

Map of Saturday AfterChat Zoom 2026-07-04

Meeting started: 7/4/2026, 11:58:52 AM

Duration: 130 minutes

Participants: diana, Sarah Sue Angelhair-Belize, Shannon McArthur, Stanley Pokras

[View original transcript](<https://app.tactiq.io/api/2/u/m/r/ytl3Cfd32qloK7FOjUNE?o=txt>)

General - Short summary

ChatPeople AfterChat (2026-07-04) participants checked in, shared personal updates (health, caregiving, home life) and troubleshooting about recordings and bookmarks, then discussed projects and resources—especially Humanity Rising, OtherNetworks, Simon Grant's wiki, and pathways like the Kogi thread. Conversations explored themes of calendar reform, myth and storytelling (The Green Man and the Dragon), regenerative networks and legacy planning (legal structures to preserve projects), and practical next steps like recruiting social argonauts to curate transcripts and create searchable pathways. Action items: follow up with Simon Grant and Tali/Tally Rhodes connections, prepare social-argonaut workflows for transcript → OtherNetworks ingestion, and schedule the next coordination call on Friday July 10.

Highlights

> 02:26 Shannon McArthur: Oh, yeah, I'm just letting you know, rather than adding more bulk to the issue, something that helps slide out is a better idea from my perspective.

> 11:49 Stanley Pokras: It's an important thing Yes

> 36:45 Shannon McArthur: episode where We can download the transcript from YouTube And I would have to do that annually And the transcript from the after chat And put them both into other networks And create a summary So fill out the job of what a social argonaut actually does

> 43:51 Shannon McArthur: create a legacy of their stuff. And, you know, a bus can hit you tomorrow, or not you, please, not you. But anyone, and whatever they had online, it becomes history

> 48:29 Shannon McArthur: But there's the nugget a link to the nugget And the deepening, the continuity of presence, the synapse in, more than 340-episode jump, we find the latest episode about the Kogi And that's 117 And so that's there. There's Jim's Nuggets for \$11.70, the map of \$11.70, and then the convergence from prophecy to physical action And there was more, an unbroken thread leading to Bataan in December 26, visible largely due to Jim's nuggets, currently very loosely linked to other networks. A later episode, Day 79 and 903 and 948 and 95

> 53:51 Shannon McArthur: Yeah. And, your background, Stan, makes you interesting, and I know so little about Diana, and we might gospel a little about each other when you're not here, but I do understand the need for you to take care of your body at this time. You're very important to us

> 54:55 Shannon McArthur: Oh, he has to succeed at his goal before he backs out

> 01:14:52 Sarah Sue Angelhaiir-Belize: But they gave him a, um... his own column with his picture. Well, he had seen me, I was, at that time, part... we were in Chicago. or the Chicago area, and he had, um... We'd gone to, I had gone to the... Illinois Psychical Research Foundation. I was part of that, and we were doing a... a hands-on healing, and then he came to pick me up, and he saw me doing this hands-on healing, and he freaked out. He said it turned his stomach. He just... and he didn't believe in anything psychic.

> 01:15:27 Sarah Sue Angelhaiir-Belize: Okay, so then he was given the assignment by the Chicago Tribune to

> 02:05:43 Shannon McArthur: James Crombie Sports photographer from Ireland. I suppose the year it happened made a big difference because as a sports photographer, I'm generally working but with no sport happening I had lots of time to go off and pursue a different project. I'd seen an image before of a murmuration that looked like a bird, nothing like They make phenomenal shapes, the starlings, they do create these spheres, and I just thought we just had to get some shape that actually looked like something. Myself and my friend Colin, we'd spent 60 nights out there over the course of two and a half months. I definitely had in my head that something was going to happen, and It happened.

> 02:06:25 Shannon McArthur: That's a bird. That looked like a birch. They've become a bit of an addiction, really. We just wanted to go every night. We wanted to... we were constantly checking the weather, we were ringing each other, saying, where do you think they're gonna be tonight? Where are they last night? And you basically have to be on them, or you might as well not be there. If they're a kilometre away, they're too far away. Over the 60 nights, we were nearly able to

> 02:06:46 Shannon McArthur: We won't predict, but we had a good idea of where they were going to be, and just by noticing some sort of pattern, a lot of nights we went and we were just in the wrong spot, and then we say, okay, I think they're going to be somewhere else tonight, tomorrow night, so we'd turn up tomorrow night, and then tomorrow night it'd be raining, and you'd turn up the next night, and then it might be a perfect sunset, but they might be two kilometers away again. And then some nights you were on them and they didn't do anything

Transcript

00:00 Shannon McArthur: Hello, my friend. Your microphone is not turned on yet And you don't have your ears in any way Can you hear me now? I don't know who that is. Oh, Angela added that. Oh, okay Well, it's not actually not by us More record Record to the cloud. Do you want to record? I can't hear you.

01:07 Stanley Pokras: Somebody put this red X through my Microphone

01:11 Shannon McArthur: Yeah, I did. I made the machine do it for me.

01:15 Stanley Pokras: Okay

01:19 Shannon McArthur: How you doing? Would you like to be a co-host

01:21 Stanley Pokras: Well, I woke up

01:23 Shannon McArthur: Hi, I'm transcribing this call with my Tactiq AI Extension.

<https://tactiq.io/r/transcribing>

01:25 Stanley Pokras: I'm already covered

01:28 Shannon McArthur: Oh, that happens automatically. Okay, good.

01:31 Stanley Pokras: Yes, it does

01:33 Shannon McArthur: Nice

01:35 Stanley Pokras: Yes. Hi, good morning. Nice to see you.

01:37 Shannon McArthur: Nice to see you.

01:38 Stanley Pokras: I mean Had a weird, weird, weird night. I mean, just weird night. I had a Constipation catastrophe

01:52 Shannon McArthur: Oh

01:52 Stanley Pokras: All night And

01:54 Shannon McArthur: Oh no

01:54 Stanley Pokras: I don't know if it got cured or not, but I got up. I had to get up and go downstairs to turn on the air conditioner in the living room, and go and get organized in the kitchen, and make myself a bowl of raisin brand And then take it into the living room and sit there and eat it and then try to figure out what else to do next.

02:13 Stanley Pokras: And I had to go back to bed

02:17 Shannon McArthur: Prunes were a better idea, Stan.

02:17 Stanley Pokras: So I don't know. I'm talking about what already is known to work for this for this person

02:26 Shannon McArthur: Oh, yeah, I'm just letting you know, rather than adding more bulk to the issue, something that helps slide out is a better idea from my perspective.

02:37 Stanley Pokras: Okay, okay.

02:38 Shannon McArthur: Yeah, so There's Diana.

02:40 Stanley Pokras: I'll give that a shot. Diana, hi Good morning. No, it's middle of the night for you, isn't it

02:45 Shannon McArthur: Yay! Say again

02:51 Stanley Pokras: But you're not saying I don't hear anything

02:51 diana: It's the middle of the evening

02:52 Shannon McArthur: There you are.

02:56 Stanley Pokras: Middle of the evening. Okay, good for that

03:00 Shannon McArthur: I'm really glad about that because the middle of the day and the middle of the evening are good times to get together.

03:02 Stanley Pokras: Yes.

03:09 Shannon McArthur: Middle of the night, not so much

03:14 diana: Yeah. Well, I might have to jump up and leave I've got a wash running

03:20 Shannon McArthur: Oh, but then you can come back, right?

03:20 diana: What is this? Well, yeah, but it'll take a while, because I have to get it out and hang it out.

03:31 Shannon McArthur: Well, we could go with you

03:31 diana: Yeah. Not in this case. You're not on my phone, you're on my laptop.

03:41 Shannon McArthur: Well, you could always sign in on your phone, and we would let you take us with you.

03:46 diana: I haven't done that yet. I've done it for Humanity raising I can do because I can go on YouTube

03:52 Shannon McArthur: Right?

03:52 diana: But I haven't worked on trying to do the AfterChat on the phone at all Exactly.

04:06 Shannon McArthur: That's okay. And what's really true is that it's just delightful to have you with us And so reaching across the miles and across the seas, across more miles to the Yeah, all that route Yeah, lovely, Rod.

04:26 Stanley Pokras: Yes. And Diana is doing great having asking questions when I listened to it last night

04:27 Shannon McArthur: Yeah.

04:32 Stanley Pokras: yesterday. Asking questions from From our guests

04:40 Shannon McArthur: In the after chat

04:40 Stanley Pokras: And getting

04:40 diana: You... you

04:41 Stanley Pokras: Getting answers and stuff. Yeah

04:45 diana: Yeah, every so often, every so often, and last night I had read before, you know, that Georgie And her profession, together with Evan Laszlo And he, you know, he's an interesting person. And it was just coincidence that whatever his name is said, you know, she should come in at that time because I was waiting to ask my question, which would have been that But then what you missed, Shannon, were the horses. I found that absolutely

05:16 Shannon McArthur: Oh, hold on a second. Hold on a second. Why didn't that work?

Pause recording, stop. Oh, I guess it's already recording. Just making sure that we got everything, you know, recorded, because, you know, in talking about humanity rising in the AfterChat yesterday It's good to have that continuity. And I know, Diana, you asked some wonderful questions. Thank you, Stan, for bringing that up And so Diana, they What did I miss?

05:57 diana: Well, you know, Pam had mentioned that she worked with horses and she'd brought that in with the heart and the rhythm

06:04 Stanley Pokras: A whole long conversation about horses, and then at the... at the end of that conversation, I fell asleep, and everybody left And the recording kept on going

06:13 diana: Oh

06:13 Stanley Pokras: And So I had to, when I woke up Where's everybody? Is somebody here? And the recording is still running, so I turned off the recording and I stopped the AI Automatic writing I went back to sleep So

06:32 diana: Certainly, I thought you'd already done that because you had said, you know, you

06:35 Stanley Pokras: I hadn't talked about ending the recording, like, for 15 minutes long, I was ending the recording And it never happened, and you guys kept talking and talking, and

06:46 Shannon McArthur: And then didn't do it.

06:50 Stanley Pokras: I think it was Joy And who else was with Joey talking about stuff

06:56 diana: Joy, Pam, and Sarah Sue.

06:59 Stanley Pokras: Yeah, yeah, yes. And Sarah Sue was asleep, but she didn't look like it

07:03 diana: Hiss with a mask open

07:06 Stanley Pokras: With her mouth open, she practically was snoring at us, and She got caught and she says, no, I was just breathing. Right. Okay.

07:17 Shannon McArthur: Yeah, right. Well, I am so grateful that we have evidence. On the other hand, we might want to, you know, blur her background, or blur her. I don't know.

07:33 Stanley Pokras: I don't know, I'm thinking maybe I can just get in into the recording and cut it down. Because it really goes on for more than 10 minutes past when there's anybody doing anything useful

07:40 Shannon McArthur: Now Well, you know.

07:47 Stanley Pokras: So including me, including me waking up, you see me waking up and now what am I doing here Oh, well

07:58 Shannon McArthur: So let me ask then, Stan, how are you today?

08:03 Stanley Pokras: Well, actually feeling better than I have been in certain ways. One of them is that my leg is not nearly as sore as it was yesterday. And that's been a real annoyance. And

08:13 diana: Good.

08:20 Stanley Pokras: I got all the sleep. I mean, it slipped and slipped and slipped, and now it's like 3 in the afternoon and I went to sleep at 2 in the morning

08:22 Shannon McArthur: Good.

08:31 Stanley Pokras: And so I slept 12 hours I guess, I mean, it's hard to tell, really, if it really was

08:34 Shannon McArthur: Good Yeah?

08:40 Stanley Pokras: I mean, my CPAP machine ran out of water, and so I must be doing something and

08:50 diana: Well, you're sounding and looking good

08:50 Stanley Pokras: And Well, thank you. Yes, I mean, I feel pretty strong considering that my urgent feeling is the wish to be strong.

08:52 Shannon McArthur: Yeah.

08:57 diana: Hmm.

09:05 Stanley Pokras: And But Sally was all excited yesterday. We had a physical therapist here to come to see me, and having me do exercises and Sally, after he left, she says, and you did all his exercises without any fault, without anything Oh my god Well, I thought I was just doing what I was told. But I did it, and so it's step to step, step this way, step that way

09:30 Shannon McArthur: Yeah.

09:37 diana: Coordination.

09:37 Stanley Pokras: Yeah. Not a whole lot of difficult stuff, but he promised to come back next weekend and give me more stuff to do

09:48 Shannon McArthur: The key to that, Stan, is to do the exercises daily

09:48 Stanley Pokras: Yeah Yes, that's right, the key to that is to remember how to do the exercises. He didn't write them down

09:55 Shannon McArthur: He will be so impressed He would be so impressed

10:01 Stanley Pokras: Yeah, and I have exercises

10:01 diana: You... you do what you can remember

10:05 Stanley Pokras: I have exercises from my other physical therapist that are written on pieces of paper that are supposed to be right here somewhere, somewhere. I can't see my hand pointing. So, I should look for those and do those exercises at least a little bit

10:25 diana: Yeah What you should do is make a specific time

10:27 Stanley Pokras: And Well, that's

10:30 diana: Make an appointment

10:33 Stanley Pokras: Okay,

10:33 diana: and stick to it Otherwise, something else comes up

10:34 Stanley Pokras: Right, well, that would be... that would be too logical. Okay. And Right, stick to anything

10:45 Shannon McArthur: Yeah, not even sleep patterns, but you're here and I really appreciate that.

10:50 Stanley Pokras: I did manage to get here. Yes. And I remember hearing you say it

10:52 Shannon McArthur: Yeah Yeah, so appointments do actually matter

10:57 Stanley Pokras: Right. Well, I remember hearing you tell somebody, maybe it was Jack or somebody that don't forget Stanley is going to be here too And okay, so that made a point and I managed to get downstairs and badgers Sally into finding food for me to eat And she yelled at me, Stanley, we're not here to take care of you only only and fine. Okay. But she did manage to put a salad and a bowl of noodles in front of me I hate that and I'm not I'm not hungry again

11:29 Shannon McArthur: Good. Oh Which reminds me I should... no, I'm going to leave that alone. Caring for people. It's Sally takes care of Stan, and I take care of my mom, and she takes care of me, and, you know, it... and sometimes, you know, the

11:46 diana: Yeah. Yeah

11:49 Stanley Pokras: It's an important thing Yes

12:00 Shannon McArthur: caretaker needs Care taken yeah

12:02 Stanley Pokras: Caring, yeah Great. Well, I'm in the process of thinking about learning to cook, because one of the problems that Sally and I have is we both don't cook, we both eat too much And we both don't exercise anywhere nearly enough And One of the things that I could do, considering that I don't have a job anymore, and I don't have humanity rising every day That I could actually learn how to cook And that would... or at least prepare food. I don't know if I need to learn how to cook, cook But to prepare food and make sure that there is something for Sally when she comes home from work. I mean, she goes to work. And I should try to help with that And I think that would be a good idea And if we can both lose 50 pounds, we would be healthy again.

13:07 diana: Do you have any idea how you would learn?

13:10 Stanley Pokras: No. Except by trying. That's the only way I ever learned anything.

13:17 diana: Well, it's easy. I mean, I never took lessons.

13:20 Stanley Pokras: Yeah, well, I don't see lessons per se happening, but Because Sally's industry is in food, and

13:43 diana: Yep.

13:45 Stanley Pokras: Angela's note-taker is here. Shannon MacArthur is here, but not Your video went away.

13:52 Shannon McArthur: Sorry, I clicked a button and went off into the distance. I'm sorry.

13:53 Shannon McArthur: Hi, I'm transcribing this call with my Tactiq AI Extension.

<https://tactiq.io/r/transcribing>

13:58 Stanley Pokras: Okay. Alright, well, we're still here, happy to see you

14:00 Shannon McArthur: Could you... could you Oh, I'm so glad. Thank you. Yeah, I was looking for You remember the movie Need to Grow

14:18 diana: Oh, yes.

14:20 Stanley Pokras: I think it was

14:20 Shannon McArthur: There's been an update, a new movie

14:23 Stanley Pokras: Okay.

14:25 Shannon McArthur: And I was looking for the, the A link to it

14:31 diana: There's one to do with light

14:35 Shannon McArthur: Yes, that one. I was so impressed with that. What an amazing movie it was. Stan, have you seen it

14:37 diana: Okay.

14:44 Stanley Pokras: I think I've seen it a couple times, yes.

14:46 diana: No, no, no, this is new

14:48 Stanley Pokras: Oh, the new one? No, I don't know about new one. I know about the original

14:49 diana: Hmm.

14:53 Stanley Pokras: Powerhouse video They talked about all the things we needed to do to try to fix the climate by stopping our agricultural practices.

14:56 Shannon McArthur: Yeah, that Yeah And It so interesting for me And, you The the links and The data that goes by us In our... with our interests and with humanity rising, and it's just mind-boggling the amazing resources and what's going on That we have a window on being who we are. And it's just So encouraging, and I know that there are people in the world that just don't see that

16:01 Stanley Pokras: There's a lot of people in the world

16:01 Shannon McArthur: I There really is.

16:04 Stanley Pokras: Yeah.

16:06 Shannon McArthur: And still waited in the direction of the negative We gotta make it go the other way. And I just want to push it the other way. And that's pharmacy. That's it, Diana, you smart, smart woman

16:30 diana: Now, I'm not too sure. Yeah, try it and see what happens because that of course is my link.

16:31 Shannon McArthur: Stand click that link Or, yeah

16:39 diana: And I haven't finished watching it, I've only started it

16:42 Stanley Pokras: Okay, so

16:42 Shannon McArthur: Oh, really?

16:42 diana: Oh, I have... yeah, I have 4 days, I have 4 days, that's right.

16:44 Stanley Pokras: I was in the chat It's in the pharmacy of light. Oops, we can't find your registration. Enter the email you registered with below

16:52 diana: Okay, so you have to go in separately. If you go into

16:52 Stanley Pokras: Well, I didn't register

16:56 Shannon McArthur: It was

16:56 Stanley Pokras: Okay

16:58 Shannon McArthur: It was given to me and I watched it and then I decided I needed to support these guys. They deserved \$7

17:04 Stanley Pokras: Okay.

17:06 diana: Hmm.

17:06 Stanley Pokras: Okay

17:08 diana: I can forward an email to you, Stan, which has the link in it.

17:08 Stanley Pokras: Well, that's another Okay. Alright, well, I mean, I just opened up very nicely, and apparently, all I need to do is to get

17:18 Shannon McArthur: Yeah.

17:22 diana: Put your email address in there. Yeah, put your email address in there and they'll send it to you

17:22 Stanley Pokras: In gear Yeah, and Right. Yeah.

17:28 diana: Yeah.

17:30 Stanley Pokras: Oh, the only

17:30 diana: And they'll give you 4 days

17:32 Stanley Pokras: Okay. There was one group that promised to send me a verification, and the verification, as far as I could tell, never arrived. And I submitted it again And it never arrived. And so I could never get onto their email list because They didn't trust me.

17:55 diana: You had a problem like that with something else

17:55 Stanley Pokras: without verifying

17:59 diana: And then you realize you had it

18:03 Stanley Pokras: I don't know

18:03 diana: I can't remember what it was. It was a few months ago.

18:05 Stanley Pokras: Yeah Well, Stan and other networks.org was supposed to be registered And something

18:19 Shannon McArthur: I think what really resonated strongly for me was the fact that, you know, plants are

18:33 diana: beings

18:34 Shannon McArthur: transformed light

18:36 diana: We are too

18:38 Shannon McArthur: Well, we are, and by feeding ourselves Living light We empower ourselves to be healthier And so that goes back, Stan, to what you're talking about, learning how to cook. You know, your wife is a master gardener. She has access to the most

18:54 Stanley Pokras: -H

19:02 Shannon McArthur: Healthy foods

19:02 Stanley Pokras: Yeah. Right, yeah, I mean, she went garden, brought home some and had Pat show me this morning just now These two thingies that look like vegetables And I don't know what they were. They were the size of cucumbers

19:19 Shannon McArthur: Good

19:24 diana: You don't have them there?

19:27 Stanley Pokras: No, I'm upstairs, I'm not in the kitchen anymore.

19:29 diana: Can you describe them and maybe we can figure out what they were?

19:35 Stanley Pokras: Something the size of cucumbers that were roundish

19:38 diana: Zucchini. Zucchini

19:39 Stanley Pokras: Maybe. I mean, there's a lot of things, there's a lot of shiker, there's a lot of stuff, so...

19:45 Shannon McArthur: Well, and what that means is that it would be a really good idea for you to learn how to process those foods so that your body can

19:45 Stanley Pokras: Whatever it is, doesn't matter -Hu

19:55 Shannon McArthur: appreciate them.

19:57 diana: And not put them in the microwave.

20:00 Shannon McArthur: Yeah, yes, would you go to an oven for Or a stove top

20:04 diana: Or Right, right.

20:06 Stanley Pokras: Right

20:08 Shannon McArthur: or raw. It could be just a question of cutting it up Zucchini gut works that well

20:12 diana: Stanley makes... Stanley makes excellent rice

20:17 Stanley Pokras: That's right.

20:17 diana: There was something that went with it. It was very good

20:23 Shannon McArthur: What do you put on your rice usually, Stanley

20:29 Stanley Pokras: I try to put rice with other things, whatever Whatever it is

20:36 Shannon McArthur: Whatever it is. Okay

20:36 Stanley Pokras: I mean, that's too complicated. I don't remember these things. It's not my department

20:41 Shannon McArthur: Okay, that's allowed. It's going to be, yes.

20:41 diana: Well, it's going to be the

20:41 Stanley Pokras: And I managed I managed to make the rice in the rice maker. I bought the rice maker 20 years ago, and I'm the main one that makes rice in the rice maker. I used to make bread, too, and

20:50 diana: Yeah, fine. Excellent.

20:58 Stanley Pokras: The Bread Project is sort of faded away even in the supermarket, they used to sell Bridge kits that were specifically designed for home bread making and they stopped selling those things anymore. So you have to do the Parts, the cereals, the separate entities, the ingredients, you had to get your own ingredients together.

21:29 diana: The flower, the flower.

21:30 Shannon McArthur: The ingredients

21:33 Stanley Pokras: Yes

21:33 Shannon McArthur: Yeah.

21:34 Stanley Pokras: And Oh dear I have Wandering around and stuff I saw that I was received a response From Simon Grant Which blew me away, he said That he appreciated the article I sent from that was about everything for everybody in 1971. And he remarked on it And I think, whoa, Simon Grant is one of the genius people who Our actual, actual, actual leaders intellectually in communication And so I started looking at his stuff and apparently he's a he's a big a big fan of @MediaWiki, but another brand of wiki software. But he has his own wiki and it's huge And I'm looking forward

22:44 Shannon McArthur: Simon Grant, the wiki of Simon Grant. I've got that

22:49 Stanley Pokras: Yeah.

22:51 Shannon McArthur: Yeah, I'm going to put

22:51 Stanley Pokras: So he He's a One of the people that Because along with

23:07 Shannon McArthur: <https://wiki.simongrant.org/>
A wiki by a Simon Grant

23:08 Stanley Pokras: The turning point And What is it The tipping point, the tipping point, which is

23:17 diana: The tipping point, yeah, yeah.

23:18 Stanley Pokras: Yeah, Malcolm, Malcolm Gladwell. So Simon is on the level of Malcolm Gladwell In terms of the famousness of his books And so now I have a chance to start learning about theories and understanding of how to organize information, because he spends a whole bunch of time explaining how his wiki works

23:49 Shannon McArthur: How is Wiki works? Thank you, Diana, for laughing because it made me laugh too.

23:51 Stanley Pokras: That's right, yes, well It sounds funny, but it really Yes, it really is interesting to me because that's what I'd like to know about And so now I have a whole new area of study to to try to find out what I can from Simon. And it's oddly enough.

24:19 Shannon McArthur: I'm really looking forward to seeing that, Stan. Thank you so much for bringing that You know, the idea of being able to dive into somebody else's wiki, how Diana, stop it.

24:24 Stanley Pokras: Okay. Right, it has a whole different wiki software he uses. He uses a whole different wiki software

24:37 diana: Shannon, there's a British There were two British comedians, they were called the two Ronnies. Did you ever hear of them

24:46 Shannon McArthur: Oh, yeah. Oh yeah

24:47 diana: Okay, well, you know, one runny died quite a few years ago The other one has done a few shows, and this one is not very recent. It's also a few years old But the wiki reminds me of it And he goes into a he's in... he's returning his Blackberry Because it's frozen. Do you know this one?

25:18 Shannon McArthur: No

25:18 diana: Oh, then let me find it

25:22 Shannon McArthur: Oh, okay, that's good. That's much better than me trying to find it. Because, you know, I would.

25:22 diana: And Yeah, no, let me see that, let me try to find it. So, hang on, let me go and see. All right.

25:31 Shannon McArthur: Okay, you do that because gosh knows we need to have humor.

25:33 Stanley Pokras: Yeah We need to have blackberries

25:40 diana: Well, wait until you see the blackberry.

25:42 Stanley Pokras: Okay. Well, blackberries are 20 years old, 20-year-old phones

25:46 Shannon McArthur: It's a large, no

25:49 diana: It's amazing, isn't it? I mean

25:50 Shannon McArthur: Is it 20 or is it 30?

25:53 diana: It's incredible.

25:54 Stanley Pokras: At least at least 20 years, yes

25:57 Shannon McArthur: Yeah. Yeah. Which reminds me

26:01 Stanley Pokras: From before history

26:04 Shannon McArthur: Before history, yeah. I've been diving into my own history just recently and

26:05 Stanley Pokras: Yes.

26:13 Shannon McArthur: One of the things that I came up with was Silla Ellworthy. When I was dipping my toes for the first time into the global network of networks I took a course called Leadership Jumpstart by Elworthy. Now, she's been on Humanity Rising, I believe

26:43 Stanley Pokras: Yes.

26:46 Shannon McArthur: And she is Scylla Elworthy, S-C-I-L-L-A, Elworthy, and she wrote a book

26:46 diana: What's her name?

27:00 Shannon McArthur: She stands on the front of it, she stands there with a big sword, has to do with peace And she has just come out with a new course And I want to tell you guys about it Why did that happen? Okay. She talks about Peace Direct. It's, A group that she started back in 2003 And they're doing amazing things right now. So she probably had to pull back with it, because she's now doing, these amazing courses on her... what is it called? Mighty Heart courses. And she's just doing amazing things, and I'm so proud of her.

28:10 Shannon McArthur: should I say that I am her student, an acolyte, if you will, because she's done just some amazing things. And the small group that formed during that course that I took is still now in a smaller form, but we're still having our gatherings. It really is, you know, that's going back at over 10 years

28:34 diana: Well, that's excellent

28:42 Shannon McArthur: And

28:42 diana: Whoops, hang on. Sorry.

28:42 Shannon McArthur: I

28:48 diana: Okay, sorry.

28:48 Shannon McArthur: Sorry, what Yes, we don't know what we don't know. Yeah, but I do want to offer that website piece direct, because it is talking

28:54 diana: Yeah, no, no.

29:04 Shannon McArthur: About... very much about what we're

29:09 diana: Trying to do

29:09 Shannon McArthur: Talking about, yeah, what we're trying to do created by

29:16 Shannon McArthur: <https://www.peacedirect.org/>

Created by Scilla Elworthy

29:20 Shannon McArthur: There you go. And what she talks about in her Email that she sent out There are courageous people every day quietly bringing neighbors together, rebuilding trust and creating hope as an antidote to the endless stories of crisis and despair, she would like to shine a light on Peace Direct

29:44 diana: Yeah.

29:49 Shannon McArthur: A brilliant organization that exists to support these remarkable local peacebuilders. And I was thinking, Kurt needs to know about this, Kurt Krueger. Because that is oh and my Blackberry is not working. One Ronnie. The one Ronnie. He did pivot, didn't he? Good for him You know, we have to find ways of carrying on after

30:19 diana: Yeah, unfortunately, I see he has died

30:24 Shannon McArthur: The one Ronnie as well

30:25 diana: Yeah, the one running as well 85. I don't know when I didn't look better you know the it was up there his his

30:27 Shannon McArthur: Oh... Yeah But that is the direction.

30:34 diana: But no, so you watch that, watch that.

30:38 Shannon McArthur: Okay, I'll pull that up and put it on pause Pause. Oh, I like it. It opened up with no sound. How nice is that? Okay, so I know what I'm going to do after we're finished

here. Thank you so much What else is new? I talked with Angela and I talked with Joy about what's going on in her world, and she's put together more stuff, and I put up a Patreon post about that And so I'm going to invite people to have a look at that. It's in my

31:24 diana: Which one, Joy, you're talking about Joy now?

31:26 Shannon McArthur: Joy Guilfilin, yeah

31:29 diana: Hmm, okay.

31:31 Shannon McArthur: Yeah. It was a very good conversation. We're going to continue the conversation. We can't do it Monday. It'll have to be Tuesday or Or Wednesday, or yeah, when we've got time. Oh my gosh.

31:49 diana: Yeah.

31:51 Shannon McArthur: Yeah, so that's a story of my life. And I'm diving deeper into the global Regeneration collab, Stanley, I'm sure you'll be pleased to hear

32:02 Stanley Pokras: Right that I am and I was delighted to find that Simon Grant is also interested in it, and he listed it among other websites that he likes So I didn't go in there to ask Nikki if she knows him, but that would be fun Yeah, I'm interested in Simon and Simon has the Global Regeneration CoLab Listed amongst some of the resources that he has on his website

32:37 Shannon McArthur: Yeah, we should get Simon Grant At least on other networks, if not his wiki merged

32:45 Stanley Pokras: Yes, I started, yeah, I just added his name That is a page

32:51 Shannon McArthur: Good.

32:52 Stanley Pokras: Yeah, and I have to I have to study The bookmark system from my Firefox I actually have to study it. I actually had to go on and ask Google, what is the difference between a bookmark toolbar and a bookmark menu And it told me the bookmark toolbar is something that appears on your screen if you want to have to have it at the top and it's always there. And the bookmark menu is something that collects everything from bookmarks all over the place and puts them a menu structure that's hard to figure out because it doesn't have any specific kind of water to it, or maybe it does, but I don't know what it is. And so that's been

33:40 diana: So the menu, the menu is probably what I use. I go on through the three lines or whatever up on top of my screen, and then this whole menu drops down and I know

33:44 Stanley Pokras: Okay.

33:52 diana: Most of them I don't use at all, but

33:52 Stanley Pokras: Okay. Are you in Firefox? That's what I'm talking about Firepox, yes. Well, the Firefox system has these two components, and I just, just, just today asked Google to tell me the difference between them

34:00 diana: Yeah.

34:00 Shannon McArthur: Yeah

34:00 diana: Yeah

34:12 Stanley Pokras: And it did And

34:13 Shannon McArthur: Nice.

34:13 Stanley Pokras: Yeah, so, because it's been very confusing for me all along, I have hundreds and hundreds of bookmarks, but they're

34:21 Shannon McArthur: Yeah

34:23 Stanley Pokras: Often Misorganized And

34:28 Shannon McArthur: What's really nice is that you can search for them

34:28 Stanley Pokras: And I don't know how to add new ones.

34:31 Shannon McArthur: Yeah

34:31 Stanley Pokras: Yes, that's right

34:33 Shannon McArthur: Yeah, I think it's as simple as clicking a star in the URL

34:33 Stanley Pokras: Yes.

34:41 Shannon McArthur: address bar At least that's what it is in Chrome

34:47 Stanley Pokras: Okay, to add a bookmark

34:47 Shannon McArthur: Because I don't use Firefox. I used to.

34:50 Stanley Pokras: Yeah. Okay.

34:52 Shannon McArthur: Yeah. It could be that simple. Add a bookmark Yeah, and then you go into the bookmark menu and you move things around.

35:02 Stanley Pokras: Yes.

35:02 Shannon McArthur: Yeah, yeah.

35:03 Stanley Pokras: You can do that. But it's always confused me. Now at least I have Somewhat of a better idea of What's going on because when I open the bookmark Manage bookmarks. It brings up the tools for both the toolbar and the and the menu. And I've always been confused by that. Which one am I supposed to use to add things to my bookmarks But I did manage to get a new folder for Simon Grant and capture his URL for his website into it. So

35:42 Shannon McArthur: Good, good.

35:43 Stanley Pokras: I can get back to Simon And I'm going to write to him after I do a little more research. I want to write to him

35:52 diana: Good. Good.

35:52 Shannon McArthur: Yeah

35:52 Stanley Pokras: I'm wondering if he... I mean, he's he's In my mind, affiliated with Malcolm Gladwell and Malcolm Gladwell is also a contemporary of the professor at Penn who has been doing network work And I was talking to you about him a lot last year, and The book is the book is around here somewhere But Yeah.

36:26 Shannon McArthur: I think what would be really impressive And productive would be to play social argonaut and go into other networks and pick an

36:39 Stanley Pokras: -Hu

36:45 Shannon McArthur: episode where We can download the transcript from YouTube And I would have to do that annually And the transcript from the after chat And put them both into other networks And create a summary So fill out the job of what a social argonaut actually does

37:29 Stanley Pokras: All right, okay

37:29 Shannon McArthur: And And figure out how to

37:43 Stanley Pokras: My screen just changed so that Shannon is now

37:44 diana: Yeah, mine did too.

37:46 Shannon McArthur: Angelo, Angela, her note-taker stopped recording. So

37:46 Stanley Pokras: Behind Okay.

37:53 Shannon McArthur: I think it records for a half an hour or something, basically to tell you what you missed. Ha ha. Because we're... Yeah. We have, we have the recording because We started it And that's a good thing. But it's really interesting, I think, to have the depth of what we're seeking Or as an example of what it is that we imagine other networks being able to

provide In the The long term, what are we envisioning it to be And the steps that it's going to take in order to make it that And that way we can impress Simon Grant

38:58 Stanley Pokras: Maybe, yeah, I kind of

38:58 Shannon McArthur: I mean, he'd be impressed in any case, because I love your category system.

39:04 Stanley Pokras: Well, he has his own and on the verge of starting to look into it

39:10 Shannon McArthur: Good Good

39:14 Stanley Pokras: And that's one of the things that interests me about him is he does have his own system for organizing information And that's one of the things he talks about in his wiki

39:27 Shannon McArthur: Excellent

39:27 Stanley Pokras: And he's probably got quite a bit of information. See, there's another What I don't see yet in his or anybody else's References is the The Encyclopedia of World Province And I'm sad to say that I don't know if Tony is still alive The former editor of the encyclopedia. I haven't heard from him in more than a year And I did try to, I haven't tried to write to him to see, hello, Tony, are you still alive Because I think he was in his 80s or 90s

40:19 Shannon McArthur: Well, one way or another, you know, we all pass and what would you do if he was still alive, Stan, and you found that out?

40:19 Stanley Pokras: And Yes Well, you could continue to remind Jim to keep sending me his latest, he would write to and send me his latest writings And I would get those 2, 3, 4 times a year. I would get a new new essay from him And I haven't gotten anything in a long time.

40:53 Shannon McArthur: Well, did he have an institution or something to

40:53 Stanley Pokras: So No, he has his own website and his institution was the encyclopedia

41:04 Shannon McArthur: Well, my question, I guess, is basically the same thing I would want to have happen for you is does he have

41:04 Stanley Pokras: And

41:21 Shannon McArthur: His legacy Ensconced in any way? Is it held by anything

41:29 Stanley Pokras: Yeah, well, he has a bunch of stuff on the internet. including his personal website

41:37 Shannon McArthur: After two years, it's gone

41:40 Stanley Pokras: All right, well, maybe Depends on

41:41 Shannon McArthur: 6 months or two years, yeah, if there's no activity and nobody's paying for it, they put it in the archives.

41:51 Stanley Pokras: Yeah. Well, we'll see what happens

41:55 Shannon McArthur: Yeah, well, it's what I'm working on

41:55 Stanley Pokras: Exactly the joy it is

42:00 Shannon McArthur: with tally roads of the GRC in regard to other networks and our Hart Gardens

42:07 Stanley Pokras: Okay Okay

42:10 Shannon McArthur: And I wanted to let you know about that

42:10 Stanley Pokras: Yeah, and All right, well, that sounds good. Tally Rhodes is somebody I've met And I think that might be the person that I introduced to the fellow in Australia because she was taking her son to Australia for visit

42:32 Shannon McArthur: Ryan von Herten

42:35 Stanley Pokras: Yeah, Brian, and so I introduced her to Brian. I think that's who it is. It's hard to remember these people and their names and everything, but

42:42 Shannon McArthur: Yeah. Yeah.

42:46 Stanley Pokras: Somebody who I still hear from Was the person who took her son to Australia and got to meet Brian because of that Yeah.

42:59 Shannon McArthur: Excellent. Yeah, well, Tali and I, and

43:00 Stanley Pokras: Very happy

43:06 Shannon McArthur: I had a conversation. We spent an hour. It was wonderful. And we have set a date for Friday the 10th to talk with Angela

43:11 Stanley Pokras: Oh, good.

43:21 Shannon McArthur: And we're going to talk about the legal aspects of how to make this survive us, Stan.

43:34 Stanley Pokras: Okay, that's good

43:36 Shannon McArthur: Because that's basically what we... you and I have talked about. We want this to continue after we die, and... and Simon and the fellow that you... did they

43:41 Stanley Pokras: Yeah. Yeah.

43:51 Shannon McArthur: create a legacy of their stuff. And, you know, a bus can hit you tomorrow, or not you, please, not you. But anyone, and whatever they had online, it becomes history

43:58 Stanley Pokras: Right.

44:07 Shannon McArthur: And not accessible to anyone, not useful to anyone. I don't want to imagine a world without other networks and humanity rising. I mean. I imagine Ubiquity would have all of the humanity rising episodes, and Ubiquity would continue after Jim Garrison or Georg Bach or Victoria, or any of them, it will live on. But Other networks at this point would not. And our heart gardens would not at this point. So, Tally's interest, and she really likes other networks

44:52 Stanley Pokras: Oh, good.

44:52 Shannon McArthur: And she told me that she contacts you if she wants to find anything on there

44:58 Stanley Pokras: Okay

44:59 Shannon McArthur: Well, I can certainly show her a bit about how to search and find things in other networks

45:08 Stanley Pokras: Yeah.

45:09 Shannon McArthur: But I Well, I know I search at least well enough to serve me and I can show her how to do that and I can show her your special collections And I can add more to special collections. I don't know if I want to add them to your special collections, but maybe that is where I should be putting

45:41 Stanley Pokras: It's okay.

45:44 Shannon McArthur: The things like I created the pathway to the Kogi knowledge

45:51 Stanley Pokras: Okay.

45:53 Shannon McArthur: And that's, you know, out of the jungle of all of this information, I found that pathway and that's what I imagine a social argonaut will provide. You call them special collections, and I could call them pathways to knowledge

46:10 Stanley Pokras: Whatever, yeah.

46:12 Shannon McArthur: whatever.

46:13 Stanley Pokras: Yeah

46:18 Shannon McArthur: So I have been busy

46:18 Stanley Pokras: And I would be interested in knowing where your Kogi thing is because I don

46:25 Shannon McArthur: Well, that's a really good

46:28 Stanley Pokras: I don't know that other networks has a good and it's not easy to know how to spell Kobe. Is it C or K? And

46:36 Shannon McArthur: Kogi

46:42 Stanley Pokras: K-O-G-I.

46:44 Shannon McArthur: Yep. KogiThread demonstration Okay. I've got that up on my screen. Would you like to see it

46:53 Stanley Pokras: Okay. If you want

47:02 Shannon McArthur: I would like Let's go for the tab Kogi thread. Sure Okay, and so we'll just make that From message to meaning a living thread in Humanity Rising Kogi thread demonstration, the origin warning from the heart of the world So the coherence layer tracks a single vital thread, the Kogi prophecy, from its spiritual inception in late 2023, to its physical manifestation in the 2026 State of the World Forum in Bhutan We begin where the signal began, a spiritual invitation buried in other networks. So there's the day page of Day 828 in the link And telling this is the HR YouTube video recording was the seed, a needle in the haystack of 2000 plus videos, thanks to Jim Garrison, host of Humanity Rising. And so it's pictured here. You can't actually get there, you have to go through

48:11 Stanley Pokras: Okay, where is this?

48:15 Shannon McArthur: This is a Google Doc at this point. I'm not sure where I've put this or if I've put this in other networks. I don't think it is

48:19 Stanley Pokras: Okay Okay.

48:29 Shannon McArthur: But there's the nugget a link to the nugget And the deepening, the continuity of presence, the synapse in, more than 340-episode jump, we find the latest episode about the Kogi And that's 117 And so that's there. There's Jim's Nuggets for \$11.70, the map of \$11.70, and then the convergence from prophecy to physical action And there was more, an unbroken thread leading to Bataan in December 26, visible largely due to Jim's nuggets, currently very loosely linked to other networks. A later episode, Day 79 and 903 and 948 and 95

49:21 Shannon McArthur: So, all of those are linked here. No timetable was made that day, while only recently adopted and not created religiously. Timetables are the new standard for making the 2,000-plus video archive more easily searchable for the Bhutan delegates and others A good example of a timeline, a timetable is episode 1166. But that is basically what that is and what I imagine what will be created by the social argonauts as pathways to learning What do you think so far?

50:11 Stanley Pokras: Yeah, well, one of the things that I noticed from Simon is he has this other idea that has to do with tracking back And I need to look it up and see what he's talking about. I need to get the right term that he's using, but it's something he insists are necessary when you create a URL for something, you should also include in that a reference for how to track back And I'm not sure what exactly that means. It's part of his theory of information.

50:48 Stanley Pokras: So I have to get into it much more

50:51 Shannon McArthur: Excellent

50:51 Stanley Pokras: And Yeah, but I ended up getting lost this morning and trying to figure out how to make make his new author page in in other networks In my version, in my excuse me, my bookmarks I have A whole section of bookmarks on authors, and none of that is in other networks. It's all in my Firefox Which is weird and sad, but Yeah, I always depend on Firefox too much.

51:27 Shannon McArthur: I wonder if I wonder if AI would be able to help you transfer

51:36 Stanley Pokras: Yes, probably, but

51:37 Shannon McArthur: or transform Your

51:43 Stanley Pokras: Bookmarks could be made into a document. Yeah

51:43 Shannon McArthur: Bookmarks into, yeah Yeah I bet you it could

51:49 Stanley Pokras: Yes, that's the sort of thing I'm starting to get tired because I'm sorry that I have to say that, but

52:00 Shannon McArthur: Oh, that

52:02 diana: Sally, you have to respect that

52:02 Stanley Pokras: I need to sleep Sleep and sleep.

52:04 diana: You've got to respect that. Yeah, now respect it.

52:04 Shannon McArthur: Yeah.

52:07 Stanley Pokras: So Yeah, we've been on for

52:10 Shannon McArthur: You have lots of learning to do and you shouldn't waste your energy on just yakking

52:13 Stanley Pokras: That's right.

52:17 Shannon McArthur: But it's been nice having you here.

52:17 Stanley Pokras: Well, we're not just shacking. We're bringing up new related things. Everything is related to everything else, and our conversations are about that. It took me a while to understand the nature of small talk

52:29 Shannon McArthur: Yeah

52:35 Stanley Pokras: And the nature of small talk is you bring up a person, and then you talk about what they are interested in or what they do, or how they affected your life And then it goes back and forth, because somebody will find in that conversation something that triggers an idea in them, and then the small talk continues Because the triggering

52:56 Shannon McArthur: Yeah.

52:58 Stanley Pokras: It's bill based on triggering and one of the things that I don't feel I'm very good at is having a whole variety of things Like, some people know all the movies that are ever where and the names of all the actors and who played what, and all this stuff

53:20 Shannon McArthur: Well, Alex Ferrari, for example, he's like that, but he's got a podcast now. And

53:23 Stanley Pokras: Okay.

53:30 Shannon McArthur: His podcast is interesting because he has a For many reasons, including the fact that he knows about all of these Hollywood things and the movies and the actors, and so it's

53:42 Stanley Pokras: Yeah Right Insider dirt, yes

53:48 Shannon McArthur: Yeah.

53:51 Stanley Pokras: Right.

53:51 Shannon McArthur: Yeah. And, your background, Stan, makes you interesting, and I know so little about Diana, and we might gospel a little about each other when you're not here, but I do understand the need for you to take care of your body at this time. You're very important to us

54:05 Stanley Pokras: Okay Yes, okay. Well, I'm going to go and you continue to talk to Diana. And I'll see you guys next time. Let's see. I need to save the chat

54:12 Shannon McArthur: Okay. Okay I look forward to it.

54:21 Stanley Pokras: and save chat

54:21 diana: Happy, happy 4th

54:23 Stanley Pokras: Well, thank you.

54:23 diana: May the force be with you, except that it's July

54:25 Stanley Pokras: Okay, yeah, right. Donald

54:26 Shannon McArthur: July the 4th be with you.

54:29 Stanley Pokras: Yeah, Donald has declared the We have already exceeded But what is his topic

54:40 diana: Oh, God. Iran

54:43 Stanley Pokras: No, no. America is making America great again

54:44 diana: Wow, okay

54:49 Stanley Pokras: America is already made great again. So he was broadcasting that on

54:55 Shannon McArthur: Oh, he has to succeed at his goal before he backs out

55:02 Stanley Pokras: Well, yeah.

55:02 Shannon McArthur: And just by proclaiming it makes it so, you know, in his world

55:06 Stanley Pokras: That's right, exactly. He has succeeded and it's better than ever. So Bye-bye.

55:13 diana: Okay, just before you go, Stanley, what's the temperature like with you? Because you know what they were predicting and everything

55:18 Stanley Pokras: Okay, I don't know the numbers. Yeah, but it's not as hot today as it was

55:23 diana: No, no, I...

55:23 Stanley Pokras: So we headed up closer to 100 degrees and it's not there.

55:24 Shannon McArthur: Good.

55:29 diana: Yeah, talk about scaremongering. Okay, off you go.

55:29 Shannon McArthur: Good.

55:30 Stanley Pokras: Yeah. Okay, all right. Bye-bye

55:31 Shannon McArthur: Yes.

55:34 diana: I'm back

55:34 Shannon McArthur: Bye.

55:39 diana: Yeah. And that's what they do. They did it here, too, in terms of... I mean, the temperatures were hot, and the temperatures are hot there.

55:48 Shannon McArthur: Yeah.

55:48 diana: But they... and they're talking about the storms coming in, and then the storms don't appear

55:56 Shannon McArthur: That's exactly right, Diana. It's all part of the you have to be in fear. The answer is no, I don't

55:56 diana: It's all

56:06 Shannon McArthur: No, I don't I don't have to follow you at all. Bye-bye, click Yeah, no, I have a wonderful group here in my seniors community, in my mom's seniors community. I've been reading aloud on Tuesdays before Gaia's Zoom room. I go downstairs into the library

56:13 diana: Yeah.

56:30 Shannon McArthur: And I sit with my mom and other people, and I take down three books with me, all of them from completely different genres, and I offer the books to people other than my mom to choose what they want to read, what they want me to read. And, three of the three times

56:49 diana: Hmm.

56:57 Shannon McArthur: I have had the, the green man and the dragon chosen

57:03 diana: I don't know

57:06 Shannon McArthur: People are hungry for story for mythology And that's why I am just, I'm so charmed by it Because, you know, my mythology has been formed over years. And it's not something I chose to do. It chose me to come through

57:36 diana: Yeah.

57:39 Shannon McArthur: And so, I feel very much like I have been chosen to bring this forward in a time where it's needed And to have it be such a delightful mythology

57:56 diana: Yeah, yeah, yeah.

57:59 Shannon McArthur: Yeah, and so here I'm reading about this, the green man and the Dragon. Did I talk about it before? Well

58:11 diana: Not that I'm aware of, and I just wanted to ask, so the three books that you take down, you've read them all, you are familiar with them yourself.

58:15 Shannon McArthur: No, well, I'm familiar with them. And yes, I've read some of them. One is A Cowboy Takes a Wife. It's one of a series of three books about Western Pioneers And cowboys. And, you know, I live in Kamloops, and this is cow country. And so it goes back to, you know, the 1800s And it's basically stories of the life of a cowboy, or whatever. And so there's that, and then there's stories from the Vinyl Cafe

58:49 diana: Yeah, yeah.

59:00 Shannon McArthur: And this is the vinyl Cafe is, it was a podcast basically back before there were podcasts. It's a radio show Where I can't remember his name now, but he would bring stories, that were just delightful stories And so there's that, and then there's the green man and the dragon. So they're completely different genres Because the green man and the Dragon is history and mythology, and the first... the beginning of it, I had a woman who is deeply religious And so she chose that book, and here I am, and I I don't know the book. I kind of know the book. So, there I am talking about how Christianity was designed by Constantine As a way of

01:00:14 diana: Control

01:00:16 Shannon McArthur: unifying and controlling his newly acquired peoples in all of their diversity And he decided he would create a religion And yeah

01:00:30 diana: Fascinating

01:00:34 Shannon McArthur: And for me, it grounded me in what I'm doing in bringing my mythology forward. What... and it's not what I'm doing, it's what is being done through me

01:00:49 diana: Yeah.

01:00:51 Shannon McArthur: And I'm just. In awe

01:00:55 diana: Yeah.

01:00:56 Shannon McArthur: What is going on? And I'm being used. I am the hollow reed that is writing this story And I just I'm thrilled by it

01:01:10 diana: Yeah, yeah, yeah.

01:01:12 Shannon McArthur: And the next time I read about it, it had to do with It wasn't Constantine. It was how the gods of these different peoples were woven into the, oh, it had to do with the calendar And how 11 days were extracted from the people, and how that had people in the streets

01:01:40 diana: Okay. Mmm

01:01:55 Shannon McArthur: tearing down the powers that be, because they were... 11 days were stolen from them, and how that is still a part of our calendar. And so, this is an amazing book

01:02:12 diana: The green man and the Dragon

01:02:14 Shannon McArthur: Yes Yeah. Now you want to go and read it. I don't remember.

01:02:18 diana: offer Yeah Okay, now I'll just put it in. I'll find it, don't worry.

01:02:25 Shannon McArthur: Okay, could you do that? Yeah, the

01:02:25 diana: And

01:02:29 Shannon McArthur: The fact that it is that book

01:02:31 diana: -Oh

01:02:33 Shannon McArthur: that I am being asked to read, and it's happened... I've only had 3 sessions down there, and each time, that book is the one that's chosen

01:02:37 diana: Yeah. Yeah, well, you've started it, and they've seen how interesting it is, and you too, and you continue with it.

01:02:52 Shannon McArthur: Yeah, well.

01:02:52 diana: It's an ongoing story.

01:02:55 Shannon McArthur: Well, I could go back, but what I did in the read aloud sessions was I said, well, basically the first time we talked about how the Bible was constructed by written and compiled by Constantine, and the second time, we talked about how the calendar was formulated throughout, you know, centuries, and how we're now living with, you know, 11 days

01:03:17 diana: Fascinating Yeah.

01:03:27 Shannon McArthur: fewer and how we have ended up with a series of three years and a fourth year being a leap year, and how that

01:03:36 diana: Right.

01:03:39 Shannon McArthur: actually kind of works. And we don't go into what we want next, and I think that, yes. the sun is, deserves to light our days, but our lives should be ruled by the night, by the moon. And their calendar. We should go back to being adhering to the moon calendar, which gives us 13 months, and it's astrology aligns with that. And You know. allowing ourselves to be guided by something that we don't have to go do a leap year because of having to follow the sun. Instead of following the sun, we can be the sun S-O-N. We can be the son of Saul and Gaia and follow the patterns that are provided by them both And so, I don't know, it's just... where are we going with that? I don't know. I am a part of the revelations, and it's just... I don't know. It's... it's so fun being me

01:05:16 diana: And what it makes you realize, and I sort of had this conversation yesterday with somebody You don't realize how you are conforming to society Because you don't know to

ask questions. One of the things that I keep... I often bring up are the suffragettes And I've realized, learnt that it is not as innocent as I thought it was, that actually they were pushed They were given information and pushed to do this in order to get women into the workforce, women working and everything. There's another story to it all. But for me initially, it was that the suffragettes At the... whatever you want to call it, creativity, intelligence, it's not intelligence to fight for something that didn't exist. I mean, if I had been living at the time, I would have accepted the fact that I couldn't write checks and so on, you know.

01:06:17 Shannon McArthur: Yeah, would have lived within this system.

01:06:17 diana: And that Right, without realizing that I could question certain things And what you're saying right now is, for instance, the same sort of thing. We accept the calendar as it is. Who questions the calendar? It's for us It's been there all the time, because we were born into it, and so was the generation before us and everything. So you... the majority of us would never question the validity of it.

01:06:47 Shannon McArthur: Oddly enough, there are a number of people who do. Helen Huang Huang is one of them, and she has the Mago calendar that is

01:06:51 diana: Yeah

01:07:01 Shannon McArthur: Based on the moon

01:07:03 diana: So now, is she the... who is she?

01:07:03 Shannon McArthur: And She's got a course through Ubiquity University and I encouraged her in that direction and made the introduction

01:07:17 diana: But has she been on Humanity Rising?

01:07:17 Shannon McArthur: And I believe she has. Let me double check that

01:07:24 diana: She... who suggests... not tarot, what's the other thing? The Chinese... who is that?

01:07:29 Shannon McArthur: Teaching

01:07:31 diana: itching

01:07:33 Shannon McArthur: Ellen Oh, Huang is not in there. How about Mago No, okay, so it'll be in Ubiquity University. It's not in other networks. So she has not yet been on

01:07:49 diana: Okay. What's her name again, Helen?

01:07:53 Shannon McArthur: Huang H-W-A-N-G I'm going to go into Ubiquity

01:07:59 diana: And And the calendar is Magoo

01:08:05 Shannon McArthur: Mago, M-A-G-O, learning pathways. Helen Huang, I'm going to

01:08:10 diana: I'm gonna have to go up to the wash Seriously, are you on or are you not? Hmm.

01:08:24 Sarah Sue Angelhaiir-Belize: I'm on!

01:08:25 Shannon McArthur: There it is

01:08:26 diana: Oh

01:08:26 Shannon McArthur: Oh, there you go.

01:08:28 Sarah Sue Angelhaiir-Belize: I'm listening while I'm making my coffee.

01:08:31 diana: Okay, because I think I'm

01:08:31 Shannon McArthur: Oh, and that's quite a process. Let me just give you this link. That's the

01:08:33 Shannon McArthur:

https://www.ubiquityuniversity.org/graduate-degrees-in-creatrix-studies/?no_frame=1

01:08:36 diana: Okay, I'll look great. Thank you.

01:08:39 Sarah Sue Angelhaiir-Belize: I'm listening, and it's fascinating.

01:08:40 Shannon McArthur: Mago course

01:08:40 Shannon McArthur: course

01:08:42 diana: It is fascinating

01:08:43 Shannon McArthur: Oh, good

01:08:43 Sarah Sue Angelhaiir-Belize: And I just got up.

01:08:45 Shannon McArthur: Yeah. Well, I'm glad. Yeah, graduate degrees in creatrix studies, the Mago Academy Creatrix Studies is an academic field developed by Dr. Helen Hysuk Huang, which offers students a versatile lens through which to explore pivotal insights shed in primary and secondary source materials These are available, but largely marginalized, if not prohibited, in contemporary mainstream academic studies.

01:09:23 diana: Yeah, that's the problem

01:09:26 Shannon McArthur: Yeah, well, that's the thing.

01:09:28 diana: So, wait a minute, Shannon, how did you get to know her?

01:09:33 Shannon McArthur: I was looking for a 13-month calendar

01:09:37 diana: Why were you looking for a 13th month's calendar

01:09:42 Shannon McArthur: One of the first things that I said in the after chat of Humanity Rising was that I was... I wanted a new calendar And I never lost that desire.

01:09:56 diana: Why did you want a new one?

01:09:56 Shannon McArthur: I... because the thing is, is that if you control people's time, you control the people And I feel That the people who have created who have controlled The calendar have not respected the time of the people We have been shattered By Our time has been shattered by the calendar And by the people who created the calendar.

01:10:41 Sarah Sue Angelhaiir-Belize: And I think it is so amazing that you said that, and so lucky, I hope you are recording.

01:10:49 Shannon McArthur: Oh, yes, we are recording

01:10:50 Sarah Sue Angelhaiir-Belize: That was very well put.

01:10:53 Shannon McArthur: Thank you.

01:10:54 Sarah Sue Angelhaiir-Belize: Very well put.

01:10:55 Shannon McArthur: Well, we, our time has been shattered into commodifiable pieces

01:11:02 diana: Hmm.

01:11:03 Sarah Sue Angelhaiir-Belize: And it's man-made. Time is man-made.

01:11:05 diana: Oh, very much so, yes.

01:11:10 Shannon McArthur: And that was the aspect of the second reading of that The Green Man and the Dragon was how they Broke our time into you know, seven days a week Because it used to be on the cycles of the Earth and the sun and the moon Well, I want to go back to that Because I don't believe that the people who control the calendar I have the right To make my time commodifiable. They don't deserve to make money off of my time Yeah, it's just the way I feel about

01:12:06 Sarah Sue Angelhaiir-Belize: So, question. If the Bible says The week is 7 days. was the real calendar before the Bible.

01:12:23 Shannon McArthur: The Bible was created by Constantine

01:12:27 Sarah Sue Angelhair-Belize: Right. Well, it was... It was totally rewritten by Constantine.

01:12:34 Shannon McArthur: He actually compiled it. He compiled it. He took all the writing and then threw some of them away and decided this is what the Bible is.

01:12:34 Sarah Sue Angelhair-Belize: And the theologians. Right, but what... it was not the original, um... Bible, but he... yeah, it was the, the, the, uh... Council of Nicaene, where they had theologians from all over the world. And they had five names they voted on Jesus. Jesus won.

01:12:59 Shannon McArthur: Right

01:13:10 Sarah Sue Angelhair-Belize: So, yeah, and Constantine, you know, the psychics of the day were saying that Constantine was bad. And so that's when they made psychics bad, because they didn't want people to believe them. about Constantine. And they put that in the Bible. And you know what? Just a day before yesterday, I, you know, on Facebook, I saw that there's someone here locally who's really from the States, and her brother has been missing since maybe October, and I remember when she first put it on, That he was missing. And he's old. you know, his gray hair, old. And... but it, uh, she mentioned.

01:13:55 Sarah Sue Angelhair-Belize: Again, she had, um... I don't know, 2 brothers, or three brothers, and one's missing. So I called her, and I said, are you saying that your brother is still missing? And she said, yes. And I said, have you, uh, hired a psychic? to find him and that the police use psychics to find people.

01:14:17 Shannon McArthur: This is about the book The Green Man and the Dragon. Yes.

01:14:19 Sarah Sue Angelhair-Belize: And when I... my first husband, who was... Um, he ended up being the editor, not the associate managing editor of the Chicago Tribune. And... but when he first started with him, he was an intern. And they gave him his... Uh, they kept two of the 20 interns on, he was one of them. He never had to go back to the, uh, he was supposed to go back for his masters, he never had to, and he rose all the way to the top.

01:14:52 Sarah Sue Angelhair-Belize: But they gave him a, um... his own column with his picture. Well, he had seen me, I was, at that time, part... we were in Chicago. or the Chicago area, and he had, um... We'd gone to, I had gone to the... Illinois Psychical Research Foundation. I was part of that, and we were doing a... a hands-on healing, and then he came to pick me up, and he saw me doing this hands-on healing, and he freaked out. He said it turned his stomach. He just... and he didn't believe in anything psychic.

01:15:27 Sarah Sue Angelhair-Belize: Okay, so then he was given the assignment by the Chicago Tribune to

01:15:35 Sarah Sue Angelhair-Belize: interview a psychic and worked for the police in some other part of the state. They actually sent him to some other part of the state, and also to interview the police. Well, after he wrote this whole thing on this interview, he apologized to me and said I was right. So, it... yeah, it was very cool. But I know several psychics that work for the police, because I used to put on psychic fairs, And also, uh, the lady, she was... she worked for my mom, and she was a good friend of mine. She was doing the tarot on me while I was in labor.

01:16:16 Sarah Sue Angelhair-Belize: And it's amazing, you know, because I had her at home, and so people came by and visited, and they called on the phone. Just amazing, and it was a 19 and a half hour labor, so...

01:16:27 Shannon McArthur: Wow.

01:16:27 Sarah Sue Angelhair-Belize: But she was the Tarot on me as I was in labor. And, uh, just as she was being bored, Uh, the card crossed the center. And she had called, uh... She had called a few minutes before and said she's going to be born at 919. But all...

01:16:51 diana: So, wait a minute, I want to take you back. Is the woman going to use the psychic

01:16:58 Sarah Sue Angelhair-Belize: She's a psychic, that's my point, so she was at home and the police came to her, and she was worried.

01:17:03 diana: No, wait a minute, wait, wait, this is the woman whose brother's missing.

01:17:06 Sarah Sue Angelhair-Belize: No, no, no, I'll get back to her. Her whole... because her whole stance was, well, it's not in my belief system. And I said, well... and so I gave her these examples. And I said, don't let your beliefs limit you to finding your brother. And that's how we left it. Because this other friend, the friend that was doing the tarot on me, the police came to her door and she was afraid that, oh gosh, she's, you know, doing psychic work and not paying for, doesn't have a business license. Right? But no, they were coming to her to ask for her help to find a little boy that was missing. And she did find them, but he was dead.

01:17:56 Sarah Sue Angelhair-Belize: And... and, uh... you know, I know lots of them. So and one that very specifically works for the police. So anyway, those are my three examples, you know, of people, psychics that work for the police.

01:18:09 Shannon McArthur: Yeah

01:18:10 Sarah Sue Angelhair-Belize: That she should do it. She, I mean, he's been missing since October.

01:18:16 Shannon McArthur: Yeah, what's holding her back? Limited by her beliefs. Yeah, absolutely.

01:18:19 diana: Yeah, but then, you know, I mean, why aren't they using these psychics for all these scientists who have gone missing and Nancy Guthrie and

01:18:30 Sarah Sue Angelhair-Belize: Because they don't want to find him.

01:18:32 Shannon McArthur: Well.

01:18:33 diana: Yeah, exactly.

01:18:34 Shannon McArthur: Maybe that's some, maybe that's so. And you've got to know that the psychics are actually looking into it anyway because We we color outside the lines, man!

01:18:49 Sarah Sue Angelhair-Belize: Well, it's, you know, it's funny, I used to belong to this group, um, it was a bunch of the psychics that We're at my, um... Uh, in my psychic fares, and we would get together once a month and have a psychic potluck, where we would just get together and read for each other and play, you know, and it was just fun. So, we were at a psychic potluck and And, uh, that was when the green... Oh, you know, it was a serial killer was on the loose. And around the Green River. And so they did this funny parody. Where... because some of them had actually worked on it. And they hadn't found them. And my mother wanted to do a.

01:19:37 Sarah Sue Angelhair-Belize: Oh, a sitcom of funny psychics looking for things, you know, and look under something, and it wasn't there, you know, or something. But because my mother really believed in psychics. In fact, she even paid for me to have a psychic reading, and it said that I was... he said that I would meet my soulmate, and he would be from the mountains.

And so when I met my husband, Robin, he had... he was from Bend, and that was in the mountains. And I remember being next to him, thinking, this is my mountain man.

01:20:15 Shannon McArthur: Nice.

01:20:15 diana: I got to go to the wash, okay?

01:20:18 Shannon McArthur: Yeah, we'll be here. So all this talk of psychics does invite the question, Sarah Sue

01:20:30 Sarah Sue Angelhaiir-Belize: Yeah.

01:20:30 Shannon McArthur: your 369 composition. Did you have a look at that

01:20:32 Sarah Sue Angelhaiir-Belize: Yes, yes, I'm very excited about it. Thank you. Um, what I'm doing is, um, I'm putting into Spotify? No, not Spotify. Speechify, so it can be read to me.

01:20:44 Shannon McArthur: All right So I went through all of that beautifying and making it beautiful, and you're actually going to have it read to you.

01:20:56 Sarah Sue Angelhaiir-Belize: Oh no, well, but I'll still see the beautiful part.

01:21:00 Shannon McArthur: Oh, good. Oh, good.

01:21:00 Sarah Sue Angelhaiir-Belize: I see it as it's being read.

01:21:04 Shannon McArthur: Okay. Oh, good. Okay

01:21:05 Sarah Sue Angelhaiir-Belize: Yeah, yeah, no, I just don't have to keep my eyes on the screen that long.

01:21:11 Shannon McArthur: And you get to choose the voice that's talking to you

01:21:16 Sarah Sue Angelhaiir-Belize: Yes.

01:21:17 Shannon McArthur: Well, that's good. That's good

01:21:20 Sarah Sue Angelhaiir-Belize: So I so appreciate it. I'm very excited about it.

01:21:20 Shannon McArthur: But that

01:21:24 Sarah Sue Angelhaiir-Belize: I just, yes, and I just think it's brilliant.

01:21:24 Shannon McArthur: Aria

01:21:27 Sarah Sue Angelhaiir-Belize: That's absolutely brilliant. And even the concept of it is brilliant. Andrea.

01:21:37 Shannon McArthur: I have seen something similar, some things similar, but This is... this is special. I really do feel it. It is special, what is being offered. And what I create. Yeah

01:21:55 Sarah Sue Angelhaiir-Belize: Oh, oh, great. I see it as being something that could really, uh, take off and it's about how it's promoted.

01:22:09 Shannon McArthur: Thank you. I believe that the promotion is necessary, but what I... what I know is that it's not as simple as just putting your information into the AI that has the template, and produces it. No. There's... it's a lot of work

01:22:33 Sarah Sue Angelhaiir-Belize: Oh, in fact... It's... it's about putting it on ads. With, um, YouTube, in things that are similar. and then have it come on as an... They can choose to skip it, but for example, my husband and I are listening to these. meditations. Dr. Joe Dispenza Meditations. But what comes up is an ad. Like an ad for Dr. Gundry in this water, molecular water. And I'm going, you know, but because my husband had fallen asleep during it, He was in control and he didn't push skip add. I had to listen to the whole thing.

01:23:15 Shannon McArthur: Oh, God. Was it interesting?

01:23:17 Sarah Sue Angelhaiir-Belize: So... Well, it was, and then I went and I got a box, because I had already bought a box that's very similar. that had, um... You know, it's

molecularized... molecularized? Uh, no, hydrogen, hydrogen water. So I had this... so, since I've been here in Belize, there's someone here, uh,

01:23:36 Shannon McArthur: Right.

01:23:43 Sarah Sue Angelhaiir-Belize: An acupuncturist, and I had bought some from him. And this... and mine had 12... parts per million, and his only has 5 parts per million. So...

01:23:54 Shannon McArthur: Good. So you got a better one.

01:23:55 Sarah Sue Angelhaiir-Belize: But it was expensive. But in any case, my point is, But some of the ads that come up aren't even related. But you put them up... you put them up in, uh, related ones.

01:24:04 Shannon McArthur: Yeah.

01:24:09 Sarah Sue Angelhaiir-Belize: Ones that people... people would actually stop and listen to it.

01:24:09 Shannon McArthur: Yeah. Yeah.

01:24:14 Sarah Sue Angelhaiir-Belize: You know, if they're, they, they may do it. Also, a lot of people are selling ads on Facebook. I mean, they're selling their stuff, you know. Have you noticed how Facebook has gotten mostly ads and a few of your friends? I have a lot of friends, a lot, you know, over 2,200 friends,

01:24:30 Shannon McArthur: Yeah

01:24:36 Sarah Sue Angelhaiir-Belize: But all I see are ads! A little bit of my friends, just a little bit. Like, where are they all?

01:24:45 Shannon McArthur: Yeah, yeah. I have 1.2 So not as many as you

01:24:56 Sarah Sue Angelhaiir-Belize: But a lot of, um...

01:24:59 Shannon McArthur: Friends

01:24:59 Sarah Sue Angelhaiir-Belize: ads. And I've bought a lot of ads. I've bought a lot of ads off of Facebook.

01:25:00 Shannon McArthur: Not friends on Facebook Yeah?

01:25:06 Sarah Sue Angelhaiir-Belize: I listen!

01:25:10 Shannon McArthur: Yeah, I'm

01:25:10 Sarah Sue Angelhaiir-Belize: What I want is the grounding well, you know, which is...

01:25:13 Shannon McArthur: How does it...

01:25:16 Sarah Sue Angelhaiir-Belize: The grounding sheets by grounding well.

01:25:18 Shannon McArthur: Yeah, I've got them.

01:25:21 Sarah Sue Angelhaiir-Belize: You'll like him?

01:25:22 Shannon McArthur: I have actually noticed any difference, neither is my mom.

01:25:26 Sarah Sue Angelhaiir-Belize: Oh, really?

01:25:28 Shannon McArthur: Yeah.

01:25:29 Sarah Sue Angelhaiir-Belize: Well, you know, I had a grounding wire, and I didn't notice the difference, but I know that it's doing something good. I, you know, you don't have an ailment. Of course, she did have an ailment. Maybe she healed a little faster than she would have otherwise.

01:25:37 Shannon McArthur: Well Well

01:25:48 Sarah Sue Angelhaiir-Belize: Maybe.

01:25:50 Shannon McArthur: Maybe, maybe. I'm willing to try just about anything. If it makes her more comfortable

01:26:00 Sarah Sue Angelhaiir-Belize: Mm-hmm.

01:26:03 Shannon McArthur: That I'm You know I'm a believer. You know, yeah.

01:26:10 Sarah Sue Angelhaiir-Belize: I'm a believer.

01:26:11 Shannon McArthur: Yeah. Yeah, yeah. And a dreamer. She's doing well. Yeah

01:26:14 Sarah Sue Angelhaiir-Belize: And how's she doing?

01:26:24 Shannon McArthur: Let's face it, her... her foot now has two less bones in it. So, her first and second toe, her big and next toe, are, basically. unconnected

01:26:43 Sarah Sue Angelhaiir-Belize: So it's hard for her to walk.

01:26:43 Shannon McArthur: Yeah, so she's got no balance. Yeah.

01:26:45 Sarah Sue Angelhaiir-Belize: Right.

01:26:48 Shannon McArthur: And

01:26:48 Sarah Sue Angelhaiir-Belize: So does he walk with a walker?

01:26:50 Shannon McArthur: Yeah. And it... because they did so much work, there's a lot of healing that has to happen And so, yeah, so that's what, you know, and last year I had dental surgery. And so I'm dealing with the the healing of my gums, and how tender they are

01:27:21 Sarah Sue Angelhaiir-Belize: Or is that taken?

01:27:24 Shannon McArthur: Well, that is, it's not comfortable It's not comfortable. So I have sympathy for her Because at least I don't have to go and walk on these things

01:27:41 Sarah Sue Angelhaiir-Belize: But you have to eat on them.

01:27:44 Shannon McArthur: Well, yeah, but I've been given a plate. Not a plate, a partial appliance is what they call it

01:27:51 Sarah Sue Angelhaiir-Belize: So what did you have done on your gums?

01:27:55 Shannon McArthur: They pulled a half a dozen teeth all at the same time. They put me out and pulled a whole bunch of teeth. The thing was, is that I, for

01:28:04 Sarah Sue Angelhaiir-Belize: So I have to have done.

01:28:05 Shannon McArthur: for a decade, I didn't have

01:28:12 Sarah Sue Angelhaiir-Belize: Dental care.

01:28:12 Shannon McArthur: what do you call it? Healthcare, dental care. And insurance. And so

01:28:15 Sarah Sue Angelhaiir-Belize: Right.

01:28:21 Shannon McArthur: Canada now has a federal plan for dental, and that came into effect just when I went to the dentist to have a look, and he said... the dentist said, I won't work on your teeth, because the roots have deteriorated so much if I do any work on one, it's going to affect the others And so you're going to experience problems basically. And so he said, you need to go and talk to this guy who does

01:29:06 Sarah Sue Angelhaiir-Belize: Surgery or oral surgery.

01:29:06 Shannon McArthur: extractions, oral surgery so he took out the the teeth, and he put one Implant in

01:29:21 Sarah Sue Angelhaiir-Belize: You have an implant.

01:29:22 Shannon McArthur: Yeah, yeah, I didn't hear Because otherwise That wouldn't be there. I would have a hole there. I have a hole further back Here

01:29:38 Sarah Sue Angelhaiir-Belize: All my teeth in the back are holes. And on the bottom, I don't have opposing teeth, I can't chew.

01:29:40 Shannon McArthur: Yeah. Right.

01:29:45 Sarah Sue Angelhair-Belize: And in 19 They're, like, some of them, they're all broken off. Some of them are broken all the way down below the gum, so there's nothing to grab onto to pull them.

01:29:54 Shannon McArthur: Oh my

01:29:55 Sarah Sue Angelhair-Belize: So they all have to... they have to cut my gum to take them out.

01:29:58 Shannon McArthur: Yeah

01:30:01 Sarah Sue Angelhair-Belize: I definitely want to be out, but I want to be out for days. I don't even want to recover it. I just want to stay... under until it recovers. And the fear... They gotta do this fear-free, because it's on both sides. So I can't chew, really. That's why I say I cook for people with teeth-challenged people. Because I am one. And, you know, soft food, soups, like that. And, uh, meats, you know, I, uh, only filets. filet mignon and the pork, the pork tenderloin. Boy, that's good. And I have a butcher that gives me pork chops.

01:30:41 Sarah Sue Angelhair-Belize: Pork chops come in different, um... Tendernesses. And you can get pork chops that are as tender as pork loin. And, uh, he picks out just the right ones for me. It's just amazing.

01:30:51 Shannon McArthur: Oh, how nice

01:30:53 Sarah Sue Angelhair-Belize: And they're real thin and big and It's amazing. So...

01:30:55 Shannon McArthur: And you eat a lot of meat

01:30:57 Sarah Sue Angelhair-Belize: I do, I try.

01:31:01 Shannon McArthur: Yeah

01:31:01 Sarah Sue Angelhair-Belize: Yes.

01:31:03 Shannon McArthur: Good for you. I'm glad that you've made friends. Yeah

01:31:03 Sarah Sue Angelhair-Belize: And only good me. You know, I don't drink, I don't spend a lot of money, you know, any money on booze or anything.

01:31:10 Shannon McArthur: Good.

01:31:11 Sarah Sue Angelhair-Belize: So I... and, you know, the funny thing is, it isn't that expensive.

01:31:16 Shannon McArthur: Okay

01:31:16 Sarah Sue Angelhair-Belize: It isn't. You know, the thing is, you don't eat as much because you get satiated.

01:31:22 Shannon McArthur: Right.

01:31:22 Sarah Sue Angelhair-Belize: And you're not buying all those different ingredients, you're buying one ingredient.

01:31:26 Shannon McArthur: Yeah.

01:31:29 Sarah Sue Angelhair-Belize: You know, so... so, if I buy it for \$25 a pound, of filet mignon, Uh, and that's 25 BZ, so that's \$12.50. a pound, and that's going to make several meals for me.

01:31:46 Shannon McArthur: Right.

01:31:46 Sarah Sue Angelhair-Belize: That's not expensive. You know, people... they love to put it in their head that it's expensive, because then that's another reason for not to do it.

01:31:51 Shannon McArthur: Now Yeah.

01:31:59 Sarah Sue Angelhair-Belize: And I'm dealing with that right now with my sister.

01:31:59 Shannon McArthur: Of course.

01:32:01 Sarah Sue Angelhaiir-Belize: And she goes, oh, but I went to the hospital, and I have AFib, and I've got these monitors on me, and blah blah blah. And I'm going, you know, why don't you try the carnivore diet? Oh, no, I've got AFib! And so I found one of a guy who had AFib, And he cured his AFib with the carnivore diet.

01:32:21 Shannon McArthur: Good for him

01:32:21 Sarah Sue Angelhaiir-Belize: And And I sent it to her, and, you know. But she doesn't have time. I said, well, it doesn't take any time. You know, the excuses that people can come up with.

01:32:32 Shannon McArthur: Oh my god, yeah

01:32:34 Sarah Sue Angelhaiir-Belize: But then she just told me... that, um, her... her first high school sweetheart. Did you ever watch All My Children?

01:32:44 Shannon McArthur: No, I avoided that one

01:32:46 Sarah Sue Angelhaiir-Belize: Oh, well, I was addicted to it.

01:32:49 Shannon McArthur: Bigots... I had a problem... I have a problem with bigots, even if we were supposed to laugh at them

01:32:58 Sarah Sue Angelhaiir-Belize: Oh, I, I, I found, I loved all my selfies.

01:32:59 Shannon McArthur: All my children

01:33:02 Sarah Sue Angelhaiir-Belize: That was the one with Erica Kane.

01:33:04 Shannon McArthur: Oh, I was thinking all in the family

01:33:04 Sarah Sue Angelhaiir-Belize: Who have you? Oh, no, that one was funny. Oh, really? No, all in the hysterical. No, you should go back and... you should go back and watch them now, because you'll enjoy them. But, um...

01:33:09 Shannon McArthur: I know, yeah, no.

01:33:18 Sarah Sue Angelhaiir-Belize: Because, you know, in reality, he wasn't really a bigot in real life. And, uh, and so. You know, it was just funny.

01:33:27 Shannon McArthur: I have a weird sense of humor. Mostly, I don't find things funny that people laugh at And so

01:33:37 Sarah Sue Angelhaiir-Belize: Ah.

01:33:40 Shannon McArthur: Yeah.

01:33:40 Sarah Sue Angelhaiir-Belize: Well... Anyway, he wasn't All My Children, and my mother called me, and I said... my mother and my sister got me into it in the first place. My sister would come home, skip school, to come home and watch it with my mother. And I was in college, and I'd come home, and I'd catch one episode, and it would catch me up for the year, right?

01:33:58 Shannon McArthur: Yeah.

01:34:00 Sarah Sue Angelhaiir-Belize: But then when I got married and I moved to Evanston, which is near Chicago, it's the Chicago suburb, Where my husband was going to school. And, um, I started watching it. And there, so I've been watching it, and my mother called, she said, Are you still watching all my children? I said, yes. She said, well, you know the character Greg Nelson. I said, yeah. She said, that's Larry Law. She... well, it was Butch Law. Because, and that was my sisters. High school sweetheart. She moved to... she moved to New York to teach photography in this.

01:34:37 Sarah Sue Angelhaiir-Belize: Uh, the Lower East Side, which was a... A project that Margaret Mead was on the board, Robert Kennedy Sr. was on the board, And it was for kids

that were, um... couldn't read, were, uh, knife fighters, con artists. They were the dregs of society, and so it was a school for them.

01:34:52 Shannon McArthur: Yeah. Yeah To serve with love

01:34:59 Sarah Sue Angelhaiir-Belize: Right, and, and the owners were friends of my parents. And so she ended up going there at 17. And he followed her there, and he ended up... he ended his school there. So he was friends with them. Somehow he got A part in Hollywood, and he got this part. So, I'm watching it for a couple months, And you don't think it's someone you know. And he lived two doors down from me, right? And I'm watching it, and then as soon as my mother said that, and I looked at him, I'm going,

01:35:29 Shannon McArthur: Wow.

01:35:32 Sarah Sue Angelhaiir-Belize: Yeah, that's butt! Well, so she and he are still friends. He and I are friends on Facebook. His brother was my age, and my best friend was

01:35:36 Shannon McArthur: How fun!

01:35:44 Sarah Sue Angelhaiir-Belize: He was my best friend's boyfriend. So, I mean, it's kind of incestuous, we know each other well. And so, I just heard yesterday from my sister that he has Parkinson's. And he's writing a play and he's still, and he's, you know, still, um, working. And, um, but it's, I think, hindering his acting. And I said, well, the reason I came upon the carnivore diet was because it was curing Parkinson's.

01:36:18 Shannon McArthur: Wow

01:36:18 Sarah Sue Angelhaiir-Belize: That, you know, because as a health practitioner, I had worked with Parkinson's, I had, um, and MS, And we had the best results of all their other practitioners, because they'd all had lots of practitioners. But we couldn't crack it. And the carnivore diet was cracking it in 6 weeks. And I'm going, wow, there's something to this carnivore diet. And that's when I started looking into it, and just watching lots of the different videos. You know, and anytime somebody had an ailment, I'd go look it up, you know. prostate cancer, uh, you know, heart disease, uh, whatever the thing was.

01:36:51 Shannon McArthur: Yeah.

01:36:58 Sarah Sue Angelhaiir-Belize: There were always, uh, testimonies about it from live people that had really experienced it. And I say, I don't care about a study. You can skew a study any way you want. There's a lot of studies out there that are just plain false.

01:37:08 Shannon McArthur: Yeah.

01:37:12 Sarah Sue Angelhaiir-Belize: I want to hear the testimonies. I want to know what's really working. And so, that was... that, you know, that spoke volumes to me.

01:37:17 Shannon McArthur: Yeah.

01:37:21 Sarah Sue Angelhaiir-Belize: It was about the Parkinson's.

01:37:25 Shannon McArthur: Wow. Wow.

01:37:26 Sarah Sue Angelhaiir-Belize: And that can't...

01:37:28 Shannon McArthur: It would be really nice if he allowed himself to be another testimonial

01:37:35 Sarah Sue Angelhaiir-Belize: Well, yeah, and he's tried it, uh, well, and you know, that's why, you know, one of our very own,

01:37:42 Shannon McArthur: Yeah.

01:37:43 Sarah Sue Angelhaiir-Belize: The guy in Germany, Paul, Hillary?

01:37:47 Shannon McArthur: -H

01:37:50 Sarah Sue Angelhaiir-Belize: And I don't know if he was gonna try it. I don't know how that's going. Maybe we'll have to ask him. But apparently, apparently, uh, he has tried the Parkinson's, not him, Laurie, uh, Lawrence or Bush. He's tried it, but he wasn't consistent.

01:38:07 Shannon McArthur: -H

01:38:10 Sarah Sue Angelhaiir-Belize: You have to be consistent. And that is my problem. I am not consistent. Hi, Sheet. It is mango season, it is soursop season. It is, you know. I have a hard time resisting just a little bit of fruit.

01:38:33 Shannon McArthur: Well, yeah, yeah.

01:38:34 Sarah Sue Angelhaiir-Belize: Well, and you know, uh, our own Jerry Anderson said, that I, um... because when I was down to 80 pounds, and needed to gain weight, and it's pretty hard to gain weight on a carnivore diet when everybody's losing weight,

01:38:48 Shannon McArthur: Yeah, really

01:38:52 Sarah Sue Angelhaiir-Belize: And that is the main thing about it, is losing weight, and I just read one. I watched one where, um, people were getting over juvenile diabetes. Where they were giving up their insulin for juvenile diabetes. And that has always been one of my goals since I was 15, 14 years old. Actually, 14 when my mother first told me that my boyfriend was a juvenile diabetic. And he didn't want me to know.

01:39:19 Sarah Sue Angelhaiir-Belize: And he was, um, embarrassed about it, because he had just found out And so, but his mother told my mother and left it to her discretion to tell me. And I was baking a cake for him, um, and she couldn't stop me. It was, it was going to be, uh, one of our... month anniversaries, and so, uh, that night, after I made the cake, she took me aside and told me.

01:39:47 Sarah Sue Angelhaiir-Belize: That he was a juvenile diabetic. And so, for several months, you know, because he spent so much time at our house, and he... my mother made this raspberry jam, only thing she ever made like that, you know, she was not Miss Holemaker.

01:39:59 Shannon McArthur: Yeah.

01:39:59 Sarah Sue Angelhaiir-Belize: And it was just a fun project. But it's so much sugar. And so much stuff that he ate. So, um, I would... we would go out to, say, ice cream and get a banana split. And I would go behind and try and eat it. So, before he did, right? And I created this habit of eating behind him, so that he wouldn't eat it. I was getting fat.

01:40:28 Sarah Sue Angelhaiir-Belize: So, um... In any case, I always vowed to find a cure for, um... For juvenile diabetes. And... I had him on a high carbohydrate. No meat diet. The opposite of what would have helped him. So, now I'm making a man sees dead.

01:40:48 Shannon McArthur: Yeah

01:40:51 Sarah Sue Angelhaiir-Belize: But I'm making amends to him, because we were close up until the minute he died. And, um, and he chose to die.

01:41:01 Shannon McArthur: Yeah.

01:41:01 Sarah Sue Angelhaiir-Belize: Uh, they, they, you know, it was 51, they had amputated one of his legs, And they told him they were going to amputate the other one. And he said, oh no, I'm done. He went off his insulin, and he was on. Peritoneal dialysis every day, and he stopped that, and in two days he was dead. When his parents got behind it, got hospice, And he got to do a few, you know, things, just, you know, go to his favorite spot on the river before he died.

01:41:33 Sarah Sue Angelhaiir-Belize: And it was peaceful, and... And he got to die in their home, not in a hospital.

01:41:43 Shannon McArthur: Good Yeah, the things that we do to make people stay alive, it's just cruelty, I see.

01:41:45 Sarah Sue Angelhaiir-Belize: Yeah, for two years. I think so, too. You know, my husband and I have a pact,

01:41:53 Shannon McArthur: Yeah.

01:41:54 Sarah Sue Angelhaiir-Belize: When we get to that point, we're going to, um... the, uh, Grand Canyon and push one off the... Push them over.

01:42:05 Shannon McArthur: That would work. It would certainly work.

01:42:08 Sarah Sue Angelhaiir-Belize: I've never been to the Grand Canyon, that's a great way to see it, all the way down.

01:42:12 Shannon McArthur: Oh my god, yeah, it is a long way down.

01:42:19 Sarah Sue Angelhaiir-Belize: Yeah, so you've seen it.

01:42:22 Shannon McArthur: Yeah. Yeah

01:42:24 Sarah Sue Angelhaiir-Belize: Yeah, I've been around the world and I haven't seen the Grand Canyon.

01:42:28 Shannon McArthur: That's okay. It's just, well, no

01:42:29 Sarah Sue Angelhaiir-Belize: I've seen the Red Canyon, would you like the Grand Canyon in Mexico.

01:42:36 Shannon McArthur: Oh, nice. No, actually it's probably red or than the Grand Canyon. The Grand Canyon has earth tones, sand and, you know, beiges rather than the reddish tones

01:42:55 Sarah Sue Angelhaiir-Belize: Uh-huh.

01:42:57 Shannon McArthur: But it's gorgeous. I mean Now, I've been to Niagara Falls

01:43:05 Sarah Sue Angelhaiir-Belize: Ooh, I haven't done that yet.

01:43:06 Shannon McArthur: And I didn't go on the boat or anything, but I did go to You know. The falls. And what I my reaction was That's an awful lot of water

01:43:28 Sarah Sue Angelhaiir-Belize: Ah.

01:43:30 Shannon McArthur: That was it. It wasn't, you know, oh my God, how amazing and wonderful and beautiful. No No Just an awful lot of water going over a cliff.

01:43:46 Sarah Sue Angelhaiir-Belize: Ah.

01:43:46 Shannon McArthur: But for the Grand Canyon It was more than that's just a big hole in the ground. It was way more than that

01:43:56 Sarah Sue Angelhaiir-Belize: It was awesome.

01:43:57 Shannon McArthur: It was awesome. It was awesome. Yeah, it was definitely awesome

01:44:05 Sarah Sue Angelhaiir-Belize: And is there an echo? Uh-oh.

01:44:10 Shannon McArthur: No, I don't hear an echo

01:44:13 Sarah Sue Angelhaiir-Belize: Everything that smells musty.

01:44:14 Shannon McArthur: -Oh

01:44:14 Sarah Sue Angelhaiir-Belize: Yeah, that's an O. I'll have to tell my... Landlord. It's hot here.

01:44:25 Shannon McArthur: Is it

01:44:25 Sarah Sue Angelhaiir-Belize: Well, I'm hot. And, you know, that's the beauty is, um, I think my metabolism is better, because I get hot easier.

01:44:35 Shannon McArthur: Oh, good I guess

01:44:38 Sarah Sue Angelhaiir-Belize: Yeah, I haven't needed my best friend. My best... my best friend is a hairdryer.

01:44:43 Shannon McArthur: Her best friend

01:44:47 Sarah Sue Angelhaiir-Belize: A handheld hair dryer. To warm me up.

01:44:52 Shannon McArthur: Oh my gosh. So your metabolism must be improving

01:44:59 Sarah Sue Angelhaiir-Belize: Yeah, and uh, though, of course, that's more in winter, even here it's cooler. And your body, it acclimates. you know, for someone that would come down from the north, It wouldn't seem, it would seem quite warm. In the winter here. But for us, it's a little cool. We wore sweaters in the winter.

01:45:18 Shannon McArthur: Yeah

01:45:24 Sarah Sue Angelhaiir-Belize: But I haven't needed a coat since I've been down here.

01:45:24 Shannon McArthur: Yeah. Yeah.

01:45:28 Sarah Sue Angelhaiir-Belize: And when I came, you know, even in Palm Springs, I have a whole collection of furs, or I did. Apparently, they're not there anymore.

01:45:38 Shannon McArthur: Oh

01:45:39 Sarah Sue Angelhaiir-Belize: Yeah, I had a lot of stuff... Stolen.

01:45:44 Shannon McArthur: Yeah, well, I've finally moved into my mom's place completely

01:45:45 Sarah Sue Angelhaiir-Belize: So...

01:45:49 Shannon McArthur: I am no longer living in two places

01:45:50 Sarah Sue Angelhaiir-Belize: Hmm. Now, are you going to... when she goes, are you going to be allowed to stay there?

01:45:55 Shannon McArthur: It's made a big difference. Yeah.

01:46:02 Sarah Sue Angelhaiir-Belize: Oh, good. Now, does she own that apartment? Is it like a condo?

01:46:03 Shannon McArthur: Yeah

01:46:06 Sarah Sue Angelhaiir-Belize: Oh, wonderful. So you'll just inherit it and have a free place to live.

01:46:09 Shannon McArthur: Yeah, I'm thrilled Well, not free, but yeah. Not free

01:46:17 Sarah Sue Angelhaiir-Belize: Not free. Does the government pay any part of it?

01:46:21 Shannon McArthur: No. She has a mortgage on it, and there are strata fees

01:46:30 Sarah Sue Angelhaiir-Belize: What kind of fees?

01:46:31 Shannon McArthur: Strata fees

01:46:33 Sarah Sue Angelhaiir-Belize: What's that?

01:46:39 Shannon McArthur: Common

01:46:42 Sarah Sue Angelhaiir-Belize: Like an HOA type.

01:46:42 Shannon McArthur: Payments for the

01:46:44 Sarah Sue Angelhaiir-Belize: For the common area.

01:46:45 Shannon McArthur: Yeah, yeah, like that.

01:46:50 Sarah Sue Angelhaiir-Belize: I'm like...

01:46:50 Shannon McArthur: Because it is gorgeous here. It is just gorgeous. I could never have dreamed of

01:46:54 Sarah Sue Angelhair-Belize: Wow. Nice concept.

01:47:00 Shannon McArthur: my living in such a place

01:47:02 Sarah Sue Angelhair-Belize: Wow.

01:47:02 Shannon McArthur: But yeah, my mom was a realtor and she found a really good place to move into and she is on the, she was on the Strata Council So the building group, the Homeowners association, I guess you could say. And the complex is unique in British Columbia. They

01:47:17 Sarah Sue Angelhair-Belize: One... Mm-hmm.

01:47:33 Shannon McArthur: merged The government subsidy people with owners. And so the people on subsidy are in the room and board section of the building And we have a kitchen downstairs because they need to cook for them, so they're never going to shut down the kitchen. We'll always have a dining room And they, the room and board people, that the encore that the governing or responsible organization also provides entertainment and exercise classes, and there's a library and there's a media room and You know, this is It's gorgeous and it sits right on the river. So in the back of the building, the river goes by and yeah

01:48:46 Sarah Sue Angelhair-Belize: So might you teach your special qigong that you were talking about yesterday?

01:48:46 Shannon McArthur: Yeah. I could, but our people at this point in time, I don't want to take them by a storm. I just want to Do things gently, and let them get to know me. My mom is the The writer of the mainstream, which is the community newsletter. And

01:49:19 Sarah Sue Angelhair-Belize: You come by it rightly.

01:49:21 Shannon McArthur: Well, yeah, yeah. She's been writing it for as long as basically as long as she's lived here, which is about going on 15 years And so she has worked closely with the Strata Council and with the building managers And so she knows almost everybody and she was the one that pushed me into going into the reading aloud because there was somebody doing that, but they are not doing it anymore for one reason or another. I don't know what

01:49:57 Sarah Sue Angelhair-Belize: What is it? You read aloud to them, or?

01:50:01 Shannon McArthur: Yeah, I go down to the library and I take three books with me on different genres and I offer to read aloud. And there's the mainstream, of course, the newsletter that I can also read from as well. So, it's been really interesting, and earlier I was telling Diana And Was Dan here at that time about one of the books that people keep choosing me to read from, and that's The Green Man and the Dragon

01:50:39 Sarah Sue Angelhair-Belize: You know, I don't know that one.

01:50:39 Shannon McArthur: people are You don't. I picked it up in Glastonbury when I was there And it's about the mythology about St. George and the dragon And the green man, and how all of those mythologies weave together and were adopted by the Christian religion. And so it goes back to Constantine and the writing of the Bible And the changing of the calendar, and how do you unify people, and how do you control them and you change, you control them by changing their calendar, and that's where the shattering of our reality happened

01:51:30 Sarah Sue Angelhair-Belize: that one.

01:51:31 Shannon McArthur: was when they started mucking with the calendars

01:51:38 Sarah Sue Angelhair-Belize: Wow.

01:51:40 Shannon McArthur: Yeah.

01:51:41 Sarah Sue Angelhaiir-Belize: So, okay, you're a stand to get it changed back. What do you propose to do about it? How are you gonna you don't have to worry about the how.

01:51:48 Shannon McArthur: Well. I

01:51:52 Sarah Sue Angelhaiir-Belize: You don't have to worry about the how. That's the one thing that...

01:51:54 Shannon McArthur: No, I don't.

01:51:56 Sarah Sue Angelhaiir-Belize: station is... that's your chief how, um, CEO, officer. You know, you just... you put out your desire. And you get rid of the resistance, And you don't worry about the how, because it's... the how's gonna happen. So you just... the desire is that you're going to change it, and you see it already done,

01:52:12 Shannon McArthur: Yeah.

01:52:17 Sarah Sue Angelhaiir-Belize: And how does that feel? How does that feel now that you've done that, that it's already changed and we're on a 13-month calendar? How does that feel, Shannon?

01:52:26 Shannon McArthur: Freeing Freeing.

01:52:28 Sarah Sue Angelhaiir-Belize: Can you get into that feeling? Can you get into that feeling? The excitement of it.

01:52:37 Shannon McArthur: I know what you're doing and I love what you're doing and I really, really appreciate it. The thing is, is that when I am in that feeling, I feel more connected to Gaia I feel more connected to Saul. My father, my great father, and my great mother are with me As I am a part of hashtag the one we are, we are all together, working together to figure out how to put our best foot forward.

01:53:11 Shannon McArthur: It's exciting feeling the connection to my friend in Belize, my other friend in Germany, my other friend in Philadelphia, friends I don't know yet in everywhere. Everywhere And what we are doing is we are working together to Enhance the life of our mother the one who has given us life We are We are standing in our power as pop The power of people personified. It's just amazing being a part of that Do you feel it?

01:54:16 Sarah Sue Angelhaiir-Belize: Yes, you're making me feel excited.

01:54:20 Shannon McArthur: Good, good. I really think that we should do that for each other. more often and as often as possible.

01:54:30 Sarah Sue Angelhaiir-Belize: Every day, you know, every day. Um, and that's the meditation that we're doing is is to feel it. And let our desire go, not resist it at all, but to feel it, and the excitement, the... The love, the joy. that whatever our desire is, Because it's already there. It's already there.

01:54:55 Shannon McArthur: Yeah The timeline that takes you to that reality. You just need to switch timelines. And that's what happens when you

01:54:57 Sarah Sue Angelhaiir-Belize: And, and...

01:55:08 Shannon McArthur: see it, and when you feel it, that you're... you orient on that

01:55:14 Sarah Sue Angelhaiir-Belize: And things will line up, just the synchronicities will happen one after another, and it will line up.

01:55:17 Shannon McArthur: Yeah.

01:55:22 Sarah Sue Angelhaiir-Belize: And. I see, I see that, and I see that happening with your movement. I'm on it with you, I like the idea.

01:55:31 Shannon McArthur: Well, that's what I figured, Sarah Sue, is that I have been tapped to share my stories so that people realize that by sharing my timeline, we get to where we're going together. I am a leader of the murmuration of human nations

01:55:55 Sarah Sue Angelhaiir-Belize: Can you say that word again, please?

01:55:58 Shannon McArthur: I am a leader of the Murmuration of human nations

01:56:05 Sarah Sue Angelhaiir-Belize: Did you make that up?

01:56:05 Shannon McArthur: You like that Well, yeah, but you know what a murmuration is, don't you?

01:56:14 Sarah Sue Angelhaiir-Belize: No, no.

01:56:14 Shannon McArthur: Oh, that's the problem. Okay, a murmuration. You know, when starlings flow together, they fly together and they create all of these wonderful That's a murmuration

01:56:28 Sarah Sue Angelhaiir-Belize: Oh. Oh, that's a beautiful... so that... that actually, when you know what that means, that... that creates a beautiful picture.

01:56:38 Shannon McArthur: Yes Yes, I've got it on my YouTube channel for inspirations of our heart gardens Because that is what the murmurations do is we create Beautiful hearts of communities

01:57:06 Sarah Sue Angelhaiir-Belize: that entrain to each other. Basically, those birds, when they're flying, they're in training. To each other.

01:57:14 Shannon McArthur: They're in absolute connection with seven different birds Around them.

01:57:24 Sarah Sue Angelhaiir-Belize: Oh, wow.

01:57:27 Shannon McArthur: And they switch who they follow, but that's what's going on is flying in formations of seven, and each Bird has seven birds that they follow

01:57:40 Sarah Sue Angelhaiir-Belize: So it's a dance.

01:57:43 Shannon McArthur: It is. It's exactly what it is. It's a dance

01:57:45 Sarah Sue Angelhaiir-Belize: Wow!

01:57:48 Shannon McArthur: But it's not unaware dance

01:57:54 Sarah Sue Angelhaiir-Belize: Right.

01:57:54 Shannon McArthur: Because it knows where the ground is, and it knows what it is And what it is creating. It will create the shape of a bird that is what the one on my YouTube channel, that is the one that I have up. It created the shape of a raptor

01:58:13 Sarah Sue Angelhaiir-Belize: Wow.

01:58:24 Shannon McArthur: a big bird.

01:58:25 Sarah Sue Angelhaiir-Belize: Yeah.

01:58:29 Shannon McArthur: It's very powerful. So, let me see if I can find that, because I think that that would be a worthy one to put into the chat.

01:58:37 Sarah Sue Angelhaiir-Belize: Excuse me, yes. Great.

01:58:43 Shannon McArthur: Okay, I'm going to put my YouTube channel in And copy

01:58:52 Sarah Sue Angelhaiir-Belize: Good. You know, my husband and I were doing this, it's like a two and a half hour meditation that you listen to while you're going to sleep, and then it tells you all these wonderful things while you're sleeping. And... but I couldn't actually sleep, and then... My neighbor right at my window. was having a party at like four in the morning, three in

the morning, really loud. And I had to get my computer and take it into the living room so that I could continue doing this.

01:59:20 Sarah Sue Angelhaiir-Belize: So, um... My computer's in there. You need to go bring it back. That's why I'm on my phone.

01:59:32 Shannon McArthur: Shannon's YouTube channel has a murmuration of starlings as one of the Inspirations of Our Heart Gardens:

<https://www.youtube.com/channel/UC4bBqVd-352iPfKJGKH2LXw>

01:59:36 Shannon McArthur: There you go Yeah. Oh, and here it is 159. I'm sorry we're going to shut down the room on Diana. She's off doing laundry. And she will come back to her computer with nobody there. But that's okay.

01:59:50 Sarah Sue Angelhaiir-Belize: Oh.

01:59:56 Shannon McArthur: I'm really glad that you came and spent some time with me.

01:59:56 Sarah Sue Angelhaiir-Belize: You know, our... Me too. I'm sorry I was late. I was planning on being on time. And I kept having this I kept having this dream because I'm about to call my other high school sweetheart, the one that was after the first one.

02:00:04 Shannon McArthur: Yeah, well

02:00:13 Sarah Sue Angelhaiir-Belize: And my actual first one that, you know, we made love after being together for two and a half years, And I've been 3 years with the other guy first, and hadn't. I was still a virgin. And, you know, back then, I was going to be a virgin till I got married to him. That was drummed into me, but that didn't happen. The interesting thing is, when I got married to my second husband, and it was July 4th. Today's my anniversary. Oh my god, today's my anniversary of my second husband.

02:00:41 Shannon McArthur: Oh, how nice

02:00:43 Sarah Sue Angelhaiir-Belize: Yeah, and of my late husband. And so that's okay, he died after actually it's a funny story. But when, you know, I grew up on a lake, and we got married at the house at the back, uh, I got married there twice. Um, and. Uh, we got in the boat to go watch the fireworks. Just as the judge had said, I do, or, you know, as we said, I do, the first big boom went over the lake. You couldn't have had timed it better with a walkie-talkie. I mean, it was amazing. And so we got in the boat, and my high school sweetheart got in the boat with his son. You know, and um... and I whispered in his ear, my first and my last.

02:01:31 Sarah Sue Angelhaiir-Belize: Well, that was a big lie. That was a big lie, because now I'm on my third, and we just celebrated our... well, we've been together 36 years. So, but so we're still friends. My point is, we're still friends, and I just contacted... his wife, who brought my baby into the... well, she was my assistant at my birth. And my daughter's birthday was yesterday. And, um, she was 43. So this was a long time ago, right? So anyway, she... we caught up a little bit on... on tax, and I'm gonna call her husband, who was my boyfriend.

02:02:05 Sarah Sue Angelhaiir-Belize: And... but what she told me was that their son, Adam, the one that I whispered... that was in the boat with us, Um, is now a public defender. He's a lawyer and a public defender, and we are having such trouble with our public defender. He won't return our calls, he won't give us the discovery, he doesn't tell us when we have a court date, and he's just... and he won't let me see the discovery, he won't even give it to Robin if Robin shares it with me. Uh, he will not tell me anything or talk to Robin in front of me, and we want to get rid of him. But we need some advice from a public defender that can just give us advice.

02:02:42 Sarah Sue Angelhaiir-Belize: So what timing?

02:02:42 Shannon McArthur: Yeah, well, I wish yeah it's perfect. Yeah. Well.

02:02:45 Sarah Sue Angelhaiir-Belize: Amazing money! Because when we started taking Peter Sage and Robin, Robin really took it to heart and he's going. Okay, there's some information out there we don't know yet. It's there, but... and little bits and pieces are coming together.

02:03:01 Shannon McArthur: Yeah Yay

02:03:06 Sarah Sue Angelhaiir-Belize: Because he's being followed.

02:03:06 Shannon McArthur: I'm so glad.

02:03:08 Sarah Sue Angelhaiir-Belize: He's being falsely accused of something he didn't do and doesn't do, and I mean, he doesn't do drugs, and they're saying he manufactures drugs, and it's an offense that could send him to jail for 25 years. And he's 71 years old. And he doesn't believe in... he doesn't believe in drugs. He's against them, and I was asked, and has no record. No record, never been in jail.

02:03:26 Shannon McArthur: Yeah So I want to say, Diana, you missed a very good conversation and by going into other networks and searching for the word Saturday The Saturday after chats will pop up and you'll be able to listen to the recording not right away. It'll take a couple of days for us to get that up. But it'll be there

02:04:00 Sarah Sue Angelhaiir-Belize: So, Diana just came back.

02:04:00 Shannon McArthur: And She is. She's here and just in time for us to go, we were going to leave and leave it blank when you came back, but you're here so we can say thank you for being a part of our reality.

02:04:15 diana: Yeah, no, thank you. That's timing because it's 11 PM and I should get to bed. So

02:04:20 Shannon McArthur: Yes, you should. Yeah

02:04:22 Sarah Sue Angelhaiir-Belize: But we're gonna see something first, Diana. Um, because you've keyed up the YouTube with the bird formation.

02:04:33 Shannon McArthur: Oh, I can do that

02:04:33 diana: Murmuring, murmuring, yeah.

02:04:36 Shannon McArthur: Murmuration. Yeah, you want to see that?

02:04:38 Sarah Sue Angelhaiir-Belize: operation.

02:04:39 Shannon McArthur: And I will

02:04:42 Sarah Sue Angelhaiir-Belize: A-T-I-O-N, murmuration.

02:04:44 Shannon McArthur: murmuration, just the way it sounds

02:04:44 diana: A-T-I-O-N, yeah.

02:04:50 Sarah Sue Angelhaiir-Belize: Murray.

02:04:50 Shannon McArthur: Skip, stop

02:04:50 diana: It's like, it's like fish

02:04:54 Shannon McArthur: Okay

02:04:54 diana: G H O T I

02:04:58 Shannon McArthur: Share

02:04:59 Sarah Sue Angelhaiir-Belize: You know, I'm doing crosswords with, with AI and AI is getting the information wrong all the time.

02:05:01 Shannon McArthur: Let me unload

02:05:05 Sarah Sue Angelhaiir-Belize: And I'm having to correct it.

02:05:11 Shannon McArthur: All right, here we go I'm gonna move you down

02:05:16 Sarah Sue Angelhair-Belize: I wanted to apply this.

02:05:19 Shannon McArthur: Here we go

02:05:19 diana: Is this when they... is this when they formed a bird

02:05:23 Shannon McArthur: Yep.

02:05:29 Sarah Sue Angelhair-Belize: in five ways.

02:05:30 Shannon McArthur: When you're a photographer, and you take a picture or something, you will see that one frame, believe it or not, just flicking before your eyes, and I knew, didn't even have to look back, and I said, I've got it, and then I look back, and obviously I knew I had it.

02:05:42 diana: Oh, it's amazing.

02:05:43 Sarah Sue Angelhair-Belize: Oh my gosh.

02:05:43 Shannon McArthur: James Crombie Sports photographer from Ireland. I suppose the year it happened made a big difference because as a sports photographer, I'm generally working but with no sport happening I had lots of time to go off and pursue a different project. I'd seen an image before of a murmuration that looked like a bird, nothing like They make phenomenal shapes, the starlings, they do create these spheres, and I just thought we just had to get some shape that actually looked like something. Myself and my friend Colin, we'd spent 60 nights out there over the course of two and a half months. I definitely had in my head that something was going to happen, and It happened.

02:06:25 Shannon McArthur: That's a bird. That looked like a birch. They've become a bit of an addiction, really. We just wanted to go every night. We wanted to... we were constantly checking the weather, we were ringing each other, saying, where do you think they're gonna be tonight? Where are they last night? And you basically have to be on them, or you might as well not be there. If they're a kilometre away, they're too far away. Over the 60 nights, we were nearly able to

02:06:25 diana: It's amazing.

02:06:46 Shannon McArthur: We won't predict, but we had a good idea of where they were going to be, and just by noticing some sort of pattern, a lot of nights we went and we were just in the wrong spot, and then we say, okay, I think they're going to be somewhere else tonight, tomorrow night, so we'd turn up tomorrow night, and then tomorrow night it'd be raining, and you'd turn up the next night, and then it might be a perfect sunset, but they might be two kilometers away again. And then some nights you were on them and they didn't do anything

02:07:09 Shannon McArthur: They just kind of floated in, and then you're like the night before, I remember saying, okay, I think they're going to be where they ended up being that night. And it wasn't the ideal night. Then three or four nights earlier, I'd taken an image and the sky was beautiful. It was an orange sunset, and I thought Dude, this is the location that I've been waiting for, but there was something about it that might do a lot more birds turned up than usual, and there were a lot more active. It was a sight to behold straight away when I took the picture, I said, it's a bird. It's a big bird They actually done two birds that night, so there was something really strange happening that night, and it was a pleasure just to be able to witness that split second that would probably never happen again.

02:07:51 Shannon McArthur: You know, it's nature at its best. And I remember some nights trawling through muddy fields with boots completely laden down, and bitterly cold, and it was good to be out, but it didn't feel like it was a pleasure. It needed the journey, it needed the 60 nights, it needed the disappointments. And the failed efforts, and it means a lot more that it

actually took that great deal of effort to actually capture it, you know, and it's something I'll probably never forget.

02:08:20 Sarah Sue Angelhaiir-Belize: Wow.

02:08:20 Shannon McArthur: There was three or four of us there that might have witness the big bird. The next night, there was about 60 photographers there. Everyone hoping it happened again, and it'll probably never happen again, and that's the irony of it. They'll do a different shape, or they'll do something else, but what happened that night will never happen again, and it's the pure joys of nature, I suppose.

02:08:41 Sarah Sue Angelhaiir-Belize: Wow.

02:08:45 diana: Thank you. Yeah, thank you.

02:08:45 Shannon McArthur: Well, I'll have to clip that off the end of our recording, but it was worth it. I'm so glad we got to share it

02:08:52 Sarah Sue Angelhaiir-Belize: Is there a way for me to get that? Can I share that with people?

02:08:57 Shannon McArthur: Oh, absolutely.

02:08:58 diana: Copy what Shannon put into the chat

02:09:02 Shannon McArthur: Yeah, just click on that. It's one of the inspirations of our heart gardens.

02:09:04 Sarah Sue Angelhaiir-Belize: I'm on my phone.

02:09:07 Shannon McArthur: It's on my YouTube channel

02:09:08 Sarah Sue Angelhaiir-Belize: Yeah, but my phone.

02:09:10 Shannon McArthur: Yeah So you guys have fun. I'm going to run away now.

02:09:14 diana: Yeah, I am too. Okay. But

02:09:16 Sarah Sue Angelhaiir-Belize: Wait, let me get this. I think...

02:09:16 Shannon McArthur: I love you See you as Friday

02:09:23 Sarah Sue Angelhaiir-Belize: I can open it.

02:09:24 Shannon McArthur: There you go. Yeah

02:09:24 diana: You got it?

02:09:26 Sarah Sue Angelhaiir-Belize: More on my phone than it does on my computer. Wow. Well, okay, so this brought me to, to, uh, your website. Now what?

02:09:33 Shannon McArthur: My YouTube channel go down into where the collections are And The first one is

02:09:46 Sarah Sue Angelhaiir-Belize: Well, this is fabulous. Look at all these.

02:09:49 Shannon McArthur: Yeah. It's the third collection that's there.

02:09:54 Sarah Sue Angelhaiir-Belize: I don't, uh...

02:09:56 Shannon McArthur: Playlist

02:09:58 Sarah Sue Angelhaiir-Belize: The ones are... Well, no, that's well.

02:10:01 Shannon McArthur: Senator Arhart Gardens Inspirations

02:10:08 Sarah Sue Angelhaiir-Belize: Sparkling conversations.

02:10:10 diana: Does it have a title?

02:10:15 Shannon McArthur: It's called the proof is out there

02:10:18 diana: Okay

02:10:19 Shannon McArthur: Shocking bird phenomenon Oh, you know what I can do copy and for us

02:10:23 Sarah Sue Angelhaiir-Belize: I don't see it.
02:10:26 diana: You can search on YouTube, can't you?
02:10:28 Shannon McArthur: I can just... I could just give it to you.
02:10:32 Shannon McArthur: <https://www.youtube.com/watch?v=cZO3T5ei2gM>
02:10:32 Shannon McArthur: This one, there's the link for it. But you're now in my YouTube channel. I've got you. So yeah, be a follower and you'll see all sorts of things in there
02:10:32 Sarah Sue Angelhaiir-Belize: Birthday.
02:10:40 diana: Yeah, yeah.
02:10:48 Shannon McArthur: And have fun
02:10:50 Sarah Sue Angelhaiir-Belize: Okay, yeah, out there...
02:10:50 Shannon McArthur: And we'll see you on Friday. Or, yeah or Tuesday