



# COSMIC SHAMAN

Transcript  
Week 3

# Cosmic Shaman's Path

---

## Course 3 Transcript

John: Well, good morning, everybody, or good afternoon depending on where you're listening from. Welcome to Week 3 of the Cosmic Shaman's Path.

And what an amazing week and what an amazing week at the same time. And what if we can just relax into both of those? What if we can state that whatever breakthroughs we've had from this course are just ordinary? What if it's just what's naturally supposed to happen and part of the progression, and we don't have to make one thing or the other out of it but just be with the experience and, like I keep saying, have relationship with it and allow it to unfold organically without expectation, only with love, only with the sense as you would with a child who's just starting to learn to walk and you're witnessing it, and you can appreciate the efforts and the skill and everything that has to come together for that child to go through that experience, but you're just a bystander?

As you walk the struggle and the triumphs, as you watch the mind trying to work in conjunction with the body, to have this wobbling of trying to stand on her hands and feet – or trying to stand on her feet, on her legs, using those to create a new task, to create something that was outside of us but that is organically going to flow. It is part of what we came here to do as humans, to learn this organically, to let it flow out of us, and we trust that eventually a baby will learn to walk.

What if we trust that our awakening, that our remembering is organic and that we're led to exactly where we're supposed to be? What if we can just breathe into that and know that the only true teacher is experience? That's the teacher and that is what ignites wonder, that is what ignites all. And then you can reflect back and look

and marvel at what's been accomplished, in gratitude and in awareness and with this knowing that of course that's what I came here to do.

And with that what an amazing week. What an amazing shift that happened for so many of you, as I heard back on Facebook the stories that are told on there, the recollections of using the sun meditation and going into the different doorways, and the experiences that many of you have had. So beautiful. Thank you all so much for sharing and for communicating back and forth. Again, it's an amazing community that's been formed on the Facebook group as well and it's just, you know, it's such a pleasure, it's such an honor to be able to lead this class because I'm really here in a group of people who are masters in their own right.

And masters because you're choosing to show up, masters because you're willing to learn something new, not because you know something – because the truth is none of us really know anything. You're masters because you're constantly searching and expanding into what you know is available but know that you're not there yet. And so in community we get to search that together and again explore the territory.

So an amazing week. Thank you, everybody. And I want to start with Q&A this morning. I want to get into some of your experiences, go through that, answer some questions that you may have. And before we do that there's a couple of things I want to do also.

First of all, if you received the email and by any chance you didn't read it completely, or if you didn't get the email or read it, if you can please find a candle in your house. It's going to be part of the exercise that we're going to do today. It's part of the experiential, taking you on another journey. Find a candle. Let's light it together later.

So if you've already lit your candle if you can blow it out just for a few minutes. I don't want to focus on that yet. We'll set... Well, I'll tell you more about what's being done with the candle. And we'll get into that probably, I don't know, in the next fifteen, twenty, thirty minutes. Again it's a step-by-step nonlinear approach, right. It's part of the course description. So we're not going to be very linear with this.

And as you guys are getting candles, hopefully you still have the volume turned up so you can hear me if you don't have the candle in front of you. Let's go back and let's set our intention again for today's class, for our time together.

And so for anybody who's not looking for a candle, even if you are, take a deep breath in and out and just get into a nice rhythm where you're having relationship with your breath. And it's yours. It's your pace. But so oftentimes we forget that we can deep breathe and allow the air to sustain us in peace. And with each breath we can remind ourselves that these are part of the elements that nurture us and support us even though they're unseen. And you can relax that it's always there, always there serving you, always there to be recognized. But even when you don't recognize it it's always supporting you, always part of you.

And as you breathe in a relaxed way let's bring back in all of the energy that we've given out to everybody and everything this week. Let's call that back into us. Wherever you have given and not returned back to you aspects of you that were sent out to support others, or where you were being called out energetically, call back in every aspect of that, every aspect that went into your dreamtime, every aspect of you that went on any one of these journeys, that went to go into the soul retrieval that you did during the meditation, any aspect that went to making that inner child feel more welcome and safe as you retrieved him or her last week. Bring that all back to you, back to the center of you, back to the center of your personal sun, of your universe, and relax and breathe into that. Beautiful.

Right, and hopefully you guys are back with candles if you have them. If you can't find one, no worries, we'll play with it anyway. And let's go ahead and get into Q&A first.

So let me go into... Well, actually let me go into a comment that came in through the webcast. So Carmen from Peru. And it's a bit longer. I'm going to read it.

'John, what an amazing week. I can feel the changes. But on the other side I've had many problems to attend and follow your instructions. First, I had a very strong feeling to walk this path with you, but I'm facing challenges to follow it. The first week it happened that the broadcast was on a Saturday instead of a Sunday, and I couldn't attend because I had a workshop for that day. Then I couldn't download your seminar. And then the second week an aunt of mine asked me and other relatives to visit her in the hospital – she was in intensive care. Then I wanted to do the affirmations but somehow there's always something that happened in between. So I didn't do it anytime during the day and I have... Or I do it several times, or I try to pick it during any time in the day and then I'd have to take a break. I don't know if I'm sabotaging myself, or if it's a test, or how much I'm flexible with to go with the flow. My feelings right now are of frustration.' And this comes from Carmen.

So Carmen and anyone else, I made the exercises really simple with the statements and required a small investment of your time to work with those. And

I've given you several things to work on over the last couple of weeks that together they can accumulate into something that might be time-consuming depending on how you approach it, but if you do them separately and then just do the exercises when you can find the time – they're really five, ten minutes here, fifteen minutes there and maybe another twenty minutes separately – if you give yourself a break and tell yourself that you have the time to do it and convince yourself that you can, then you will make time, you will find the time.

We create time to do things on a consistent basis and we even bend time when something is so important to us that even though it would seem impossible to fit it in, somehow, because it's a priority in our hearts, the time gets found.

And so Carmen think about is this is a priority in your heart or this is something on your to-do list that you have to get to. Because if it's a relationship that you feel like you were forced to get into then I want to invite you to relax into your heart and ask yourself why you took this course, why are you showing up for this relationship. And it's just about more discourse, Carmen, about why are you showing up in any relationship.

You see, it's come to a point for all of us. We hear about this 5-D world that's available, but are we choosing to function in it or are we choosing the safety of the way we've done things for so long, because at least we know it? That we're not willing to break the mold, that we're not willing to try something different.

And it's a decision in your heart. If I did not charge for this class, if I put it up all over the place that I was doing it for free, how many of you would show up week after week and say, 'I'm absolutely going to show up. I've got to show up because I know this is going to help me'? And some of you would, but the majority of us are so trained that we think we can get back to it.

So because we invested in it energetically – money is an energetic exchange – then there's a commitment that went out in us saying that we want the exchange back. There's a giving and receiving to it – even though when it's free there still is – but we're so programmed to think that it has to be tit for tat, that this energetic exchange has to absolutely happen for us to show in a certain show – show up in a certain way – that we make that a requirement.

I would have given the course away. I would have done this for free, but I know how it works.

Years ago, when I started working with one of my coaches – I'll call her a coach – I had to pay \$10,000 for a 12-week course. And I finished the course and it was

absolutely amazing. Working with her one-on-one it opened up things within me that I don't know how they would have opened had I not gone through this process with her. And at the course she told me: 'John, I would have gifted this to you because I knew what was going to happen. I knew what you were ready for to awaken within yourself, but unless you were to pay the money you wouldn't have shown up.' And she's absolutely right. I would not have dove straight in and did the work until I had committed in my heart and also had I not paid the money.

So Carmen, you've paid the money for the course, but there's something in you that's telling that you can't show up, that you can't take five minutes for yourself to do these statements in the mirror. And is it self-sabotage? No, absolutely not. It's a question of you showing up where it's 100% just you showing up for you. And I can feel that during the course that you showed up on the last Saturday. Awesome. That's great that you can show up for that. But you had to go see your aunt in the hospital. Absolutely show up for that. But the replays are here. The information's available. We've made it really accessible. And so really look in your heart to see why is it that you cannot make this time for yourself. And it's about you making yourself a priority for you. And you've done it up to a certain extent and it's waiting for you to take it just a step further.

And so these things that I'm telling you it's not so that you can feel guilty or see how you're not showing up. It's actually how you can have compassion for yourself. Because what is happening is you're just repeating the things that have been taught to you. And so trying to break that cycle in different ways is one of the hardest things that you'll ever have to do in your life. Anytime that we have to break a repeated pattern that's so instilled in our brain it requires so much of us energetically, chemically in our physical body. Because we create chemicals every time we do an action and every time that we repeat an action it increases and increases and increases. And so these chemicals become the foundation of how we work.

So with the limiting beliefs, with the statements that you're working with in the mirror, what actually happens with those statements from a scientific viewpoint – stance – is that information is being stored in your hypothalamus in your brain and whenever you repeat something your peptides get stimulated in your brain and they get imprinted with the energy, that belief that is coming in, with that action-taking that is coming in.

And so as something happens, those peptides get released into your body. As an emotional response gets triggered, those peptides get released into your body and they become receptors with your cells. And so we function from those based on

how we've programmed those peptides. So we're actually reprogramming, we're re-imprinting those peptides so that when they connect with your cells they have a different reaction. We're forming different connections that weren't available before. We're super-heating the old behaviors, the old belief systems into something that's more desirable for you if you choose it's more desirable for you. It's a long explanation but I hope that helps.

Alright, let's get into a live call here. Let's go to... Alright, let's go to New York first, telephone number ending in 5-3-4-1. I think this is Eileen.



Eileen: Yes, it is.

John: Hi, Eileen. How are you?

Eileen: I'm good. You know, I'll tell you the past three weeks for me have been rather life-changing. And last night for the first time in a very long time I dreamt about my mother's death. And so something... I mean, obviously we're everything in the dreams. I understand that. So there's a part of me that's dying, I guess, to be reborn.

John: Yeah, there's different things that are going on with the dream. How did the dream feel to you?

Eileen: It was very sad. I mean, I woke up feeling really sad. And I think it's triggered by this visit that my sister is going to be making and it's more that she's visiting my cousins than she's visiting me. So that little girl inside of me is very upset with her and my goal is before she gets here that that's not an issue anymore.

John: How does it feel to have that goal?

Eileen: It feels strong.

John: Excellent. Wonderful.

Eileen: Yeah.

John: That's wonderful. And what if you can just get into not judging the goal or the outcome? What if your sister shows up or family shows up and it's one of the worst weeks that you've had all year long?

Eileen: That could very well happen.

John: What if it's that? How would that feel?

Eileen: Well, if it did I'd still love myself anyway.

John: Ah, okay.

Eileen: But...

John: And can I make a suggestion? And this is part of what we're going to talk about, or maybe we'll sprinkle it throughout the call. How about if you removed the way 'anyway'? Because let's take the condition out of loving...

Eileen: Remove what?

John: The word 'anyway' from the sentence – and thank you for correctly me. 'I'll love myself anyway.' Let's take away the word 'anyway'. Let's take away any word that says that we will love ourselves or anything or anybody that makes it conditional.

Eileen: Okay.

John: I'll love myself. And say that out loud for me. 'I will love myself.'

Eileen: I'll love myself.

John: Now say 'I'll love myself anyway.'

Eileen: I'll love myself anyway.

John: Which one feels better, stronger?

Eileen: The first one. Because...

John: How much better?

Eileen: Yeah, because 'anyway' is sort of like a consolation prize.

John: Yeah, it's conditional.

Eileen: Yeah.

John: That's to say if I didn't show up this way I won't be lovable. But you know what? I'll make it lovable anyway. So yeah, your little girl doesn't care about the outcome. Your little girl wants to know that she's loved. And I'm going to take it back to you, Eileen. You just want to know that you're loved, not loved anyway.

Eileen: Right. I mean, I visited there back in January and it was nightmarish. So I know what that's like and I want to do it differently this time.

John: So let me ask you this – and I love that you want to do it differently, because this is going to be part of the aspects, and you talk about the dream's really important – did you survive it being horrible the first time?

Eileen: Yeah, I mean, I barely missed having to go to the hospital.

John: You survived going there the first time.

Eileen: Yes.

John: Thank you. Now, is it necessary to put yourself in an environment that almost put you in the hospital again?

Eileen: No. I wouldn't do that to myself.

John: Then why are you putting yourself in that environment? Then why are you putting yourself in that environment?

Eileen: Well, I'm not, I'm not.

John: Okay.

Eileen: She's coming here, you know, to visit for six days and the rest of the time she's going to be with my cousins – which is a blessing.

John: So she's visiting you...

Eileen: Right.

John: And something about you is upset that she hasn't chosen you for the whole time but another part of you is saying thank God.

Eileen: Right!

John: So just be aware of what's coming in and the conflicting stories that are happening and step outside of yourself. Step outside of the story. Because you get this. If you know that every part of you is a dream, you know that you've done enough of your transformational work and listened to enough people that you're aware of different things. So we don't have to get into the ABCs of you analyzing yourself and going, hmm, I wonder what's going on. Step outside of yourself and ask why does this feel good and why does this feel not good?

And this is important for everyone who's listening. If you look at whatever situations come in your life that doesn't feel good, that you want a different outcome... And let's make this part of the homework assignment. And April, if you can help me write this down because I'm not going to remember some of this. What is it that I want that I'm not getting?

Eileen: Yeah.

John: And I want you to sit with that in contemplation for right now.

Eileen: Okay.

John: And look outside of yourself. And then how does it make me feel that I'm not getting it?

Eileen: Well, I feel that all the support that I'm getting is from my guides, not from people. Now I'm getting it from the community and it's wonderful, but in real life here it's my guides.

John: And I would argue that you're getting support in absolutely everything that's showing up in your life, that everything is a fractal of love trying to guide you back to it, and because we run away from those things that aren't comfortable sometimes, that we don't want to face, that we put labels on – they're not showing up for me or she's not doing this or he did this to me – or all those other things that

keep us away from the truth that they're trying to ignite within us. And so that's why I want you to step away from it and take a very clinical look to see what's going in. And I want you to feel what's going on. I want you see what's going on. These are one of the rare times that I'm going to tell you to step outside of your emotions...

Eileen: Okay.

John: And to take a bird's-eye view and to analyze Eileen in the different situations – because that'll bring clarity. Because what happens, especially with family a lot of times, most of the time when we get triggered they take us down an emotional abyss and we don't know how to get out. It's a swirl.

Eileen: Yeah, it is.

John: It's a swirl. It's bigtime. And we don't even know it. And we've done our work and we get there and it's like God, why is this coming up again? Here we go again one more time. I thought I was over this. I thought I did all this work. God, it was great. If she'd just stay in Ohio I'd be happy, because I've figured it out if she just stayed there.

Well, no. You've gotten to certain aspects of it and you've chipped away at the root of it and it's beautiful. It's beautiful where you are and it's so beautiful that what's coming up is coming up. And I'm going to ask you to step back into your emotions and can you have gratitude that she's showing up? Because she doesn't know it but you have the awareness that she's actually showing up in this way.

She has a gift for you. She's going to perturb your field. She's going to trigger you, because you're ready to get over something that's been holding you back. You don't have to know what that is, but if you shift the energy of it then clarity comes in easier. You step outside of the tornado and you get to see it for what it is. And again you may not have the answer, but it's when your field is calmer, more relaxed, when you bring in all of these tools that you've learned up to now, that you've learned in God knows how many years of being here, that you're equipped.

You guys already know you're responsible for your own beings. When I use the word 'responsible' it's redefined not as this burden that you have to take on because you choose to come into this human experience. Responsible means response-able. And because she's not enlightened or because she shows up in a certain way or because she carries anger or resentment for who you are, just have compassion for her, because she is stuck in the dark, she can't see past that.

Eileen: Yeah.

John: She's in the illusion of darkness and that's all she functions in. She is only repeating what has been done to her. She's been entrained in this way. Maybe she's been doing work to self-actualize more to get to the root of some of these things if she wants to. Maybe she hasn't. But that's not for you to judge or to fix or to try and change. You showing up for you, trusting that you're responsible – response-able – that you're equipped, that you're strong, that you've gathered even more soul pieces of these acknowledgement...

Your mother's death in your dream is awakening, rebirthing something within you. And be willing to accept the death of your relationship with your sister for a rebirth to happen with her, but have no expectation on how that is to unfold. Don't think that the relationship is going to die and get rebirthed and everything is going to be this beautiful harmonious relationship. Allow it to unfold organically. Allow your sister to show up authentically, because if you have any expectations of her showing up a certain way that's you trying to manipulate the field.

Eileen: Right.

John: But when you let go of control....

Eileen: That's all very wise. Thank you, John.

John: Yeah, but when we let go of control that's when we're in the flow. Because we never really have control. We try to manipulate it and every time that we try to control another in any type of relationship where has that really gotten us? Right?

Eileen: Yeah.

John: Sit with that, Eileen. I'm going to go on to the next caller.

Eileen: Thank you.

John: Thanks, hon. That was great. Thank you, because that brought up a lot of important topics for today's call.

Okay, let's go to Andover, Maine, telephone number ending in 1-6-2-6.



Elizabeth: Hello?

John: Hi. Whom am I speaking with?

Elizabeth: This is Elizabeth. How are you doing today?

John: I am fantastic. I am in Hawaii. The sun is shining. I'm on this amazing call. I'm doing pretty darn good.

Elizabeth: Glorious. It's a beautiful day. And I'm actually in Birmingham, Alabama. My telephone number is just in Andover, Massachusetts. And it's a gorgeous day here.

John: Oh, Birmingham. Okay.

Elizabeth: I am. So I was impulsed to share my mirror experiences with you.

John: Please.

Elizabeth: And if I speak slowly it's because I'm trying to be mindful of my words. So I like to think before I speak. In linear time terms about two to three months ago I was just led to start meditating in front of the mirror. I didn't really know why, but I was like okay, so I'll just try meditating in front of the mirror – because I meditate every day. And initially there wasn't a whole lot going on. And I, you know, have the awareness now that I personally get impatient and like things to happen very

quickly, but my soul knows that some things need to go more slowly. So I have learned to appreciate that and this was one of those processes.

So I was just meditating just whenever I was impulsed to do so. Then I slowly started seeing my face changing. And I understand why they did it slowly, because frankly it kind of freaked me out me a little bit at first. I was like ha, well, that's really interesting and cool and weird and a little bit scary.

So then I just continued to do so and as I did it more and I was getting more comfortable, telling myself I was safe, that it was safe to do so – because I was told to say that while I was doing it – then I went into this beautiful space of my face just morphing and changing into all different... I was male, I was female, I was young, I was old, different what we call nationalities or races, for lack of a better term. So I had the awareness these were my prior incarnations and I started tapping into what I was, which was pretty fun. We've chosen a lot of different roles, right, in our incarnations. So that was a fascinating process to go through to kind of tap into those. But I didn't...

John: So what's your question on that?

Elizabeth: Well, I just wanted to share my experience, because I did not have the awareness of what was going on until I took your class.

John: [Laughs]

Elizabeth: Yeah. So I was just doing it, but then I was impulsed to take your class. It popped in my email and I said, well, I need to take this class. I just want to share this because this my experience on how I've grown through it with your assistance was these were soul aspects that I was needing to bring back in to be whole.

John: Absolutely. Well, you know what? I'm going to ask you a silly question.

Elizabeth: Oh, no question is a silly question. I always say that.

John: It's a silly question, but it's going to lead to something. What time is it?

Elizabeth: What do you mean what time is it?

John: What time is it?

Elizabeth: Well, there is no time.

John: Okay. Really?

Elizabeth: Like no!

John: Is that your true answer or is that something that you're repeating because it sounds right?

Elizabeth: No, it really is true. I mean, we attach time and we say there's time, but there really is no time, I mean, as we understand it, right, in human terms.

John: Can your brain wrap itself around that?

Elizabeth: It has been a process wrapping myself around that.

John: Right, okay.

Elizabeth: And it has been a process and a journey releasing linear time.

John: So let me ask your brain what time is it?

Elizabeth: My brain? My mental self? My mental brain?

John: Yeah.

Elizabeth: Well, my mental brain is going to go look at the clock on my stove and tell you it is 12:32 Central Standard Time.

John: Thank you.

Elizabeth: You're welcome.

John: So it's 12:32 according to your brain.

Elizabeth: According to my brain.

John: Can your brain wrap yourself around my response? So ask me what time is it? Can you ask me?

Elizabeth: What time is it?

John: It's now. Ask me again.

Elizabeth: What time is it?

John: It's NOW!

Elizabeth: It is always now.

John: It's always now.

Elizabeth: It's always now.

John: Can your brain relax into that?

Elizabeth: It's relaxing into it.

John: Yeah, and you feel more at peace with that.

Elizabeth: Ah-hum.

John: I can feel that. Well, your brain does. And actually you feel more at peace, because the whole concept of time doesn't exist. It's set outside of you. It's set outside of you, not in you, because all of you was not in agreement with it.

Elizabeth: Right.

John: And so let's see own our truths based on how they feel. If something feels wobbly or like we have to be out of our body for it to be true, so we have to be completely grounded in for it to be true, then there's aspects of us that haven't come to the meeting and all said yes.

Elizabeth: Yeah, I feel that.

John: Use that as your guidepost. And the reason I brought this up in a very roundabout way is that you mentioned that you're not whole and these are aspects of you that were coming in to make you more whole. We talk about soul recovery to make us more whole, to bring back more pieces of us, and I want to invite all of us to really feel into the truth, and in this now moment we're whole. In this now moment we have everything that we need. In this now moment we are everything that we are and we're supposed to be. And let's take away the projections that we have to be something more, because every time that we do that we're telling ourselves that we're not enough.

In this now moment you're exactly who you're supposed to be. And what if we can play with that? And what if we can play with the questions 'I wonder what this is that's coming in', 'I wonder what more might be available now that I'm whole now'.

So those aspects of your soul that were coming in, that you were seeing in the mirror, I love that you were seeing that and you were guided to meditation and do that before the class even started, months before, because you're following your awareness. You're being guided by your self-actualization in the wholeness of who you are now to another exploration. You didn't need this class to do that. It just started coming to you and you said yes to playing with it. You didn't know why, but in your wholeness of where you were at the moment you said yes. And this course or an aspect of this course served as a confirmation. And how many confirmations...

Elizabeth: I agree. I agree. Yeah, confirmation. I agree absolutely.

John: Yeah, and how many confirmations do we get on a continuous basis after we've realized the knowing on our own, that just shows up as a reflection of what it is that was already in our wholeness? It's so beautiful. And so the invitation here is to allow yourself to play in that. And again I'm picking on you a little bit in our verbiage that we use, and I'm picking on you as a way to kind of ping your field – all of our fields really – and this is a beautiful reminder for me on a continuous basis. When words...

Elizabeth: But I want to say I appreciate that, because remember when I started out that I was careful about my words. So thank you for pointing that out. It's perfect.

John: Well, careful into making sure that you come out articulate, that you project what you are trying to say in a way that others can understand, but careful not in the aspect where you're really honoring who you are in your wholeness right now. If you were really careful you would have said, 'I had this awareness that I was taken into in this knowing that I needed to do this and that I'm whole in the moment,' not that I'm becoming more whole. Because if you would have said that out loud to yourself maybe standing in the mirror – 'I'm becoming more whole' – if you tap into what that feels like there's something incongruent in the energetic field. So these are really subtle things that I'm teaching you guys. These are little nuances that make a big difference in the energy that you're carrying as you walk your truth.

And so April's on the line. She'll tell you all times like 'April, I feel something's not right. Something's off here just a little bit'. Or I'll rephrase what I'm saying over and over again because I'm setting a field of intention that's not aligned with the truth that I'm knowing in the moment but the words just aren't coming out right yet, because again we've been so entrained to speak a certain way, to speak in limitations really. And it's religious and cultural upbringing that has taught us this. It's about being polite, being politically correct, making sure that other people feel comfortable, that a lot of our languaging in no matter what language you speak has been established with.

And so again we're reformulating and reformatting the awarenesses so that they're aligned with our truth, with our personal experience, and as we share our personal experience aligned with that truth, then it's an invitation for other people who are in alignment there also to pop into our field. It's the sandbox that they know how to play in and that they want to play in. It's an energetic calling card for what it is that we're seeking in our life.

So if I throw out a blatant example it's like there's not enough money. And I'm with my mom this week. She's visiting. And my mom's so cute. She's 82 years old, looks like she's 65. I swear to God I'm living in a Bollywood movie, because she keeps insisting that I have to get married and settle down *now*. It's a conversation that comes up every ten minutes. And she speaks things and says things that are part of the generation that she grew up in.

You know, she grew up through the Great Depression. She grew up through World War II. There's all these traumas and hurts, and cause languaging to come in that was very careful not to rock the boat, that was very careful to be frugal in the way that they spent money.

It's like my mom she walked into my house and was like, 'Oh my God, your house is so clean.' Like, 'Yeah, thank goodness I have someone come clean the house every week.' She's like, 'Well, how much do you pay her?' And I told her. She goes, 'Oh my god, that's a lot of money.' And really it's not. But her reaction to it creates this ripple wave of scarcity in her life in certain aspects and a fear and projection. To her it feels normal, like it's not a big deal. But I feel the effects that it has on her energy. And I also feel a little repulsion to it because it's not an energy that I necessarily want to co-create with, because my energy's looking to expand.

And so when you hear other people saying things that make you take a step back, or don't feel good within your body, you can feel the anchor coming in that wants to drive you back to where you've been before and you're going, hell, no, I know what that feels like, I'm not going back there.

And so it's a choice. And so with mom I get to have a lot of fun with her. I joke with her and it's beautiful, because I'm not trying to change her. I can give her my perspective – wait, hold on a second, why do you think it's a lie? Well, because of this, because of that. And then I'll share my perspective and then I can let it go.

But I don't have to try to change her to make myself feel better. I can just understand – like with Eileen and her sister – I can understand where she's coming from from her clinical perspective. I can step outside of the emotion of it and go, 'Oh, that's why she has that. She grew up through that era. I know what it was like growing up in her household and trying to get by week to week and how hard my parents worked. I get all of it.'

So it's easy for me to see what happened to ingrain this type of belief system in her. And she didn't know that there was other options available. It was so entrenched in all of her body and all of her belief system. Again those peptides were supported and fed over and over and over and over again in her

hypothalamus and that's where chemically it was all coming from. That's where the emotions got built up. That's what built up her energetic field into saying this is the type of life I have to live.

And so we get to reformulate that now, because now we have awareness, because now we're no longer ignorant. And sometimes we choose to be ignorant by choice – or so we think. We choose to think that if we bury our heads in the sand and pretend it's not there then it's not there. But wherever we shed a little bit of light on those limitations we are no longer covered in the shroud of ignorance. And so things will keep coming up to project us forward. Situations will keep coming up to ping us into forward movements and they'll become more and more loud. But the beautiful part of it is that they show up because we have chosen to step outside of the darkness and they'll propel us into things.

So again your knowing of stepping into the mirror and having these soul aspects and experiences were all based on a knowing that came up for you and you said yes to it so you didn't have to suffer more through these things not coming in. They were ready. Had you chosen not to go to the mirror maybe they would have shown up in family member having to come in for the holiday and triggering something, right? Or an illness. Or something at work happening that didn't feel good. Or something with your spouse. Who knows?

It shows up in so many different ways. But just know when those things show up that they're always a gift, they really are. And again if we can sit and just go, oh, hold on a second, this doesn't feel good, what's it trying to show me? – all you have to ask – what is this trying to show me? And that's going to take you out of the energy again of confusion and into I'm in the now moment, the time is now. And in 'the time is now' infinite possibilities exist and you can create your truth from that 'now'. And nobody can tell you what it is or what it isn't, because it's yours, it's a personal experience. And you get to choose which emotion you're going to ride the wave on, and I invite you to ride the wave that feels damned good...

Elizabeth: Oh, I plan on it!

John: That feels like it's joy and pleasure. Yeah, yeah. Thank you so much for calling in.

Elizabeth: Yeah, I'm on that ride with you. So thank you very much. That was beautiful.



John: Awesome. Thank you for calling. So guys, I want to take some more live calls and questions, but let's get into some of the processes here and we'll continue forward. This is fantastic. Oh, and we need to get into dream state. You know, let's do that first and let's save this process for the end of the call because I want to leave you with it, because it's really beautiful. And I hope that you can relax into it and play with it for a little while.

So we've got so many comments on the Facebook page, on the Facebook group coming in of you guys doing your guided journeys, doing the doorway meditation. And it's truly one of the most powerful experiences that I have ever had. Okay, I can say that by about fifteen, but, you know,

that's a small container, right. But it's a truly powerful experience. And to reunite with a beautiful aspect of yourself that is so ready to be loved and to love you back is absolutely amazing. It's so beautiful to step into.

And again the journey going down there is part of the experience. So even if you didn't tap into a part of you that was ready to come back, just by exploring and going into new territory you're building a new spiritual muscle if you will. You're formulating a new path. You're creating something that's different, that you haven't been doing, and in that it's going to do something to change your experience. And it's the intention that you go in with that either allows it to act as a catalyst for expansion and self-awareness or a catalyst to go deeper into unknowing, into suffering, into despair.

And you guys are showing up as a catalyst of growth and transformation. Your intention to sign up for this class was for that. So even if different things come up, if you go back to the root of your intention of why you thought this might even be possible, even when you start listening to the call... If you listen to my call with Ian, just your showing up there you had already set and intention that you were going to be this curious seeker and you wanted to expand into something that you weren't quite aware was available to you, that you might learn something new and reformulate a change in your life because of that new knowledge.

So it's beautiful. No matter what has happened during that it's an amazing experience, because you've decided to try something different for yourself and show up for yourself. And many of you who have done that have recovered something so beautiful and priceless. It's the re-relationship of an aspect of your inner child that's waiting to be loved, that was waiting to be embraced, that said yes you're ready to show up for me so I'm going to show up for you. In the doorway I'm going to play a scene so that you can be empowered to retrieve me back, because you need on some type of mental aspect to know that I'm ready to come back to you.

And the truth is I've always been ready to come back to you. And through the suffering and the pain that you might have seen me in, or in the lights that are illuminating past that doorway, it was unconditional. I could have shown you a hundred different versions of what you saw when you entered that doorway and every aspect of that was ready to come back in. And thank you for showing up.

And that exercise was actually entraining your mind and your awareness for other things that you're capable of doing. So many of you have been having dreams and the dreams have been coming up. There's so many people that wrote in about their dreams on the Facebook group. And someone who I invited into the group – Bethany, if you're on the line – posted a video about a dream that she had. And I don't think it had anything to do with this course. It was just separate and I love it how things show up.

And she was facing something that had come up and her face was changing and how she was then masking that. And it was absolutely beautiful because she was doing naturally what I want you guys to be aware of that you can do during dream state, is you're affecting outcome.

And I'm saying that and I paused because I wanted your brain to try to mull that over for a couple of seconds before I kept going. You can affect the outcome in your dream. When you've done the meditation – if you haven't done the meditation, guys, go in and do it... Oh, and also what I want to state... Several of you have gone in to retrieve several pieces and that's fantastic. And after you retrieve one, or if you've gone back in a second time, or if you're guided to go back in a second time for another aspects, do it, but allow yourself to sit there for at least a week – a couple of weeks probably preferably – and allow this aspect that you invited back into your life, allow that child back to have a relationship with you.

More information is going to come up through synchronicity. There's going to be dreams that are going to present themselves. There's going to be phone calls that you receive. There's going to be an email or a Facebook post that's going to come

up and it's going to trigger something of the remembrance of the love that you are for it. And I want to invite you to slow down and take the time and be in the now moment with this beautiful aspect of yourself that has reemerged. Ah, so beautiful.

So in dreamtime you can actually pause. Like you're in your dream but you're out of your dream. You are catching yourself in the moment in a certain aspect of the dream. You can actually change what's coming up or you can have interaction with it that goes into greater depth.

So if you're dreaming that someone's chasing you and something's going on, you can stop. And if it doesn't feel good you can stop the dream and you can turn around and you can look at what's chasing you – you know, I'm not participating in this way anymore. Know that you have the capacity to do that. It's actually a shamanic trial that you're going through. If any part of yourself doubts it – and I shared this in the first class – and these are powerful words, but use them in your dream – there's nothing, nothing that has dominion over you. The light always wins.

No matter where you are in any type of fearful dream or any type of doubt that may come up during dream state, if it's leaving you in confusion turn around and face it. Stop the dream, look the monster straight in the face – I'm not doing it this way anymore, I'm not having relationship with you anymore, the light always wins. And see what happens. Guys, once you face fear in the face it's no longer a fear. It's light. It's love that's been waiting for you to show up and to see who you are.

So go and play with those dreams and affect them. You have dominion over this. It's your story. It's your journey. You get to write it. I promise you will not die in the process. But I want to invite you to be willing to die during every single part of it, to say to hell with this, I'm not doing this anymore. And if it means that I have to die now I'm willing to die, but I'm not running anymore. I'm not betraying myself anymore. I choose to break the patterns that were taught to me, because who I came in as in this world was not this. Who I came into this world knew without a doubt, with 100% certainty that you came from love and that you are here to experience that love and to receive it and to gift it freely in the safety of it.

So maybe we'll get on a call a little bit later and someone can share a dream or aspects of it, and I want to get into a process with it as well and I think the conversation will be fantastic around that.

But you're already doing it in this journey when you're going into the doorway. You've been building your awareness as you've invited those pieces that you've seen in that room back in to you. You've seen other things around you. And is that

not a dream? And aren't we doing it in waking life also? Aren't we choosing what we want in this awakened dream on a consistent basis? Just have that awareness. If it doesn't feel good, if it's inauthentic for your field... Forget if it feels good, bad, indifferent. Does it feel inauthentic to you? Does it feel like untruth to you? Does it feel like what it is that you truly came here to experience? And then decide where you want to take that.

Like Elizabeth. She knew she had to go to the mirror. She didn't know why but she did. It felt true to her and she took action on that. And it was beautiful, because the synchronicity that shows up or the serendipity that shows up during this class, where we explain why that happens, it's just beautiful confirmation. But she didn't need my confirmation to formulate the truth of her experience. It just augmented it and helped to alleviate some of the doubts. But what if we could just have the gift of not doubting ourselves as part of our daily experience? Again, what if we can just allow what's coming up to serve as a guidepost of the choices that we get to make?

Do I choose to dive into mom, into scarcity, and into the stories of why we didn't have enough, or do I choose to acknowledge mom for where she is and say, oh my God, I totally get it and that's actually kind of funny now based on where I sit, because I know that there's a different reality. And I can see that mom survived that. Again, she didn't die. The world didn't collapse. Mom never had to panhandle in the street for money. She never had to go subject herself to things that you would deem immoral so that she can try to put food in our mouths. She survived. She made it out okay, and she was always going to. She was always going to. And I promise you you guys are always going to. You're here to be rebirthed over and over again. And it's when we try to hold on and cling to life, to something that's ready to transition and quote-unquote 'die', that we experience suffering.

It's time to end the suffering. Resist that which is trying to die – stop resisting that which is trying to die and really embrace the light that's coming in through the other side. That's the joy. That's the wonder that is waiting to be explored.

So explore that in dreamtime. Explore that through these meditations and activations. Explore that in your waking times knowing that no matter what decision that you make in any one of those states of consciousness that there are no wrong decisions. You've only made the choice to experience something. Every decision that you make is part of your evolutionary right as a soul and you came here to experience everything based on that decision.

So relax into that, have fun with that, and be a curious explorer of yourself. Is there anyone more beautiful than you to explore? Is there anyone that you want to get to

know better than you? Why would you? You're amazing. There's so many beautiful pieces of you that are waiting to present themselves and they're going to be there just ready and excited that eventually you're going to make it there. Enjoy the journey. Enjoy the aspects. Enjoy the fear and enjoy the joy. Enjoy the sadness. Enjoy the pleasure.

That's beautiful. Right, let's get into some more Q&A now and then I'm going to leave you guys with the process. April, if you can write this down. And this is important for Carmen and everybody else on the line actually and it's one of those statements that I want to add to your list of statements, which is... Let me try to phrase it right here. And I want to make sure that we do this together so that you can kind of go through my process, because again there's an energetic component to it, when we land on the right words, that ignites the field in such a powerful way. Here we go.

I have more than enough time to do everything that I want to do.

I have more than enough time to do everything that I want to do.

Beautiful. And add that on top of, you know... You guys add the other ones also. The 'I am a priority' is a big one in this one. And then I want to add three more. And I'm not sure I added at the beginning of the course. I'll have to go back and check my statements. But always end each and every session with 'I love you, I trust you, I support you'.

April, I love you. April, I trust you. April, I support you.

Bethany, I love you. Bethany, I trust you. Bethany, I support you.

Elizabeth, I love you. Elizabeth, I trust you. Elizabeth, I support you.

Feel how that feels to you guys. Allow that expansion of that to seep in as you say it in front of the mirror. And again we'll get those out in the list a little bit later this morning, but I wanted to open up the invitation of us to be in congruence with the truth of what those statements entail.

Right, so let's go to some Q&A. April, do you want to take the live callers – not the live callers – take the questions that are coming in? And while you do that I'm going to go to the phone line. Let me go to Carol from San Francisco. Hi, Carol. How are you?



Carol: Hi. Great, thanks. Thanks for taking my call. Now I don't know what I'm going to ask, but...! Well, I've noticed that the...

John: Okay, so let me ask you this. Can I ask you something?

Carol: Sure, yeah.

John: If you don't know what to ask is that okay for you to know not what's asked?

Carol: Sure.

John: Is that a yes or a no? Because that sounds kind of doubtful.

Carol: Yes, yes. That's a yes.

John: Okay.

Carol: No, so it's a yes.

John: Okay, and next are you asking the question more to feed your mind or to feed your knowing?

Carol: Probably to feed my know— Well, I don't know. Actually I think my knowing, because...

John: Okay, awesome, cool. Because a lot of times we'll have conversations and we'll ask things just to keep our mind busy, and when I hear people get on the call saying, 'I don't know what I want to ask anymore,' if you're ready to receive the answer or – not the answer, the awareness that ignited an experience that led you back to an understanding of who you are – then we can relax in that and that can drive other different variables of infinite potentials that our mind wants to go into just to satisfy some portion of ego. And if we can relax into that can we relax into the peace that engenders the stillness and the quiet?

But since you're coming in from your knowing and not from your mind what's the question?

Carol: Okay, the question has to do with like the flashes of everything coming in. It's sort of like I've been in this position of being in a lot of different changes happening rapidly. I'm moving my space where I'm living right now because my boyfriend's going away for a couple of weeks and because my car was stolen this is too far out. I have to move all my stuff back to where my home is. And just losing the car itself. And my job had a shift as well.

John: There's a lot of stuff.

Carol: So there's a lot of things...

John: A lot of stuff going on.

Carol: A lot of things. Yeah, but then also there's this doing this work is bringing up a lot and it's giving me flashes back to all different times of my life and I'm having crazy dreams. No, they're good dreams actually. I mean, mostly the dreams are positive. But it's opening up creativity to me and a greater acceptance of just...

I really appreciate what you said about trying to fix all the time. And I notice that in like our culture, you know, like expanding ourselves... Like if somebody's in therapy it's like as a bad thing, you know. And I've always wondered about that, you know. And also like the going back to your childhood or whatever, or looking at things integration-wise or something is like always looking at the bad, but there's also the positives of those qualities too.

And I actually did some research with my friend that I've known since I was 5. So because I was trying to access that 5 year old I went back and I talked to her, and I looked up pictures of my old school and just was trying to really get present with the memories that come back to have it come back a little bit easier. And just an interesting... I've been doing some – what do you call that – detective work. So anyway...

John: Awesome.

Carol: So I guess the question is just how to kind of ground with all this activity. Like I feel like I'm pushing [my way down the way] because I feel like I'm pulling him in more because I'm feeling less control in these other aspects.

John: You brought in a couple of great points that I want to talk about and I'm so glad you mentioned it. And I'll get to your question and what you're bringing up in a second, but this is an aspect of it. So guys, it's nutrition. It's so important for different aspects of it, but we have to know where we are also. It's not one thing across the board so that we can stay more open and be able to meditate and all these things.

It's about really paying attention to where we are energetically and what wants to come forward. And we may not have the absolute answer of what that is, but we can use what doesn't feel comfortable as a guide.

So for me this last week I've barely been sleeping. I've been all over the place. I've been having amazing crazy dreams. I'm downloading codes, doing all this stuff. It's just... And I'm feeling you guys in a dream. I am interacting with you guys in lots of different ways. Last week, I think on Monday, I had four different people call me – they're not even part of this class – I think one person is part of the class now – saying, 'You were in my dream last night.' Like yeah, kind of open up that invitation. And you're teaching me things. And I didn't know that we were going to be doing things together.

So I'm functioning outside of my body a lot, and when I'm in my waking...

Carol: Yeah, you were in my dream too.

John: I love it! And again that's part of what we... We're just so great to do it. And as I've put the intention that we would be processing a lot in dream during this course I just set the intention. So it's awesome that we're showing up. And how could I not show up in dream? Look how intimate we're getting with one another so quickly. And so our fields are going to intertwine and there's communication that's going to happen, not only during these calls but during the whole time that we decided that we're going to show up in this way.

And at the end of the course I'm going to take my energy back in a different way from each of you guys. But know that any time we have a relationship with someone else we're always intertwined. There's always aspects of us that are going to be merged. So that'll continue forever. It just will. But then we can get to call back parts of ourselves like we did at the beginning of this call, with the intention of like, okay, this part of our relationship is ready to transition into something else. We're ready to move forward in a different way. And I showed up in the way in which I had intended and it's okay to move forward now. And so that'll happen.

But with the food... So again I've been out of my body a lot. So for me over the last couple of days it's been really important to eat grounding foods, to come back into my body so I can get some sleep, because not having sleep up to a certain amount of time is good, but then after a while it kind of gets tiring and you're not always in the best mood.

I had a call with my web team the other day and they caught me on lack of sleep for two and a half days or almost three days and I showed up as someone with a very stern face and being very serious. And they may have taken it a little bit personally because they're used to seeing me much happier and open and expansive, but I had to come back to me.

[Silence]

April: Hi, everybody. We lost John for a moment. I'm sure he'll pop back on in a second. So I'm going to go ahead and mute you until he comes back and then he'll take some of the questions, actually some of the comments off the Q&A.

We've gotten some really good comments in the Q&A. I said it was really, really interesting that... And you mentioned Caroline responded to Carmen's need for... She felt like she needed assistance and she was volunteering for her accountability buddy. And after she heard John's comment she says, 'Maybe I should rescind that offer because we need to all be fully committed and let the love and wisdom come through.' So I thought that was pretty cool.

We also have a comment from Rose, who said, 'There's no question there's plenty of prosperity in my life. Yet I'm ready to let go of remaining unworthiness and resistance to work and money. I didn't have that conversation with my 6 year old and she'll do more of the standing door meditations. I'm sure the affirmations are doing wonders. Thank you.'

I've been doing the affirmations too. And I don't know about you guys. When John says them in the call – and this time he used my name, and there might be other Aprils in here too – but there's just like a tingle that goes through me that I can feel the affirmation working in my body. And I know that some of you are having some remarkable experiences, just watching the comments on the Facebook group. So that's good too.

Let's see. Caroline said she needed to hear the comments from the caller in Birmingham because she shares her impatience and she's also been having the beginning experience of face-shifting. And she needs to trust that 'while I'm not having the dramatic experience of others I am having my experience and my time' and she knows that everything will evolve and expand in the proper time.

And I think that's one of the things for me working with John. He mentioned that he's careful with his words. And there are times where we're having a conversation and I will use a word... I will say, 'Oh, I will nag that speaker to get that.' And he

does not like that because the negative implications of nagging. If I say 'remind' it's okay.

And when I first started working with him I thought he was just being really, really, persnickety. But I have discovered that the power in the words that he uses, the kind of words that I use make a difference in how we approach the listeners and the speakers and even each other, and that has been a powerful lesson for me too. So yes, the words that we're speaking in those affirmations are a lot more powerful than they appear on the surface, so bear that in mind when you're doing them.

Hold on a second. John may be just talking and not know that he's lost.

And then let's see. We've got another comment. Oh, there's a question here that I want to wait till John gets back on to... to listen to this one too. Actually there's a couple. Katie says, 'This has been a so very interesting journey. I've been really ill at times. I was sure I was going to die soon. I also lost track of everything. I couldn't remember what I was going to do with my work. Also I've experienced so much love, harmony and total heaven.'

And I think that's significant, because that little statement you just made is a total... it's the total essence of who we are in this lifetime – the fears and the troubles and the, you know, death or whatever, along with love and harmony and bits of heaven. It really is the total center of our experience.

I have found with me personally I do not have – and I responded to one of you in the email about this too – I don't usually have really overwhelming spiritual experiences. I seem to process things more logically. And I felt that I was missing something, that I wasn't connected enough and I didn't have all these... I listen to speakers all the time and very rarely do I have what I would call a transcendent experience during the calls, and I thought something was wrong. And then I looked back to several years ago before I got into this and I can see the growth and the structure that's afforded to me and the things that I've learned and how they're impacting my life. And where I may not feel that power or transcendence experience during the calls I am getting the growth even though I process it differently.

And I'm going to put myself on hold and give John a call really quick, because he has not come back in like I said he would. So I'm going to put everybody on hold listening to the music. We'll be right back.

John, welcome back!

John: Yeah.

April: Quite a while ago – about five, six minutes.

John: Oh, wow. There was so much that I was sharing, guys. I apologize.

April: I know, I know.

John: Did I finish talking about the nutritional aspect?

April: No, you were wrapping that up, so.

John: Okay. So again I'll send you guys the supplements for grounding in if that's something that you need. It's just good to have from time to time, especially because a lot of us travel outside of our bodies so much. Just have it in your cupboard. It'll last you a couple of years. It has a good shelf life. It tastes okay. I like to drink mine with coconut milk mixed up. You can mix it with fruit and other things and it'll really serve to support you.

But again it's find out where you are and where you're needing support. If you feel like you're travelling too much, Carol, and it's time to ground in a little bit, again eat the sweet potatoes, eat those grounding roots, take some of the supplement and it'll help you tremendously.

Oh, another... Actually I'm almost glad we cut off. Another supplement that is absolutely fantastic, that has helped me a lot... And I just got back onto it. It'd be a while since I'd taken it, but I took it for about six months and I can tell the difference. It's skate oil – S-K-A-T-E oil. And skate oil is a fantastic anti-inflammatory by itself, but what it also does it decalcifies the pineal gland. It serves to break it down and to reopen it up.



Start taking it. They suggest two pills a day. I take four. You can't OD on it. You can accelerate it a little bit. You guys are more than capable of doing it. Always before you take anything, by the way, if you're taking any other medications check with your doctor. Make sure that it's going to support you and be a benefit and not have any negative reactions to anything or any type of routine that you're on. So as with anything in this call always check with your doctor if you have any doubts whatsoever.

So do that. And again I'll send you the information on skate oil a little bit later. There's one site that sells it. You can find it on Amazon online. But it's a fantastic, fantastic product that I hope all of you guys start taking, because it's going to help you. Take it for two to three months and you'll notice a difference.

And Carol, to answer your question – and I answered it so awesomely, or so I thought, right, but the call had hung up – but the invitation for you is to be in the awareness that all these things that are happening and are throwing you into a loop you've actually asked for somehow, because they're leading you into your awareness of how responsible you are. Again how response-able you are. Can you feel into that? How does that feel to you?

Carol: I might be muted. Am I still muted?

John: Not anymore.

Carol: Okay. Yeah, that's always been a little bit of an issue for me deep down, you know.

John: Okay, so hold on a second. Say this out loud for me. I am response-able.

Carol: I am response-able.

John: How does that feel to you?

Carol: Yes.

John: How does it feel to you? 'Yes' is not a feeling.

Carol: I feel, well, it's something I need to repeat over and over.

John: And that's still not a feeling. So how does it feel to you? And, Carol, before you answer that, guys, I'm pushing Carol for a response on this because we disassociate with our emotions and our emotions are our guideposts. And so, you know, someone asks us a question and we respond with something intellectual or that seems appeasing, and it's not the truth, it's not what's really happening.

What would happen if we actually responded to the world in the way that we really felt and we're just honest with that instead of skirted around it? And so I want us to get really authentic with what we feel, because it's when we don't that we cause confusion, not only for ourselves but for other people who are trying to interact with us. So we're asking other people to have relationships with us but we're not being clear with them on who we really are because we're avoiding speaking the truth of our emotions, of our feelings, of what's coming up.

Not that we have to talk feeling all the time, but if we talk about the foundation of feeling and let the truth emanate from there in how everyone's expected then people have something real to latch onto. Then you start showing up for a real relationship instead of the ones that are trying to fit into something that they can't quite land because you're not being clear with who you really are.

So, Carol, how does it feel to you? Say it again – I am response-able.

Carol: I am response-able.

John: How does that feel to you? Don't think about it.

Carol: [Silence]

John: You thought about it. One more time. I am response-able. How does it feel?

Carol: Okay, I am response-able.

John: How does it feel?

Carol: Triggered. I feel a little triggered by it.

John: That's not an emotion.

Carol: So... Okay, well, what is it? Okay... I don't know. I can't tell. I can't tell you.

John: I am response-able. Say it again.

Carol: I am response-able.

John: How does that feel?

Carol: It brings up a lot of emotion actually.

John: It does. I can feel it in you.

Carol: So it brings up my childhood. Yeah.

John: What emotion does it bring up?

Carol: Sadness.

John: Beautiful. Can I invite you to something and tell me if this rings true at some level? I know I am. I'm just scared because I'm afraid of my power.

Carol: I know I am. I'm just scared because I'm afraid of my power.

John: How does that ring true to you? Does it?

Carol: My throat is tight so it must be somewhat true.

John: Yeah. So just have the awareness...

Carol: I think I have... Yeah.

John: Yeah, just have the awareness. And you're going to think all day long, Carol, because that's what you thought. That's the way you've grown up.

Carol: Yeah.

John: You would think all day long. And it's beautiful. You're a beautiful thinker. You're just opening up to a different expression of yourself, right? You're just opening up. And so allow yourself to sit in that and allow the emotions to percolate up. And I can tell you what I'm sensing in you is you're afraid to be who you are, because it's so big, it's so big. And so you hold yourself up based on somebody else's teaching of how you had to prove yourself to be – which is very intellectual – if I can prove it intellectually then it's true. And so you have this resistance going back and forth. And it's not the truth, it's underlying. It's not who you say on a foundational level who you are, but there's a subconscious vehicle that's driving the ship and you get to control that ship.

Carol: Yeah, how do I get through it?

John: Work on the statements, keep recovering, and allow yourself to relax into what's coming up knowing that you're response-able. So you are on the way. You are being shown all of these ways that are coming up for you, all of us on this call.

We're just riding energetic waves. But we know how to surf. We've been surfing all our lives. We've been surfing lifetimes and we've caught these huge waves and surfed into the shore and gone back out. And you're on a wave. The car being stolen, what's happening in work, what's happening with your boyfriend, it's a wave. Get on one and ride it out knowing that you've done this before. But now you're doing it a little bit differently because in your present moments are more whole than you were ten seconds ago, but you're whole right now. And in that

wholeness you get to take the experience of any aspect of you before that didn't feel like they were whole and gel them together and know that you are capable.

And you're going to ride this wave and you're going to experience it. And it's not a scary ride. You're riding clear blue crystalline waters. There's dolphins floating all around you, swimming with you. You get to have fun, enjoy, and use those mammals as an expression of the love...

Carol: That was one of my dreams actually.

John: And the fun...

Carol: That was one.

John: And the fun – yes – and the fun that you get to have with this. So a water dream is the spirituality dream. It's an expansion dream. It's transcendental. Ride the wave, Carol. Just continue... Remember whenever you start getting chaos...

Carol: I was walking...

John: Well, let's not get into... I need to get into...

Carol: Okay, sure, sure.

John: The other thing. I just want to invite you... The dream was an invitation to keep riding the wave. There's an expansion. There's agility that you already have to navigate, to ride these waters. And they're just there to support you. And you've got this. You're the pro surfer on the spiritual journey of self-awareness that you're on and you get to steer that surfboard however you want, in conjunction with the wave, not separate from it. You and the wave are one. Just ride it. Ride the wave.

Carol: Thanks, John.

John: Yeah, you didn't know it was coming, it was going to show up, but it did. Have fun with it. Wonder why. The second you start doubting, go, 'Oh, yeah, I can't doubt where the water is. I can't doubt the projection of where this wave is going to take me. I just know that I'm riding it and I know that there's a shore over there and that's what I'm heading towards.'

And so where are you heading towards, Carol, is the question. Are you heading towards more chaos...

Carol: Myself.

John: Right. And yourself are you heading to more chaos, more suffering?

Carol: No, na-ah.

John: Or are you heading to more expansion and more wanting to explore who you are, and more joy and more love, right? And so as you choose that... And if any of you guys are not sure how to get into that joy and love, as you choose the expression of that energy... And if you're a visual person see the water turning from murky water into bluer, clearer water as you ride. Allow that to be part of the transition. Or feel it. Feel the ride get smoother instead of being a bumpy ride if you're more of a feeler. Or if you're someone who's more auditory feel the wave as maybe it started a little bit loud, like it was crashing in, and get smoother, and it's actually a rolling wave now. It's really supple and it's flowing with ease.

So get into the feelings and the expression of that and feel the transition, see the transition, be in the transition knowing that you're heading into more harmony with the love that you are.

That's beautiful, Carol. Thank you so much for calling in.

Carol: Thanks. You're a gift. Thank you.

John: You too.



Alright, so do you have your candles ready? And I'm going to leave you with the candle exercise today, or a meditation. So if you can go ahead and light your candle. Light the candle and let's set the intention of something coming in and wanting to expand. And if you can sit in front of the candle I want you to keep your eyes on the flame. And just stare at the flame for the couple of seconds. Breathe in and breathe out and keep relaxing into it.

And this actually came to me quite a few years ago and it's an experience of receiving unlike anything else. That's that point I had allowed myself to experience.

And so as you're sitting in front of that candle try to think of an experience where you felt so much love, so much expansion happening, when you were gifting something to somebody. It felt so good. It's like it just melted all of your being. It felt so good to gift that, that part of yourself to them.

Beautiful. Now getting into the feelings of what it was like to receive something or someone in such wholeness in its entirety for the love that was given to you. It felt so good to receive that. It was a Christmas gift. It was a hug from someone that you love. It was an experience that you had that you just felt like somebody, something totally gifted something to you. And allow yourself to have that experience for a second and to remember that, knowing in your mind that in every cell of your body there's a visceral experience. Beautiful.

Take a couple of other relaxing breaths and as you're focusing on the flame and the candle allow yourself to gift that love that you've experienced into that flame. You gifted your being, gifted every part of who you are unselfishly, just pouring your love into that flame, that love that you've always wanted to give to others, that you were afraid would not be received. You're gifting it because you know the power of your love and the cracks that that fills in the dams of others when the truth of your love is received.

When the intention of your love is received gift that love out, all of it. Take everything out of your system and gift it to that flame right now. Hold nothing back. Don't save any for you. Gift it all entirely, unselfishly, all that you are, every bit of love that you are into that flame, and allow yourself to feel the gift of your gifting and how that feels too, what that brings up for you in the release, in the surrender of the emotions, of how fulfilling it is to give of yourself and be with it.

And I want you to take a couple of deep breaths in and out and relax into that, into being received, and knowing that you gifted out with any expectation. It came truly from your heart, so innocent and so pure, and you've given everything that you

had, everything, but you know that as that is receiving it deserves to receive it so much more.

And as you relax into that keep staring into the flame and start to feel a wave of love starting to come back to you. You see that gift that you gave is infinite and it loops right back to you, the infinity of the exchange of relationship that exists between everything and everybody. Feel that wave coming back to you and open up to receive it, so that which you gave out is coming back to you now exponentially. Allow yourself to feel the love seeping into your cracks with the same intention that you gifted it out.

Open up receive deeper and deeper as it comes into you. Breathe it in. Allow it to touch every cell of your being, in this body and any other body that exists in you, energetic bodies in this dimension and other dimensions. Allow all of you to receive that wave of love coming back to you. And as it plugs back in to you you're gifting it back out and you're gifting everything that you receive, which is ten times more than you gifted. And you're taking it all and you're gifting it right back into that candle, into that flame.

Let it swirl in that flame. Feel yourself being received from that flame and then start feeling the wave coming back at you, building up, building up. And as your body adjusts, as your mind adjusts, as your energetic field adjusts to receiving even more, allow that cup to fill up. Allow it to run over. And as it runs over gift it back out. And then feel it coming back in and gift it back out. Allow it to come back in and feel that no matter how much you gift, ten times, a hundred times, a thousand times comes back at you.

You can't contain it. You can't control the flow. You can't stop love from coming at you, but it's always around you, it's always with you, it's always wanting to give too. And in your beautiful expression you give it right back out without condition, without expecting anything to come back in, in humility that you're more than enough.

Who am I to receive this much love? Let me gift it back out for those that really need it, for those that deserve it. I have more than enough. And as you do that it comes right back around and gives you a hundred times more. You know you have to surrender at this point, because you're aware the more you gift, the more that comes back. It doesn't come with expectation. It's universal law, God, it's source showing you what's available to you over and over and over again.

The love you are is waiting to come back to you exponentially. And allow yourself to swirl in that energy and feel the gratitude. Surrender to the emotions, knowing that the love that you gift is more than enough and a gift that expands into

universes that you can't even imagine, that your love touches things that affect the purity of this earth and of the cosmos in ways that you can never understand.

But you don't have to understand, because it's just your gift, your gift, your humble gift. And it's going to come back and feed you and nourish your soul and invite you into a greater experience of that love that's waiting for you. It's flowing within you. It's inviting you to ride its wave into the greater knowing of the love that you thought you touched upon and into knowing that there's so much more that's waiting to be gifted to you that you are ready to receive.

Allow your cup to run over. Allow it to keep flowing over. Breathe into it. Allow it to penetrate every cell of your being. Allow the joy and the tears of gratitude to flow as you're in this infinite wave of gifting and receiving, giving and receiving, as you relax into it and breathe. And to bring it into your awareness on a conscious and subconscious level that this is happening every moment of every breath that you participate in in this reality and others, in dimensions you can't see, that you're experiencing at this time. It's of you. It's in the wholeness that you are at this second; that you get to be this and experience this.

Keep staring at that flame and allow yourself to start becoming one with that flame, and relax into what it means just to be at one with that flame in the peace of just being, the being that it is.

Beautiful, guys. Ah, thank you so much. Ah, amazing call today. I love the energy that's coming in. I tell you, it wasn't as intense as the last couple of weeks because I wanted to bring you back into understanding and awareness and I wanted to put you in this spin where we took these pieces and we actually collected all of the information into one place so that it can become more integrated and more part of your awareness and as you dance through these different realms.

Again we're playing a lot during dream states, you and I together. Keep track of your dreams. Again remember that you can affect your dreams. You have the ability to go in. Before you go to bed each night invite your guides in. And we talked about this before in the first class. But do an invocation. Start a ritual if you want. Light a candle and invite your guides, invite your higher self, invite your child experiences that are coming back from these exercises to participate with you in dream states.

So start off with the song. Sing an invocation song inviting them in. Or say it out loud – hey, I invite you guys. Come with me in dream. I'm ready for you guys to participate with me. Come journey with me and help me understand, help me see.

Come with me to bring more clarity and to participate with me as we create new experiences in these altered states.

And come to the words that are right for you, that feel right for you. And do that on a daily basis and you'll start building the ability to interact in your dream. If you've done the doorway meditations, if you've recovered soul pieces, aspects of you, your child, like, that are coming in, give yourself a break for a week, if you haven't, keep working with the statements – and everybody keep working with the statements – I want you to work on them for at least 30 days if not longer to help re-entrain and re-pattern the belief systems.

And then come back to this point in meditation and invoke your emotions as you allow yourself to feel the beauty of you gifting and what it feels like to be received. And also the beauty of what it is to receive in total surrender the purity of love that's accessible.

This is love without conditions, without judgment, without manipulation. It's the pure essence of love that you're giving back. For any love that gives back to you the love that you gave to it is a reflection of you. That's pure love source. If that love is divided, if it's splintered in any way, if you feel like you're giving out more than you're getting back naturally, then it's out of balance.

And you'll know the difference. You'll know it, because when you give from the purity of your heart without intention then that purity comes back. If you're giving with intention then it's going to show up in a way that you're going to feel that something is still held back. So just be aware, but allow yourself without too much or by any type of thought process suggests go into this candle flame meditation and just be with it and allow it to well you up again with that love and with the energy that it's wanting to give back to you.

And guys, again we'll send out the homework a little bit later. Again it's just more statements that we're adding this week. And we'll send out the replay link as well. Keep chatting on the Facebook group page. It's amazing what you guys are sharing in there and it's helping so many people. I'm responding back on there as well with some tips that may seem like they're specific to a person who's going through the experience, but really they're exercises and awarenesses that you can tap into as well that I know are going to be an aspect perhaps of what's showing up for you. So I hope that you guys are reading through that.

And in that I look forward to seeing you guys next week. Have a fantastic weekend. I love you and having so much fun and invite you to invite that fun into your life as well. Bye for now. Talk to you next week.

**[End of audio – 01:56:14 mins]**