

00:00:04 Merrily

This is the Casual Temple podcast and you are listening to episode #11 and I'm your host, Merrily Duffy. The Casual Temple is a place to discuss the many ways we are connected to the unseen world of spirit, and how that empowers us to know our true selves. If you enjoy our mystical conversations, don't forget to share some love like follow and review on your preferred podcast platform.

00:00:24 Merrily

This week on the Casual Temple, we embark on a journey through all levels of existence with our extraordinary guest Ishtar Howell.

00:00:30 Merrily

Prepare to be captivated as we delve into the mystical realms with stories of his spiritual teacher, Austin. A walk in soul with a penchant for finding teenager dental retainers. We also hear about metaphysical classrooms and floating cities and etheric Jaguar spirit protectors.

00:00:45 Merrily

Welcome to the Casual Temple. This week my guest is Ishtar Howell, who is a spiritual seeker, intuitive astrologer, meditation teacher, world traveler and writer. After having a childhood that was highly connected to the world of spirit, with samadhi experiences about the nature of reality at the age of 13, Ishtar was involved in a car accident that claimed the life of.

00:01:04 Merrily

His beloved mother.

00:01:05 Merrily

He experienced what he later learned was a near death experience, or NDE.

00:01:10 Merrily

That traumatic experience put him on a mystical path to becoming a teenage monk in his own home. Ishtar, thank you for joining me today to discuss your amazing life journey.

00:01:19 Ishtar

Really thanks for having me.

00:01:20 Ishtar

On. Yeah. Thank you so much. Oh, good.

00:01:24 Merrily

Yeah, I'm glad. Yeah, we had a little bit of a pre chat, uh, kind of a big fan of.

00:01:31 Merrily

Your interviews because you're just like a really great storyteller, and we had an astrology session together and it was amazing. And I've listened to that session at least two more times since then, because there's just a lot of unfolding that happens when you look at your astrology chart and get an intuitive.

00:01:51 Merrily

Insight from someone on it so.

00:01:53 Merrily

I'm really happy that you're here.

00:01:56 Merrily

Let's see. So we're just going to kick it off by kind of going, having you talk about your earliest spiritual or paranormal experience and then kind of go from there.

00:02:06 Ishtar

Great question. Prompt. I I like this this shows format. I'm already having more fun than than usual. OK, first experience that I'll go with the paranormal. The first paranormal experience I remember occurred before occurred before I. I could walk and and before the first time that I escaped out.

00:02:28 Ishtar

Of my crib.

00:02:29 Ishtar

So those those were two very big watermark moments.

00:02:32 Ishtar

Me. So I was in crib. Those were the crib days, and I would wake up very early, before the sun came up. That was my, my pattern. I I would just kind of meditate without knowing I was meditating. I'd look at my curtains and I'd wait. Wait, wait and wait. And then eventually the sun would come up and my mom would come in the room.

00:02:51 Ishtar

So one night in my sort of.

00:02:54 Ishtar

Early morning, late night revelry. I was sitting there and a woman walked into my.

00:02:59 Ishtar

Room. And this was not an unusual thing because sometimes my maternal grandmother would stay over and my room was being in the crib. There was a bed over there and my room was kind of the guest room. So the guests got to have a baby stare at them at night. And sometimes my aunt would sleep over there. So nothing, nothing different than my life.

00:03:18 Ishtar

OK.

00:03:20 Ishtar

New guest, you know, coming in the room. And I was looking at her and she had puffy curly hair that was white curly hair that was very similar to my maternal grandmother's hair.

00:03:31 Ishtar

But she's much.

00:03:32 Ishtar

Shorter than my paternal grandmother and she had on this blue nightgown like a pale blue nightgown with with white lace.

00:03:41 Ishtar

And she walked by and I didn't feel any fear. She was glowing, which was unusual.

00:03:45 Ishtar

Usual. She she she had a clip to her and I noted that it's like, well, I like that. This is this is a new thing. And and she's kind of walking by. Didn't look at me, but I felt her awareness touch mine, which was an interesting sensation for a kid and was stronger than when the adults and.

00:04:01 Ishtar

Wouldn't do it.

00:04:02 Ishtar

I I felt I felt myself being.

00:04:05 Ishtar

Touched with a wave and then that wave was was also a decided sense that this being greatly approved of me.

00:04:13 Ishtar

And and so I felt very safe with this being. I felt this kind of, you know like.

00:04:19 Ishtar

Just a warm embrace from the speak, even though they didn't turn their head to look at me, which is weird. They they, you know, kind of kept going that when I watched them and they then they they walked out the back room of my my bedroom and I've never seen anybody walk through a wall before.

00:04:33 Ishtar

At that point and and so I just noted that it wasn't frightening. I didn't have the word. Ghost didn't have words. Probably it was pre linguistic. We were thinking in pictures or or something else.

00:04:46 Ishtar

And then it was must have been 2-3 years later, I was down in the the living room on the couch. My mother and I were looking for an old photo album. She turned the page there.

00:04:56 Ishtar

A woman.

00:04:57 Ishtar

In a picture in the same nightgown, blue with the same pattern and white collar with the same sort of lacing, same hair, same profile, all I saw was the sides that kind of worked it out, and it turned out that was my great grandmother, my maternal great grandmother, who had died.

00:05:15 Ishtar

About 18 months before I was born and my mother introduced her by saying, this is your great grandmother, Laura. She she really you two really would have gotten along, you know? And you know, that was that was the first paranormal experience and probably the most.

00:05:33 Ishtar

Wasn't of the ones that sort of followed in childhood.

00:05:38 Merrily

Yeah, I have sort of a strange question. What was the color? So you said your grandmother had a glow around her. Was there a color associated to that and silver?

00:05:48 Ishtar

Blue, silver. There was there was, yeah.

00:05:51 Merrily

OK.

00:05:52 Merrily

That's interesting.

00:05:54 Merrily

The reason I'm asking is I tend to see just kind of interjecting my. I tend to see when I.

00:06:01 Merrily

I do readings for people that there's little like dots that come in like little Points of Light and they have specific colors and. And I've noticed with like maybe folks that have passed away or passed over cross over, they tend to either be gold or like this bluey silver color.

00:06:19 Merrily

So it's just like.

00:06:20 Merrily

Just storing that data.

00:06:22 Ishtar

Interesting. Interesting. Yeah, yeah, yeah. That was very clear. I mean, like, silver is the most accurate. I mean, is there something between silver and Pearl? Not really. But it kind of sort of. There is a bit wiggle wiggle room there. I'm not. I'm not great. I don't have a fine grained color recognition like an.

00:06:34 Merrily

Right.

00:06:38 Ishtar

Artist or anything like.

00:06:41 Merrily

Oh well, thank you for sharing that first experience. I know we had chatted a little bit beforehand that you had kind of multiple experiences as a child. Were there any others that you wanted to share and kind?

00:06:53 Merrily

Of talk about.

00:06:54 Ishtar

Yeah, actually. And this came later, but it was one of the more pointy ones. I'm just going to skip ahead to the teen years.

00:07:05 Ishtar

And they're it's connected to earlier stuff. So once when I was a little kid, God, it must have been.

00:07:11 Ishtar

I had just watched it was not long after I watched Labyrinth as as as a film, and that was. So we're we're talking.

00:07:19 Ishtar

8788 or something like that 89 I was about 5-6, so now people know how old I am and I was. I woke up one night with with the start and I was.

00:07:36 Ishtar

I was in a sort of a sleep paralysis.

00:07:40 Ishtar

But but sitting upright after just sitting upright, and I say like, why am I still? And then I realized my body was afraid.

00:07:47 Ishtar

Was was feeling fear and like, why? What's going on? And I saw creeping up by my chest of drawers. It was like a mini Dementor from the Harry Potter films. And it was it. Its presence was just ice in my veins.

00:08:05 Ishtar

And and it did not have good.

00:08:06 Ishtar

Intentions. But then, as that danger came, there was this.

00:08:11 Ishtar

Voice out of my heart.

00:08:13 Ishtar

And I'll kind of out of the back of my mind, which took me out of paralysis and told me what to do. And it said just open.

00:08:20 Ishtar

To total love.

00:08:22 Ishtar

And and somehow it's the in the narration were somehow the instructions on how to do that you know or or the the the the deep knowing that I could do that. So I did that and and then the thing it kind of had a face that by that point that it got closer and then it it it had a face of fear then and when I because I was open and love.

00:08:42 Ishtar

Like. Well, I felt like there was a beam coming through my my body going to that thing. And I was I wanted to.

00:08:48 Ishtar

I'll get.

00:08:49 Ishtar

You know, I I was you.

00:08:50 Ishtar

Know I love you, you know? And and it and and and it ran the \*\*\*\* out of there. Out of my out of my room and.

00:08:59 Ishtar

Never to be seen again. Fast forward from that, and I also threw in the line from the labyrinth. You have no power over me. That's why I. That's why I included that in the the prelude.

00:09:10 Ishtar

To that story.

00:09:11 Ishtar

Because I had to throw that in there and and at the time, and then not long after that, another being another dark.

00:09:21 Ishtar

Came into the room.

00:09:22 Ishtar

And I knew.

00:09:23 Ishtar

How to deal with them now? It's like I did it once, but there somehow there was an automatic response. Only it came in peace and and it said I was told I was told about you and and basically said I I was. I was told that that you could help me.

00:09:39 Ishtar

And I said, what do you have in mind? And it's had a very foul presence to it. But I was kind of and my body wanted to respond in fear, but I.

00:09:46 Ishtar

Knew there was something genuine.

00:09:49 Ishtar

And and then.

00:09:50 Ishtar

I basically started saying a bunch of words to it telepathically and I and.

00:09:53 Ishtar

I said, well, you can.

00:09:56 Ishtar

You can you can.

00:09:57 Ishtar



If you watch the door because I need someone to make sure that only one spirit comes in at a time.

00:10:02 Ishtar

And I need you to make sure that they're also ones that are really serious about moving on because that was what would happen as a child. I had a little rocking chair that I would go sit in. I would dress as Sherlock Holmes because Sherlock Holmes, like the Ghostbusters in our pre chat. Sherlock Holmes was a it was a character that if I dressed as Sherlock Holmes I felt so.

00:10:21 Ishtar

And and I I embrace that archetype. And so I would sit in my chair. I would have the being sit across from me, you know, and I would close my eyes and I would go into this.

00:10:30 Ishtar

Big, vast nothingness and everything this place.

00:10:35 Ishtar

And I would go there and I would somehow fold it in front of Maine and and and move it into the.

00:10:40 Ishtar

Room and and.

00:10:42 Ishtar

Then I would kind of palpably feel them.

00:10:46 Ishtar

Move out and when I would open my eyes, the room would be would feel completely clean. And so this is what I did as a consulting detective with my little deer stalker hat on and my pipe to give me the props to.

00:10:58 Ishtar

Make me, you know, feel feel right about.

00:11:02 Ishtar

It and and that.

00:11:03 Ishtar

That worked when it was just one at the time and they had good intentions.

00:11:06 Ishtar

And and and I didn't like it when that wasn't the case because I wasn't going to be some psychoanalyst for being that's trying to scare me.

00:11:13 Ishtar

You know that's not what I had in mind for being 5 year old, so I had this guy.

00:11:18 Ishtar

I assumed a guy later found out. Yes, it was sort of a male where they.

00:11:21 Ishtar

Presented that way, said you stand by the door.

00:11:25 Ishtar

All the time and you just, you know, be my bouncer. Basically, I didn't have that.

00:11:30 Ishtar

Term yet, right?

00:11:31 Ishtar

And and that's the rest for the next until age 17.

00:11:38 Ishtar

They stood there.

00:11:40 Ishtar

And actually, I would feel them. But I thought I and it wasn't unnerving to me, but every now I'd get out of.

00:11:44 Ishtar

The side like, Oh yeah, you still there good.

00:11:47 Ishtar

Nice. He's like, right by my door.

00:11:50 Ishtar

And so then I had this series of dreams when I was 17, when I was 17. And I I'm sorry, I'm fast forwarding going all over the map here. I had committed to meditating 6 hours a day. I'd gotten rid of a bunch of my possessions in my room, and I'd turned my room essentially into an ashram.

00:12:07 Ishtar

And and and the place there was something when I made that decision.

00:12:11 Ishtar

The logic of my life in so many ways.

00:12:15 Ishtar

Rearranged at at the time, I'd also had two other beings that I had told to just stand in certain places and and keep watch. So I had like three in the three in there. I think it made me feel safe to bark orders at them.

00:12:28 Ishtar

As well, and so I it was 3 mornings in a row which was strange. Where I woke up with sleep paralysis in the morning and in daylight the 1st morning I woke up and there was a stern looking Edwardian lady with a high collar I whenever I saw I didn't.

00:12:48 Ishtar

They're like.

00:12:49 Ishtar

Seeing her. But I was like, oh, she's straight up. She's OK, you know, she's.

00:12:52 Ishtar

She's just stern.

00:12:54 Ishtar

You know, like, you know, she's just stern, but she's honest, so she can be by my closet door. You know, she's cool. And she walked over and I couldn't move my body because I was paralyzed and she stood behind me. And I was like, I was trying to move my head to, to actually kind of say.

00:13:11 Ishtar

You know you, you you can't intimidate me now. I fell asleep because it was just so much effort. Just.

00:13:17 Ishtar

Trying to do that.

00:13:19 Ishtar

And so that happened. And I was like, alright, OK, then the next morning, the same damn thing happened at the same time and it and it was a.

00:13:27 Ishtar

It was a.

00:13:29 Ishtar

He I think he was Mexican.

00:13:32 Ishtar

And he had a garish sweater in the colors that they were popular in the 50s or the 70s, you know, kind of like a the oranges and Browns and greens of of that time. And he did the same walk, except this time, having the previous morning dealt with Edwardian stern lady.

00:13:47 Ishtar

I felt I was prepped. I was able to get my whole.

00:13:49 Ishtar

Body around and.

00:13:49 Ishtar

Like, look at him.

00:13:51 Ishtar

You know, eye to eye, like like like that. Only this time there was so much love in his eyes. \*\* \*\*\* wasn't communicative, but he was communicative and and he he had a he had a tear come out of his eyes and and I could feel this this this love he sent it to my heart and he.

00:14:07 Ishtar

Basically, on behalf of him and the stern lady said, you know, buy from both of us, you don't need this anymore.

00:14:12 Ishtar

And and yeah, that was that was a sweet.

00:14:16 Ishtar

Yeah. Good. Goodbye then. Then it happened. 3rd morning in a row. Only it was it was a dude by the door that that I that I mentioned before. And and and this time I wasn't paralyzed at all.

00:14:23

Right.

00:14:28 Ishtar

I woke up and in bed and there he was and instead of being a big black mass, which is how he presented initially.

00:14:37 Ishtar

Half of his face was human, half of his body was human, half was black. He also had a tear in his human faced eye. And and he said, I I've because of the service work I've done.

00:14:49 Ishtar

I'm here. I'm. I'm gonna. I'm gonna.

00:14:52 Ishtar

Take a human incarnation.

00:14:55 Ishtar

And and and he said. And and he said thank you. And and he said you won't you won't, you know, he was kind of reiterating what.

00:15:02 Ishtar

The other guy.

00:15:02 Ishtar

Said. But just said more like you won't.

00:15:04 Ishtar

Need protection from us?

00:15:06 Ishtar

Ever again, because you've you've you know you're now protected by a much higher order, you know, because you made the the choice to seek enlightenment with with all your heart. You're you're in a totally different space now. And and he went so. So that was a more supernatural long.

00:15:26 Merrily

Gosh, I wish kids would could be taught when they're they're little to have, like, bring in their guardian guards their.

00:15:34

You know what I mean?

00:15:36 Ishtar

Yeah, yeah, it was totally reflexive. It was totally sometimes when I would have conversations with them or the other beings, vocabulary would come through my mind that I had not honestly learned yet. I mean my, my prose, my, my, my speaking to them was was, was, was fairly sophisticated. So I would learn things.

00:15:54 Ishtar

In the process, I'd say what?

00:15:56 Ishtar

What was that?

00:15:58 Ishtar

You know.

00:15:59 Merrily

Yeah. How am I?

00:15:59

Putting that.

00:16:00 Ishtar

What? Yeah, yeah.

00:16:04 Merrily

Oh, man. Yeah, that's fascinating. Wow. Thank you for sharing that. Uh, yeah. Basically, I just want children to have, uh, some tools so they can deal with the boogeyman in the closet kind of situation.

00:16:16 Merrily

That would be great.

00:16:16 Ishtar

Right, right.

00:16:19 Merrily

Well, wonderful. Can you talk about sort of what were the events that led you to discovering, uh, shy as Ascension meditation and kind of how that's like a huge part of your life now?

00:16:33 Ishtar

Yeah, massive. Yes, I.

00:16:38 Ishtar

I was. I was.

00:16:38 Ishtar

A seeker. You know, proper seeker. Starting in in really. At 14. Before I was interested in a lot of these things and watched the hell out of the search of reruns and and loved by time. Life books on Buddhist Buddhism and Tumo and stuff like that. And.

00:16:55 Ishtar

Just a wide range.

00:16:56 Ishtar

But it was way on sort of the.

00:16:57 Ishtar

Eclectic, eclectic interest back burner.

00:17:00 Ishtar

Of life I I before the before the NDP, I wanted to be a lawyer or a politician. I thought that was going after. No, no, no, no more. That desire was there. So I I started spiritual seeking at at 14.

00:17:17 Ishtar

After by chance being brought into a metaphysical bookstore, a lot of the good things in my childhood my my sister initiated, intentionally or unintentionally. This was one of those things I was tagging along. I went in and discovered opened up a book, and it was talking about samadhi and spiritual experiences. So of.

00:17:36 Ishtar

Started that and then I then I was just trying everything but the and and the kitchen sink for a while and and it came to a point when I was 17, I was. I decided, you know, as as a good Scorpio that I was. I need to do this 2000%.

00:17:52 Ishtar

Or or not and and so I decided alright, what's 2000%?

00:17:57 Ishtar

Well, it looks like.

00:17:59 Ishtar

Six hours a day of meditation and cold showers in the morning, and do a bunch of fasting and stuff like that. And I and I used meditations that I either learned in books or that people taught me when they came through town to teach workshops and.

00:18:12 Ishtar

The the discipline practice, which was most of what it.

00:18:14 Ishtar

Was was a little.

00:18:15 Ishtar

Bit insane and I.

00:18:18 Ishtar

I I kind of got. I did have experiences with it, but I almost think it wasn't because of that despite what I was putting myself through and and so I'll I'll make the story short. I decided that that a lot of my spiritual mentors who had been in.

00:18:38 Ishtar



Strangely, in my small town had moved all moved out at the same time. In about the year 2001, and I for a while I was complaining. I can't go hang out.

00:18:48 Ishtar

At my friend.

00:18:48 Ishtar

Austin's house anymore? Like \*\*\* \*\*\*\*.

00:18:51 Ishtar

That's it. Let's be proactive. I'm going to start a metaphysical society.

00:18:55 Ishtar

And and then I will create the hub and people. I will draw people to it will not have people to talk to. So my sister again was like up for that and we we created it together and went and put Flyers around town. Went the first person we thought we should talk to was a fellow I'd previously been introduced to at the grocery store.

00:18:58 Merrily

Wow, yeah.

00:19:14 Ishtar

Just a little bit older than me and at the time he was Josiah.

00:19:20 Ishtar

Now they're named darshan.

00:19:22 Ishtar

And. And so he was the first one we invited, he accepted to come had a great first meeting with a bunch of people there. And then we meditated afterwards as as soon as I sat down to meditation with them. And I didn't know what he was doing. But I knew he was doing something.

00:19:37 Ishtar

That was working because.

00:19:38 Ishtar

I could feel it. You know, I could. I could feel something there and then.

00:19:41 Ishtar

And my sister I, you know, basically fell in love and.

00:19:44 Ishtar

Eventually, he'd be my first brother-in-law.

00:19:47 Ishtar

So they were just talking the rest of the time too. So he was in our orbit at that time. I don't know if it was.

00:19:52 Ishtar

Him or somebody else who?

00:19:54 Ishtar

Funneled to me the autobiography of a Yogi, but it it came like it does for so many people in the world. It came at the right time. It hit me like a the best.

00:19:57

Right.

00:20:03 Ishtar

Ton of.

00:20:04 Ishtar

Bricks ever. It was so wonderful. I I.

00:20:07 Ishtar

I I read that book and ohh just opening the book and reading it before school would start was was.

00:20:14 Ishtar

Opening my heart, and strangely, I would feel also flows of energy coming down to the top of my head, into my body and coming up from my feet, up through my spine and both ways at once.

00:20:26 Ishtar

Reading this book.

00:20:28 Ishtar

And so I was thinking, I guess maybe I'm going to head to the Korea.

00:20:31 Ishtar

Yoga folks and and I I I was, you know, did a little bit of research on them.

00:20:38 Ishtar

The I mean, no, no, this is no, no, no, no bad reflection on them. But I looked at SRF, I looked at the non with these other place and I thought oh, they don't have my right music. My my grandmother liked the Ananda brochure, but the first time I I picked that brochure up, even though was a really nice one. The word sex scandal went through my head. When I looked at the picture. Then it turns out that's.

00:20:59 Ishtar

Exactly what was happening.

00:20:59 Merrily

Oh boy, yeah.

00:21:00 Ishtar

That that's that's Swami Kori and Old Swami Kriyananda was.

00:21:04 Ishtar

Having people give them \*\*\*\* \*\*\*\* and anyhow that's that's learning. But you know good, you know, so we didn't go there but then I got to this one part of the book where Yogananda says anybody who praises to Babaji there he will listen no matter who you are. So I said, OK, that seems.

00:21:06 Merrily

Ah yeah.

00:21:24 Ishtar

Terribly improbable and unrealistic, but we're going to take you up on this yogananda, so I did and I I I got it was the second night.

00:21:33 Ishtar

So second or third night?

00:21:35 Ishtar

We'll go with three nights conservatively. The third night of doing this, when I reached my my deepest point in meditation at night a a ball of energy was like actually felt like an actual ball was stuffed into the top of my head in a very comfortable, pleasurable way. With that ball came a voice which said pay attention to this frequency.

00:21:56 Ishtar

And there was kind of.

00:21:57 Ishtar

A pitch.

00:21:58 Ishtar

A very pleasant pitch that was going on and and you know, I didn't know who was talking to Bobby or my imagination or an astral imposter. But I said like, well, this is interesting. Let's ride with this and see what happens. You know, I don't think I'm gonna get possessed here, so let's see what's going on. And. And so I said, OK.

00:22:17 Ishtar

Great, because my question was please guide me to my path because I don't think I know. I haven't found my home path yet. I'm.

00:22:24 Ishtar

Searching for it and.

00:22:25 Ishtar

I was, you know, I I arranged to Graduate School early as well. Graduated half year early because I just. I wanted to run away to a monastery.

00:22:36 Ishtar

That was the truest thing in my heart. I didn't have a problem with school. I was good at it. But I I felt I looked around saying like, this is just all \*\*\*\*\*. What are we doing here? What? At least what am I doing here?

00:22:46 Ishtar

But I know better.

00:22:46 Ishtar

Now and if I know better, I should act on it as quickly as possible and and and so.

00:22:54 Ishtar

I think it was two days later I was coming home from picking up trash from the streets of my town. It's kind of like my self invented service work. Wow. And it got to my block and I and that pitch started.

00:23:07 Ishtar

And and then I kept. I was walking home. You know, I don't know. But the 100 feet from the other, the block to my house, 150.

00:23:14 Ishtar

And it it just kept getting bigger than I saw. Then Josiah and my sister, on the steps of our house. And and he said something like, hey, I had extra money show up in my bank account. Do you want to come to this, you know, for my tuition meditation class tuition. Do you want to come to Minneapolis this weekend to this meditation?

00:23:34 Ishtar

Yes. And I think there was no.

00:23:35 Ishtar

Thought it was just a huge yes, just.

00:23:38 Ishtar

Shot through shot through my body, out through my mouth, which was strange in those days because I I I was like a doctor. No type character, I would say no to everything in order to protect my six hours because I felt like if I did 4 hours I'm really shirking my duty, you know. Here. Yeah. It's really hard on myself. I mean, tear the.

00:23:57 Ishtar

And so yeah, I said yes. And that was that was what got me there. And and I don't share this with people who learn from me because I don't want them to compare their experience at all. But for me, within 45 to 60 seconds of doing the first meditation technique and that class.

00:24:13 Ishtar

I was in the deepest Samadhi experience that I had I had experienced thus far in my.

00:24:19 Ishtar

Life and and I had this sense. There was always in my childhood, this music in the background. I call it music. It's not really music, but there was a music in the background and I was chasing it. And when I was, you know, became a spiritual secret.

00:24:33 Ishtar

14 I suppose I was really chasing and I would find it in different traditions here and there, like for me it was very strong, out of the Theosophical Society of.

00:24:41 Ishtar

The 1880s.

00:24:43 Ishtar

And when asked, was alive still, yeah.

00:24:46 Ishtar

And it was like, really strong I was.

00:24:48 Ishtar

Like oh God.

00:24:48 Ishtar

Those are my people, but I've separated by about.

00:24:50 Ishtar

120 years in time here.

00:24:52 Ishtar

In in you know like.

00:24:54 Ishtar

And then I look at the.

00:24:54 Ishtar

Modernity of statical society and again, it's dead.

00:24:58 Ishtar

You know, I mean interesting, but like as a vital, vital, transformative thing that's going to get you enlightened as like. Nah, not waste my time. It's not there anymore. That is my quick decision. And. And so I was searching for that.

00:25:11 Ishtar

Music. When I when I. Yeah, I found that music. And and it's in the.

00:25:15 Ishtar

Greatest of concentration that I've experienced yet or since in that meditation practice and and so I stayed with it and I thought, OK, I'm going to be I'm going to be skeptical here. Still keep your feet on the ground. It could be a workshop high but I was having I was having.

00:25:33 Ishtar

Buttons that people could previously push not be there anymore, just within a day and and I was like, OK, that's interesting. Yeah, alright. So we're gonna. We're gonna go with this and and see what happens.

00:25:47 Ishtar

Funny thing to add to that which is germane, is that a few years before was must have been 1999 and I was visiting my sister at her East Coast College in Northampton, MA, and hasn't was having a great time with her.

00:26:04 Ishtar

And she's showing me just wonderful. It was wonderful. And it was near the end of our.

00:26:08 Ishtar

Trip and we were walking around the street at the time I thought I was going to be an actor or musician.

00:26:15 Ishtar

Because I I didn't think I could be a Yogi or a Mystic because I was a white kid from Wisconsin or something like that. You know, I.

00:26:22 Ishtar

Wasn't a man.

00:26:23 Ishtar

But I didn't want to be a politician or a lawyer anymore. So I.

00:26:25 Ishtar

Was trying.

00:26:26 Ishtar

To find something in the.

00:26:26 Ishtar

Middle and I thought, OK, that'd be kind of a creative art.

00:26:29 Ishtar

That's sort of.

00:26:31 Ishtar

You know, maybe that's what you can do and. And so that's what I thought was going to be. So we saw this sign that said Gypsy palm reader of \$5 readings and it was an old Victorian house up on the hill. And it was like price was right for.

00:26:44 Ishtar

You know, so we went up and I thought we're just gonna have a good old fun time. There's no, no real probably no real palm reader who's good at that. We came and sure enough, she was dressed as what an American would think. A Gypsy looks like. But, you know, living in Europe, it looks nothing like an actual Roman person. It was a Russian or Ukrainian lady.

00:27:04 Ishtar

Kind of Hamming it up and then her son was wearing a like an audio dust tracksuit with a little white beater and a gold chain. I remember him saying.

00:27:11 Ishtar

Like first, then the.

00:27:13 Ishtar

And it's like, OK, we paid, you know, we're good. We're not. We're not going to try to shoot you here.

00:27:20 Ishtar

So I went up to her and I was going to make sure she couldn't cold read me or anything. So I was thinking I will not tell her what I want to do with my life. I will look like I want to be an accountant, you know, or something like that. Something you know.



00:27:33 Ishtar

I don't know that that might have been the face and and I gave her my palm and the first thing she told me was you're absolutely not going to be you.

00:27:40 Ishtar

Know actor or musician?

00:27:43 Ishtar

And and I thought she just assumed every young man wants to be an actor, musician. And so I still didn't want.

00:27:48 Ishtar

To let her.

00:27:48 Ishtar

Cold. Read me right here. But then she said it again and I was like, I'll \*\*\*\* this. I'm just gonna argue.

00:27:53 Ishtar

With her, you.

00:27:53 Ishtar

Know and it's like, no. You know what? You know, we're gonna. Yeah, we'll make it happen. You'll see. I've got a good willpower. I think I have enough talent. It's realistic.

00:28:02 Ishtar

Get a good school for it and then she said no, no, no, absolutely no possibility. And and I didn't even ask her how she derived this information. Like was my amount of Jupiter telling you this that I didn't get into that? And then I asked her what?

00:28:17 Ishtar

What do you think I'm going to do with my life and she kind of?

00:28:22 Ishtar

Years later, like the character of Sybil Trelawney and the Harry Potter films, reminded me of this lady because Sybil Trelawney is Emma Thompson's character, and she's like a bad psychic. But every now and then she she's a great psychic. I thought this lady's whole countenance changed. I didn't think she was acting. I thought she is she having a medical emergency here?

00:28:34 Merrily

That one, yeah, yeah.

00:28:42 Ishtar

You know, just getting worried when she's holding my palm right in front of me. And and.

00:28:46 Ishtar

She said there actually you're.

00:28:47 Ishtar

Going to you're going to travel the world teaching the two mystical teachings of the Christ.

00:28:53 Ishtar

And and I was. Then I looked over and I saw like, a like, a Orthodox kind of crucifix on.

00:29:00 Ishtar

Cool. And I was like.

00:29:01 Ishtar

Ah, she's trying to convert me.

00:29:04 Merrily

Yeah, she's biased.

00:29:04 Ishtar

And so, yeah, yeah. Yeah. So that was.

00:29:06

Like, yeah, you.

00:29:07 Ishtar

Know what? And then like I I don't have a religious bone in my.

00:29:10 Ishtar

Body even though.

00:29:10 Ishtar

She said mystical. She's looked confused at the words coming out.

00:29:13 Ishtar

Of her mouth. I still thought she's trying to convert me, so I said we're gonna have to.

00:29:17 Ishtar

Agree to disagree on.

00:29:18 Ishtar

This one she really butchered my sisters. I mean, that did not, she said my sister was gonna have all these kids and you know, like tons.

00:29:25 Ishtar

It's like no.

00:29:27 Ishtar

So we just had a good time, you know.

00:29:30 Ishtar

Then, five years later, I'm on a plane and I'm reading the back of the book that was attached to my Shi has essentially meditation practice, and I've read this back many times.

00:29:41 Ishtar

And one of the bylines was now in time for this or that Millennium, the true mystical teachings of the Christ.

00:29:49 Ishtar

And and I just had a laugh on the on the airplane because I was like, Oh my God, because I forgotten the palm.

00:29:55 Ishtar

Thing that Lady got it. Wow. And and then I then I tried to right there and then and I laughed. Everybody in the seats like it looked at me. I was just fine. And and then I tried to send a telepathic message to this place, like whatever plane of existence you're on right now. You got me. I was that kid in 1999. Who you who you told this and that.

00:30:16 Ishtar

Too, so that that was sort of like a foreshadowing that I did not see. I did not see and I did not register at the time cause.

00:30:24 Ishtar

Yeah. Wow.

00:30:26 Merrily

Oh yeah, uh, that is.

00:30:29 Merrily

A. An amazing sort of premonition story with a psychic that was sometimes right.

00:30:33 Merrily

That's pretty good.

00:30:38 Ishtar

She that she?

00:30:39 Ishtar

She her batting average was 500 that day, so she did that day. She was one.

00:30:41 Merrily

500 OK, good.

00:30:44 Ishtar

For two at least.

00:30:44 Merrily

A sad day.

00:30:47 Merrily

I know we kind of talked just backing up a little bit to Yogananda. I know in our conversation during my astrology reading, you said something that I it kind of like opened up a lot for me about Yogananda and the divine feminine.

00:31:05 Merrily

And how he was sort of not sort of he was a personification of that is kind of how I remember it, but I don't know if you want to kind of talk a.

00:31:14 Merrily

Little bit about that. Oh, I'm always.

00:31:16 Ishtar

Happy to wait and to potentially controversial waters with.

00:31:21 Ishtar

All the folks downstream of Yogananda. I mean the the the dude thought he was the reincarnation of William the Conqueror. That that's a that's doesn't let out there, but other Mystics and yoga out at different times.

00:31:29 Merrily

Right, yes.

00:31:35 Ishtar

You know, had had.

00:31:36 Ishtar

Alluded to like, well, I'm. I'm doing the work with.

00:31:38 Ishtar

The divine mother here.

00:31:40 Ishtar

And and I've.

00:31:42 Ishtar

Actually I always.

00:31:43 Ishtar

Just felt that he was. He was the personification of of, of male personification in some ways of, of of Mother Shakti, and he was much he was a if he was anything with a divine pantheon, he was a mama's boy, at least that.

00:31:55 Ishtar

At the very.

00:31:56 Ishtar

Least he was a mama's boy, and in terms of of, I think, teaching style and.

00:32:04 Ishtar

The fact that he had this big nest up at Mount Washington, where he's taking care of all these, all these people.

00:32:10 Ishtar

All the time. Yeah, yeah.

00:32:14 Merrily

I think one of.

00:32:14 Ishtar

Yeah, I I.

00:32:16 Ishtar

Did not see a stern patriarch. Yeah, I know he could get.

00:32:19 Ishtar

Stern with people.

00:32:20 Ishtar

He he had that range, but he was not.

00:32:20 Merrily

Right.

00:32:22 Ishtar

A yeah, he was the softie. Yeah.

00:32:26 Merrily

Yeah, because definitely in.

00:32:28 Merrily

Autobiography of Yogi, one of the standout pieces for me at least. He talked a lot about visiting the Kali Temple.

00:32:35 Merrily

Quite a bit like.

00:32:36 Merrily

A specific temple in his hometown, I think. I think it.

00:32:40 Merrily

And and then he had, like, another mystical experience with the divine feminine of seeing his mother, and then all the.

00:32:45 Merrily

Mothers. And then like it was pretty amazing. So yeah, until you said that I I didn't connect that for some weird reason that it was.

00:32:47 Ishtar

Yeah, yeah.

00:32:53 Merrily

Like oh, that.

00:32:55 Merrily

Cali temple experience. Plus, he's kind of the incarnation.

00:32:58 Merrily

Or, you know of the divine.

00:33:00 Merrily

M&N is pretty amazing so.

00:33:03 Ishtar

Yeah, he was always praying to the divine mother in that. In that book. I mean, if you're just going on what's in that text? Yeah. You know, minus the rest of the context of his life was much larger. Yeah, that that's absolutely where, where the the feel of it for sure. For sure. I I believe that would have that was, I don't know if that because I haven't read it in a in a while, but I'm guessing it was when he was living in Calcutta.

00:33:23 Ishtar

And and he may have been going to Ramakrishna's.

00:33:28 Ishtar

Ramakrishna's Temple and school down down by the water. But you know, I'm not sure. Probably one of our listeners is going to put in the comments section actually.

00:33:32 Merrily

That's right.

00:33:37 Merrily

Correct everything. Yeah, that's fine.

00:33:40 Ishtar

Please do. Yeah, off my rocker here.

00:33:44 Merrily

Oh yeah, and then I know to kind of in your so you have the experience with the fortune teller and then you're on a plane and you're like, wow, it's a a shy meditation for me.

00:33:57 Merrily

I am.

00:33:58 Merrily

Yeah. And I know in some of the other interviews you talked about your through your monastic life as a teenager, and you mentioned about the six, six hours of meditation or 4 hours.

00:34:10 Merrily

Of meditation it is.

00:34:10 Ishtar

Yeah, you know, six it was, it was 6 as a as a as a high school, yes.

00:34:15 Merrily

And then your 3:00 AM cold showers is a is another point that.

00:34:19 Ishtar



Oh God yeah. Ohh God. Yeah, yeah. And and yeah, in Wisconsin in the winter, I think it feels even colder when it comes out of the and. And I was again, I was really kind of beating the crap out of myself, which I don't recommend. But you know, I wasn't. I wasn't doing this thing where you like, let's start out medium and then just kind of work our way down because I couldn't do it.

00:34:40 Ishtar

Like I I just didn't have the nerve to work myself. So what I would do is it would just be like rip the Band-Aid off.

00:34:46

All the way to.

00:34:46 Ishtar

Cold. Pull it out.

00:34:48 Ishtar

You know, move the plastic curtain.

00:34:50

Yeah, you're going in.

00:34:52 Merrily

Right.

00:34:53 Ishtar

Don't die. Don't die. Basically, it's.

00:34:55 Ishtar

Like and and I.

00:34:57 Ishtar

Would I would be crying. I was.

00:34:58 Ishtar

Actually crying.

00:34:59 Ishtar

I was crying because I was almost like I was literally, you know that comedy thing like calling myself into that.

00:35:05 Ishtar

Thing every, every morning but.

00:35:07 Ishtar

I have to say that.

00:35:08 Ishtar

I did feel like disease could not touch me.

00:35:12 Ishtar

I mean, I was 18.

00:35:12 Ishtar

Too, so that that that was working.

00:35:14 Ishtar

Was very fit except when I fasted too much when I fasted too much, that started eating the muscle mass too, and that then I ended up I was kind of looking like Gandhi.

00:35:16

Oh yeah.

00:35:24 Merrily

Oh wow.

00:35:24 Ishtar

You know, and and people were worried about me. I was on Suicide watch my last year of high school. That had no idea. But my dad told me later I was like, and I was like, oh, yeah, that makes sense from their perspective because I was actually giving away my favorite possessions to people and saying, I want to give this to you. And. And I was down to, like, a skeleton. And I was.

00:35:28 Merrily

Ohh no yeah.

00:35:45 Ishtar

Wasn't going to the lunch room with the other students anymore. I was meditating, meditating in the newspaper room at lunchtime.

00:35:48 Merrily

Oh man.

00:35:52 Ishtar

Summer or and so like. Yeah, I see why they thought was gonna.

00:35:55 Merrily

Yeah, your poor family, yes.

00:35:55 Ishtar

Kill myself. Yeah. You know? Yeah, yeah.

00:35:59 Ishtar

Yeah, they they really have a a rough time with that. That's strange. Strange for them. It's very strange. Abrupt transformation for me it was.

00:36:08 Ishtar

This thing has been building a foundation for several years, and then it just pops out.

00:36:14 Ishtar

Yeah, you know.

00:36:16 Merrily

Needs to be realized.

00:36:16 Ishtar

So so yeah.

00:36:18 Ishtar

That that was that was actually an entirely enjoyable time, and I'm so glad that that we did that and we kind of burned the we we scratched deeply the ascetic gitch and and then I was I think I was ready to have effortless meditation come into my life. Yeah. Which which is. Yeah. The the Ascension practices.

00:36:38 Merrily

Yeah, cause cause then so.

00:36:41 Merrily

You're back. You're on the plane and now?

00:36:43 Merrily

Is this before you join?

00:36:46 Merrily

The monastery or was after oh years after.

00:36:46 Ishtar

That was years after actually the flight stories. Years after. Yeah, I was already teaching. I I put it together because I was traveling the world to teach at a club, and then it was it was. It was years after I'd been in this thing for forever and so. So, yeah. I mean, I didn't need much more convincing than my my great, fantastic experiences at my first class.

00:36:54 Merrily

Oh, right. So you're like.

00:37:07 Ishtar

And then on going, I just slotted that in as as a four hour day.

00:37:10 Ishtar

Meditation as being a little bit more more liberal instead of the six, but I just put that in there and things were things are moving quickly internally, so.

00:37:11 Merrily

Right.

00:37:25 Merrily

So, since you were teaching meditation, like, what does that look like? Because I know when you've done workshops and you do classes. So what are there either of those look like for participants?

00:37:40 Ishtar

Those those are same same basically.

00:37:41 Merrily

Same same, OK.

00:37:43 Ishtar

Usually I do the like a I mean often do a weekend format just because still most people are able to by average get off on the weekend to do that sort of stuff. But you know, doesn't really matter any day. And so when I do a group class I I do them in person. I've also adapt adopted them to be able to do them online.

00:38:02 Ishtar

Which is sometimes a little bit of Flack for.

00:38:06 Ishtar

Either way, it's about the same. It's the same, same kind of format there. There's kind of a I I build people up to longer meditation sessions, not that like that's an important thing, but just I I like to have people get sufficient time.

00:38:20 Ishtar

To I think of it almost like learning a a physical skill or something that's more musical. And with this, with this practice and so there it's kind of a mantra practice, so I want them to sort of marinate with those Stew with those mantras in their nervous system.

00:38:37 Ishtar

And and we gradually over two or three days of Stew for a little bit, little bit longer and longer periods of time and then break that up with me doing lectures on different topics and answering questions and, you know, kind of back and forth and.

00:38:56 Ishtar

It always it always seems to end a bit too quickly.

00:38:58 Merrily

Yeah. Well, especially for you because you do have so much knowledge to share. And then for the participants, it's kind of nice to kind of.

00:39:07 Merrily

Get away from your life for a little bit.

00:39:10 Merrily

Do something that feels.

00:39:12 Merrily

Good for you. Oh, that's cool.

00:39:14 Ishtar

Yeah, that's one thing that's.

00:39:16 Ishtar

Always gratifying is that usually even even the people I I teach a lot of people who kind of are self describe I'm I'm unable to meditate people and and and so saying nothing will work for me.

00:39:29 Ishtar

And say well.

00:39:30 Ishtar

And yet you're here. It's like, well, I.

00:39:32 Ishtar

Forgot to try.

00:39:32 Ishtar

With you one more time or something like that. So OK.

00:39:35 Ishtar

Let's give it a shot and see what happens and and usually by the end of the class, when I start taking people out of meditation, it's those people who.

00:39:43 Ishtar

Or saying like, hey, I could have gone much longer. What's up with that? Take it. You're you're pulling this out too early and say, well, that was 40 minutes right there. You know, like now it seemed like 10. It's like, OK and. And so it's always gratifying to see people, you know, very easily be able to do 40 minutes or an hour.

00:40:03 Ishtar

And have it be, you know, just like that it's. It's also been another trend from teaching meditation has been having insomniacs report sleeping for the first time in years or sleep having a restful sleep, a continuous sleep throughout through the whole night that that has been common in the last 20 years of teaching.

00:40:22

Which which it.

00:40:23 Ishtar

Still blows my mind when you know people come up and it used to be funny because I just have people come up and have very intensely after the first night of the class and sometimes grab my shoulders. That's I'm putting my hands here like I slept.

00:40:36 Ishtar

And and and then.

00:40:37 Ishtar

Like, yes, it's.

00:40:39 Ishtar

No, no, you don't understand. I I didn't share this. You. I'm.

00:40:42 Ishtar

Insomniac, you know.

00:40:44 Ishtar

Oh, OK. Gotcha. Get what you're saying? So. Yeah, yeah, yeah. Stuff. Stuff like that.

00:40:52 Merrily

Yeah, that's powerful. I.

00:40:54 Merrily

Am. Yeah, I do remember when I was reading sort of the description of the uh ascension, it does have that mantra component. Uhm, and I I have a practice where I do kundalini yoga and there's sort of like a.

00:41:08 Merrily

Like there's, you know, you do the creas you do a layout, you do the chanting or whatever. And I do find that.

00:41:14 Merrily

The chanting, at least for me, I think it's kind of different for everybody, sort of what they're in or whatever for meditation. But the chanting does kind of like get you in this sort of rhythm of.

00:41:26 Merrily

And it kind of helps like not clear the mind necessarily, but you're more focused on the chanting. So it's not like you're letting all the other things.

00:41:34 Ishtar

Come in. Right. Right.

00:41:36 Ishtar

Yeah. Yeah and.

00:41:36 Ishtar

And that this is probably vocalized and and so like the this month practice is non vocalized. So it's it's it's an internal thing and it's that's that is rhythmic.

00:41:45 Ishtar

What they share in logic is that you're using. You're using a sacred syllable or a sacred string of syllables, or or a sacred prayer, and and we're using it as a as a vehicle that.

00:41:55 Ishtar

Just naturally brings.

00:41:56 Ishtar

Mind in into deeper and deeper relaxation that that's what I need in the effect of mantra or similar technique cause it can be done with Hebrew. Yeah a lot of people in my life. You know just my short sample size. Hebrew, Sanskrit and the Ascension practice all all different language bases have all been similarly.

00:42:17 Ishtar

Effective and and taking the body into profound relaxation.

00:42:24 Merrily



Are you doing any sort of?

00:42:27 Merrily

I know we usually say that for them, but we'll probably revisit it. But are you doing any classes or meditation anytime soon or?

00:42:36 Ishtar

Yeah, yeah. Depending on when this, when this goes out, you know, maybe the next day I'm doing another.

00:42:44 Ishtar

Of online course, November 18th and 19th, so that that's my next online course I have.

00:42:48 Merrily

Oh, OK, cool.

00:42:51 Ishtar

Scheduled and the in person courses. Yet I live over in Europe and I don't do a lot. I might teach an in person class in Portugal and I might do some more classes in the UK. We tend to get up there and and you know often teach in sort of the West Country. So so kind of.

00:43:13 Ishtar

Gloucestershire and we, we have a deep love for Cardiff in Wales, so there's sort of A and and Liverpool there's a magnet that goes out West even though London is its own magnet. We've taught classes there as well, so that that'll that'll probably come. I post them on my website so people can check out if there's anything.

00:43:33 Ishtar

Coming in their area.

00:43:34 Merrily

Awesome. Yeah, I definitely, yeah. I definitely want to check it out at some point because uh, it sounds very intriguing. It sounds like a lot of different modalities I've done, but it's kind of 11 kind of folk more focused.

00:43:48 Merrily

So I like that.

00:43:50 Merrily

Let's see. So do you have any? So we're kind of with that. We've talked a little bit about some spiritual teachers that you've had or role models, but where there's some additional ones that were impactful on.

00:44:03 Merrily

Your path that you would.

00:44:05 Merrily

Like to talk about?

00:44:07 Ishtar

God of.

00:44:10 Ishtar

Probably a big three.

00:44:13 Ishtar

UM.

00:44:15 Ishtar

First one is is when I was a teenager young teenager.

00:44:19 Ishtar

They all met me when I was a.

00:44:20 Ishtar

Teenager actually very short window of time, yeah.

00:44:22

That's so funny.

00:44:24 Ishtar

When when I was A and and I can't forget Pam, really, but I spent.

00:44:29 Ishtar

The most time.

00:44:29 Ishtar

In those years, eventually with a fellow by the name of Austin, who who was introduced to me by my dear friend and mentor, Pam.

00:44:37 Ishtar

She was a a Transcendental Meditation teacher and a fantastic psychic who moved to my hometown and was giving meetings at the Metaphysical store and would just take the time to chat with me.

00:44:51 Ishtar

Which which looking back, I appreciate immensely. Here's here's somebody's 40s or 50s, taking the time to to really give attention to a 14 year old when she probably had other things she could be doing with her.

00:45:02 Ishtar

With life so purely grateful for Pam, then she introduced me to this fellow named Austin. Austin came and he said that well, now, now the trees are going to sleep and you know any any new age person could say some crazy \*\*\*\* like.

00:45:12 Ishtar

That but the.

00:45:13 Ishtar

Way he the way he said it. Right and.

00:45:14 Ishtar

The the look in his eyes and and I felt his presence from about 30 feet well and it was great. I I really I really vibed with it and I got talking to him and he it turned out that he was something called a walk.

00:45:30 Ishtar

And and after meeting him, I started walking around my hometown and I noticed all these signs that said Watkins, welcome at hair salons. And I thought, Oh my God, I had no idea that hair salons were so metaphysically oriented. You know, I was just having a blood moment. I was like, they're everywhere. Everybody knows about these walk-ins. Oh, my.

00:45:49 Ishtar

God, you know like.

00:45:51 Ishtar

No, no, obviously.

00:45:52 Ishtar

It was different, but people may not have heard the term. I'll walk in, I'll tell Austin's story, which you told me. Which was? Yeah. Well, actually, I lived in a small town and, you know, in a small town, everybody.

00:46:02 Ishtar

Knows everybody's business.

00:46:04 Ishtar

So when my dad told me you're hanging.

00:46:06 Ishtar

Out with who?

00:46:07 Ishtar

Because because before he died, Eldo Austin, I mean, and came back was was a notorious town \*\*\*\*\*. Just a, just A and and. And so when I met Austin, he said, yeah, the old guy, meaning the other guy who he used to be the other guy, he was at the hospital.

00:46:25 Ishtar

Running on the treadmill during the stress test for your heart? Yeah. See how prone you'd be to a heart attack? And he had a \*\*\*\*\* heart attack on the treadmill. That's how prone he was to her. So the machine? Really.

00:46:34 Merrily

Oh my.

00:46:36 Ishtar

Died. Massive heart attack died, he said. Yeah, he was on the table and then I came in and we talked out.

00:46:43 Ishtar

And and and I came into the body. I kind of scared some people when I came back to life again and he said, yeah, his story was actually, that was a it was a multi lifetime yarn actually that he

that he told. He said the other guy was a reincarnation of a Gothic cavalry officer and who had served in the in under in general.

00:47:02 Ishtar

Crooks army exterminating the Apaches in the southwest and and he said I was was one of the people he exterminated. I was a like a medicine man or shaman. He had a different word. Don't remember it. He came in and he had a detailed knowledge of of Native American ritual of the southwest.

00:47:22 Ishtar

And he was he was brought into the tribes down there. He even looked like even look Native American is is his faith is going to change. He he lost pretty much most of.

00:47:32 Ishtar

His friends when he came back in because he they were kind of \*\*\*\*\* like him.

00:47:37 Ishtar

Had to get a divorce because she was.

00:47:39 Ishtar

Kind of an.

00:47:39 Ishtar

\*\*\*\*\* too, right, you know? And he.

00:47:41 Ishtar

Had, like one friend who was able to.

00:47:43 Ishtar

You know, kind of stay in the orbit.

00:47:45 Ishtar

It was pretty.

00:47:46 Ishtar

Much zero to 60, in other words, in three seconds, right. It's not a gradual thing. And and he was kind of a different guy and and you know that that can be kind of like a walk in experience. And

anyways, no matter how we framed it, he went from being town an \*\*\*\*\* who had actually had once tried to leaned over at my father's bank and.

00:48:05 Ishtar

And choked another loan officer because he wouldn't be given a dubious loan.

00:48:10 Ishtar

To him, that's how bad he notoriously, you know, he was and and he went from that to being this this amazing, amazing psychic and ritual holder with crazy energy around him. So I would go to his house because I was having all sorts of weird stuff.

00:48:29 Ishtar

With my head.

00:48:30 Ishtar

Going on, not not in.

00:48:31 Ishtar

Medical like it would go open.

00:48:34 Ishtar

I'd. I'd be leaving my body at night. I would get weird headaches, he said he called. All you having processing headaches? It's like processing. Yeah. Everything. Your body is being.

00:48:44 Ishtar

Realigned I would. I would go to his house within 100 feet of his house. I would feel a phase shift.

00:48:50 Ishtar

And in my body, I like I walked through a veil I'd get in. He he could be doing anything. He just let me take naps.

00:48:56 Ishtar

On his couch for 20 minutes because I'd feel right. His range was like a instant meditation, and then I would leave, and often I'd go and he'd be under his truck in his garage and say, Austin, I I had to use the couch. He say, alright, freeloader.

00:49:10 Ishtar

Go ahead, you know, and I'd go in and I'd and then I'd come out and I say, yeah, thanks Austin he.

00:49:14 Ishtar

Said and he just laughed.

00:49:16 Ishtar

A lot of weird stuff happened around him. I mean, I tell this on my YouTube channel, but I'll I'll tell the.

00:49:23 Ishtar

You're a couple of stories you don't mind. Ohh yes, please. Ohh, I'll start with the less weird one. And and and and with the the the weird one. They're both cool. I I used. I went to the beach a lot to swim in the summers as a teenager, you know, because I enjoyed it. Good exercise I want from.

00:49:43 Ishtar

Put like goggles on and like find every now and then a \$5.00 bill at the bottom of the thing, some once a 20 tens. So like being out there one one day I went up to sit on the end of the pier and I went into kind of a, you know untaught meditation.

00:50:00 Ishtar

And I had this thing. I had to open my eyes. I opened my eyes. There was an an endlessly tall beam of.

00:50:10 Ishtar

Goldish whitish light that looked like a flame coming out of the end of the lake.

00:50:16 Ishtar

And it must have been that I couldn't estimate the width that many boats wide so.

00:50:23 Ishtar

80 feet wide. Wow. From where I could see and and then it went up all the way to the sky. And then I, you know, you know, wipe my eyes saying like, I'm just seeing something here, you know, come back up still there.

00:50:38 Ishtar

And and it's and nobody else is seeing it. Everyone's looking. Is anyone else seeing this then? I I just left. Didn't mention it came back the other day. The next day saw it again. Then I went to see my friend Austin. So I didn't mention it to him. And he?

00:50:54 Ishtar

And he said.

00:50:55 Ishtar

Ohh, you saw the light at the end of the lake.

00:50:58 Ishtar

You know, without me saying anything, this would happen all the time, he said. Like, well, you saw you, you know, and say, you know, you I say. OK, thanks. Thanks for letting me know that I said.

00:51:07 Ishtar

Yeah, it's, it's.

00:51:09 Ishtar

Then I had this dream. I had these dreams a lot. I called them dreams, of course, because they happened at night. And. And what what would transpire is I would find myself in a in what I could only describe as floating cities.

00:51:16 Merrily

Right.

00:51:26 Ishtar

And and I would take be taking classes and subjects that I had no aptitude and sometimes no interest in my waking life.

00:51:32 Ishtar

Vin or no knowledge that they even existed, sometimes I would be teaching classes which was even more bizarre because I was a teenager. So one of my I'm teaching and there's all these adults like that, they'd be almost Greek amphitheater things. So anyways, one one night after having one of these happen, I think I was giving a riveting talk on the botany, the spiritualized.

00:51:53 Ishtar

Not in the 21st century, which, you know, I didn't follow this to anything but.



00:52:01 Ishtar

I I go over to Austin's house again. I don't mention anything and he said I.

00:52:05 Ishtar

Saw your talk last night.

00:52:07 Ishtar

You know, it was. It was great. I saw you and I said what talk where? And he said, yeah, we were. We were both up on the on the ship he called.

00:52:15 Ishtar

Them ships, I called.

00:52:15 Ishtar

Them floating cities we we were both up.

00:52:18 Ishtar

On the ship.

00:52:18 Ishtar

Above the lake, and indeed it it was actually.

00:52:20 Ishtar

Above it was connected.

00:52:21 Ishtar

To that beam of light when when I had the the dream and I thought I was just dreaming and and so yeah, a lot of these.

00:52:28 Ishtar

Informations. We would just kind of come out with with me, I said. And what I talk about is something about.

00:52:35 Ishtar

Some of them about mysticism and plants.

00:52:38 Ishtar

That's what he said.

00:52:39 Merrily

Something about that?

00:52:41 Ishtar

He said it's a little complicated, you know, so I kind of went over here was like, alright, so. So yeah, this this would happen. He was also had this Edgar Casey ability to find my retainer.

00:52:53 Ishtar

That I had to have in my mouth and I would lose it constantly because I hated the feel of it in my mouth, and it was clear plastic. And so you could just click see through it. Yeah. If you put it down.

00:53:03 Ishtar

Constantly losing it and and then I, but I had to find it because I was like I didn't.

00:53:08 Ishtar

Want to disappoint my dad and have had caused an expense like like that, so I'd be I'd like.

00:53:14 Ishtar

But go what God, what am I?

00:53:15 Ishtar

Going to do, you know, call Austin. You know, it's like desperation go.

00:53:19 Ishtar

To the phone.

00:53:20 Ishtar

That's like awesome.

00:53:22 Ishtar

So you know my, I mean I said where my retainer.

00:53:24 Ishtar

Might be he.

00:53:25 Ishtar

Would start laughing and then and then.

00:53:28 Ishtar

It would get to the point where.

00:53:30 Ishtar

He rang me.

00:53:32 Ishtar

He would call me.

00:53:33 Ishtar

When my retainer was lost and tell me where.

00:53:35 Ishtar

It was.

00:53:36 Merrily

He knew you lost it.

00:53:37 Ishtar

Yeah, because he was told my guides told me you lost the.

00:53:40 Ishtar

Retainer again. So yeah, you're right, I.

00:53:42 Ishtar

Was about to call you.

00:53:43 Ishtar

Saying like, yeah, one time I called him, it was very under Casey, like he told me he'd never been in my house. And I never described my house or the furnishings.

00:53:50 Ishtar

Or the arrangement of the rooms. So.

00:53:53 Ishtar

He said it's under the blue couch in the TV room under the left front lane by the Newsweek and I and I went and I searched. I thought I did a good job saying Austin, for the first time, you're inaccurate. It's not there, you know, I gotta find this thing. It's like, no, no, no. You looked very poorly. It's it's it's still. It's in the newspaper by the Newsweek.

00:54:13 Ishtar

You did. You have to open up the pages and it's and.

00:54:15 Ishtar

There it was, and it was just like every time he was 100% fine. And The funny thing is, I was a teenager and I never thought to you.

00:54:22 Ishtar

To ask him anything.

00:54:24 Merrily

You on that.

00:54:24 Ishtar

Significant in my.

00:54:27 Ishtar

You know, it's like it never crossed my mind. It's always like a desperation thing. I didn't want to instrumentalize, and that was part of it. And I was willing to instrumentalize him because it was like a desperate thing, you know?

00:54:41 Ishtar

So and then there was a time I was at his house. I see the time and I'll keep going. I was at his house and I I I we used to talk at his kitchen table. It's like Satsang 1 to 1 Satsang. We could talk about anything. And there's just presents in my mind. Couldn't have a thought in that place.

00:54:59 Ishtar

And I had.

00:55:02 Ishtar

I had this sudden notion that I had to go into his backyard.

00:55:06 Ishtar

It's like awesome. I gotta go to your backyard. So I just went and I'll be back there, you know, really drawn to the backyard. I walked up. There's this lovely walking path. That was one of those things that's in former railroad track where it's kind of raised up. So I walked up that and and it was a lovely leafy.

00:55:22 Ishtar

Walkway, now without the railroad tracks, you know, dappled sunlight. And I'm walking on this.

00:55:30 Ishtar

It's been just a few seconds and all of a sudden I feel like I almost pooped my pants.

00:55:35 Ishtar

Like, yeah, there was. There was poop going down the.

00:55:38 Ishtar

Chute and somehow.

00:55:40 Ishtar

And it was weird like that had never happened in my life before since, and I and I.

00:55:45 Ishtar

Squeezed and clenched.

00:55:47 Ishtar

Somehow and just in the nick of times.

00:55:48

Like, you know, like.

00:55:50 Ishtar

This is not we can't have this happen and then I I realized that my body was was in a state of like, fight or flight. It's like, what the \*\*\*\* is going on with my body? Why? Because there was no, there was no stressor.

00:56:01 Ishtar

At all then I'm I.

00:56:03 Ishtar

I look in front of me because that's just kind of looking around, you know, looking at.

00:56:07 Ishtar

Trees. And then there's this.

00:56:09 Ishtar

Thing about 50 feet away.

00:56:10 Ishtar

Maybe 60. It's hard to hard to say.

00:56:16 Ishtar

And it started on me. That's what that that there's a connection between that thing I'm seeing and what that was going on here.

00:56:22 Ishtar

And it's a big animal.

00:56:24 Ishtar

And and it's big.

00:56:26 Ishtar

And it's like that ain't no dog.

00:56:29 Ishtar

And and I'm like, is that a wolf? Like a big black wolf. And like, it's not, you know? And so my mind's going through a rolodex of what this thing could be. And I think it's moving like a cat with that whole shoulder front shoulder walk thing that just.

00:56:44

A big cat.

00:56:45 Ishtar

You know it's.

00:56:46 Ishtar

Like it's a. It's a Panther. It's a Jaguar.

00:56:49 Ishtar

And and I'm like, there's no Panthers in Wisconsin.

00:56:54 Ishtar

And and the.

00:56:55 Ishtar

Plus, it had this. It had this weirdness around it had the like in the film predator like on a hot day when you see the sort of?

00:57:01 Ishtar

The heat lines there were heat lines all around it, like like 2 feet out around this thing. And and I'm saying, OK, it's a weird \*\*\*\*. It's a weird Jaguar and and my mind is then deciding.

00:57:13 Ishtar

Like, can I fight this thing? Am I gonna need to fight this thing or? Or do I need to run then before coming to the conclusion I find myself running. So I turned it around and then I'm thinking like ohh no, the Discovery Channel told me never run from big cats and it stimulates their chase. Instinct was like and I was sure I was going to be was going to have a searing pain of a claw.

00:57:33 Ishtar

Or teeth going into my neck any anytime now. Of course didn't happen. I I get.

00:57:38 Ishtar

I I get to almost to Austin's door. I'm so glad that I've practiced as a teen boy running at doors, opening doors and jumping in in a seamless fashion as possible. Did that push the doors? The door behind me with my feet like I'm in Jurassic Park or something, getting away from wrapper?

00:57:58 Ishtar

Knock the door.

00:57:59 Ishtar

I'm on the ground.

00:58:00 Ishtar

Panting already on the ground is Austin. He'd fallen off his chair. He's laughing.

00:58:08 Ishtar

And I'm saying and I'm looking around, so make sure that doors gonna hold because I think a hulking beast is after me. And and he's laughing, he said, like, oh, don't worry, you just you only met the Jag. You met the Jaguar. It's it's an etheric Jaguar. And it likes you. I say say oh God.

00:58:26 Ishtar

And and and they said like.

00:58:28 Ishtar

You know, it's actually quite not. It had a.

00:58:29 Ishtar

Name and I forgotten the name.

00:58:32 Ishtar

They said, yeah.

00:58:32 Ishtar

That that Jaguar was assigned to me.

00:58:35 Ishtar

As as the protector of this property. So.

00:58:37 Ishtar

I could do my work.

00:58:39 Ishtar

And and he said that the Jag when that Jaguar, first of all kind of called you out there and then introduced itself to you and showed you is, is it's saying that you're in the pride or you're in the family and and its protection is extended to.

00:58:55 Ishtar

Because I'm.

00:58:55 Ishtar

Basically like the sorcerer's apprentice here, you know more or less. And and that right there because it's very, I mean, I was skeptical as well of all these experiences, but that at least told



me that either he was reading my mind again, like he'd had many times before. He had planned the entire scenario into my mind.

00:59:16 Ishtar

Some wizard or there was a really \*\*\*\*\* etheric Jaguar. And and I went with door #3 because that's seen with all the other experiences, the most likely.

00:59:24 Ishtar

Out of out of the.

00:59:25 Ishtar

Group that that was, that was.

00:59:27 Ishtar

Awesome. That was. That was life. Life at Austin's heads going open, Hebrew coming down into my skull. Even though he's in this sort of he's sort of in this quasi Native American tradition or he's in the Native American tradition. But as a as you know, in the body of a former town \*\*\*\*\*.

00:59:30 Merrily

That's amazing.

00:59:44 Merrily

Right.

00:59:45 Ishtar

You know.

00:59:47 Ishtar

He gave me the book, the Keys of Enoch. He's very careful with this book. He kept them so well and I wouldn't even like, borrow some cause like Austin. I'm gonna have an accident with that one. So I'm going to pass. I can take care of this one. I'm not gonna scratch on and said OK, good. That you know yourself. You know? It's like, yes, I I picked up the keys of Enoch.

01:00:07 Ishtar

That his copy. I've never felt this from that. And if so, my hands were.

01:00:13 Ishtar

Had pleasant electrical shocks going through them and and all every thing was open so.

01:00:21 Ishtar

I I was spoiled. I I think, yeah, I was. I was definitely spoiled by some of these mentors who were in my town. Pam Austin Walter Matthew Brown. Years later, I I I had two spiritual teachers who were in Oregon. I I kind of think too, really. And I only asked them one to be an official teacher there.

01:00:39 Ishtar

Was a package deal.

01:00:41 Ishtar

At the time, a husband and wife, they might not think very highly of how I teach the meditation. These days have a bit of a renegade, so you know.

01:00:50 Ishtar

And I don't associate with their organization because I don't.

01:00:53 Ishtar

Think it's well?

01:00:54 Ishtar

Run and, but I love them and mention and had a had a huge effect on me. One of them was named Kalima. One was named Mahadeva. One thing that I didn't see at the time was Kalima. I had a prelude to her as well, which is strange.

01:01:09 Ishtar

I was.

01:01:10 Ishtar

When I was about 15, I used to walk at night. This is before I learned any meditation, mind you. But I was really depressed and sad and and and and in grief not having a mother. And it felt like I was bit of an orphan.

01:01:26 Ishtar

Because I didn't feel my father, you know, it was able to be there cause he was going through his own grief. So I liked the freedom of being able to walk around at midnight in my hometown at the same time. You know, I was really hoping for some care. And so I went out to the corner across my house and I it just.

01:01:45 Ishtar

Came to me.

01:01:47 Ishtar

Speak to the sky right now because the stars were vast and it was beautiful.

01:01:51 Ishtar

And I asked and and it just came out of my heart without me thinking of sick. Please, could you give me a mother, you know, cause whoever's listening. You can tell. I'm not really doing that well.

01:02:01 Ishtar

On my own.

01:02:01 Ishtar

Here you know this is. I'm I'm. I'm a mess. And to my extreme surprise immediately after saying that I felt.

01:02:12 Ishtar

Somebody speaking to my ears simultaneously, someone speaking into my ear, you know, with the feel, you can feel the body over there without looking.

01:02:18 Ishtar

Yeah, stuff like that and.

01:02:20 Ishtar

Then there was also a voice up in the sky at the same time was coming from both places, which was.

01:02:24 Ishtar

Strange and and the.

01:02:26 Ishtar

The the first, the voice said. You know, I'll be.

01:02:28 Ishtar

Your mother? That's that's like I I was by the cemetery. So I'm like, OK, you know it, but it did not feel like a discordant being at all. It was very different presence than any I'd I'd never felt. Yeah. And I said like, OK, Yeah, I'm not going to sign any papers yet. But who, you know, like and say that. But that's what I was thinking. Like, who are you and?

01:02:34 Merrily

Hold on, right?

01:02:48 Ishtar

And they they introduce themselves.

01:02:49 Ishtar

Is the the dark goddess of destroy.

01:02:53 Ishtar

And as I'm the dark goddess of destruction, I've always been your mother. And now I'll be. I'll take care of you in this life.

01:02:58 Ishtar

And say OK.

01:03:00 Ishtar

Sounds pretty and and.

01:03:01 Ishtar

Actually hearing those words, it made complete sense in my mind.

01:03:05 Ishtar

It was not at all off, but it was like, oh, yeah, of course my mother would be the dark goddess of destruction. Makes perfect sense. And and then it. And then the present. And then there was no.

01:03:15 Ishtar

More presence there and.

01:03:18 Ishtar

A few times I would go over the years to that.

01:03:20 Ishtar

Same spot look up.

01:03:21 Ishtar

At the sky and you know.

01:03:22 Ishtar

Kind of.

01:03:24 Ishtar

Like there's a phone booth or something like that. And and nothing. Crickets. Crickets for you. So you know, just kind of file that away as, like a one off. Right. And and then I end up with this shy as Ascension sort of Ashram monastery on the Oregon coast. And I didn't really know Sanskrit names or what they meant.

01:03:26 Merrily

Right.

01:03:43 Merrily

Right.

01:03:44 Ishtar

And and one of the the main teacher when I arrived was named Kali.

01:03:49 Ishtar

And it took a while for me.

01:03:51 Ishtar

To learn what that meant.

01:03:53 Ishtar

And and then it took a while longer for me to actually remember that incident from from the street corner when, as it oh, oh, I see. You know, I I was, you know, cosmic colleagues and, you know, arranged to have one of me cross paths with the physical sort of.

01:04:12 Ishtar

Finger of her right.

01:04:14 Ishtar

One of the one of the.

01:04:14 Ishtar

Many so that was there was a lot of stitches like that, which sort of.

01:04:20 Ishtar

Tied together in in a very short time and.

01:04:24 Ishtar

And manifested in the experiences of that Ashram and including dreaming up my job that I had there year beforehand, which is also strange so.

01:04:37 Merrily

Right.

01:04:39 Ishtar

Yeah. Yeah. Hi, magic.

01:04:41 Merrily

Hi, magic. That's right.

01:04:42 Ishtar

Hi magic. Yeah.

01:04:44 Merrily

UMI know that was something we wanted to touch on with the astrology piece. Because you're an astrologer.

01:04:52 Merrily

Did you want to talk about sort of your astrology practice and then sort of magic or high magic?

01:04:59 Merrily

Because I see.

01:05:00 Merrily

Them kind of very related.

01:05:02 Ishtar

Yeah, yeah, yeah. They they're, they're.

01:05:04 Ishtar

Very related I I I sometimes you know some people have suggested they use a different title than astrologer. Not saying that I'm a bad astrologer, but they're saying that I'm. I'm.

01:05:13 Ishtar

Kind of.

01:05:15 Ishtar

They they wanted me to use the word Oracle.

01:05:18 Ishtar

As somebody I have a.

01:05:19 Ishtar

Very high opinion of like I haven't done that.

01:05:21 Ishtar

Because it sounded kind of hoity.

01:05:22 Ishtar

Toity for me, you know, to to use a word.

01:05:25 Ishtar

Like that, you know.

01:05:26 Ishtar

I was like, I don't know if I should. I don't wanna, you know, water down that term, you know, by using it. But.

01:05:34 Ishtar

Astrology came me doing. Astrology was not something I was ever planning to do.

01:05:41 Ishtar

Remotely, this was one of the many things where my my wife knew what I was gonna do well before I did it, and I was like, yeah, it's not.

01:05:50 Ishtar

Gonna happen that, that's that, that's.

01:05:53 Ishtar

That it does, right. And this is the pattern and.

01:06:01 Ishtar

I I'd had exposures as a as a child, but I was like, oh, OK, if even if it's real and it's not confirmation bias or a number of other logical fallacies, there could explain that even if it's real, like when by the time I got to the monastic phase was like, it's kind of superficial and shallow, people should just find the ultimate reality with capital R mean that's my, that's my instinct.

01:06:21 Ishtar

You know, like, you know, rip that bandage off, they'll they'll play around with these, these things, you.

01:06:23

Right.

01:06:25 Ishtar

Know it, doesn't it it?

01:06:27 Ishtar

Does knowing about your past lives you know help you out of suffering, etc etc. A number so you know I wasn't going to do that, but then we were in Vancouver, BC and it was.

01:06:38 Ishtar

We walked by a storefront and there was this.

01:06:40 Ishtar

Man, who is?

01:06:42 Ishtar



Giving astrological and tarot readings turned out, he'd been a Zen meditating for 40 years. Very serious Zen meditators studied at the Rochester Zen Center with Roshi Philip Kapleau. You know, very high grade practice and teaching. And yet here he is, as in his own words.

01:06:58 Ishtar

And that's creating as a fortune teller.

01:07:02 Ishtar

Or moonlighting as a fortune teller. I was like, I love man with these kinds of contradictions. We gotta support this guy. And we became fast friends with the man man up in Vancouver by the name of Rob Inglis.

01:07:12 Ishtar

Really lovely tarot reader and an astrologer, so I ended up taking a class with him, an astrology class and as soon as I'm getting into the materials and and the syllabus, I'm I'm.

01:07:22 Ishtar

I'm in.

01:07:22 Ishtar

Get up and and it's going to be like it's water. Been trying to drink for a long time and and I've been.

01:07:27 Ishtar

Without, it's just.

01:07:29 Ishtar

Goes right in and it's like, yeah, we we got to do this site I had earlier in my life. My my mother was a great therapist. I think in the last few years of her life, she went and got a masters and did the Pract to come. And I think she just had a real knack for it. Those books were in the house, young, Young and stuff. Hillman stuff.

01:07:49 Ishtar

Freud and and I always had a, you know, a sense I I could. I would like to do work like that and and more in the young and said connect people to their song connect people to their their center. I found an astrology that work it it it it became very. I didn't know that young was so into astrology when I was doing the thing cause I hadn't really studied in depth.

01:08:10 Ishtar

Didn't know those connections at the time. Put that later on as I'm reading more.

01:08:12 Merrily

Right.

01:08:15 Ishtar

Books I'm like, oh.

01:08:15 Ishtar

Of course. Jesus. You know, I'm. I'm dealing. This is an archetypal language. Yeah, and and. And so I that would became a passion. And and I found that it wasn't.

01:08:27 Ishtar

I don't think it was as counter to as facilitating his awakening as I thought, or as frivolous or tertiary. I mean, sometimes I do and I like to keep it real with my astrologers and and my and clients and say like, hey, we're talking about your costume.

01:08:41 Ishtar

Here and and it's and it's and and so my my middle ground.

01:08:46 Ishtar

So I think that.

01:08:48 Ishtar

You know, I'll, I'll. I'll inject little Alan Watts here and and especially his late stage down with Dylan Watts and his wonderful last book, Tao, the Watercourse Way. He'll be talking about the difference between judeo Christianity and and Daoism. And he'll he he uses an analogy that OK and Judeo Christianity the the root of the system is an assumption that there's something.

01:09:08 Ishtar

Wrong with our nature.

01:09:09 Ishtar

That has to be remediated.

01:09:11 Ishtar

You know and and you know that's that's I think it's a little simplistic for him to do that. But you know I'll expect the analogy it's it's a bit simplistic but we're saying like we're having to remediate original sin.

01:09:21 Ishtar

And and in Daoism again this is.

01:09:23 Ishtar

Simplistic because there's a lot of \*\*\*\*.

01:09:25 Ishtar

Daoism just saves.

01:09:26

Right.

01:09:27 Ishtar

You but but.

01:09:28 Ishtar

If you know, I'll let Alan have his due. You know, in in Daoism the the basic assumption is that our eternal nature, that our our prime nature is whole.

01:09:37 Ishtar

And that we we we run it, we encounter our problems when we deviate from the wholeness that's already.

01:09:42 Ishtar

And that's my approach to astrology is is I'm looking at people as already whole.

01:09:47 Ishtar

And and I I tend to find that when we allow ourselves to go with our groove, we when we like a piece of wood, has a grain. When we allow ourselves to be that twisted tree that a dolist will will speak about, we tend to not only actualize using Maslow's definition, we tend to not only actualize more quickly, but actualizing more quickly, I think.

01:10:09 Ishtar

To a certain degree leads to to realization freedom.

01:10:12 Ishtar

Not ultimate freedom.

01:10:13 Ishtar

From suffering more easily so that that's the that that's my approach is I, I I see people as musical.

01:10:20 Ishtar

And basically when I'm doing sessions, I feel as if I am in many different ways using many different metaphors or approaches, getting out of the way and playing their song back to them.

01:10:36 Ishtar

You know and and and and then.

01:10:39 Ishtar

You know, having whatever happens so that that's my approach with astrology is just one of a wonderful system that reflects reflects peoples's innate music.

01:10:51 Merrily

That's beautiful. I like that explanation. And I also because something bugged me a lot about.

01:10:58 Merrily

Could you explain?

01:10:59 Merrily

Sort of. The Daoist view and then the Christian.

01:11:01 Merrily

View of of.

01:11:02 Merrily

That and in the Christian view, it comes from a place of kind of negativity, right, like there's something wrong with you and you gotta fix it.

01:11:09 Merrily

And a lot of the.

01:11:12 Merrily

I have a lot of.

01:11:12 Merrily

Problems with the people that talk about like.

01:11:17 Merrily

Life after life or like the intermediate, like the supposed interior intermediary points of where you meet your Council of nine, and then you go through this process and I'm.

01:11:27 Merrily

Like that bugs me like because it's essentially like, yeah, you're put yourself into this lifetime to fix you cuz there's something wrong with you and you have. Yeah, there's something about that that always bugged me, but the way you explained, the Taoist.

01:11:41 Merrily

View I'm like that to me.

01:11:43 Ishtar

Makes sense. Yeah. And and I can reconcile those, I think of it as a play and if we need to have.

01:11:48 Ishtar

The If we we'll set up our you know our.

01:11:50 Ishtar

Our sort of, we'll we'll have our Council and we'll be using that language. Yeah, if it's. If it serves us and we we'll we'll adopt sort of this. Like if you if I was big into the Edgar Casey readings and as a teenager as well and and the way he it's very linear and very stepwise second and this this incarnation they gained and lost here and there and but then it got fun it's like and then between incarnations they hung out in Jupiter.

01:12:13 Ishtar

They spent. They spent time in Jupiter learning this. They were in Venus learning this, et cetera. Then they they come into this incarnation. OK, fine. You know, they were. It was the 30s and 20s and 40s. I think Americans needed to hear it in sort of a linear kind of kind of.

01:12:26

OK.

01:12:28 Ishtar

Way and and.

01:12:28 Ishtar

And yeah, yeah, Watts is wrong in a sense, I think.

01:12:33 Ishtar

I don't. I wouldn't call his view of Christianity exactly a straw man just because that kind of Christianity has been propagated.

01:12:38 Ishtar

Quite a bit.

01:12:39 Ishtar

But you know, I would say that the.

01:12:40 Ishtar

Mystics and the tradition.

01:12:42 Ishtar

As in all traditions tend to be coming from a place.

01:12:44 Ishtar

Of wholeness and and and tend to be experiencing that wholeness. So there are obviously there are, there are strands of judeo Christianity.

01:12:54 Ishtar

That that are, you know, very, very much coming from that, that, that Daoist angle and their strands of later Daoism, especially into that, whether getting into fixing people as well so.

01:13:07 Merrily

Oh yeah, yeah.

01:13:11 Merrily

Yeah. And how do you, UM, because we talked a little. You mentioned high magic.

01:13:17 Merrily

I think that's what your term was, but and I've kind of dabbled in sort of, excuse me, Western ceremonial magic, which is like high. What is it like high fee or magic?

01:13:31 Ishtar

OK. Yeah. Yeah, that's yeah. That's the right term.

01:13:33 Ishtar

Isn't it?

01:13:34 Merrily

Yeah. How do you define high magic and or just magic in general?

01:13:41 Ishtar

Probably probably loosely. I shouldn't define it. Alistair Crowley will show up and and slap me his.

01:13:48 Ishtar

Something like that.

01:13:49 Ishtar

No, he would. He's like good job, rebel you.

01:13:51 Ishtar

Know probably probably.

01:13:51 Merrily

Yeah, that's true.

01:13:54 Ishtar

Changed the change that definition as much.

01:13:56 Ishtar

As you like.

01:13:59 Ishtar

Magic to me.

01:14:01 Ishtar

At least in my life experience, first there was always that kind of not enough, like a a fear place, but out of a respect and caring place where I'd always almost have the caveat if it's in the higher will, because there there's always an instinctively in me kind of a a sense that.

01:14:20 Ishtar

You know, I don't really need to be.

01:14:23 Ishtar

So selfishly rearranging the deck chairs for my limited purpose is always a sense that what I was trying to do was actually go if I went deep enough, I could could connect to a part of me that was already omniscient to deathless.

01:14:36 Ishtar

And and knew knew, knew what was. Knew what time it was. I knew what was up and knew what was down to me. For my, for me, the basis of most of my magical experience. Higher, you know, profound or powerful. Magical experiences have have been times where I fall deeply into that place. And I'm sitting as deep as I.

01:14:53 Ishtar

Go. And so like a lot of manifestation has happened in my life. But again, like the most interesting manifestations, the most improbable ones that you can't really rationalize a way to, you know, a way with to coincidence have been times where it it did not feel like there was an individual self that was the individual self was there but it had.

01:15:14 Ishtar

Emerge so deeply into that non local, deathless, eternal everywhere at once flavor of.

01:15:20 Ishtar

Self that the desire that was coming through to be manifested could not be owned by a little person, you know, camped out a couple inches behind the forehead. That desire was coming from a, you know, come up and with and when sometimes I would speak the desires out.

01:15:36 Ishtar

And it was not like it was traveling from here to there.

01:15:38 Ishtar

It was traveling from, you know, kind of.



01:15:41 Ishtar

Yeah, coming out. And so in that sense, it always felt like more of a just surfing to me like getting so out of the way that I allow the.

01:15:54 Ishtar

The the genuine desires of the individual self to be fulfilled.

01:15:59 Ishtar

You know, along the way for the ride at other times and and then sometimes I could put the desk, but I have no problem with sort of westerners being, you know, kind of like at the individual or, you know, or whatever. I'm not. I'm not kind of a dour.

01:16:16 Ishtar

Protestants that Crowley was rejecting, for instance, there's been times also when I've just been in very normal life and I was short on money and I would do almost naughtily do a mantra that shouldn't work went out of mantra but a manifestation that shouldn't work because you're for whatever reason that I would say like they start.

01:16:35 Ishtar

Need some cash?

01:16:36 Ishtar

You know, but it would do it from death, you know, and.

01:16:40 Ishtar

It was true.

01:16:41 Ishtar

And and and and I would. I would only use that say that when I would like, I could feel a certain way I could feel sort of the electricity, and then I would get an immediate phone call after if I need some cash. And so I've got a big job for you.

01:16:54 Ishtar

Wow. No, it's like I'll.

01:16:55 Ishtar

Take it you know and and and and this would and and and then sometimes be like. Ohh remember when you loan me that money.

01:16:56

You're right.

01:17:03 Ishtar

I'm doing well. I'm going to get it to you back. Thank you. You know, so those things would kind of happen.

01:17:11 Ishtar

With some regularity.

01:17:13 Ishtar

So there was always this kind of sense of.

01:17:15 Ishtar

Of presence of is always always going into presence with with the kind of magic it's almost I could use the word miracles that I could almost crib into the course in miracles the way they're talking about it a little bit. It's it's an intervention flow, an intervention from what the higher comes into lower dispense with all those things that it's yoga. It's it's the individuals and yoga.

01:17:37 Ishtar

The yoga is.

01:17:38 Ishtar

The Union of the Otman, the individualized soul with with Brahman ultimately the, The Everything and and so you know that that is the when those things are in deep harmony, that is the area where we can transcend.

01:17:49 Ishtar

And so-called laws where weird, really weird stuff can happen, you know? And and things get all fungible and and and so yeah, that that's the miracle for me. That's the magic sound. There's other many other different sorts of magics. But that's the one I've been most drawn to. Yeah.

01:18:09 Merrily

Oh yeah, great. Again, a great explanation. I like you're talking about, like words and vocalization, and that's something that in my recent sort of practice has become very prominent is there's a lot of power and words. I know that's like kind of thrown around, but it's like when you experience it and.

01:18:26 Merrily

Then you're like.

01:18:28 Merrily

Yeah, there's power in seeking.

01:18:30 Ishtar

Yeah, one of my one of my experiments with that, because that's always been a, this has been a motor of my life, the throat chakra. And I always one of the more open ones in life. And I've leaned on it maybe sometimes more heavily than I ought to and like to get through. But you know, but one one thing that experiment that I did as a teenager.

01:18:49 Ishtar

At a certain point, I think I was I was telling too many fibs as a young teenager.

01:18:53 Ishtar

And I was like, Oh my God.

01:18:54 Ishtar

Ohh OK ohh. I gotta \*\*\*\*\* remember that story.

01:18:58 Ishtar

You know it's.

01:18:58 Ishtar

Like this is not good. You know this is.

01:19:00 Ishtar

Not, yeah, but.

01:19:02 Ishtar

Like ohh and stop it and and then and then it just kind of came into me like well, you should just, you know, tell the truth all the time. I was like, oh, really? OK, let's do that. And and and if I really wanted to clear out and get weird.

01:19:16 Ishtar

I noticed when I would do these radical honesty practices, the synchronicities would.

01:19:21 Ishtar

Follow like like.

01:19:22 Ishtar

Rain from thunderclouds. I saw there was a relationship with how honest I was. Like clean, as if I was clean as a whistle.

01:19:31 Ishtar

Weird \*\*\*\* would would happen.

01:19:34 Ishtar

By which that means like I would be like at school, and I would want something I had wanted something. I was just. Someone would turn the corner and offer it to me without me.

01:19:44 Ishtar

Asking them for it.

01:19:46 Ishtar

Or, you know, or someone would would speak a kind word to me that had never done so. I'd always wanted one from them.

01:19:53 Ishtar

And they would just go out of their way and say, you know what, I've always actually really liked you. But.

01:19:56 Ishtar

We're told you and I remember that that, that happening and it was just like a bizarre high school film and and and and that was there was a one to one correlation between how honest I be. Later I'm reading yoga texts and this is this is of course something that's spoken on now I'm not gonna conflate Satya truthfulness with honesty. There's a little bit of a they're in different octaves.

01:20:17 Ishtar

Right. But I I will say that if you're radically honest, it's taking you pretty. It's getting into that territory where you're you're, you're touching Satya truthfulness at least at least in in my case, and and they speak of, you know, if a Yogi is, is deeply immersed in silence.

01:20:33 Ishtar

You know, and it help, it helps to not have a bunch of \*\*\*\*\*.

01:20:37 Ishtar

Happening in here like you can't be juggling stories. You know you you can't be juggling your \*\*\*\*\*. It's very difficult to to maintain silence when you do all that juggling. I I would know. But so you drop the juggling and you're just totally like you fall into silence. But the yogis, they have the.

01:20:47 Merrily

Right.

01:20:56 Ishtar

Power the miracle power comes out of the.

01:20:58 Ishtar

Throat yeah.

01:20:59 Ishtar

Comes out of this.

01:21:02 Ishtar

The the The the chakra of miracles and so. So there's an association between how how deep and silence you can be, how truthful you are and and and and weird synchronicities. At least in in the yogic tradition. So that that is born. Born true in my life.

01:21:17 Merrily

Well, again, another beautiful explanation of sort of the well, the power of the throat chakra and how it relates to honesty and then juggling lies as a teenager. So it's a good early.

01:21:29 Ishtar

Yeah, I I tell you like you have to be willing to, like, be a fool and feel a fool if you do. If anybody is listening, if you do a radical honesty practice, I mean, sometimes there's within a reason because.

01:21:40 Ishtar

You know you don't.

01:21:40 Ishtar

Get shot, you know. Or you could be like, practical, especially in the United States. British listeners, I guess you don't get stabbed. You know you have different weapons over there. Differences. Yeah.

01:21:41 Merrily

Right.

01:21:47 Merrily

There's differences, yeah.

01:21:51 Ishtar

There might be those considerations, but I will say beyond those, if you start going out, being honest, you will start to uncover lies you didn't know you're telling yourself. And when those come up that that can be very embarrassing, even if nobody can see you feeling that it's.

01:22:04 Ishtar

Ability without an audience.

01:22:06 Ishtar

Much less an audience. So, but if you're willing to, if you're willing to allow yourself to.

01:22:11 Ishtar

Be a humble fool.

01:22:13 Ishtar

And and kind of and kind of be like, oh \*\*\*\* yeah. You know that that is the way I felt about things for 30 years and that is detestable or or or or whatever. If you have, if you're willing to go through that. My God, once you once you get that bilge out of there.

01:22:29 Ishtar

There is so much honey behind it. That's that's and you say you have to persevere if you're listening to this, you really have to persevere and and and be willing. And then then.

01:22:31 Merrily

Right.

01:22:39 Ishtar

These these synchronicities can happen because sometimes people ask me.

01:22:42 Ishtar

Like \*\*\*\*\* synchronicities, you know my life.

01:22:46 Ishtar

And you know, there could be many explanations, but after the explanation is insufficient. Perseverance. There's this.

01:22:55 Ishtar

That this is often.

01:22:56 Ishtar

Got to be every every practice has its own version of hours.

01:22:59 Ishtar

Of horse stance, you know.

01:23:00 Merrily

Right.

01:23:02 Ishtar

I I don't. You know. I'm. I'm sad. Hernia. So of course I'm going to say that so I could be I could be wrong but but almost every tradition horse dance and the the horse dance here. If in red and being honest and truthful is is simply you know going going through with the the boring days when you.

01:23:18 Ishtar

Just kind of want to vomit or.

01:23:21 Ishtar

Having a bunch of boring what you consider boring or thought you meditations even if you have a very good practice, you're gonna have meditations where yeah.

01:23:26

Yeah, yeah.

01:23:28 Ishtar

It's. Oh, my God. The neurotics back. Ohh no, I thought I. I thought it was had more progress.

01:23:37 Merrily

Deeper and deeper with the meditation.

01:23:41 Merrily

Well, thank you. And we're kind of wrapping it up here and to kind of tie into sort of what you're talking about with broad and radical honesty, what is a mantra or words of wisdom that you would like to leave with the audience today?

01:23:57 Ishtar

Probably words of wisdom or something. I really was thinking about this.

01:24:05 Ishtar

Probably that you've always been enough.

01:24:09 Merrily

That's beautiful. I think a lot of people need to hear that and tell themselves that that's great.

01:24:16 Merrily

Thank you. Yeah, that kind of hit my heart. Thank.

01:24:18 Merrily

You that was good, uh.

01:24:21 Merrily

So where can folks find out more about you and how they could work with you?

01:24:26 Ishtar

Well, I've got a couple websites and and a nascent YouTube channel and the the websites the the Meditation website is [www.ascension-theoneinthemiddlemeditation.com](http://www.ascension-theoneinthemiddlemeditation.com). So Ascension, dash meditation.

01:24:46 Ishtar

Dot com and the astrological website is another tall drink of water that is [www.awakenedwithanledlightastrology.com](http://www.awakenedwithanledlightastrology.com).

01:25:01 Ishtar

So awakened light astrology.com.



01:25:06 Ishtar

And my channel, I think the the address to it is something like [youtube.com/ishtar ishaya](https://youtube.com/ishtar-ishaya).

01:25:07

You too.

01:25:16 Ishtar

I think that's that's one of the addresses for.

01:25:17 Ishtar

Us so cool.

01:25:19 Merrily

Thank you. Yeah. And also your wonderful Instagram because you post really cool pictures of all your travels. And I love following it and.

01:25:29 Ishtar

Yeah, that's right. Facebook and Instagram wide, wide open and and my my Instagram is. I wasn't trying to be hoity toity with with the titles it's it's awakened living because my my, my wife and at one point we're gonna do this sort of multi subject magazine. This was like 10 years ago. One to do this with spirituality, politics.

01:25:49 Ishtar

Permaculture economy it's very ambitious. 2 ambitious project. We're gonna call it awakened living. So you know.

01:25:55 Ishtar

The spirituality meets Mother Earth News meets something political anyways that ended up as my Instagram name. So awakened living or Ishtar Howell, you can look up and that probably get you there too. And and I'm I'm very.

01:26:12 Ishtar

Active on Facebook as well.

01:26:14 Merrily

OK.

01:26:14 Ishtar

Which, you know, have some friends who say Facebook is a sewer as it is, it is a.

01:26:18 Ishtar

Sewer I enjoy it there.

01:26:20 Merrily

Like the sewers sometimes, yeah.

01:26:22 Ishtar

Yeah. Something like something, yeah.

01:26:23 Ishtar

So I like to joke, call them fake book and insta sham.

01:26:27 Ishtar

And and I I don't necessarily post all spiritual content there cause I'm also I don't want to I.

01:26:33 Ishtar

I don't want.

01:26:34 Ishtar

Audience capture so you know, if you if you go there, you gonna get some spiritual content, get mystical stuff and magical stuff, you're probably gonna get like me posting queen songs.

01:26:44 Ishtar

You know, if you go on Facebook so, you know get get ready for some Freddie Mercury.

01:26:51 Merrily

Ohh well, I'm excited now. Excite. I always need Freddie Mercury in my life.

01:26:56 Ishtar

Yes, yes.

01:26:59 Merrily

Oh well, thank you so much, Ishtar, for spending time with me and chatting. It's always great, uh, spending time with you in any capacity and yeah, just thank you so much.

01:27:10 Ishtar

It was a pleasure. Yeah, absolutely.

01:27:15 Merrily

A big heartfelt thank you to our guest, Ishtar Howell, For more information about Ishtar and his meditation offerings, astrology readings and where to find his social pages. Please be sure to check out.

01:27:25 Merrily

The show notes your support is invaluable to us. If you found this podcast enjoyable, take a moment to express your love by liking, commenting, and sharing it with those who might resonate with this content. Your engagement.

01:27:36 Merrily

Makes the momentum alive and we are truly grateful for each and everyone of you. Thank you for being an essential part of the casual temple community.