it over and over again because it's such a beautiful reminder. But for today I want to give you another reminder. And this is actually a short poem by Rumi. And I'm going to read it to you and I hope that you take it into your heart.

*This being human is a guest house.
Every morning a new arrival.*

*A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.*

*Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.*

*The dark thought, the shame, the malice.
meet them at the door laughing and invite them in.*

*Be grateful for whoever comes,
because each has been sent
as a guide from beyond.*

And what a beautiful representation for this course, for this cosmic shaman journey that we're on.

So, guys, get ready for our next class, because we're going to move forward here at lightning speed. And I'm glad for everyone that showed up live. I'm really excited about what's coming up. And let's take a couple of comments of what was coming up from last week's class before I get into what we're going to be presenting on the course today. So I'm going to take Carol, who's on the line with her hand raised. Hey, Carol, welcome to the call.

Carol: Thank you. Yeah, it's been an interesting week.

John: How you doing today?

Carol: I'm doing great. So I started out with the looking in the mirror thing and I could hardly even do it. But now it's not a problem, but I'm still working on being comfortable with it. But I feel like...

John: And let's stop there for a second.

Carol: Yeah.

John: Let's stop there for a second, because I want to lead this as an expansion of the statements. Because we're adding additional statements today. So by the end of the course, guys, you'll probably have about fifteen to twenty statements that you're working with. But I'm building them up a little bit at a time and so you'll start getting used to them. But we're going to shock your subconscious's foundation at core and if I gave you too many at once I don't think you would do them as effectively.

So what about the statements was hard at first, Carol?

Carol: Just the looking at yourself part was hard for me. Like looking at myself was difficult. Like looking straight... and saying it with feeling. But I could kind of do it with no feelings, but... I don't know what it was, but like I felt embarrassed almost.

John: And that's fantastic. And that's fantastic, because that's... The first point you bring up is that it's the emotion that really counts. To go through it mechanically it's not going to imprint it in a way that's really going to rewire you at a cellular level. It's not going to rewire your brain for those belief systems, where you hold them at core. And, guys, once you have these they're yours. It's steady.

Now, there's different aspects of it that come up, because we're always evolving. So, you know, if we take a statement like 'I deserve to be a priority', depending on where we are in life it takes different meanings. And so I still use 'I'm a priority' for different things, but it carries a different elevated high vibrational meaning. And now it can even mean I'm a priority with my guides or I sit with my council and I'm actually a priority there as I interact.

And it's a new level of awareness that keeps expanding forever. So these are actually statements for life.

What other aspects... what else did you find with the statements, Carol?

Carol: I also noticed that some were easier to say than others. Like the 'I feel safe' was easier for me than the 'I'm enough'. You know, so different ones had different levels of comfortability. Yeah, so... And I also wanted...

John: Did you find that you get to the...? Did you find that when you got to the ones that were not comfortable that you would look away or that your gaze would wander.

Carol: Yes, exactly. Yeah, yeah.

John: So those are the ones that we need to keep repeating. So when you're gazing away or even if it's a millisecond where you stare away from yourself, go back immediately and repeat that statement. Don't go onto the next statement, but catch yourself and go back. So it's safe. If you look away it's like you wouldn't come back. It's safe. It's safe. And stay in that gaze.

Sorry to be interrupting you, but I love the stages of this.

Carol: I wanted just to tell you the one thing, though, that... I saw that you saw my post on Facebook. But my car got stolen and I feel really that it's because it no longer suited my vibration, because the car was not safe and I care about myself more now and the car went as a result. It's really kind of what I feel. Is that what you get? I mean, it's crazy, but...

John: No, it's not crazy. As you do these statements and you integrate the belief of the truth of the core of what those statements mean, those things that are not in cohesion, that are not aligned with the truth of the statement and the energy that you carry with that statement, it's going to fall apart. It won't fall apart, but it's no longer there to serve you because you don't need that belief anymore. You don't need something to happen. You don't have to have a causal effect for you to get the message because you're already integrating it. Does that make sense?

Carol: Yeah.

John: Yeah. But that's happening. So it's, you know, 'I deserve to be loved for all that I am'. As you start to embody that even more, any aspects of your life that are out of alignment with that, depending on how deeply you're carrying your truth of that, they're going to start to wiggle and people and situations are either going to have to adjust vibrationally to meet you at your new vibrational level or they're not going to be around anymore.

Carol: Yeah.

John: And just be aware of that and notice that. And they'll start showing up as little things. They'll start showing up as someone being super helpful at the grocery store or someone letting

you pass through when you're trying to switch lanes in your car. You'll notice that maybe people will start talking to you more about your spirituality and some of the experiences, or you'll find community more aware. Just some random stranger mentioned something and you strike up a conversation.

Again you'll start having subtle representations of your shift of energy, but it'll start getting louder. And the subtlety is just to start getting you used to it. And it'll be subconscious. It'll come most of the time in little increments, and before you know it five weeks from now things have shifted. You feel so much lighter and you don't know why. But it's because that new belief system is in place and the density of what didn't support that is crumbling and you don't have to carry the weight of that anymore.

Carol: Yeah. I also noticed it in music. I was played bass last night with my band. We have a band and I was actually just playing bass, which I don't normally play, and I was a lot more confident in just playing and making up new baselines. So that was interesting too. I felt like there was a new level of confidence that... like just being present with myself kind of confidence. So that was cool.

John: I love that. Well, one of the statements that we're getting for this week also, and I think it's really awesome – actually two statements – I'm going to add the other one also – it's 'I deserve to play' and 'I deserve to have fun'. And those...

Carol: That's a good one.

John: Well, they're not only good ones, guys. These statements are actually some of the key ingredients that are needed as we're creating past the density of what we were carrying before. You know, people call it 3-D and that doesn't even sound right to me anymore, because the separation from 3-D into 12-D and beyond, or whatever you guys want to call it, for me I've gotten to the realization that it was just creating separation, and the truth is we're all of it. And what we're doing through this course and through everything that's coming in through other classes is we're getting rid of the notion of separation and we're coming back to ourselves, and in that we can function in harmony with our intention and all of these different dimensions knowing who we really are.

So the suffering of the 3-D is no longer there because the density that we carry from the limiting beliefs from that dimension are no longer supported in our field. But we're here to bridge heaven on earth and the earth that we came here to experience is a 3-D earth. I don't think that we're going to light-form quite yet. That would be a huge jump. But why would we want to? Why would we want to? We get to explore and enjoy this human body and its flesh and bone, being incarnate, being able to touch and being sensual. It's part of the gift that we have for being here.

So again it's all-encompassing. It's not we're separation. So again playing and having fun will be part of the statements and again this is how to create as we're moving forward. As

you move past the limitations of the belief systems that we have been taught for eons the invitation through the cosmos, from the other side, from our guides is no longer to manifest so that we can feel better about ourselves, but it's really to co-create with them and in that co-creation...

Carol: That's...

John: That's the heaven on earth. Go ahead, Carol.

Carol: And the fun allows for creativity. The fun allows for creativity and for being ourselves, you know.

John: Absolutely, absolutely. Did you have any experiences when you were doing the statements in the mirror of seeing things that seemed a little out of the ordinary?

Carol: No, I didn't see anything.

John: Okay.

Carol: I'm more of a feeler.

John: Awesome, awesome. Well, Carol, thank you for sharing your experience and I may call on you a little bit later. I'm going to take some more callers here.

Carol: Okay.

John: Now, the reason that I ask about seeing it, some people wrote in saying that they were seeing lights, they were seeing things shift. And that happens. When we're really into the energy and we're making a change at the cellular level, the energy of our old limiting patterns are going to be felt and in the mirror very possibly seen.

So when I used to lead people through these... Well, let me go back. When I used to do these statements, personally I can see shifts. The mirror would start to blur for me and I could see these shapes morphing in the mirror. Sometimes I would see light, but the morphing of my face into odd shapes was really interesting. And I also would morph a lot of times – and I would see it – into other people. I would see a woman. I would see an older woman. I would see an Indian chief. I would see someone from the 1920s in the mirror. A man from India. It was interesting. It was so interesting and it used to distract me.

And it also happened when I led people through sessions, when I took them through the mirror process. And what was so fascinating for me is during that mirror process I would write down what I had seen and ask the people that I was leading through the statements what they saw, if anything. And most of the time the shifts were happening. Again, some people aren't as visual, but they felt it, and they would feel the experience of the previous lifetime. But those people that saw it they would confirm exactly what I saw. And it wasn't

one or two, it was maybe ten. And again we were going deep and we were doing this in a supercharged private session.

And what it is is we're releasing old lifetime wounds, old lifetime belief systems, and so those energies are leaving the body. And also in the morphing the strength, like we did the sun meditation last time, the strength, the component, the new belief system that that soul originally carried, that got disassociated for whatever trauma that it suffered in that class – not during that class, during that lifetime – God, I'm jumping ahead in ten different directions today. It's going to be a powerful class today – wow. Whatever energy disassociated in that lifetime that was coming back I could feel that Hindu master coming in. I could feel the love from that 10 year old little girl that was integrating back into me. I can see a lifetime as a woman who was living a life exploring new territories in the west. It was absolutely amazing.

So if you guys see that, don't get distracted by it. It's super fun. Know that whether you see it or not it is shifting and it's all just part of the journey of us to integrate again those aspects that had disassociated in past lifetimes. And we're here to do it. And we have tools now that we can integrate several pieces all at once by using these statements and other methods that we're going to keep sharing during the course, that are here to facilitate us. Again, we're here really to bridge heaven on earth and we're doing it. We're doing it.

Let me go to another caller. Let's go here to Andrea. Andrea, are you on the line, from New York?



Andrea: Yes, I am.

John: Hi, is it Andrea? It comes up on the line.

Andrea: Can you hear me?

John: Yes, I can hear you well.

Andrea: Oh, good. Hi, John.

John: Hi. So what came up for you?

Andrea: Can I ask anything? Can I ask anything, or are we going to stick on the mirror exercise right now?

John: Well, tell me about your experience last time. Yeah, go ahead and ask anything. It can come up and then I'll go back to the mirror.

Andrea: Well, you know, I think here's a valuable point. I did it every day and I had one day where I was bawling. I think I was bawling before I even started it. So that was deep and very connected.

John: Why do you think you were bawling?

Andrea: It's been a week – it's been a few weeks – of very deep pieces coming. Like I've been in my deepest kind of wounds recently. So this course was gifted to me by a friend, actually an ex, and it's very perfect timing. I just had a birthday. And so I've...

John: Happy Birthday.

Andrea: Thank you. So the bawling is like feeling things of all the separation and all the places that I just haven't, you know, loved me, or gave my power away – just all of it. It's big. There's a lot of big stuff.

John: If you go to the core of it, what do you think it is the bawling? If you just go straight to the core, one sentence about story, what do you think it is?

Andrea: Feeling like I have moments where I don't want to be here. But I really want to be here. So there's this...

John: Yeah, see, it goes beyond that.

Andrea: It goes beyond that. It's...

John: And actually I want to stop you there. So I'm so glad that I took your call. This is so perfect.

So doing spiritual work and transformational work and... We've been taught for the longest time, and I think it was appropriate – I don't *think*, I *know* it was appropriate – at the time to

go and to find out where we got into those aspects where I was hurt, I was wounded, I needed to recovery this, I needed to heal that. And it's beautiful, it's absolutely beautiful.

And the awareness of that is shifting, Andrea, and everybody on the call. The awareness of that... When we go into aspects, well, you know, I was healing this wound, I was healing this other trauma... And it's not that we're not doing that, but as we go through the experiences I don't want us to stay on hey, this is what I healed. I want us to go to the core of the why. And it's the why, it's the route that really sets us in the path of liberation, in the freedom that we're looking for. Because everything else is a mental construct and it's like repeating a past life and reliving the journey as we experience it. And again it's beautiful. But when you go to the core of it – and tell me how this rings for you – when it brought up all this emotion was it because you finally decided to show up for yourself in a new way?

Andrea: Yeah, yeah, yeah. I was looking straight at me, yeah.

John: I can feel that. And so the welling up and the crying when you went to the mirror it's like oh, hold on a second, an aspect of you – no, a lot of aspects of you – but still your little girl...

Andrea: Oh, I was like 'I'm there for you, baby girl'. That's what I kept saying.

John: Yeah, it's beautiful. So those pieces of you that may have felt neglected, that you didn't even know because you were... because we get so busy chasing all of these other things to try to make ourselves whole, to try to make ourselves feel better so that we can live with a little less pain and suffering, like they feel neglected. And they didn't know necessarily that that's what you were doing, because we start functioning from our mind and from going to all these other places. But when you went to the mirror you showed up.

Andrea: Yeah.

John: And that was her. That was that aspect of you saying 'I am here', and she needed that. So congratulations.

Andrea: Yeah.

John: Yeah, congratulations. And you were going to ask me something else.

Andrea: Yeah, you know, amidst all that... And, I mean, you know, of course I can go on and on about little things that have been happening regarding that, how to find that I'm neglecting myself now. I notice I have a few men in my life that I've attracted and, you know, it's kind of like are they available or are they not available? But I'm calling them in because there's something I've wanted.

And my question is I get lost with... part with the other. I will get obsessive and compulsive, and, you know, as healthy as I'll be in one minute as soon as I start feeling like my energy being attracted and it coming back, the minute that it's going into an old pattern of like oh my

God, they're not going to be there for me – you know, just all that – you know, like it almost hurts me inside. Like I feel it and then I want to die. It's like that crazy deep.

And I've been watching it and feeling it. And so I thought... I'm bringing it up because it's a killer for me. Yeah.

John: Have you noticed that you...?

Andrea: One of the reasons I took this course, too, is that you're male, actually to tell you the truth. It was one of the things Crystal said – 'Take advantage of this, you know. You've got a great male holding space.' Yeah.

John: Yeah, so in this explanation... In what you're sharing with me you used the words 'die' and 'kill'. So there's some part of you that doesn't feel safe.

Andrea: No.

John: There's some part of you that thinks that you're going to be killed somehow. And it doesn't have to make sense. Sometimes our fears and things that we carry are things that we can't even express from this lifetime. They're just energies that we carry, whether we learned them through environmental conditioning or they're past life memories. I don't care where it comes from – it doesn't matter – and we don't have to create story around it. We can, and it can be fun to, play with it, and it could bring in some awareness. And sometimes it serves from a shamanic standpoint, and for you I think it would.

It came from a past lifetime. And it's not safe to be separated, because that separation could mean that your life is in danger, and you were probably killed in it. Okay, you experienced it, but you're here now. So we don't have to get into the fear aspect of it. You can get into the awareness – like oh, this is something that happened to me that I don't know the story of, and if I don't know the story of I haven't been equipped to heal it, no one has taught me how to show up for that. But we're teaching each other now.

So take a deep breath and sigh and knowing that. It's like oh, I'm finally ready for this awareness. And so we don't have to put ourselves in confusion and into the spin and the chaos and the swirling of how do I fix this, how do I fix this, how do I fix this, why can't I fix it, why can't I fix it. Because you don't have the framework for it, and so you're searching for something that you energetically can't support because you don't have the framework. And we're building the foundation now.

And so trust that this is coming up. And as we go through any situation, guys, that makes us feel like we're losing an aspect of ourselves, if we think that – and it's a perfect example – that this relationship is making us whole, or something about it makes me feel really good, and when the relationship doesn't feel like it's connected or if the relationship seems like I'm going to lose it I'm losing an aspect of myself. I start getting confused. I start giving myself away. I start desperately grasping for it to come back to me.

There's one question and it's so easy. Just catch it in your awareness as you feel your body starting to get the chemical reaction from our emotional reaction. Ask *why?*

Andrea: Okay.

John: Why am I feeling this way? And start talking to that aspect of you. You don't have to have the answer, but really stop the pattern by going, oh, hold on a second, I'm feeling anxious right now, or I'm feeling afraid or left out or lonely, whatever the emotion is, because he hasn't called yet. Or I'm feeling like they're about to leave me because I said something and they got really mad about it, and I didn't mean to trigger them and oh my God, what did I do? Ooh, hold on a second. Why? Why am I feeling this way?

And just do a quick check-in. And if we check in we disrupt the pattern, because we make it pause. And in that pause, that exercise that we started this call with today, gather your energy back. Bring it back to you and have that conversation and have... even if it's just for... take ten seconds and ask *why?* Oh, I feel like I'm going to be alone. It's like oh, okay, at least now I understand. Now you've [dissipated] some of the confusion that comes up in the field and it'll continue to empower you as you keep asking why. Why are you afraid? Why do you feel...?

Andrea: Like I'm feeling persecuted. You know, a lot of persecution stuff. I feel like I'm being rejected to Siberia is where I go to in my mental thoughts. Like ah, I'm being pushed aside again.

John: And it's the safety.

Andrea: Yeah.

John: Okay, so I'm being pushed aside. So why am I being pushed aside? And get to the truth of it. Not a story. Don't get into, well, you know, I asked them to switch the TV channel and he got mad because he was watching the football – whatever. I mean, don't get into the story. Really go to the core level.

And I'm teaching you guys really advanced principles in this. Because it's so much easier to get into the story and to get into the rabbit hole and to go into the different layers, but it's time to go to the core, guys. You guys know how to do this. What were you going to ask?

Andrea: Can I ask you if this is a story?

John: Sure.

Andrea: Like because often I go to my birth and I feel something. So I feel a core piece of where I almost died and where I was pushed aside and where I was... had a lot of emotions from my mother. So I go there a lot. And I've known this my whole life. So is that a story for me now? That's what I'm...

John: Well, let me ask you something. How do you feel when you talk about that story?

Andrea: Very emotional. It's big. And it's usually around my birthday.

John: Okay. I understand it feels emotional, but emotional doesn't describe the emotions. And this is actually a really important component. As we ask the conversational way – and I'm glad that you brought this up – you want to come up with a clinical perspective of the why. And the clinical perspective of the why is awesome, because then it puts us in nonjudgment, it puts us in neutral. And when we get into the core of what it's bringing up for us and the emotion, let's acknowledge the emotion for what it is as an emotion instead of a lot of words that confuse us into not having relationship with that emotion.

Andrea: Okay.

John: So what emotion comes up for you on that?

Andrea: There's some terror, but there's grief. It's a lot of grief.

John: Ah, okay. And why do you think the grief?

Andrea: This is where I'm not sure if it's a story or not. But my mother was grieving terribly. She had a shock and was dying ten days before I was born.

John: Well, that's your story. That's your mom's story.

Andrea: So I feel like in my pain that I got a default of grief and sadness about a lot of things in life. As much as I feel joy I can feel that very deep grief/sadness piece of life existence, you know.

John: Okay, now I want you to do me a favor. Repeat this statement after me. And there's two statements are coming up for me. And again that's why these statements I think are really powerful. So...

Andrea: Okay.

John: I deserve to be a priority.

Andrea: I deserve to be a priority.

John: How does that feel?

Andrea: Feels good. I mean, it feels...

John: Yeah, awesome.

Andrea: It feels real.

John: One more...

Andrea: That's the biggest one in the exercise.

John: Yeah, yeah. And one more – I deserve to be loved for all that I am.

Andrea: I deserve to be loved for all that I am.

John: Yeah, you do. And, see, with those statements – and these are core, these are core beliefs – just with those statements we're re-patterning all these stories in a new way. So we don't even have to know how or the why these limitations came up. And it's beautiful that you have an awareness of it also. And I can tell you that these statements are going to clear that and so much more. It's not just this one story. We're going beyond just the one aspect of soul being retrieved into the core of it, into the root of it, being extracted and reseeded in a way that really supports the love that you are here to experience.

Andrea: Yeah.

John: So as you guys are going through these statements and as we're going through this course just take a breath and know that there's something bigger happening than our story. And not that your story's invalid for whatever reason. Honey, I am so sorry that you had to go through all of that. You didn't deserve *any* of that. You didn't deserve any...

And we can justify it. It's like we came here to experience it and we're growing for it and all these other things. Each and every one of you on this call, and me included, all of the crap that we went through growing up that put fear and judgment and terror and put us aside and made us feel like outcasts, like we didn't belong, none of us deserve to go through that, none of us.

Andrea: I notice it is a tall order. I write down I have to care for myself. Like to care. To care. It's such a huge word. Care that I care about me and then care, self-care. It's a huge piece for me. I wrote that in my journal.

John: Awesome. But that reverberates, and at the end of the five weeks let's talk about that maybe even on the Facebook post and I can almost guarantee you that that word will not have a charge for you.

Andrea: Good!

John: Alright?

Andrea: Yay!

John: Right, thank you so much for your call. Yeah, thanks, Andrea.

Andrea: Thank you.



John: Alright, guys, I'm going to take some more Q&A a little bit later and some questions from the webcast also. I want to move on here.

So again these statements are powerful in the way that you guys are carrying it. And working with them is really going to amplify and again get to root causes. We're going straight to the source. And the stories that come up I get. I have hundreds of stories to tell – and I still do – they come up. And the statements are still something that I use to remind me, to recalibrate me, and to put me into cohesion with remembering.

Guys, and this isn't that we get to stop feeling things, that things won't throw us into a loop sometimes. But what happens

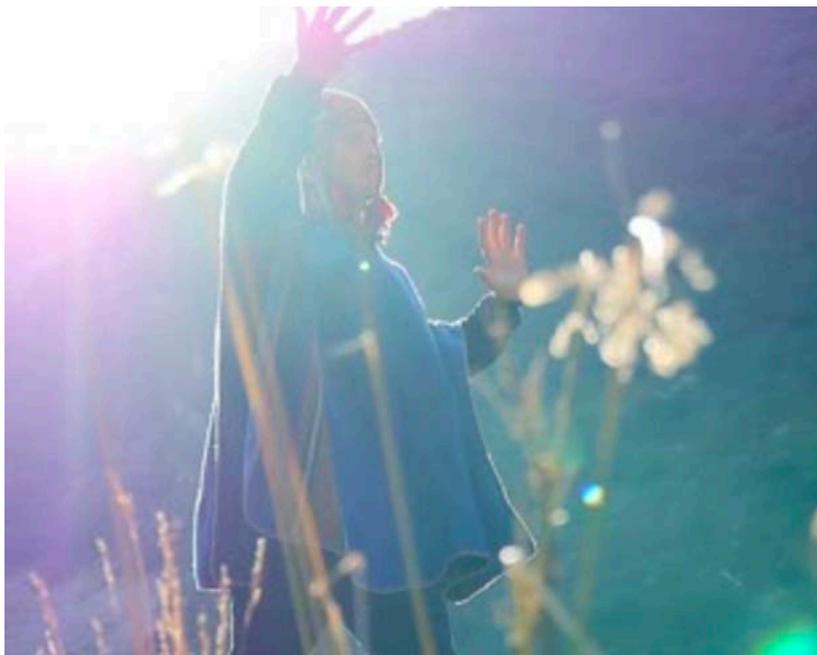
is that we catch it faster and faster. And the faster that we catch it, the less that we suffer. The most self-love that we give to ourselves, the more that we nurture it and we gain back pieces of our power within us, and it adds to that foundation that you're building that's really moving you forward in a trajectory where those old wounds, those old stories no longer serve as the lead as to how we create our lives. We actually get to turn them around.

And what also happens with the integration of the new belief systems is that we start to take the positive aspects of what we thought was misaligned power, of the fear that we had with power, and we get to turn the energy around a bit and actually embrace aspects of that power that we were so afraid to let into our lives because we thought we might misuse it. We thought that may take that energy and use it in ways that it was used with us.

And as we shift the belief systems around, as we recover those soul pieces and their positive aspect – because that's all that's coming in now – the positive aspects of that – we get to come back to the wholeness of that masculinity and femininity and bring those into balance. And we will bring in those soul aspects again of the fragmented ones, the wounded ones, the ones that were in fear, in judgment, and then the other ones that we thought may have been abusive or misaligned or that was used for manipulation, and those get transmuted also because of this new foundation of love that you're carrying that's just the essence of the truth of who you are, that doesn't need to manipulate or abuse anymore. When we balance those, that's when you really start touching on divine feminine and divine masculine. And we're not one or the other, we're both, we're whole.

Ah, beautiful. I love the questions that are coming in and I love how it's coming up.

Alright, guys, we had also people that were writing in – and it's part of what I wanted to cover in the course – what was coming up through dream states. And so we're going to get into that in a little bit. But right now if everyone could again get into a state... If you're doing other things, if you're multitasking during the call... I want to take you through a



process. And so take a minute, get re-centered. I'm going to look at some of the Q&A that's been coming in also while you guys are taking a couple of seconds to do that.

And we're going to open up here and I'm going to take you on a journey with me. So we're going to take you into the vortex – which, by the way, we started doing from the beginning of the call anyway – and in this swirl together our ability to create based on the intentions that we set at the beginning of this call are exponential.

So as you relax take a couple of breaths and just settle in. And I want you to invite whatever soul pieces you've recovered since the last class, whatever's been coming in, invite them to play with us, to be part of this experience. And also let him or her know – or them know – that you're so grateful for them coming back, and it's because of them, or because of him or her, that you get to amplify your experience today. You've needed them back and it was time for them to come back, and you're so grateful that they're here to assist you.

And as you continue to relax into this feel your guides around you, feel your higher self, feel your support team surrounding you. You're safe in this journey. They're here for you, as you are their priority. And they're surrounding you with love, with a benevolence that is outside of the realms that we can understand on this realm right now but that we're striving towards. That in this energy all that is of love is what enters your field and anything that is misaligned with that has no domain in this space. You're wrapped in a cocoon of light and love. And I want you to wrap yourself in whatever colors represent that for you – gold, pink, silver, white, blue.

Allow whatever wants to come up in your awareness, without judgment, to surround you in the hue, to embrace you, to put you in the space where you get to have intimacy with these beautiful beings that are showing up for you, with you who are showing up for you, your soul fragments, those pieces of you, those pieces that are filled with love, those pieces that are aware, those pieces that know that they are a priority because you have called them back in. And they're going to go on this journey with you.

What I want you to do is picture yourself in a meadow and see your surroundings or feel your surroundings. Have an awareness of the trees, of nature, if you're seeing mountains, those elemental elements that are here to support you. They're guiding you down a path. And as you walk forward you can feel the support. You can feel it augmenting as you keep walking down the path towards a structure in the distance. Feel them cheering you on. Feel them as you pass them by as a safety net there for you. Feel them as you approach them, as they welcome you and clear the path as you continue towards the structure. And the structure becomes more and more evident.

What does that structure look like? What does it feel like? Keep walking towards it. And as you get closer you can see the door into that structure. And feel how welcoming it is. Feel how it's embracing you and inviting you forward, and feeling within yourself how you can trust the energy that is emanating towards you. Again it feels supportive, embracing, and it wants to give something to you.

And as you walk forward you're in the building. You've passed the doorway. You've opened the door and walked through its threshold and you're in a hallway. And in the hallway you see a set of stairs. There's one set of stairs to the left and one set of stairs to the right, both going down. Choose one and descend down that stairway.

And there'll be eleven steps going down. And as you step on each one see it light up or feel it light up. Allow my voice to take you into it as we count down from eleven, ten, nine... Feel the walls around you supporting you. Feel the beauty that it's emanating in the structure. Nine, eight, seven... Feel the support of your guides, of your higher self all around you. Six, five, four, three... Feel your soul pieces supporting you, so happy to be back with you, integrating power back into you. More wholeness, more awareness, more confidence. Three, two, one.

We've gotten to the bottom of the landing. You see a long corridor in front of you and you start walking into the corridor. And you get to the point where you can see three doors to the left of you and three doors to the right. Take a deep breath and just feel into which door you want to go into. And don't go in there yet but just feel it. Decide which door, knowing that you're supported in all aspects of your decision. That will be the perfect door for you.

And now that you've decided walk towards that door, open the door and close it as you walk into the room. Close that door behind you. Feel the room. What's happening in the room right now? What are you feeling is going on? And stand as an observer. What lifetime is this

taking you to? What experience? And don't judge. No matter what you're seeing just stand as an observer. Stand emanating the light that you've brought forward with you from your guides here with you now, from your higher self, from God, from source, from those old pieces that have come back to you.

And as you see a scene playing out in front of you ask if there's an aspect of you that is ready to come back from that scene. If you get 'yes', walk up to it, hold out your hand, and allow it to embrace you, to take you by the hand, and have relationship with it. If you get 'no', honor the 'no' and hold space, carrying that luminance that you brought in through that doorway. Emanate the love. Allow your light to shine without effort, because you have gone in there as whole as you ever have been, and allow that aspect of you, that soul that wasn't ready to just feel the vibration that you're carrying to feel your confidence, to feel your love, to feel your strength, to feel who you are at this moment now. And invite it again, if it's ready to come back.

Emanate your energy so that that part of you becomes aware that it can trust you now that he's safe to go back with you, that she will not be betrayed again, that she doesn't have to stay in whatever she was enduring in that experience in that room. Ask her again if she's ready to come back with you.

Beautiful. Take her by the hand, ask her if it's okay if you pick her up. And hug her and ask her if she's ready to leave with you. Ask him if he's ready to go back home, because it is time that she's a priority. It's time for her to realize that she is loved for all who she is. It's time for her to know that she deserves to be safe and will be safe with you and that you're ready to embrace her and take care of her and show up for her.

Feel the power of your resolution with this. Allow her, allow him to feel the confidence that you have of this truth as she continues to integrate. And now tell her or him that you're ready to bring her home.

We're leaving the room now. Open the door, walk through the threshold of that door, close the door behind you, and head back up the hallway carrying this beautiful child back with you, this amazing, loving, innocent being back with you. You've taken him or her by the hand. You're carrying her through the hallway as we approach the stairs. And feel her embracing and soaking in the love that you are, the confidence that you're carrying, your absolute conviction that she is a priority and that nothing like that will ever happen to him again.

And as you get to the stairs you can start climbing up the stairs. In your full luminance start walking up. One, two, three, four... And feel your confidence build even more, the sense of benevolent power that's coming within you, this aspect. This child holds further into your embrace, feeling even more safe. Five, six, seven... Feel the relief, the comfort, the peace that this child has now because you showed up for him. Eight, nine... The confidence that she had now, the excitement. Nine, ten, eleven. And you're up in the stairs.

And you walk back up towards the door of the structure. You open it and you see the sun gazing at you, this beautiful luminance, golden light shining straight down to you and your newly recovered aspect of your divine child. And feel how it's feeding your soul and your heart and how it's allowing you or to absorb the innocence and the joy, the love, the play, the wonder that this child has. And feel it melding, merging into you as you become one with this aspect.

And as you walk back up the path feeling the elementals around you, the trees. If there is a stream you will notice the water supporting and embracing you. Feel the animals as they cheer you on with the eminence of love that they radiate towards you as you come back to wholeness.

And go back to the beginning of that path. And we stand there, the light still soaking us with its radiant energy, feeding us, igniting an aspect of our soul who's come back. And I want you to sit there for a couple of minutes as you breathe in and out, in and out. You feel a sense of accomplishment and peace, feeling the gratitude and joy of this reunion that's just taken place, this reunion that's been waiting for you with this innocence and this love that's been waiting for you to show up.

She knew that you would come when the time was right and he thanks you for showing up exactly as you are, in your love, in your knowing that in facing any fears and facing anything that kept you separate from this that you would recover more of who you are and in that be able to share that life of love and knowing with your child self, with your innocence, and share that innocence with others.

And I'm going to bring you back now. So take a breath in and a breath out and I'm going to count to three and at three I'll invite you to be back present here with us on the call. One, two, three.

Welcome back. Welcome back. Wow, I could feel a lot of you on that journey. And take your time to come back. And for anyone who's had any experience where it didn't feel like you can go in deep enough or something didn't ignite in the field, know that I did this exercise with the intention that that may happen for some. But I want you to come back and listen to the recordings and go back in and go back in again and go back in again, and keep taking this journey, because what we're doing is we're recovering soul aspects, traumatized selves, and they can show up in different scenarios.

You could have seen a scene playing out where something was happening in a past life. You could have felt something not right in the room, an energy that just didn't feel comfortable. You may have felt something blank, just a void, and that could be a major disassociated part of you that doesn't even know how to emote anymore.

And we're bringing back aspects of that. We're reigniting the ability to get to emotion, because as we continue to spark that emotion it's going to bubble up within us and expand,

and the more that we feel and that we emote, the more that we're capable of having relationship, the more that we're capable of going into intimacy. And when we're in real intimacy that's when we provide the invitation for others to co-create with us.

So feeling into the why you want to do this love that you want to feel, the feeling of being part of something. Isn't that funny? We talk that we always want to be part of something – part of a community, part of a relationship, part of purpose – and we're going back and we're recovering soul fragments of ourselves that are parts of us.

Can you guys feel that? Can you see that being part of something is an invitation for us to return to parts of ourselves that are ready to reemerge, to reintegrate, to have that intimacy with us? And as we become more whole we invite the outside expression of that to materialize in several ways.

Ah, you guys are beautiful. Thank you for following me on this one. So beautiful. So again go back and repeat this process several times during the week. I'll take some calls here about this in case there's some processes that you guys have any questions overall. So if you guys want to share experiences it could be wonderful for the rest of the people on the call.

Also what I'd like for you to do is to invite aspects of you to come back in other ways now. We've opened the portal here, but it's a beautiful portal because we set the foundation of it to really be that of benevolence. Again we brought our energy back from when we were giving it outside of ourselves back to us at the beginning of this call. So when you set the intention to go back into this exercise or into these other places that I'm about to give you some instructions for, bring your energy back and trust that you're bringing back something that is for you, of you, and for your highest purpose, for your highest intention, for the highest vibration of love that you're capable of bringing in, and then it'll serve you every time.

What I also want you guys to do is invite an aspect of this exercise to keep showing up in dreamtime. So before you go to bed every night... And I'm going to put you to work on the other side, by the way, quote-unquote. This is awesome because all of you are ready for this. You're in this class for this reason. Every night before you go to bed invite whatever aspect of you that is not fully integrated with you to reveal his or herself during your dream. And then as you start having awareness in dream, or if it's subconscious, start inviting them back with you. Start inviting them back.

You're getting to a higher vibrational state. As you continue working with these statements, as we continue working through these exercises, as we continue to swirl in this vortex together, because you're raising your vibration, because you're raising your capacity to hold more love and to show up for yourself, there's a container that's been set that makes it safe for those pieces to come back. It makes it where you're more empowered to receive these pieces back of you, these strengths, these action-taking abilities, these knowings, absolute

knowings of the love that you are, that you're here to experience, and the love that you emanate, and why you deserve to have that back.

So as they come back in dream just set the intention that you're inviting them back. Don't force them back. You're not dragging them back, you're just holding out your hand and inviting them back in. It's a gentle, subtle invitation and it's with your intention and your demonstration that these aspects of you are now a priority and that you're showing up for them now. They will begin to integrate or they will integrate completely. Some of you may be surprised at how fast it happens. For others of you it may be a little bit more of a process. But know that each level of integration will keep augmenting and will provide more wholeness as you keep going along.

Now, as we go through the soul integration you just did and with the integration that's happening with these statements that you're working with and the other exercises that we've done, it's important for self-care and to keep augmenting the energy that's happening. So for self-care go out and break a sweat. Do something. Walk, take a yoga class, go for a swim. Do something. You know, go out in the garden. Plants connect with the earth. But do something that is going to allow a little bit of the purging of the energy from your body. Take an Epsom salt bath, please.

After today's call – and we're not done – we've still got a while to go – after today's call go out with your shoes off and walk on the grass, if you have grass around you. Or in the sand and put your feet in the water if there's a beach or a lake or a stream around you that's not too freezing cold. Also go touch a tree. Just allow Gaia to help you not only absorb and transmute this energy that's coming through you that no longer supports the vibration of what's coming in and the integration of your soul, but allow Gaia to play with you in the energy also and have relationship with this aspect of you that's emerging. And so have fun with that connection. And part of that self-care is to have fun, to play. And again that'll be part of the statements, and I'll send out statements later also.

But those soul aspects of you, that little girl that just came in, or aspects of her, that little boy that hasn't played in so long wants to play with you. So do something fun. And you may not know what it is, but ask. Ask that part of you that's coming in what would you like to do? And whatever answer comes in, guys, don't judge it, just do it. Go eat ice cream. Go, you know, play on the swings. Walk around the house and show yourself pictures of you when you were younger, or of your family. Introduce that aspect of you to your pets. Have fun with it. Have a good time. Enjoy that interaction, because that's going to help you tremendously as this integration continues.

And then you'll want to keep having conversations with these aspects of you. And there's going to be a pretty advanced exercise that I'm going to leave you with at the end of this call, but that's going to take you into an ever greater expansion in relationship of what you're

building up to in this course and it's something that I want you to keep doing for the rest of the weeks that we're together during this shamanic journey.

Let me go to some questions that are coming in on the queue. And, April, I think you're going to have to help me with the Q&A, because there's a lot of stuff coming in and I want to make sure that I can address this. So while you're reading some of those let me go to a caller and then we'll take some of the questions that came in through the webcast. So let's go to... I'm not sure who this is. Calling from Camarillo, California, telephone number ending in 7-3-9-5.



Beth: Hi. It's Beth.

John: Hi, Beth. How are you?

Beth: I'm doing well. How are you?

John: I'm doing wonderful. How's that exercise for you?

Beth: It was very loving. It felt very loving and kind as I did it.

John: Oh, beautiful.

Beth: Very loving. And then the exercise that we just did it was interesting, because when I got into the room it was just swirling of light and lots of swirling, and it wasn't until... And the light was swirling through me and around me. And it wasn't until you talked about it being a child that I saw that experience. Like right before that it was just my energy thing was returning to me, that my power and energy that I haven't been willing to accept and let in was just like swirling around me and through me and just felt just like more power light, you know, just coming through me. So it was pretty interesting.

John: That is so cool. Oh, I love this. I love this. So what we did last week with the sun meditation was really something to like drop a lot of the soul fragmentation and the suffering that we had from other lifetimes and bring it back into our core. So wow. The fact that you were able to go straight to the light energy and into that aspect of you it says so... Did you do the sun meditation? Did you do it again last week, or did you just do it during the call?

Beth: No, I did it three times during the week.

John: Awesome. See, because of that and because of the integration that happened you didn't have to go into a timeline where there was abuse or suffering or something that caused disassociation with that soul fragment. You went straight to the light. And in that it was just a recognition of what part of you was wanting to merge. And even if you didn't know what part of you wanted to merge, just by showing up in the room with it there was an integration taking place.

So that's awesome. Sorry, I wanted to bring that up because that's a beautiful expression of what happens in the energy that we're all in where these patterns that we've held onto for so long are being re-patterned so quickly now.

Five years ago, when I was going through this, there's no way that I could have gone through where you are in that meditation without necessarily recovering some aspects of soul trauma. Because we're functioning from a different vibration or frequency and it's augmented so much over the last few years that we're able to bypass a lot of that for sometimes...

Beth: Well, I have been working...

John: That's awesome.

Beth: I have been diligent with my wellness and healing my soul for the last few years, but since 2012 really diligent, like daily, and reading and listening to all... and just doing it and working with different healers. And so when you talked about it, afterwards my mind was like, well, did I do something wrong? Because I feel really great and I'm supposed to have this... I'm trying to like make this little child be okay and the little child is like so happy and so joyful that I, you know, was willing to accept that part of myself back into myself that I've been so hesitant because of power, you know.

John: Power. Power. And I love that. And I'll be honest with you. The whole integration... And you're teaching me, so thank you, Beth, for this, because I really took a lot of us into this exercise to recover old fragmented wounds, but you're reminding me also that we're embracing those aspects of power that we once thought were dark. And again part of what I was going to talk about was this dark side of energy that we've misappropriated because of the old platform where we function from that wasn't really our platform but our encultured platform, again that foundation of fear of judgment and manipulation.

Beth: Yeah.

John: But because of the work that you've done and because of, you know, this cohesion that we're holding here, an energy, you're really embracing a different aspect that's ready to come in and hold, you know, in a new way. I can't even say in a whole different way. It's in a whole new way. So congratulations and thank you.

Beth: Yeah, it feels really incredible actually to be able to...

John: And did you have a question?

Beth: No, I just wanted to share what happened because I wanted to make sure I was on the right track! My mind was like, 'Are you missing something? Do you need to go back? Because all these experiences...' So when you say that then my mind is like, 'Okay, calm down. Okay, you're on the right track!'

John: Well, and, you know, you bring up another aspect of that that's really important, Beth. Did you feel like you're on the right track?

Beth: Yes, totally.

John: Thank you. Thank you. And stop right there. Everyone, stop disempowering yourself. And if you know that you're on the right track don't go into doubt. Don't go into doubt. Own it.

Beth: Yeah, right.

John: It's time for us to own our knowing. And that's why I wanted us to bring back those aspects of ourselves during this call, because that aspect of knowing is unshakable. When you know, you know. Own your knowing.

Beth: Yeah.

John: And know that you can change your knowing the next second if a different knowing comes in.

Beth: Yeah. That's some powerful shit!

John: It's liberating is what it is.

Beth: Yes, yes, it is.

John: It's liberating.

Beth: I feel excited all of a sudden. Very excited.

John: It's because you are giving yourself credit and you're giving yourself the freedom, with ownership, yeah. Oh, Beth, you're awesome. Thank you so much.

Beth: Thank you. Thank you, John.

John: April, you want to take a question from the webcast page?

April: Oh, we've got some really great comments in here. Pamela said that the process you did gave her a new sense of release that she so desperately needed. 'It was almost like permission to go somewhere that gave me a sense of excitement and joy.' I love that.

John: Oh, can I comment on that?

April: It's your class. Go for it.

John: I love it when it's my class. I get to do whatever I want! I was just being polite. And guys, we get to play. I haven't played way too much, but there's so much I want to share. I play a lot with April. And so when we do our calls together and everything we laugh and joke and poke fun at each other all the time and it just makes it just so wonderful to show up every day and love what we do.

So Pamela, a lot of times we get a sense of desperation and it's confusing and it feels desperate because we don't know what it is. And it feels like something needs to happen or something drastic in a negative way is going to happen to us. And I just want to invite you, Pamela, and anybody else who may get this sometimes, that that desperation is actually an awareness that something new is emerging. There's something new that wants to emerge. And if it doesn't know how to emerge, it doesn't have the vehicle for it, it's going to show up in different emotional tones. And it could put you into anxiety, fear, judgment, a feeling of



being lost. But again whenever those feelings come up I want you all to stop and ask *why?* Why am I feeling desperate? Why am I feeling anxious? Why do I feel like I'm in this big void right now? And allow the answers of that to emerge and feel into that and then start trusting that you know that the solution for that is coming.

Because the trust is the solution that has always shown up and the truth is that we're not doing this alone, guys. None of us are creating our reality by ourselves. So to think that we're doing this alone is a fallacy. To believe that we're on an island stuck by ourselves without any support is an illusion on top of the illusion. You have so much help and so much guidance and there's a universe of support that is pulling us in a direction to realize the love that we are and it's in the surrendering that if we don't have the solution or the answer that we know without doubt one hundred percent that it's coming.

We don't know what it looks like. We don't know what form it's going to take. But if we look at the serendipity that has shown up for us in the past, we showed up at those moments where we were inspired to take action. And we didn't know where it came from. And we feel back into those things, into those situations, then why would we not trust that would happen again?

So I actually want to ask you guys to do an exercise. And go back five years ago. Where were you in your life? What was going on? If you don't have the specifics what did it feel like? And then fast forward year by year. And time's a little bit weird, I know. Ask me what was happening give years and I can tell you situations and they were probably anywhere between one and ten years ago, because it all kind of melts together. They seem like a past life sometimes. But just indulge me with this exercise because it's really important.

And go through and see what situations, where you were trying to grow, what you were trying to achieve, and tell yourself where you were five years ago and where you are now. And are you the same person? I can guarantee you that you're not. And what are those things that you can be grateful for that have led you to where you are now?

And for maybe one or two of you who it feels like my life's not better now than it was five years ago I'd ask you are you a different person now? Do you feel that because of your experience that you are in some way stronger or understand how to get love as a feeling tone into your life in a different way because of the experiences that you've gone through?

And I'm going to ask everyone to take a huge leap of faith and see if you can trust that everything that has happened has happened for a reason. Look to see how each even has led you to where you are now. Whether we want to label it good or bad or scary or loving or fun or whatever, look to see how those experiences have led you to where you are now, here today in this very moment, sitting in this class, showing up for you in a bigger way than you ever have been. And write down those things that you're grateful for. And I'd love it if by next week you guys can share some of those or maybe even post it on the Facebook group.

Just share. And I'll be really curious to see what comes up. And I want to expand on this next week.

So that's wonderful. Right, April, let's go to the next caller or to the next webcast question.

April: I've got a good comment here that I think we need response to. Vicky wrote in. She said, 'My dog decided to disturb me, which seems to be a thing with me. Not always my dog, though. When I start to go deep it seems like it's often the case that one of my pets, my husband, or something stops me from being able to go deep and address things no matter where in my house I go or how prepared my space. I will try again later, but I did see a young girl laying quietly and I felt such sadness and hopelessness.'

John: Okay, let's go to the little girl first, because the fact that you got to the little girl means that you weren't distracted enough not to get there. So, awesome, awesome. And so what's that saying about you adjusting to your environment and your ability to deal with an environment that doesn't seem supportive that you still got there? So give yourself credit for that. Allow yourself to come back into the vibration that supports you as opposed to getting into a vibration that takes away from where you're wanting to go. So there's frustration. You're feeling like you're not a priority. You're feeling like things don't show up for you because you constantly are getting interrupted. Allow yourself to feel the satisfaction of where you got to and allow that to take the lead as opposed to the other taking the lead.

That little girl that was coming in... And again I want you to go back and do the exercise again. But even sitting here now, if you're not quite sure what to do, go back and think of a moment that makes you happy. Go back and think of a moment where, if you've had kids, when you've had them, just a tremendous time with your kids. Something expanded happening.

For me it's when my first daughter was born. The second I picked her up it's this overwhelming feeling of joy welled me up all inside and I was crying in release knowing that if everyone in the world can love another being as much as I love this child I am holding in my hands that there would be no more suffering in the world.

And I remember that emotion, that feeling like it was yesterday. And I don't well up now because I own the truth of that in my being, but man, it touches something deep inside of me that reverberates throughout me with this indescribable emotion that lifts me up and really takes away any other lower vibrational frequency that's trying to emanate through my field.

So see if you can find a version of that or an aspect of that and try to hold that for thirty seconds. And thirty seconds may be a long time. You'll be surprised. Try to hold that feeling for thirty seconds and allow that vibration to take the lead. And in that that's the invitation of that little girl that was laying down for you to match the frequency of her innocence, to match the frequency of her joy, of her child power, which is profound because her power comes

from love, it comes from source. And as you emanate and vibrate that energy it provides the vibrational harmony for her to merge back with you.

So as you go back into the exercise really amplify your light and take charge of it. Be the parent for this child that you wish you had. Stand in your power as you go through that door and hold that space as the mother and the father that she needs to come back and feel safe and nurtured and supported, that she is a priority that you are showing up for her and that nothing is more important than she is.

It's time for all of us to take this power back. It's time for all of us to step up and to embrace who we really are, in the love, in the support that your child needs for you to show up in. No more pussyfooting around, guys. No more making excuses. You're showing up and it's time for you to integrate you. You deserve to have these aspects of you back and damn it they deserve you.

Show up, Vicky. It's time. And I'm here to support you.

Alright, April, who else do we have? Shall we go to a live caller or shall we go to another webcast question?

April: Sorry about that. I've got a question from Jen. She says she feels like she keeps waiting for a sign to shut her critical mind because she doesn't feel a connection to her guides or her higher self or the universe.

John: Perfect question to lead me into the next exercise. Perfect, perfect question.

So Jen, go back and listen to of course last week's call and go into the sun meditation and some of the other aspects. Do the exercise again from today. And start with the intention. Gain back your energy. Bring back anything that you'd put out back to you, for you, through you.

And in this I want to leave everyone with another exercise. And we'll end... Actually we'll take a couple of calls after that in case... I'm going long again. So if you guys need to run afterwards, after this next exercise, we're going to go to Q&A. You may want to hang out, but you should be alright and we're going to... We'll send the replay out.

For this exercise, everyone, I want you to... We're going to have a conversation with... I want you all to tap into if it's your 4 year old, your 5 year old, or your 6 year old – and it's going to be different for each one of you. And just pick one and just know. And just know. And don't judge it, just do it. So your 5 year old's going to come in.

So was it Jen that wrote in? It was Jen, yeah. So Jen, for you – I'll use you as an example – Jen, I get either you're a 4 or you're a 5 year old. It's like 4½, almost 5. You're going to have a conversation with her and you're going to have a conversation with her in the mirror. And

again, guys, this is kind of an advanced technique also but you guys are so equipped for this.

Grab a pad of paper and a pen – or not – and you’re going to go sit in front of a mirror. And it’s going to be your left eye again. We’re going to stay in your left eye here for a while. And I don’t think we’ll switch it up for the rest of the course, so that should make it really easy.

So as you look into the mirror you’re going to have a conversation with Jen and you’re going to look in there and you’re just going to ask Jen just... Hi, I’m here for you. What do you have to tell me? What do you want to share with me? What have you been wanting to tell me that I haven’t been listening to?

And allow her to rant. Allow her to just talk and go and go and go, without judgment, and really take in what she has to say to you. Now, if you can do it going back and forth and writing it down on a piece of paper it’s awesome, because it’ll be great if you go back and read it again. But you don’t have to. As long as you can feel the emotion of it and be present with it, allow it to come up.

Now, if she doesn’t reply ask her why she’s not replying. Ask her why she feels that you’re in your critical mind. Ask her why you feel that you have no connection to your guides or your higher self or the universe. And I already know what the answer is, Jen, but I want her to express why she thinks that is, because me giving you a response for that that’s going to make you feel better doesn’t empower you to find the answer within yourself, and you totally have it within yourself.

All of you on this call, this isn’t about me bringing you into an energetic vortex and vibrating you higher so that you can keep maintaining that on an easier level. And yes, while we’re doing it on the call this is so much more. This is about grounding that vibration in so that we can carry it into our everyday lives with perspective, awareness of self-awareness, with self-empowerment and with tools that you can keep using the rest of your life to keep living this beautiful human existence that we’re in. We get to ground in heaven on earth and it’s about empowering you.

So sit in the front of the mirror and whatever situation’s happening for any of you guys, so whatever questions that you have, ask your 4, 5, 6 year old... Oh my God, my ex-wife’s going to kill me if she hears this, but it’s the truth so I can share it, and we’ve been divorced long enough where she can’t hurt me financially anymore. I’m kidding!

The first time I did this exercise my ex-wife and I were really questioning what was going on in the relationship. And there had been a lot of things that were leading up to the transition of our relationship, but we weren’t quite there yet. And I started doing this particular technique and I wanted to ask my 5 year old, Little John... And, Jen, by the way, or guys, whenever you go in it’s whatever your name was at 4, or nickname was at 4, 5, 6 years old. Jen, if it was Jenny, Little Jen, whatever, get into the energy of that.

Get into the energy of that. And when you're having the conversation you may even see yourself as a 5 year old in your eye, and that's awesome. And when Jenny is replying or Little Jen is replying, if she replies to you in big words, big vocabulary, know that that's probably your ego and ask that question again, because a 5 year old doesn't use the word 'serendipity'. A 5 year old doesn't talk about timelines necessarily. A 5 year old's going to talk to you very simply and very directly.

So when I ask Little John, or John Paul, what he thought about my ex-wife, his first response – and this is without filtering – I don't like her, I don't trust her, she's a bitch.

And that really took me back, because I really wasn't in that space with her. In the back of my mind I didn't trust her. I didn't trust her most of my relationship with her, but that was my issue. And she became a beautiful reflection of that lack of trust within myself. But John Paul knew and didn't hesitate one bit about sharing the truth with me. And I needed to hear the truth and I couldn't hear it from anybody else, or nobody else dared to tell me that I trusted. And then I went deeper in the questioning. Well, why? And why do you think that? And it was all about judgment.

So as you're talking in the mirror and having this conversation just hold space and allow Jenny, Little Jen, to just unload, to just release, and to share her wisdom as to what she thinks is going on. And it's the self, the sense of intimacy and showing up for that aspect of you as a priority that's going to release some of the heavy energy and the confusion and the critical mind that's trying to take the lead, because somehow we haven't been listening to aspects of ourselves that know, that want to be heard, or that have a very strong opinion, but we keep creating situations to shut that information out. We create distractions so that we don't have to show up. We put ourselves in an environment – Vicky – where we get distracted easily, because maybe at a subconscious level we're afraid to really go in and hear what needs to be said.

So allow Little Jen to show up for you and have that conversation and show up... When you go to the mirror, guys, show up for at least ten minutes. Take the time for that relationship with yourself and see what emerges. And share in the next class what comes up.

Alright, guys, let's open up to more questions. Let me take a couple more live questions from the webcast page. Oh, beautiful, Jen. I have to read this. 'Thank you, John. My nickname is Jenita.' I love it, Jenita. 'As you started talking about the exercise I started crying just about thinking about talking to myself.' Well, there you go. Isn't that a sign for something that says that this may be good for you; it's something that you want to do?

[Silence]

April: I think we've lost John. He should pop on again in just a moment. In the meantime I'm going to read a couple of the comments that are not necessarily questions. There's some here... Oh, Rose wrote in. She said, 'During the process in the room it was a gorgeous garden...'

John: Hey, guys. The call dropped. My apologies. I'm back.

April: Oh, good. I was just reading a comment. Let me finish it and you can take over.

John: Oh, great.



April: Anyway, Rose said she was in a gorgeous Garden of Eden place with flowers, colors, hummingbirds. And what came back with her was not only one but a divine couple, like a princess or prince fairies. And she trusted it's okay with the integration of divine masculine and feminine that 'wanted to be integral with me again'. And going back to what John said, trust yourself. If it feels right then that's good.

John: Yeah. And Rose, also you bring up a great point – and allow yourself to feel the emotion of the integration. So, beautiful description of what's coming in, Rose. And then get into... Oh my God, can you tap into, can you feel that additional expression of love that's being shared with you, the joy that's being ignited in you, the fun that's being ignited, maybe the difference of the fear that you no longer have, a new sense of courage that's coming in, and allow those things to serve as vibrational tones to empower us, to bring us back to wholeness. So, beautiful, Rose. That's awesome.

April, before my call got disconnected did you hear my response to Jen about reading what came up for her? April, are you there?

April: Sorry, my thing wouldn't undo. You said something about her nickname and that she felt the emotion and that she should go with the feeling.

John: Okay, awesome, perfect. Right, let me go to a caller here and then we will wrap up the call. So let me go back. I went to Deming, New Mexico. This is either Stanley or Risha on the line.

Stanley: Well, hello, John Burgos. This is Stanley.

John: Stanley, how are you?

Stanley: Are you well?

John: I am.

Stanley: I can't tell you... I am totally... What has happened. I'll tell you what has happened to the three of us since Tulum is like incredible. But what has happened to my relationship with you is like exponential, because I laid down here and I'm totally wasted away. John Paul said, 'I don't trust your wife. I don't trust her. I don't want to be with her.' And I said wow, this is exactly what we were talking about yesterday with, you know, Lauri Moore. She's an old friend of yours.

John: Yeah.

Stanley: We went out to lunch together and she said, 'Your ex-wife, she's really... I wouldn't trust her.' But John, what happened is all this time for... I'm 70 years old and I was with Sylvia from the time I was 15 and I'd never took it back to a past life. I always was trying to balance this lifetime. Do you know what I mean?

John: Oh, yeah.

Stanley: And trying to make it right. And Lauri said, 'Well, you've been together so many times.' And I said, 'I never thought of that.' And all of a sudden everything just balanced. It was so cool. But today I'm totally wiped out by this call and I punched *2 just because I wanted to share... Wow. Anyway, this is an incredible time that we're living in and let's just go for it.

John: Let's just go for it.

Stanley: It is effing awesome, John!

John: Yes, it is.

Stanley: Okay. So my statement is you have exponentially grown... I mean, what the heck. I mean, you're going to Peru and hanging out with the shamans. And I just want to say from somebody who has known you for a while this is awesome.

John: Oh, thank you. Well, and I actually appreciate you saying that, Stanley, because it was time to teach this course, and while I've had some of these exercises that I've used in private sessions there was other components that were ready to come in. And a lot of times, you know, for me – and I'll share my personal experience – I felt the creation of several courses wanting to come through but the timing wasn't quite yet. And man, it is a bitch when you're super psychic and aware and you can feel things are supposed to be created or things want to go in a certain direction, but there's also discernment that comes in and a relaxing that is an invitation from source to surrender to the field and to allow for divine timing to come in.

So, so many of us want to create certain things. We can feel the manifestation of it wanting to take form in the physical and because we have an awareness of what that feeling is

supposed to be we start jumping ahead and we start suffering in the process. And we forget to live in the present because we're so quick to want to jump into the potential of what that emotional tone is that's going to be reflected in that new manifestation.

And so being able to just relax and trust. And my level of trust has... And I think that's a big part of what you're feeling. Where before my energy was scattered and running and doing this, because I can feel things. And it wasn't bad. It just was what it was. But there's a deeper level of trust that I've stepped into and in that trust a new power that's emanating from me – because there's a confidence that's emanating from that trust. And that confidence and that trust isn't necessarily just in myself but it's a new trust in source, a new trust that I've experienced enough to know that wow, if I allow things to come to me as opposed to me trying to drag them towards me, life can be so much easier and graceful.

And it's not always the easiest thing to do, but as humans we get to keep practicing it over and over again. And just hold the awareness, even if we choose to suffer through it or we're not even aware that we're choosing to suffer through it, at that level of trust, of support from other places that we're not necessarily able to touch in physical form is there for us and guiding us and its purpose is love.

Stanley: Yes, yes, yeah. And whenever I... Actually that little egg rattle that you gave Risha at the Full Moon ceremony...

John: Yes!

Stanley: That is sitting right close to me all the time and I can just shake it, you know, and it brings me right back there. This is so... We are really... This solstice is going to be so powerful. And this is only the second week of your class, John. And I'm glad you added the fifth week.

John: Yeah, me too. Me too. And actually next week we'll get into that little rattle that we did for Risha because it's super important to... Well, it's super important, I'll just leave it at that. But that's something that I want to expand upon as we show up as souls for each other. So we'll do it on the next call, Stanley. And God, thank you so much for calling in, raising your hand, and for sharing it. It means the world to me.

Stanley: Alright. Namaste, John.

John: Namaste, Stanley.

Alright, guys, I'm not sure if I left you with enough homework but I'll send you a little bit more of the new statements. I'm kidding! I left you with a lot of homework, a lot of tools to work with and just so much to expand into.

We have gone through a lot vibrationally today, and if you have any questions about what's coming up, again please post to the Facebook group. Not only am I replying to some of the comments I am intentionally leaving some of the comments unanswered because I want you

guys to sit through it and allow yourself the process of not knowing, into starting to find the answer within yourself, into perhaps facing a little bit of doubts, and then into going 'oh, I've got this'. And if you don't have it I'll support you through it and we'll get to the answers together.

And some of the people in the Facebook group are also just doing beautiful work to support your fellow Facebook members – or friends I guess I should call it. And so again it's a beautiful forum. I hope that you use that. Type your question there or, if you want to, leave it for the next call on Sunday.

And again we'll start Sunday at 10 am Pacific Time. And we'll send out the reminder for that in a few days and the link out for that call. And until then, guys, you guys are freaking amazing. I'm just so honored to be able to share these bits of knowledge or awareness that I have with you. And just thank you for showing up and for inviting that greater expression of joy and love and play and fun within yourself, and that greater creation of the light that you are.

But you guys you're beacons of love and light. And the world doesn't need it, but man, the world is so much better for it. So again thank you. You guys are amazing. I love you. I'll talk to you next week. Have a great weekend. Bye-bye.

[End of audio – 02:02:14 mins]