

as Earth keepers we hold wisdom about our planet within our bodies learn through lifetimes of experience on earth and throughout the cosmos. I'm Amy Dempster, a Shikano practitioner, and your host for the earthkeepers podcast. And I'm on a journey to reconnect with my soul family, the other earthkeepers grid workers, portal tenders, land stewards and nature lovers around the world. On this podcast, you won't find gurus or dogma, just to save space where I share personal stories from my spiritual journey.

Welcome back to this week's episode of the earthkeepers podcast. This is the 30th episode of the podcast which means week after week, I've been sharing my personal stories and thoughts with you here, just one on one. And while I've never had a guest on this show, yet, I do often guest on other people's podcasts, which is always super fun for me. Rarely is there a concrete topic that in advance, I just ground my energy, open up my channel and hop on line to chat with people I've never met before and see where the conversation takes us. When I say it like that it sounds a little bit scary, but it really isn't. I've had some of the best conversations with other podcasters, one of which I'd like to share with you today. I met Christine Madeira host of the conversations from the edge podcast a few months ago. Her podcast is a little bit different than many of the other interview style podcasts you typically hear. The episodes are truly conversations. It's like we pour ourselves a cup of tea, pull up a chair, and then ask each other all the questions we've had floating around in our heads but haven't had anyone to ask. We've had so much fun in these conversations that we just keep scheduling more time to chat. We've now recorded six podcast episodes together in the past few months. Yeah, seriously six hours of us just chatting away on zoom about whatever's on our mind that day. If you want to hear them all, I'll add a link to her website in the show notes. But for today, I'm going to share an episode we recorded last month called is your reality true or just a projection. we wander through discussions about what our human reality even is what we think happens or doesn't happen when we die, and how important our beliefs are in coloring our experiences. Christine considers herself a modern mystic in pursuit of expanded consciousness. Research has led her to a career as a clinical hypnotherapist author, yoga and meditation instructor, speaker and coach among many other things, all with the intention of diving deeper into the mystery of existence and expansion of consciousness. How fun is that? Okay, without further ado, here is my most recent conversation with Christine. Amy, thank you for coming back. It's wonderful to talk with you again. Thanks for having me back on Christine, I'm looking forward to our chat. Is there anything that you want to add to what I said, You know, I realize how much my work has branched out from, you know, when you can start doing work with the land, but you can't help but get into all of these multi dimensional places and conversations in order to understand what the spirits on the other side of the veil are trying to communicate and show you. Yes, and you know, there's in a way, it's a dimension, there are so many different, not only dimensions, like we think of them 3d 45 D, but other aspects of dimensionality as well. And we're going to talk about one of those today, kind of the virtual world and the projection from what we consider ordinary reality into the virtual world of the internet, and that it really is its own world. It's its own dimension. And we relate to it in interesting ways. And it's kind of a template for other aspects of understanding, projected reality that we hopefully will touch on as we move forward. So can you share how you had this aha about the internet being this projected universe? Yeah, I mean, it's the perfect example of doing work with

The land and then having to, you know, kind of expand my understanding and reality a little bit. Yeah, I was led to do some very deep work with a large body of water that is here not far from from my home. And when I first tuned in and was asking, you know why? Why am I being asked to come here? What is it that's needed, I was shown that there was this huge black box that had these kind of pentacle, like arms coming out that were anchored in the land, and the land didn't want it there. And so that was kind of led through over a period of weeks of working through with this device to remove it. And so at some point, I was asking some deeper questions about kind of what is this? And where did it come from? And what exactly is it doing? How is it affecting the energy here, and I was shown that it was like a projector. And it was showing a picture of what this area looked like to all of us who are interacting with it. But it was in many ways, like putting a cardboard cutout up, you know, and, you know, it's completely disconnecting us from being able to connect with the energy of the place it was, it was in between. And so that was the first time I had seen something like that, like something, a machine that was creating projections, I and I, of course immediately thought, Well, certainly, this isn't the only one in existence, kind of asking more questions and thinking, thinking more through it, and really just, you know, started receiving additional information and, and being shown in other places where projections are perceived reality in some cases. And so it really was, as I was thinking about this being like a AI, you know, an artificial intelligence machine, it just dawned on me that all of the internet is, you know, is a is a projection and is a machine in some ways, and in some ways isn't a machine, you know, right, it's just, we're using machines to access it. But it's a projection as well. And so that takes you down all kinds of other rabbit holes, once all those pieces, because it is it's like a collector of projection that we can interact with. And you know, at times, when the internet goes down, I wander around aimlessly, not knowing what to do, because so much of my life is what is there to do.

But it really isn't right projective thing where we have our own kind of avatars, and they're, you know, on Facebook, on Instagram on these things that are projections of us on there, whether we're you know, really active with those or not, it's kind of how we represent ourselves in that sphere. So on your website, your YouTube channel, all of that kind of stuff. And, you know, we think about it in terms of I'm interacting with this internet. And the internet brings me the information I want all this kind of stuff. But really, I mean, it's its own projected universe, for lack of a better term that we all collectively share, hold and participate in. And I mean, to me, it's fascinating, because with the way that my mind works, is I've been pondering the whole idea of our bodies and our world as a projected experience of something larger, you know, that we're sort of these projected avatars, having this enclosed in this projected experience of this other energy, and you can call it a soul, you can call it your infinite self and call it whatever it is, or like the fragment of that I'm having this projected experience. So we are we are this larger energy. But unlike, you know, it kind of relates to us, you know, that when we, when we log on to the Internet, and we operate through our avatar on Facebook, or through our avatar on Instagram are something that, you know, that's what's representing us. But what is the avatar? Like? What is their experience? And for us, as projected beings having a projected experience, you know, what is it that we're connected to that's projecting through us and that we're having the experience of the projection of the of being the creative being, of being the interface, as opposed to being the one that's doing the projecting? And so I've been, I've been dancing down

that road for a little while. So when I heard us talk about the internet as kind of this, this projection that had me it was like, Whoa, like, had me totally fascinated, because I think that our experiences, more of a projected experience than than what we have ever conceived it to be? Well, it's so true. And it's, yeah, I love I love where you're where you're thinking on this. But if you think about our fragment of a soul having to inhabit a human body, it really is almost like, you're the energy shape shifting into being a human right into this body. And but yeah, the body, the body, isn't you, and yet the purpose of being here on earth is to be embodied. And so, you know, how do we reconcile that? And I think, you know, what's really interesting, and I've been playing with this a little bit more lately as well is because we are just vibrating balls of energy, and not nearly as solid as, as we have been led to believe, is that, how many things can we actually change about our physical body? Just simply by either having different beliefs about it, or having different relationships? You know, and and it's hard to say, but I mean, you've heard stories of people saying, well, I fixed my eyesight, by just, you know, believing that my eyesight was good again, or, you know, all of these different types of things. And so, we we so identify with the reflection we see in the mirror, or, you know, looking down and seeing what, you know, seeing our hand is a solid thing, that it's difficult, you know, really for our brain to see it in a different way. But, but yeah, definitely, the internet is such a great example. Like you say, it's just an avatar, and you can change the avatar if you want to, and people do it all the time. Well, and the way I've kind of come to conceptualize this, as I've been exploring, it is really, you know, it's where attention is, and so are as projected beings, that I'm just gonna call us avatars and projected beings, because you know, why not? our attention, like we learn that our attention is on the physical body and the physical world. And then, you know, because we're physical, all of our feedback systems tell us that we're physical. So we kind of come to believe on a very fundamental level, that we have a physical body and that the physical experiences, quote, unquote, real even though we are 99.999% space. And so then as we grow, we have this kind of conceptual world. So you know, when we have this on the internet, as well. So we've got all the ideas and the beliefs, and the thought forms, and the thought streams, and all of these things that we learn, to operate within. So we learn to identify ourselves within them, we learn to identify other people, we learn who is us, and who is them and how to how to navigate through these as we grow older, and how to navigate through these with life. But fundamentally, we believe that this conceptual reality is real, even though we change our ideas all the time, within conceptual reality. So with within this projected universe of conceptual, our conceptual world, we individually change our ideas, our beliefs, our thoughts, all these kind of things all the time. But fundamentally, because the feedback system has shown us that this conceptual world is real, that the foundation of this the conceptual world, being real is real, even though it's even less real than the body, like, you know, a concept has no mass. And body has 99.9999% space, and a concept is all space. So it by that might, you know, be manifested into some kind of form, like the concept of justice, can be manifested into jails, and courts and police and all of these things. So it's got these representations in physical reality. But in and of itself, the concept underneath that is completely made up. Yeah, it's from place to place. But we might it's real, because our whole feedback system is telling us it's real. But there's another level that we're not taught to pay attention to, but you're tapped into it in your way, and I'm tapped into it in my way. And different people are tapped into it in different ways. It's that subtle body is the subtle energy is the in is the energy flow in the information flow, that

informs the projection. That's always you know, shifting and changing and flowing and connected to everything else. That's how you can talk to the land. And how you can do this deep work is through this subtle energy that flows within the form so within the physical form, and that this conceptual world is really kind of this artificial interface between the subtle expression and the physical world. So it gives us a playground in which to play it

But then we've got this subtleness to us. And we're and through that subtle body, we're connected to everything, I'm going down my own rabbit hole, sorry. And then the whole subtle, the whole subtle field, like the web, or the field is consciousness itself, which is always exploring and expanding and expressing, through the subtle energies through the forms, through all of these things rising and falling through the concepts and all of this kinds of stuff. And like that they can we need, when I think about a projected universe, like I think through the layers of consciousness, projecting the energetic fields, like the feel of the web of all information, and then you know, that projecting into something that's more specified, like, you know, the, the earth energy, and then something that's more specified, like a human being within that earth energy within these larger things. So then, you know, within that earth energy, or within the human energy, the projection of form and the human experiencing itself, as its own self, that's actually like this multiple level of projection. And then in experiencing itself in this projective world interacting with other projected beings, I mean, I am down my rabbit hole, sorry. No, I am following you. I'm enjoying every minute of it. Yes. And then all those other human beings are reflecting back to you, you know, what, what it is you believe in? But I think you're right, like, step one is realizing that consciousness, your consciousness is not you. Or, you know, the you is that you identify with. And so, you know, I've had some experiences lately, where I realize I'm telling my brain to do something or not to do something where I'm saying, not that brain, what are you doing right now, and in a way that I really hadn't done before. And all of a sudden, I realized, wow, I really am interacting with myself, you know, in a different way, and see my brain running away with something that is just not my intention at all. And, you know, I have to say, Stop it, stop it. Like, that's not me in that way. But I think a really easy way to grasp, even that part of it that most of us have experienced is what happens while we dream at night. And realizing that you leave the body behind and your consciousness goes on, right? Your consciousness doesn't need to sleep for eight hours, your body knows and so it's your consciousness, he says, great, I've got you know, a handful of hours to go do something else. And in that experience, you start realizing, oh, I'm, I'm living other lives, I'm in other places, I'm, you know, I'm in school.

I'm helping other people, I'm not your consciousness, continuing on, it doesn't need the body, the body's here, you know, for this, as you say, more of more of the playground for consciousness to expand, right? We get we get these, this opportunity to be here and play and interact and create. But yeah, it's because it's more it is more of a projection or loosely put together pieces of energy, it's much more flexible than than we realize, yeah, it really isn't, you know, the analogy of the dream, I was playing with this. And it struck me that, you know, in the whole idea of projection with this, that when you are dreaming at night, and you project into the dream, like you you're experiencing the dream, it's not all of you, it's just a little tiny part of you that's happening, it's got your all of your attention is captured on the stream, you know, similarly, that all of our attention is captured in our human experience, even though there's a lot of other experience happening under the surface in the subtle body and the subtle worlds and all of

these things. But the other thing happening in the dream is that you don't just project into the dream as the avatar in the dream, like as you and the dream, you create the entire dream. And so you as the projector, are, are, are both the avatar in the dream and the dream itself, everything reflecting back and I was like Holy Moses, like that was such a leap for me to think, Oh my gosh, if I'm projecting into this body that I'm pregnant, everything I'm looking at is my own projected projection looking back at me, and the power and not power in a bad way. But just like the empowerment of really sitting with that and thinking okay, so I'm not like I'm in this body navigating these, you know, realms of this game that we're in like a simulated reality game, or however you want to talk about a projective world in like, I'm everything. I am the brain and I'm everything that I'm experiencing, as the container of me as well and then interacting with other people and beings doing the same thing all kind of interacting with that, but I was it began to help me really feel connected to my, my larger self to realize, you know, in my theory of this project and a world that like I am, all of it, and I knew it from like, intellectually, I'd heard those arguments before. And I'd heard these ideas about it before that just never landed. And then when I ran into, I was working with the dream analogy, and I thought, oh, like, everything, like, that's blowing my mind still blows my mind. And whether it's true, like, you know, and I talk, like, in this book I'm writing where I'm exploring these kinds of things, I talked about this a lot that, you know, reality is what it is, regardless of what we believe it to be. And so, you know, whipping ourselves up with new and exciting ideas about what's possible, doesn't mean that we're, you know, that we're that we're actually grasping on to a actual truth. But that we're really kind of opening up the the ideas and the possibilities, that what we have been led to believe is true. Is is not that we are much more more beyond that. So we don't have to kind of say, Oh, my gosh, this is now true. And I catch myself at this, this is true, you know, and try to funnel yourself through that new truth. Because that just you know, then you're just back in the same old game with a new truth. Is this a new shiny object to play with? But it's really kind of like, sit in that wonder and curiosity and say, Wow, what is this unlock in me? What possibilities does this awakened in me, if I consider that this may actually be a larger experience of reality than what I have been led to believe? So it's not a destination? Like I'm not trying to put out any kind of new truth destination? It's more like, wow, how do I set myself free? To see everything in a new way? And to experience life is something completely different? Yeah, and I, I mean, I think this is one of the hardest pieces for us to grasp, when we start thinking of ourselves as multi dimensional, is the idea that it's all true. It's all useful in some way or another, everybody, you know, everything, everybody, it's, everything is playing their part. And you're right, created by yourself to have these own experiences. And you know, I think it's, it can be very difficult pill to start swallowing when you start looking around yourself and looking at your situation or looking at people that maybe you don't like what they're doing, or you don't like their behavior and realize that they're there for a purpose to you needed them to trigger you in this way, or to show you something you wouldn't have seen in another way. And so it's really fascinating. When you can just say, either, what if nothing is true, and what if everything is true? What if every single thing is true? And I don't need, you know, because you're right, true and false or right and wrong is still being in duality. Yeah, it's all made up anyway. Yeah, yeah. Yeah. Yeah. And and we've decided, so you know, what might be true today isn't what was true 100 years ago, and so we just changed our minds. And so to me, there's a lot of freedom in that thinking. But it does

require you to be flexible about reality. I will say, I get stuck in my own lines of thinking exactly like this, where I'll just say, Well, this is how something is I will I've experienced it. And I believe that that's what it is. But I could change my mind, or someone can show me something different. And then it changes completely. So what is true? How do you know how do you know what it's going to, you know, happen next? How do we know you know, whether or not the whole projection is even a projection? And I have to just keep going, and I have no idea but I mean, it's very freeing for me to think like that. And for me, what I've been working with for quite some time is to let go of the living in conclusion, like the like, but I'm trying to let go of beliefs altogether. You know, we all say I'll find my beliefs you know, beliefs are your reality and it's true and it's it's you know, your deep beliefs you know, construct your reality what you believe your, your is generally limiting. So, any belief, though, ultimately becomes like a lens through which you require reality to show up for you. So, to me, my beliefs in and of themselves are inherently limiting. And so I've suffered since I was a kid. Really, I've been on this pursuit of how do I live free from the constraint of beliefs, ideas, thoughts, all these things. And for a long time, it was like I would find this new one that completely shattered the paradigm that I was in before, like, you know, like, by they thought the earth was flat, and the center of the universe and then boom, all of a sudden, Galileo says, No, this is not true. And then other people of course, before and after said that, and but it once it was accepted, it changed everything. And you you think, you know, differently? Well, now the world is round, but it's, it's in the middle of the solar system, and is disconnected from all of these other things. And, you know, we're finding all these things that are, are true and empowering the moment and completely change our perspective in the moment that don't end up being in and of themselves. True. And so I've really tried to let go have any attachment and to play with my own sense of reality a lot. It's, I have some free time. But but here's my question to you, that is not having a belief or belief.

I'm not believing that beliefs are bad or wrong or anything like that, what I'm, what I do is I recognize when I come across a belief that I have, like, Okay, this is a, this is a construction that I have that I am forcing reality as it is because I it is what it is, you know, regardless of what I believe my beliefs force it to show up in a particular way. But if I remove that lens, yeah, I'm able to deal with reality as it is, in a more direct way. So that's what I've been trying to do. So when I'm playing around with these ideas, I'm not saying oh, my gosh, I found the new red pill blue pill, I forget which one

we're supposed to swallow. To be right. It should be to be, you know, into this new matrix where all of these other things are true. It's more like, you know, for me, it's always been how, how do you have you let go of your idea of what reality is, in order to experience what reality is from the perspective of reality? Like, how do you engage what is without bringing your baggage to the table. And so that's kind of led me down down this road. And so I personally for me, really try not to do the whole belief thing, because I think it's self limiting. But I also and I recognize this is not an easy, it took me a long time to be able to do this and not having, you know, panic attacks. Because, yeah, when you let go of your ideas, and your thoughts and your beliefs about who you are, about what life is about what reality is, you know, it can feel very unmoored. And there's a way that we operate in this conceptual world and in the internet world, and these projected experiences, they all have their own kind of internal circuitry and technology, about how they work, the brain works in a particular way, it's got a lot of technology embedded in it, I think, I kind

of moved myself into thinking of things in the simulated reality because it makes it a little bit less daunting and a little less personal. But if you think about it, in terms of technology, that that we operate from the brain and the body in a particular way of technology and interaction that involve thoughts and beliefs, and all of these different things that when we begin to live from that subtle realm, and you do a really good job in the subtle realm, but if you were to bring more of yourself in that subtle Roman and let go of some of the technologies of this constructive world and operate from the technologies of the subtle world, which is a whole different level of technology, the rules are different, and their reality shows up in a completely kind of different ways. So I my whole life has been about trying to set myself free from my own limitations. So sometimes I go some go down some kind of crazy places.

I just like to call it taking my brain for a walk.

Let's see what happens when I when I go down this line of thinking but you know, what's interesting is and these are the kinds of things I do to myself

so I have a belief let's say around you know, that energy work that I do, where I will, you know, sometimes encounter an Earthbound spirit right so spirit who has passed away, but hasn't crossed all the way over and then I help them cross over and so my have created certain beliefs around what happens when we die, what the experiences what not based on these interactions that I've had that feel very true and real to me. So I feel Oh, maybe a month ago, I had a dream where I died and or I was being attacked actually and and then it like cut out in the middle.

of this process, and I was suddenly in like the next seat, like a TV show, right? And so I just thought, Oh, and I was conscious of what was happening in the dream. And so I just thought, That was weird, I must not have died, we'll just move on with this. And so, friends come to visit me. And they have come to tell me, in fact that I have died. And it's time to crossover. Right? So now I'm on the opposite side of this experience that I've had many, many times in my, in my waking life, or in, you know, journeys and this type of thing. And first of all, I thought, it really is part of me thinks, you know, it really is like, I think, right? It wasn't I didn't even go all the way through the process. It was, it was about to die, and then I'm dead. And I didn't even know, right, and so that's when when many of these spirits I encounter that's what happened. They don't know, I didn't realize that that's okay. And then someone comes and tells them. So part of me after that dream was like, Well, that was cool. I got that actually experienced the other side of this, I see. It just prove to me that my experience is correct, right? That's not correct. But the very next place my brain goes is, what if it's just reflecting my belief that it's correct back to me, right? What if What if this is just one version of what happens when we die, or, you know, need assistance crossing over what if there's lots of other ways to crossover die or move on to whatever is next and keep your, in this case, very clearly, like the consciousness kept going without the body very easily. And so that's where I start going, you know, in my mind, as well, how much of this is really true, and how much of it is true? Because it's just the experience I've had, and it just continues, my beliefs are continuing to build this bubble around me of all of the things I believe are true. And so what else out there might be true, which normally, if I start asking those questions, I start getting those answers.

So my question, cuz when I used to work with people, like I was very aware, and I've done past life stuff, but and even in working with people, you know, in here working in this life, I'm very aware that when I'm when I'm doing that work for me, like I don't enter into it with a belief system, my insurance who it was like, what are we? How are we? What belief system are they

bringing to the table, that we need to shift and change, to begin to allow them to become more empowered, because I, I will wander freely in the place of no belief and have my own panic attacks and be fine with that, because I just don't believe somebody else there's so when I write operating in somebody else's beliefs, and we're working through their bliss, whereas there's always a landing place where there's something that's more empowering, I try not to, to talk about it in terms of this as your new belief. It's like, well, this is a new, a new way to move forward to investigate and explore. So like for you, when you're working with these various Earthbound entities. I mean, you're really working within their understanding of what happened, yes. And you're assisting them through what their perspective is. But that doesn't mean it has to be your perspective, or truth or anything else. It's simply this is, this is what they're bringing to the table. And in order to assist them, you need to meet them where they are, and hold their hand in the moment and carry and hope to walk them forward. Instead of bringing your own belief system like you're not bringing a belief system and imposing it upon them. You're actually showing it to what they believe and you just you're reaching people who have a similar understanding of that paradigm and able to assist them through it, but they're, you know, there's cultures that don't do the tube of light, there's you know that because that was always my thing. And I hit somebody in a past life regression thing. And they're like, what like, like, oh, what do you what are you kidding? What's going on? Yeah, and I think this is how I got to this questioning in this, this or this place, as well is that I as I have interacted with people of other religions, and I realize, Oh, well, this is what they were told to believe in. And what's proven to me is that what you believe is going to happen when you die is what happens and so if I believe I'm going to get on a rocket and shoot off into the cosmos, I think that's possible.

Yeah, which, which actually makes it it sort of speaks to that idea that you know, whatever it is meets you where you are with your beliefs, but it doesn't make any of the beliefs in and of themselves true. It makes them ideas that you can move through as you transition through different things whether you're transitioning through, you know, marriage to divorce, or you know, life to death, or any kind of transition as that we make as humans because we always have to

Let go of something and open to something else. And we've got these passes ways through there. But, you know, beliefs, I think, bring a lens to the experience. And the universe being just the ultimate lover shows up as the lens that you need in the moment. But if you begin to remove your own lens, like you got to show up with people where they are with their lens and work with them that way, you can't say, this is my belief, let's work on it, let's bring you into my belief that's ineffective. But if you come to something without a lens, and you can recognize what their lens is, especially if it's different than yours, it can help to facilitate the experience. But I've been trying to work in my life, like, you know, I think everybody's life has their own experiment. And so my, one of my big experiments is how do I, how do I live without a lot and still cope?

Right, right, and then go to the grocery store and get your groceries and function in the world. I find them all the time. So I know that they're there. But then I, you know, I kind of dismissed them, I let them go. And I said, Well, what else is possible here, what else, you know, might there being all this information comes in, but I really have tried, especially in

the last five or six years to receive the information to allow it to flow like a river. You know, it's a river that's flowing, I'm flowing on the river, we're all hanging out having a good time. But none of this stuff is real. But it's just hopeful. And everybody's experience of that is different. And so if I hold too tightly to my experience, I can't meet somebody else where they're at, especially, I really enjoy. I enjoy arranging way off the grid when it comes to, you know, thought, right, so I write anybody else to show up to where I'm at. I mean, you will, because you know, you're you. And I have conversations with people who do for the most part, but in general life, like, I gotta let go of my lenses and not think that they're actually true, so that I can be with people where they are in that moment. So we can, you know, we can share something that I don't require them to show up the way that I need them to show up just to validate my own experience, I think that actually took a long time to learn, because we're taught so much that we need to seek out people and experiences and ideas and things that validate what we believe, in order to be safe in the world. And I don't think that's actually true. I think that's another belief. Well, you're so right. I mean, if you just even think about how we gather, you know, with our friends or our family, and then have, like, belief systems or even on social media today, right? You just ended up in the groups and places with other people who believe the things that you do, because it's reaffirming your own beliefs for yourself. And, you know, it's, it's interesting, and it's such a, to me, it's right, just where my brain goes to because it's such a great example of, of this idea, because I think beliefs around death are things that we hold very closely to us, depending on some people more than others, but many people very much, you know, subscribe to a group idea within their religion or whatnot, that, that this is what happens. And so, you know, a great example was when I was working with ancestors of mine who wanted some assistance, their religion, I learned, taught them that after you die, you wait with your body for Jesus to come back for you. Okay, well, that's okay. Now, I didn't know that. That was I learned that after the fact. But I went to visit the cemetery, which was specific, specific to this religion, and was like, Oh, my gosh, there's so many spirits here, way more than that. And so I realized, oh, again, it's all being reinforced, right? You This is what you believed before you died, and then you die. And you're waiting there with your body with all of these other people who are doing the same thing, right? Everyone's doing exactly what they believe. And here's the universe or or not anybody coming along and saying, you're doing it wrong. It's this, it's honoring your belief about what is true. And so what's funny is when I, you know, go to interact with my ancestors in particular, and have a conversation with them. I have specific guides that I work with for this type of work, and I realized they don't know who that is. That's not part of their religion. And so in this case, you know, I have to say, oh, if the energy of Jesus comes forward that someone they're familiar with and yeah, you know, can communicate with but you're right, it doesn't. I couldn't come to them with my beliefs there, it made no sense to them, you know, the crazy lady just showed up out of nowhere, and is trying, you know, there was no way to convince them otherwise not that I would particularly try. So it's a good, you know, kind of translation into so then what does that mean for all of us who are currently embodied and what our beliefs are? And you know, what we either are imposing on other people, or are specifically seeking out and gathering with people who are reinforcing those beliefs, rather than as you're saying, kind of what if I didn't have that belief at all? What exactly happened to me? Well, we can see, and actually, the internet has been really magnifying of us, it's been an accelerant of all kinds of

different things. But one of the things that has done is it has really begun to organize people who believe who experienced their beliefs as fact, because they, they surround themselves with other people who are reflecting back to them in their feedback loop, that what they believe is true, right. And so it's divided us in all kinds of interesting ways. And when you believe that your beliefs are true, particularly in when it's, you know, there's other things that might point out that maybe you should think that that'd be open to some other kinds of true, and regardless of what you think the truth is, because it's that whole belief that beliefs are true, that really stands in the way because we change our beliefs all the time. And we will change our mind. And, you know, we've got our personal concept of who we are. And it's all of our beliefs, and it's our thoughts and our it's our opinions and things like that, and then we change our mind about something. And like, we're still, you know, we're still the same person, you know, but now we've got this new belief or this new idea, this new other thing, and we don't, we kind of gloss over the fact that what we truly believed was true at that moment in time, wasn't actually true. But now, I believe this other belief is really true. And now that's true. And I'm holding on to that, because a whole construction of that our identity is real. And our sense of self is real, even as all of the ideas and the beliefs we have within it, shift and change on a regular basis. But if we really looked at the brain technology that believes its beliefs are true and real, is kind of how you know, we all believe that we're right. It's brain technology keeps you from standing there wondering why the saber toothed Tiger is or is running to you, and should you write? Or should you stand there for the climate trees, you don't control, you know, all that kind of stuff. It's it's a technology embedded in our bio technology, plant biotechnology system. And that's just how it works. And so when you look at like, you know, oh, okay, so if I understand that my brain, my brain technology is always reflecting to me that I am right, and everything that I believe is right. And that then when I find something else, sometimes it's really traumatic to find that some something Do you believe like, if you ever betrayed by a person that you love that you believed in, then you're betrayed, sometimes there's a lot of pain, and then you're right about them being a horrible person, but you're still right. And it's a characteristic of the brain, it's a characteristic of identity. But if you look at it critically, you realize that none of those things are actually real. They are the projection of a brain that believes that everything inside of it that's operating is real and true. And when you begin to look at yourself as as a piece of technology, it's just me going down the rabbit hole, again, of biotechnology, and you look at how those things operate you to see kind of the facade of identity and the facade of reality, that if we begin to look at it critically and D, personalize it a little bit, which is why I like the simulator reality thing, you realize that that's just how the brain works. It's just how the bottom right it's it's designed to help keep you from like having, like being mired in indecision, all of it.

But a good point. Yeah, nobody's gonna wake up day after day after day and say to themselves, I'm totally wrong, but I'm gonna keep doing it anyway. Yeah.

Like we're doing whatever we think is true and right.

But we do it and then we change our mind. And we do that we think that's right. So we're right in there is the consistency. And the consistency is that the technology of the brain and the technology that's projected system is to always, you know, consider that it's right. And the brain is amoral. There's nothing you know, it does. It's a machine. It's like a machine that learns, learns. It's neutral. It believes what it learns is true until proven otherwise, and you can learn

how to do for yourself, but that's just the way it works. And so if we took a step back, and we said, okay, that's how it works. You

Where am I in that? Like, how do I, you know, if I, if I step back from the technology, and I look for a deeper experience of who I am like, the subtle or I look to just a larger experience that can see the observer, right, that can see, this is just how this organ works. And just because the Oregon works that way doesn't mean that that's all true. And that I need to show up to that as truth. You know, a few if I can live lightly with that, and just, you know, kind of let go beliefs and allow myself to show up to things in the moment and know that they'll always be a construction in the moment because people bring their own constructions, like they bring their own food to a party, you don't have to provide food, everybody brings their own food, they're bringing their own, they're bringing their own restrictions, then you can just let them like live it out. And you just like, you know, do you respond, as opposed to, you know, the meeting of the belief systems with a clashing of the belief systems?

Well, and that's part of why I think we've kind of entered into the space of extreme duality, right? That it wasn't, it didn't feel so extreme or so hard to reconcile within ourselves. And in the past, and so it was kind of easier to let it just be, and you know, and let there to be a left and a right or a right, you're wrong, and you know, whatever. And, and so, we've got this kind of extreme polarity showing up so that we have to reckon with with it, and maybe say, neither is right, or neither is wrong. But what I've seen so clearly in the past year is that, whatever I just say, whatever you believe is true. At the moment, there is plenty of evidence to show you that you're true. Just so you know, whatever, whoever's shouting on the internet about, you know, listen to these people, because they know what they're talking about. There's a whole other group that's saying, but we also have credible information, pick, you know, pick your subject, and whatever it is that, that you believe there, it gets really difficult to say, to look at somebody and say, You are completely wrong, because you have to look at their actual beliefs and say, I see why you believe that I see that you have all of the evidence, you need to hold that belief. So why can't I just let you have that belief.

And so I think that's right, helping us even though it feels extreme right now, I think, at some point, we're gonna have to reconcile that and say that, you know, this is my belief today. And maybe, yeah, maybe mine is gonna change tomorrow. But also, all of these other people have their beliefs, and they're valid and true for them. Because whatever they have gone through whatever experiences whatever research, whatever, whatever that they have had, it's, it's no less true than your truth is for you, right. But there's, I mean, there's another brain technology at play. And like, if you think about it, in terms of technology, so one, other technologies of the brain is unconscious bias, like we talked about it in terms of, but we also talk about it, you know, where there's learned bias, which is, of course, always looking at your own beliefs as true. But then there's the unconscious bias. And this is a brain function, that your brain is always looking to validate what you believe, so that you can operate in the world without like being a bubbling pile of go. And so, it's, it's, it's another one of those ways that our body and brain work that are not personal to us, that we personalize to validate our own experience of identity. And what you realize is that this this internet has been created, to allow us to live in that place to continue doing that, playing it that way. Well, and hopefully to be able to be kin to see how technology, how technology can work in a way that kind of creates its own universe. And because that's kind

of like in the brain technology kind of creates its own universe and, and the Internet has kind of created its own sphere that you can, you know, you can participate in or not participate in, but when you get deeply you know, moving into the flows of it is it is its own world I can take over your life. And when you believe that things in the internet, which is like one more step removed from, you know, reality, another human

simply because it's on the internet. It's just kind of like I I'm hoping truly, that it can begin to show us and mirror back to us the impersonality of technology and how

Get how personal that can feel. Yeah, that we take this piece of technology, the internet, which doesn't feel it doesn't know, it just it's like a brain, right? It just takes in what you put in there, and it spits back out to you what you want to see it's a Facebook algorithm, right? You put it in, yeah, you get it out, you do your search terms, you know, and all this you can you can get, you get the reflected universe that you are looking for. But if you begin to like, take a step back and see how that works, and can see, you know, can look at yourself a little less personally and take your own ideas a little less personally and see it in a like, hmm, is that how this works? How can I work differently? Because like, if you want to change your mind about something, if you want to destroy a belief about something, you begin to look for evidence of something that contradicts that and you'll find it because every time so yes, yeah, dismantle your own beliefs by looking at other evidences, then you can like neutralize them. So I do that to neutralize, like, I don't do it till they shift a belief from one to the other. I'm like, Okay, this is like making me crazy. I need to dismantle this belief. So I'll look for all the stuff that makes it untrue. And then we'll have like, a whole buffet of possibilities. And I'm like, oh, okay, so all can be true for whoever believes them. But none are inherently true, because there's always going to be something else. And that's one way I've kind of played with my own brain technology to dismantle these. These really, I mean, they're not insidious programs, but they are. They're just they do what they do. And write right there. And they're constant. They're constantly running. And they're if you're not finding them. Yeah. So anyway, I've been doing this for years and years. So if I'm completely off the reservation, people who are listening, you know, that's what

I love. I love these conversations.

Because they do that for me, too. They do that for me, too, is having these conversations, you know, does exactly that. It makes me say, well, that I hadn't thought about that before. That's interesting. And then that leads me, you know, to another another chain of thinking. So, I mean, honestly, in what with what I do, and the work that I've done, I mean, I've had to change my mind about things a million times right or expand my reality is usually what it is, is like, I hadn't considered that before. But now that I have had this experience, or I've had, you know, this is this information I didn't have before then, wow, I might have to I might have to change my mind about that. And so I think that's part of the fun part experience here.

All right, we fit we've been going on for a while. Thank you for letting me you know, process this stuff out. I've been writing about it, but I haven't had anybody to talk it out with so thank you very much. Wasn't that fun? Do you like hearing these kinds of conversations? Or wish you could join us to add your perspective? If so, keep your eyes peeled on your inbox. Christina and I are kicking around the idea of having some regular chats together on clubhouse starting next month. If you're not on clubhouse, yet, it's an audio only social media app. There's all kinds of conversations happening on every topic under the sun, and it's all live. Yep, no recording to listen to later. If you want to hear the discussion you need to hop on when it's happening. But

what's cool is that everyone else in the room has the opportunity to talk to not just the moderators. So you can come hang out and chat with us. But there'll be more to come on that soon. I really hope you enjoyed this week's unusual episode, and I look forward to seeing you right back here next Tuesday.

Thank you. Thank you from the bottom of my heart for listening to the earthkeepers podcast. I'm so honored to share this journey with you. I would love it if you join me and other earthkeepers from around the world in the following hawks earthkeepers community on Facebook to find the show notes, additional resources or learn more about working with me. Go to earthkeepers podcast calm. Until next time, I'll see you in the multiverse.