Jennifer: Welcome, everyone, to Healing With The Masters. We are so delighted that you joined our little community here, and you’re in for a wonderful show tonight. Get ready for a great ride. Before we start, I want to do my normal talk about masters. We have some controversy about the word masters, so I want to talk about the fact that we may think of masters as the wonderful guests that share their knowledge and experiences with us each week on this show. We actually consider you to be the master, each of you in this audience, you the participant. No one knows you better than you, and no one is more uniquely qualified to transform your life than you. Today we will together discover the tools and techniques to heal, to truly continue to shift your life into love and light and into the heart and, in the process, truly make a difference in your life and on the planet of ours. Together we are truly a powerful community. You matter. You can light up the world. Tonight we are so honored and blessed to welcome a very special guest, Drunvalo Mel-

Drunvalo: Melchizedek.

Jennifer: Melchizedek. Darn it. I was oh, so close. Drunvalo is the author of several books, including *The Ancient Secret of the Flower of Life, Volumes I and II, Living in the Heart,* and his newest one, *Serpent of Light.* These books have been published in languages and reach out to over 100 countries throughout the world. He has been on television, the Internet, written about in magazines. He has a movie out. There’s newspapers and books all over the world that write about this remarkable man. He’s traveled all over the world, helping people understand their intimate connection to God. He’s the first person in the world, in modern times, to mathematically and geometrically define the human body light body called the Mer-Ka-Ba. He is a consultant for the international Internet magazine, *The Spirit of Maat,* with over one million viewers each year and is the founder of the Flower of Life Facilitators, which has been teaching his workshop in over 60 countries to thousands of individuals who are now teaching this really powerful content that is going to move — can move you into a completely new state of consciousness and new dimensional reality and really discover the truth of who you are. Welcome, Drunvalo, to Healing With The Masters. We are so delighted and excited to have you on the show.

Drunvalo: Hi, Jennifer, and thank you for having me here. This is great. Thank you.

Jennifer: You’re welcome. We’ve been very excited about this and a little nervous. You talk about some controversial things, but what I really appreciate about you and your work is that you continually reference back to we’re going to be okay. You reference back to the heart and the importance of love and how powerful we are. I would love to talk a little bit, to start a
conversation about the heart and about this notion of love and why it’s so important and maybe even how to access that heart connection.

Drunvalo: Well, this is a very deep subject, and it isn’t something you can just lightly go into, but we’ll do the best we can on this. To really understand what we’re going to say, for most people, it takes a little bit of time to actually experience what living in the heart means, because the whole world, almost the whole world, probably except for a few hundred people, are living in their brains. They live from there. They function from there, and they live their lives in this way. It’s pretty much normal for the world.

So when we start talking about living in another way, a completely different way of existing and perceiving the world itself, when you’re using words, they don’t always work, and the connotations sometimes get confused, because most people don’t have the actual experience. But it’s our normal state. It’s how we normally are.

What happened was, a long time ago, a very long time ago, in ancient times, almost 13,000 years ago, something happened, and when it did, we basically and kind of metaphorically, we had a bump on our head. We left our hearts, and we went into our brains, and we have been there ever since. It’s the reason why the world is so crazy, because we’re living in a world that doesn’t have a heart. It only cares about itself. The individuals are living from what we now call an ego, and the ego thinks that it’s the most important thing in the world. It doesn’t think about the whole, doesn’t think about other people, maybe the family if the ego is expanded out to its family, but it doesn’t think about everyone.

If we all thought in that way and lived in that way, there wouldn’t be any problems right now in the world. The world would be running very smoothly and beautifully. The Earth itself is. It’s the humans that are having a problem.

So this knowledge about the heart has been, for a good reason really, has been hidden by all the esoteric teachings in the world. There’s been almost nothing written about it, a little bit, not much. The Upanishads, which come out of India, they are about 5,000, 6,000 years old, and they are one of the books out there that people can have access to, to read about it, but even then it’s difficult to understand what they’re saying. What it is, it’s a book written of 108 people who — just like you and me, not any special people. They were just 108 people that decided to write about themselves going from their brain, into their heart and the experience that they had when they found themselves inside their heart. That book has survived for thousands of years because of the content that is in there and how important it is to humanity.

There are a few others, not very many, that are out there right now. There’s a new one that’s been written by the Waitaha in New Zealand. The Waitaha are very old. They go farther back than Atlantis. They go back to Limiria and were a Polynesian tribe. They have their memories. I’ve been in with them, and I’ve sat with them in their temples. In there, on the walls, going back about 65,000 years to the very end of Atlantis — still remember how they were in those days. They were living mostly in the water. They swam with the dolphins and the whales, who they consider their mother and father. They didn’t have a spinal column as we do now. They were cartilage. They were more like fish. It shows right on their walls where their hands have webbing between them, and their feet have webbing between them so that they can swim.
When you’re in the present-day time, their bodies look normal, because they’ve evolved to this point, along with us, but you can sit in their council, and they can remember the name of their mother and their father, their grandfather, the great-great grandfather, great-great-great grandfather, going all the way back for 65,000 years. It seems impossible, but they can. They still remember the dreaming from the heart of how things were created and how things came into being. They actually do remember. So they wrote a book probably — I’m not sure exactly but about 20 years ago. It was one of the first books in modern times that has actually had substance to it, that understood the nature of who we really are.

So there’s not very much out there. There’s a couple more books. I wrote one, but it’s just me. So it might be better if you just asked questions, at this point, as to what it is that you’re trying to understand about this, because it is everything. It is the universe. It is the stars. It is — everything that there is, is inside your heart.

Jennifer: You’ve talked about that there’s a different reality in the heart and that the heart, in order to access the heart, we basically have to literally disengage from the brain. So when we are in this heart, I’m curious if you could kind of describe a day in the life of being in the heart. What’s it like?

Drunvalo: Well, it isn’t that it’s any different externally, in the sense of you have a family and children and feeding them and businesses and all the normal things that we all have. That doesn’t change. What changes is how you — the choices you make and how you perceive what is going on. An ego, from the brain, if they’re making money, they’re thinking only about themselves and how much money they can make and everything that leads from that, but a person that’s living in their heart will have the same set of problems, you might say, in front of them to solve, but they would solve them in a different way.

They would always be looking at how everyone is affected by what their actions are and not having to contemplate or figure out how to solve a problem, but rather the answer comes from within the heart itself. The heart is amazing. It can give you anything, and when it does give it to you, it gives it to you in such a way that it causes no harm to anyone anywhere in existence, whereas when we create something from our brain, it’s self-centered. It doesn’t care what happens to other people in the course of the event. All at once is what it wants, and there’s no thought, or very little thought, to what happens if you get this in the way that you’re wanting it.

It’s just a different way of existing. Anybody that’s listening to this right now, on one level of your existence, knows exactly what I’m talking about, because we all came from there, and we’ve all lived in this place before, though most of us don’t remember, because we’ve been in this brain thing for so long. Now it’s almost over, and from this, though, I have to admit, when you just look at the circumstances of what has happened, it looks like an accident. Then watch what came out of all this from Atlantis and the fall and all the events that have come from that.

There were 6,000 years where we lost our memory. We didn’t even know our name. We became — we were super-sophisticated people, even more sophisticated than we are now, and we lost all that in a matter of 24 hours and became barbarians. We didn’t even know how to light a fire, and we had to go for 6,000 years before the ascended masters, of which there
weren’t very many at that time, but there was enough of them, and they knew the timing of the cycles. We had to wait till the very specific moment, until the cycles reached this point where we could absorb and remember, and then all of our knowledge was returned to us slowly. This was primarily through Egypt, but it also came back through Samaria and Judea and Disalley [phonetic 00:13:24].

This knowledge is amazing. Even though science now, when they look back at that time, they just want to shove it under a little rug and hide it, because it breaks all the rules of science that we now know — supposedly we were just, like I said, hairy barbarians, but there’s something in archaeology called stair-step — what is it called — stair-step evolution basically, where the ascended masters would come out, and they would dress just like the people. They would find very specific people that were ready to hear this, and then they would give them information that took thousands and thousands and thousands and thousands of years to develop. They would teach it to them in a matter of days, and then the world would suddenly know everything about a subject. Then they would grow from that, and they would go a little bit further. Then they would come back out, again, and go to, perhaps, another set of people and give them new information. Perhaps it was about hydraulics or about how to build pyramids or how to do this or whatever.

When science sees this, they cannot explain it. They can’t explain how we can suddenly just know everything about a subject when we were supposedly not capable of even knowing mathematics. That really did happen, and it’s really in science. It’s recorded.

Jennifer: Is this something we’re moving into now as well?

Drunvalo: Well, people still don’t really know the truth. The ascended masters have been keeping us alive and have been slowly feeding us information on many, many levels, and we are about to have an experience that is going to be awesome. That’s all I can say. Most of the people in the world are all afraid. They’re thinking, “Oh, it’s going to be the end of the world. It’s going to be horrible. There are going to be pole shifts and all kinds of things.” They’ve gone into fear.

If they really understood, they wouldn’t be in fear. They’d be really happy right now because we finally got through this whole part of the cycle, and on December 21, 2012, specifically as soon as we cross that into December 22, 2012, that’s the day of the beginning of the new cycle. From that moment forth, the human light is just going to get brighter and brighter and brighter, and even though we may be in the midst of external changes that are not comfortable, our remembering of who we are and what is about to happen will become very clear to most people that will make this transition.

You don’t have to do anything. You don’t have to go read books or anything really. It’s all in you already. It’s in your heart. Everything you need to know, exactly, precisely what you need to know and how to do these kinds of amazing things that we’re going to have to know how to do, you’re just going to remember them. It’s just going to be easy. “Oh, yeah, I know how to do this. I’ve done it before, I know.”

But this cycle is really different than any cycle we’ve ever seen before ever. That goes back to the beginning of the creation of this universe. This has never happened before, not even on a
Jennifer: We’re going to know exactly what to do. I remember hearing you talk about the analogy of being born. We kind of instinctually knew. We didn’t have to read a book on how to get born. We knew how to do it. Is that the same idea?

Drunvalo: It is very similar. That’s a similar cycle. Our creation into this planet, where we take on a body here, has a lifespan, and it’s unique to us. It’s never happened before, and then when we’re done and we die, we go through a process that lead us into the fourth dimension. If we were able to die consciously, going on that time, which is a problem — most people have forgotten how — then we would keep going on from there. Most people can’t remember how to die consciously, and so they have to reincarnate, again, and get another body.

This is a huge subject. I have to kind of apologize, because we’re talking about things that a lot of it can’t really be discussed with words. It has to be discussed with images, and it’s the only way that you can really do this. Since we’re not about to receive mass telepathy at this point, we don’t have a choice, and words are really bad. They just don’t work. In an audience of 100 people, which I’ve checked many times before, you can say something, but it’s heard in many, many, many different ways.

Jennifer: I was just thinking — I’m feeling right now that we are actually receiving information from you in very, very deep ways. I can feel it moving into my body. Is that real, what I’m sensing?

Drunvalo: Well, I’m primarily trying to send it through images, and if you can kind of get beyond the words and in between the spaces, there is an imagery coming in, and that imagery is what this is really all about. Sometimes you can see it. Sometimes you can feel it. Sometimes people can sense it with other senses that we aren’t aware of, but it’s the best way to receive this. But the words, if you take them just at face value, you can’t really explain these things. It’s just beyond all this stuff.

Jennifer: Well, it’s interesting, because I’m sensing a mass change on the call right now from all of us just expanding, tweaking our angle of perception here just a little bit to receive the images that you are sending to us. It feels like there’s an opening of comprehension, and comprehension is another that doesn’t apply properly to the energy. Is that — I’m trying to think of words to express it.
Drunvalo: If you can really, to the best you can — and we can all do it if we can just get into our hearts — begin to feel and understand what this is, but this long cycle, which I really want to talk about, because it is what — everything that’s going on, on the Earth right now is all aimed at this. So the creation begins, and it also has an ending. That ending is about to happen, and we will find ourselves in the proper positions as all this begins to take place. Things will begin to happen that we’ve never seen before, never experienced before, but you will feel this amazing peace within yourself, because there’s a deep, very deep part of you that knows what this is.

We think that this universe is the only universe, and we think that it’s real. We think that our bodies are real, that the objects in here are real, that they’re solid, that they are kind of forever. If we die in the way we think, what death is, and we leave here, we think that this universe will just go on without us. But there’s so much that, in this human form, we have forgotten, and that is not the case.

To tell you the truth, it’s hard to allow in, because it goes against everything we’ve been told, but the universe is not anything like science thinks it is. It isn’t even close. There’s a few scientists that are beginning to grasp what the nature of the universe is, but in very simple words, the universe is nothing but consciousness. In modern images, we can go into Star Trek, and the closest thing would be the holodeck. We have created things within us that are more sophisticated than anything that Star Trek has ever dreamed of, but in Star Trek, there would be a room that you would go into, and the computer would create a reality that appears really real, like what we think is real. Real people are talking, and you’re sitting in chairs, and you’re doing things or walking through forests. For you, while you’re in that holodeck, if you didn’t know, you would think that you’re just in a universe and walking around.

The real truth is that it’s a program, and we have created this program, and we are living in pure consciousness. All these objects that we think are real, planets and stars and suns and everything that we have, are actually coming from our consciousness, made of consciousness and nothing more. If you can understand that, then you can see how there can be a beginning and an end of a universe, because it is created. We created this universe, and we are also going to end it. What we’re about to do is create a brand new one, based on different principles. We know a great deal about this new universe that we’re about to step into, but as we step into it, we’re going to find ourselves like babies. In other words, we’re not going to understand what the heck is going on, but we’re going to trust, because little babies are in their hearts totally. That’s how they can get through all of this.

So it’s exciting. We’re about to enter a new world, but I’m not talking about going to the fourth dimension or the fifth or even the 140th. I’m talking about literally transforming into a whole new way of existing. So it is exciting. It really is. This has never happened before since the beginning, when this universe was created, until now.

Again, we are fully equipped within our body. Your body is the only thing you need. Even if your body is damaged and really destroyed in all kinds of ways, if you’re in a wheelchair and you can’t even move, if you have a heart, that’s all you need. You have everything you need. We will go through stages of going into the fourth dimension, then very quickly moving from there to other levels, but once you get to the fourth dimension, what I’m just talking about right now, you’ll remember, and you’ll understand it. You’ll realize that your body is nothing
but an image created through your consciousness. So any problems you have in your body can be fixed instantaneously. You can turn your image and repair it and make it perfect before you ever — and all within usually the first 15 minutes of being there.

You don’t need food after that. You don’t need anything. The fourth dimension is easy compared to the third dimension, which is very dense. Your body there is — here your body is almost all mass and very little energy. In the fourth dimension, your body is all energy and very little mass. The atoms are huge distances apart. So if you had a fourth dimensional body in this room right now, you couldn’t see them. You would look right through them, because you’d just be seeing the space in between them.

That is just the first step, and bringing your body with you is essential. That is called conscious dying. That is what Jesus was trying to do and did do. He died first, and then after He died, He then was able to reconstruct the image of His body and take it with Him, which was needed on the other level, because here, an adult body — we start as a baby, and then we become an adult. But on that level, on the next level, the adult body is a baby there, and you keep growing. The average woman ends up being about 10 to 12 feet high and the average man about 14 to 16 feet high, and the growth is very fast. It takes about two years instead of 21 years or whatever it is here.

You get a huge brain, which is necessary to be able to understand the next transition, which is going into the fifth dimension, which is no longer having form at all but going formless. That’s just the beginning of the transition. Once we hit formless, there are over 100,000 levels of this, and we’re going to go through them all. We’re going to do something that has never occurred ever before. We’re going to basically sweep through all possibilities and move into another level of existence that, from which, when we get there, we will not have a body. We will not be an individual the way we are now, and we will be something that I can’t even begin to describe or talk about.

I know this may seem outrageous, but you’re going to experience this whether you want to or not. It’s not about whether you can or can’t or whether you will or won’t. It’s all in your DNA. It’s all going to happen.

Jennifer: It’s all going to happen. It’s going to be fine, like you said before the show started. It’ll be fine no matter what.

Drunvalo: Oh, yeah. It’s going to be great. The rocky part is moving right as the changes really begin to happen, and there are some really huge changes that are going to happen while we’re still in this third dimensional form. That is the aspect, the part of it that’s always been considered difficult. Making that first step in consciousness to a higher frequency is always hard.

It’s actually put into stone in Egypt. If you go into the great pyramid and you are moving — it seems in reverse actually, but if you are moving from the king’s chamber, you will then leave from there and go into what we would call the fourth dimension, which is in the queen’s chamber. As you do that, there’s a staircase that goes down to the grand gallery, and it’s made of these little tiny stairs, hundreds and hundreds of these little tiny stairs, except for the first step. The first step is about three and a half feet high, because it’s so hard. Then after that, it’s easy.
The first step is how to get through all of our belief patterns of what we think is true and everything that our parents have told us and society and science and our schools, all the stuff they told us. They told us because that’s all they could tell us, but they aren’t telling us everything, because they didn’t know. They lost it. The part after this is this in-between stage where we begin. It will be a little, from a human point of view, a little scary, because there’s going to be so many things going on, but if you just stay connected to your heart, breathe, you’ll be fine. You’ll be more than fine. You’ll get past that first step that’s so hard, and then you’ll find it easier and easier and easier and easier and easier, until you remember.

When you remember, it’s just like when you came here as a baby. You came from another world. You weren’t always here on Earth. You are older than the universe itself. You have always been around. There’s never been a time when you have not been around, and there never will be a time when you’re not around. You are already immortal, whether you know it or not. When you come here as a baby, you trust. You trust everything. It’s just total believing in yourself, and your intimately connected to Mother Earth and to Father Sun and to life, to God. You pass through the canal, and you come out into a new world. You don’t understand anything. It’s just a bunch of bright lights and colors. You don’t know what it is. You don’t understand what’s going on, because you’ve entered a new world.

What’s about to happen to us is exactly the same thing. We’re going to enter a new world, and you just have to trust yourself and believe in yourself and really believe in your connection to all life everywhere and to God. It’s easy.

Jennifer: Yeah. It’s easy because it just happens. We’re just going to do it. It’s just like just about anything in our life that, eventually, when we just do it and commit to it, it eventually becomes easy. Playing the piano is not easy, but when you commit to it and you do it, you eventually find ease with it.

Drunvalo: We can do anything. We really can.

Jennifer: So here we are now. We’re firmly ensconced in three dimensions still, and we’re listening to — I’m sensing something in my body right now, just from what you’re sharing with us. It’s resonating as really thrilling excitement and wow, we’re really going to do this. It’s like we’re all getting ready. We’re really going to do this, and yet I still have to pay my bills next week.

Drunvalo: You do, yeah.

Jennifer: I can feel people saying, “My husband is still being a creep to me.”

Drunvalo: Oh, yeah.

Jennifer: And, “My father still did that thing to me when I was five.” So what do we do right now, or do we need to do anything? Can we prepare for this?

Drunvalo: Well, one of the most important preparations is to work with your emotional body, to release or to heal the emotional traumas, like you were just talking about. Those things are — they stop you from moving into higher consciousness, because you’re holding on to them. We
really won’t let go of our emotional traumas. What’s really cool is that psychology has been getting better and better and better and better, and it has now made a huge turn. We have now learned something that will hopefully, very soon, allow us to repair our damaged emotional bodies very easily.

There’s a man named Dr. James Hart, who I’m working with right now, and I’m supporting him, because he has figured this out. He’s probably going to get the Nobel Prize for this. He’s a PhD in physics and a PhD in psychology, and he has kind of combined these two fields. For many years now, he’s been a neurologist and studying the brain and alpha and theta and mapping the brain under all different kinds of conditions. One day he discovered something by accident. That is that when you are in a very specific state of consciousness, which he can see on his computers when you’re there — and it’s a state of alpha, and basically it’s when all the four quadrants and the two middle areas are at a certain strength and a certain balance. You can be taught to do this in a matter of a few days.

When you are in that state of consciousness, you can take any trauma, no matter how outrageous it is — it can involve murder and rape and everything bad you can think of, and you can hate the people involved in there, and you won’t let go of it. You just won’t forgive them, and you won’t let go of anything. Therapy is very difficult to do anything with those kinds of things, but under this particular level of consciousness that we’ve now discovered, you can just simply bring it to your awareness and say, “I forgive everyone involved in this, including myself.” And it is instantaneously erased off of your emotional body. It’s like it never happened.

Jennifer: Wow. Where do we get this?

Drunvalo: Well, it’s being developed right now, and it’s working perfectly. We’re now working with governments and all kinds of people, because they’re all beginning to understand. He set up one of these units up in Canada, and they started working there. The government was following everything he was doing, and they saw how it was working, so they came to him and said, “If we pay for this, would you take —” They wanted to heal the relationship between them and the Native Americans in Canada.

So they took one of the leaders of the Cree Nation, and he volunteered to go into one of these chambers and go through this process. He did, and he was transformed by it. They went back, and his tribe didn’t hardly know it was the same person, because he didn’t have any of that anger or anything. It was just gone. So because of him, they started getting hundreds of the leaders of the tribes in Canada going through this training, and that was for two years they did this.

Basically, many governments were watching this taking place, and then in January of this year, they did a massive study of all of this, going to these leaders’ spouses and to their children and to their friends and family and to their employees and everybody that they kind of interface with. They took a very deep survey and discovered that the changes were beyond anything they ever believed would ever take place. That information is now going into the U.S. military, which is realizing that all these kids coming back from Iraq and Afghanistan; there are things that happened to them that our governments have not talked about yet. I’m not going to bring it up, but it’s not good. It’s really, really not good, and they don’t have any answer to it
at all, but we do. They can see that, and so hopefully, very soon, all these children will be able to be healed from all of this trauma that they saw in these wars. It’s a very good thing.

Even the governments are looking in the penitentiaries and jails, where you have people there that are really there because of the same reason. Their traumas are so great that they can’t live in society. All of that can be healed in seven, eight, ten days. It’s gone, like it never happened, and they can all be released. The governments are interested, not for the reasons that we’re interested, at least for this latter thing that we’re talking about, because they’re spending about $200[,000], $250,000 a person per year, and for $15,000 they can solve the problem and let them go. So it comes down to money, again, with governments pretty much, and the military also has reasons of honor associated with it. It’s not just money.

So this could be applied into consciousness also, and when you do, when you step past these emotional traumas — and just for the psychologists out there, a person only knows or remembers a very small portion of their trauma, and most of the trauma has been hidden by themselves in various ways, either in their muscles and nervous system and externally, to enter their Mer-Ka-Ba field in various ways. But the computers can actually see these things and can determine what they are when they see the mapping of the person inside the computers.

So they can actually bring up even all the things that they had forgotten long ago, even if you’re talking about when you’re five years old and your father does something not nice to you, or even if it was when you were in your womb and your mother and father didn’t want you and you knew it and you came out in this world knowing that. Even that can be healed, or even if it goes back into past lives or even into future lives. So we’re pretty excited about this because of its importance, not only on a mundane level, like we’re talking about now, but on the level of ascension.

It is essential that you work in an emotional way to get rid of these traumas, and the reason is because, on a very scientific level, it’s that the traumas stop you from being able to make the proper levels of alpha. In order to be able to reconnect the internal technology of the heart and the brain and the third eye and a lot of other levels that are connected in there, in order to do that, you have to have a clear emotional body. It doesn’t have to be perfect. It doesn’t have to be flawless. It just has to be a lot better than most people’s are now. For the first time ever, we have that ability. It’s awesome.

There are other things that are emerging right now that are giving us new tools. I mean, the universe is working with us in very amazing ways. Ascension is tied to alchemy, and alchemy, at least Western alchemy, has been something that has been tied to two elements. Basically, as above, so below. What happens on one level happens in a very similar way on other levels, and so when you’re looking at atomic levels or chemical levels, there’s a parallel in human or all other levels of life.

Life here on Earth, a long time ago, discovered that you can take lead or mercury and convert it into gold. There are two different pathways, completely different, and if you do that, you can follow the way the changes move and how the atoms transform from mercury or lead into gold. By understanding that, it is identical to the way a human person on this level of consciousness moves into higher consciousness. So that’s why there has been so much study
of this subject. It isn’t to make gold. I’ll admit, perhaps there are people who did that only for that reason, but the primary study was to understand consciousness and how to ascend.

Well, now, in the last year or so, a third way has just emerged on Earth, a brand new way to ascend. The first two, by the way, just to get clear on that, one of them is resurrection, and the other is ascension. Resurrection is where you die, and then you reconstruct the image of your body and take it with you. Ascension is a little bit higher level, where you understand all the parameters of ascension. You know how to do it. You actually can link all the internal structures within yourself, and you can choose to leave, and you do. You just simply become a ball of light and disappear, and your body goes with you.

There is now a third way, and we’re just working on it now. We don’t know exactly all the parameters of this yet, but we can see it happening in the third dimensional world. Instead of lead or mercury into gold, it’s silicone into gold, crystal. You can take crystal and create gold. So instead of being extremely lethal — if you don’t do everything exactly right, lead and mercury are both very deadly, and you could harm yourself or the environment. But this new way is extremely simple and extremely clean and very beautiful. We just don’t know exactly how it’s done yet, but that information is on the horizon. It’s like a rising sun right now. It’s going to happen pretty soon.

The whole universe is on our side. We might not think so, especially with our history, going back into the ’90s when the grays came in and began to abduct people and do cattle mutilation and create another race between us, which really did take place, and all this interference that the reptiles had. It doesn’t give us much confidence in extraterrestrial beings being on our side, but really, what people don’t know, is that there are only six races here on Earth that don’t like us and want to get rid of us. They have good reasons, and if you understand why they want to get rid of us, you would probably agree.

There are over 250,000, and at this point, maybe as many as 300,000 extraterrestrial races that are here on Earth right now, and they’re invisible to us. We don’t know they’re here, but they love us. They really do care about us, and they are obeying the law, which is not to interfere until we are able to actually accept communication directly from them, which we’re not ready yet. We’re really close. We’re really, really close to that.

All these beings, the universe itself, they’re rooting for us. They’re doing everything they can, on every level that they can, to try to help us to make this transition. They want us to, and they’re not trying to interfere, but we’ve never experienced that yet. That is another aspect that will appear within this matrix of what’s about to unfold, as we’re going to see —

Jennifer: Benevolence.

Drunvalo: — very unusual looking people on Earth.

Jennifer: Well, that alone will create an interesting shift in consciousness. There’s got to be a huge opening in consciousness when that alone happens. I’ve got a lot of questions here from the audience. We could obviously do this for hours and hours, but getting back to this notion of emotional body and the heart, your basic premise is, no matter what we’re doing — is anyone going to be left behind with this transition?
Drunvalo: No.

Jennifer: So we’re all going to go through it regardless, but if we’re at that first three-foot step, we can make it a — we can build ourselves a little conscious ladder to get through the first three-foot step.

Drunvalo: Anything you can do that works, do it.

Jennifer: So all the different practices that are out there to get you in your heart — there’s literally tons of them.

Drunvalo: Yeah, I know.

Jennifer: It’s a very simple process. So anything that we can do to bring — is it really raising our vibration? Is that what’s happening, or is there more going on there?

Drunvalo: Well, really a lot is going on in your body when you actually disconnect from the brain and move into the heart, but there’s much more to it. You can’t just say all of that stuff here on a conversation like this. It takes me five days, from about 9:00 in the morning till about 7:00 in the evening to be able to give you accurately the information of how to do that. That’s considered extremely fast, because if you go into more the traditional methods, such as Kundalini or Cria Yoga, they usually take between 20 and 40 — oops. Got another call coming through. It takes 20 to 40 years to be able to —

Jennifer: Oh, wow, years.

Drunvalo: Years, and so I’ve talked to many of my traditional teachers, and for them to say, “Well, you can’t do it in five days. It’s not possible. It is not possible.” Well, it is possible, and the reason it’s possible is the ancient traditions didn’t really understand a lot of the things that they were teaching. There were many aspects that were going on inside these traditions, that they didn’t know what was happening. They just said, “Do this until you see this, until this happens.” But they didn’t know what was actually occurring inside the body, and we do now.

We’ve had the internal technology and the external technology to be able to map these things so that we can see what’s happening, so that we can explain to the person exactly what they are to do and why they are to do it. When you know those kinds of things, you can move very quickly, so I’ve been able to get people to levels that normally take very, very long periods of time, in five days.

Even simple things — may seem simple to you — simple things, such as being able to see with your hands or your feet, like the super-psychic kids have been able to do for the last 20-something years. That’s not hard to do once you understand what it is that you’re doing and exactly how to arrange within yourself to do this. It’s all about knowledge.

Jennifer: And you’ve seen this first-hand from the kids in China, I think it was. Wasn’t it?
Drunvalo: Oh, yeah. I have children that can see with their hands and feet. They can do anything. They can do absolutely anything at all that they want to. They don’t have to — that’s a whole other subject, but they understand something that the world doesn’t understand. That is that we’ve already entered into the fourth dimension, and what has happened, which is very rare, is that the Earth has decided that we were not ready. And so she reconstructed the third from the fourth, but we’re actually in the fourth. These super-psychic kids know that, and so they know that they’re able to create directly from the fourth. So they can do anything, and it looks like magic on the third dimension, but it isn’t. It’s still within physics.

I don’t know what to say. It is definitely a possibility for anyone, not just super-psychic kids but for anyone. So they’re able to see — one of the children, I brought her into an audience of about 600 people in Denver 15 years ago or so. Maybe not quite that long ago. She could see with her hands and feet, and we let her demonstrate that. We would blindfold her so that nobody could see, and they would put papers or photographs or whatever, and she could see right through everything. You could put duct tape over her eyes. She does not want to see. That’s what most people don’t understand. She wants to be in absolute darkness, because the heart sees with darkness. Where the brain sees with the light, the heart sees with darkness, and it’s able to see inside of absolute blackness.

It doesn’t just see anything. It can see whatever it wants. So when it sees a photo — say you show one of them a photograph, and they look at it. They can then tell you anything about that photograph. They can tell you who took it, exactly to the second when it was taken, where the location is on Earth, what the person was thinking at the time they took the photograph, what clothes they were wearing. They can then go into the photograph, like if it’s a house, and walk through it and tell you everything that’s in that house at the time of the photograph. It’s 100 percent perfect. They never make a mistake. I’ve worked with a lot of these kids, and they’re perfect.

I even had one time, I was testing this woman, and I had 40 bottles of water in little, tiny vials, and they just had numbers on them. They all just looked like water. You couldn’t smell anything. I knew what was in about four or five of them. The rest of them, I didn’t even want to know, because I didn’t want her to read my mind, which she could do so easily. I said, “What’s in these?” She would just touch them, and I would write down what she said. It was very, very complex chemicals that were in all these things. She was 100 percent perfect. She didn’t make one tiny error. This is who we are. We’re not even beginning to tap —

Jennifer: This is who we are now. This is what’s possible. This is what we [inaudible 00:56:30].

Drunvalo: This is who we all are right now, in our bodies right now. We can do things that are just extraordinary, and we don’t know it. So we don’t do it.

Jennifer: So now we know. Now we know how extraordinary we are. What’s next? The constant word that I keep hearing is how, Drunvalo. How do we access this fourth dimensional energy now? How do we prepare for this ascension?

Drunvalo: Well, you can’t access the fourth dimension until you’re prepared or until the time comes when Mother Earth kind of forces you to. That’s why we were talking about the first thing to do, one of the most important things to do is to work through your emotional traumas, and as
you work those traumas, the other side of the coin, that is equally as important — you can’t bring anything with you. You can’t bring your money, your jewels and all that other stuff, cars or anything else. All you can bring with you is who you are, and so the trauma, by removing that trauma as clean as possible, it makes it so much easier for you to be able to work on higher levels of consciousness.

There are other things that are important, and your character, who you are, how honest you are, how caring you are, how much you love other people and yourself and on and on, all these inner qualities of life, these things are more valuable than anything. They are the most valuable assets on Earth when it comes to higher consciousness. So you want to get closer to higher consciousness? Then raise your integrity. Stop stealing. Stop making choices that are hurting other people. These are the things that are important. So many other things that spirituality is talking about, maybe they’re good things, but they’re not essential. This is really essential. These are essential things. It is the basis of what higher consciousness is.

You don’t get into higher consciousness going in there as someone who’s going to kill people. You can’t. You can’t, and you won’t. But you can forgive yourself if you have killed somebody, and you can let go of your karma. Very many people think that karma is karma that is fixed in stone and it will never end, but karma is part of consciousness also. In the same way, you can get to a place in consciousness where you can forgive yourself and end all of that and no longer be tied to those bonds and go on, but it requires all the kinds of things I’m talking about, of being an absolutely pure being that has nothing in them that would do any harm to anyone anywhere.

You will find that you will find out who you are on those levels. You will find it in your heart. That’s who you really are, and so by living in your heart, you begin to rediscover who you really are. We lost ourselves.

Jennifer: We lost ourselves, but we can be found. You’re helping people find it. I do have a final question for you, but I want to talk about your special offer first. So stick around for a final question. We have a really cool offer here from Drunvalo. He was incredibly generous to allow us to distribute it at this really wonderful price, and knowing also that we are in a very important place right now, the material that Drunvalo has, he talks about this workshop that he can help guide people to who you really are. This is a workshop. The Earth/Sky workshop is here for you, and when you complete this workshop, you’ll know how to connect with the beings of light, move from your brain into your heart and reconnect back into your brain again. You’ll be able to start playing with some of the things that he’s talking about. He’s offering it here right now.

We didn’t get a chance to talk about the Mer-Ka-Ba, but he’s going to talk about the human light body. He’s going to talk about the Mer-Ka-Ba, and it’s a really wonderful work. He did this workshop — this is the last time he’s done this workshop. They recorded it, and it’s now available to you here, which it would normally only be available live. So if you’re ready for this material, ready to move into this powerful work that Drunvalo guides you to, this is probably the workshop you’ve been looking for.

Also, as part of this, we also have two DVDs, and this is The Birth of New Humanity. It goes into much more detail, and I know so many of you really want the details of what Drunvalo’s
We’ve literally got thousands of questions here. We have almost 2,000 people on the show tonight, and so if you’re itching for more, *The Birth of New Humanity* is a DVD that’s available for you here, as well as *Prophecies From the Heart*. We had someone talking on the pre-show about this great and powerful program that really goes into detail. You’ll see what’s coming, and you’ll be mentally and emotionally prepared for the times that lie ahead. All of this information is available here at:

specials.healingwiththemasters.com/drunvalo

There’s a button available on the page, if you’re listening to the webcast or the replay, and I’ll be sending it in emails in the coming days. It’s over 46 percent off. We’ve already gotten emails from students saying, “Can we buy more than one?” Yes, you can. So Drunvalo, anything additional about the offer that you wanted to share?

Drunvalo: Well, first of all, I’m not doing this to sell tapes or anything. It’s just not my thing, but what this is, is a five-day workshop, in detail, the entire thing. It was edited by a person, Nick Crane, who is an Academy Award winner for this. It is very clear and beautiful, but the information in there was 13 years of work. It was the last time I ever did this, and so if you really want to understand a lot of what I’m talking about, this can do it. This is not just a two-hour tape or something. This is 28 hours long.

Jennifer: Thirteen DVDs.

Drunvalo: And it was edited down from about 55 hours.

Jennifer: This is your Masters in Drunvalo’s work.

Drunvalo: So in there is very detailed information, and it will give you pretty much everything you need to know. Since then we have reformatted everything and redone this in a different kind of way. It’s now called *Awakening the Eliminated Heart*. The difference is how you receive the information. It’s something that the ascended masters wanted us to do. It’s complex to try to understand it, but this would probably really help you. It could. It’s just like being there actually. So if it helps you — I hope it does. My prayer is I hope it helps you.

Jennifer: Thank you so much, and thank you, again, for letting us offer it at this really great price. Do go check that out. I have one final question while we’re finishing up. Oh, yeah. I forgot to do the phrase that pays. I didn’t write it down. I’m going to ask you this one final question about the feminine. You talk about there’s a masculine and a feminine, and there’s some power in the feminine right now, and we can tap into that.

Drunvalo: Well, again, if you go into the traditional ways of illuminating yourself — I don’t know how to say this exactly. Let me think about this for a moment. Would you ask that question in a slightly different way?

Jennifer: I sure will.

Drunvalo: I missed something.
Jennifer: I want to talk about the power of the feminine and how moving into the feminine is going to assist us in these times.

Drunvalo: The perception of the equinox is, which is what this date of December 21, 2012 is all about — on that day, that is the day that the Earth and the sun and the center of the galaxy are in a straight line. It won't happen again for 26,625 years. Every 12,000 — about half that length of time, the polarity of the cycle changes. For the last 12,000-something years, it's been male, and we have now come all the way around for a cycle. On that day, the polarity switches to female, and for the next 12,000-something years, the female, if we were still here — and we're probably not going to be here long enough to go all the way through this, but the female then becomes more powerful than the male.

As we now see, the male kind of controls the world, runs the financial institutions and pretty much runs the world. That all changes. The female begins to run the world, and the male subsides and becomes passive. We can probably hardly imagine that taking place, but you will see it happen. It's already, since there's an overlap at these times — we're in the window, and there's an overlap of energy. It's already begun.

In Argentina, you have a female president for the first time. In Chile, you have a female president for the first time. In Germany, you have a president. We almost had Hillary Clinton in here as the President of the United States and a female. The whole corporate level, females are beginning to influence. It's only beginning, but not only on a global level and on financial levels and religious levels and all these other kinds of levels, even on family levels, this will begin to — the female will become stronger than the male. It is her — it is the female nature of nourishing and loving and having more patience when there are problems. That is the energy that steps in at this time and basically saves the world from our craziness, our male craziness at this end. I mean our wars and all the things that happen. She just steps in.

The females, at one point, what happens — and I don't know if we're going to see this in our lifetime or not but probably. The females, at one point directly after the cycle, they don't care about race. They don't care about religion. They don't care about anything. They just step over all of that, and they all come together. The women and the girls, the female takes over the world and begin to put love back into the equation of life.

If you are female, I know that you must be feeling changes and feeling things inside that you probably have never felt before. I can't see how you could not, because we're at that time in history, but it's going to get stronger, and it's going to get stronger. I really wish you the best in this, because the Earth's balance is in your hands. It will be in your hands in a few more months.

Jennifer: Wow. I'm in.

Drunvalo: I hope so, Jennifer. We need you. We need everyone. We need the women to really hold hands and begin to say, "No more of this way. No more war. No more violence and rape and all this stuff. Just no more." But not just no more. What replaces it? That is what you have to dream.
This is the other thing that I learned from my guides when I was understanding this. The female — when I wrote the book, *The Serpent of Light*, and that’s where I really understood it, it is not just that the female becomes more powerful and all these other things, but spirituality itself, which we think is kind of also written in stone and that spirituality is not something that you can change, it does change. It changes every cycle. It comes up to a higher level of understanding and knowing, and that new understanding of spirituality, of what life is and what life is all about, that message is going to come from the women. There will be a few men that are basically female that will also do this, but it will be mostly female. It will be female understanding that will do this. If you want to understand that more, you can read the book, *The Serpent of Life*, and it will go into it more.

Jennifer: Thank you so much, Drunvalo. It’s been a really quite moving call for me and, it feels like, for many. We’re getting some incredible feedback here on such hope and possibility. Thank you for your wisdom and your passion and for studying so carefully for so many years and taking the risk to share it with us and having the courage to do so. It’s so appreciated.

Drunvalo: Thank you, and I love you all, every one of you. I love you. So you all just stay in your hearts, and you’ll find your way. I know you will.

Jennifer: Wonderful. I want to give you the phrase that pays. You said it. Put love back into the equation of life. That is our phrase that pays. Put love back into the equation of life, and what you’ll get for that phrase that pays is a one-on-one session with Drunvalo himself for 30 minutes. He’s very generously offered us this wonderful gift, so if you’ll go to:

healingwiththemasters.com/contest

And you plug in the phrase that pays, put love back into the equation of life, by next Monday, next Tuesday we’ll be announcing the winners of that. You have a chance to have a 30-minute session with this powerful being. Thank you so much for your generosity on that.

Drunvalo: Sure. That’s exciting.

Jennifer: It is exciting. We’re really excited for the person who’s going to receive that. It’s a wonderful gift, so if you would like that gift, then use the phrase that pays, and that is, again, put love back into the equation of life. Thank you for giving me the phrase that pays, because I didn’t have one yet.

Drunvalo: Good.

Jennifer: Again, if you’re interested in the special offer, it’s:

specials.healingwiththemasters.com/drunvalo

We are way past the hour, and we don’t want it to end, but we are so grateful that you’ve joined us and thank you. Thank you, thank you, thank you.

Drunvalo: Thank you.
Jennifer: Everyone who's part of today's show, it seems we always come to these calls as individuals, and we end up united in our intention and as a community. We make the difference. We matter. You all matter. I love you all so very much, and until the next time, good night, everyone. Good night, Drunvalo.

Drunvalo: Good night.

Jennifer: Bye-bye.

[End of Discussion]
Drunvalo Melchizedek | Featured Guest | April 24, 2012

Drunvalo is the author of four books including *The Ancient Secret of the Flower of Life*, Volumes I & II, *Living in the Heart* and his newest one, *Serpent of Light*. These books have been published in 29 languages and reach out to over one hundred countries throughout the world.

He has been on television and the Internet, and written about in magazines, newspapers and books all over the world.

Having left the United States over 280 times, Drunvalo is a world traveler helping people understand their intimate connection to God.

Drunvalo is the first person in the world (in modern times) to mathematically and geometrically define the human body light body called in ancient times the Mer-Ka-Ba.

He is a consultant for the international Internet magazine, *Spirit of Maat*, (http://www.spiritofmaat.com) with over 1 million viewers each year.

He is the founder of the Flower of Life Facilitators that have been teaching his work in over 60 countries.

He has now founded his newest (and complete) teaching in a facility called School of Remembering with the Awakening the Illuminated Heart Teachers who are beginning their global work.

Drunvalo graduated from the University of California at Berkeley with a degree in fine arts. He also has a minor in physics and math with only one quarter to finish his degree. He lives in Sedona, Arizona with his loving wife Claudette. He has six grandchildren.
### Guest Speakers | Further Information

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<td>Chris Cade</td>
<td>Martial Arts Champion, Spiritual Healer and Teacher</td>
<td>ChrisCade.com</td>
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<td>March 8, 2012</td>
<td>Marisa Russo</td>
<td>Renowned Teacher, Author, Speaker and Healer</td>
<td>MarisaRusso.com</td>
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<td>March 13, 2012</td>
<td>Colin Tipping</td>
<td>Internationally Known Speaker, Radical Forgiveness Healer</td>
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<td>March 20, 2012</td>
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<td>One Of The World’s Most Joyous and Authoritative Spokespersons for Energy Medicine</td>
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<td>March 22, 2012</td>
<td>Jo Dunning</td>
<td>&quot;The Miracle Worker&quot;&lt;br&gt;World Renowned Spiritual Teacher&lt;br&gt;Author and Master of Energy</td>
<td>JoDunning.com</td>
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<td>March 27, 2012</td>
<td>Sonia Choquette</td>
<td>International Bestselling Hay House Author&lt;br&gt;Spiritual Teacher&lt;br&gt;Distinguished Intuitive Advisor</td>
<td>SoniaChoquette.com</td>
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<td>March 29, 2012</td>
<td>Noah St. John</td>
<td>“The Accelerated Results Guy”&lt;br&gt;Bestselling Author&lt;br&gt;Inventor of Afformations®</td>
<td>NoahStJohn.com</td>
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<td>April 3, 2012</td>
<td>Susann Taylor Shier</td>
<td>Dynamic and Gifted Author&lt;br&gt;Teacher&lt;br&gt;Intuitive Counselor</td>
<td>SoulMastery.net</td>
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<td>April 4, 2012</td>
<td>Jon Griffin</td>
<td>Awakening the soul through music.&lt;br&gt;How has sound transformed you?</td>
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**April 5, 2012**

- **Gregg Braden**
  - New York Times Bestselling Author
  - Scientific-Spirituality Pioneer
  - [GreggBraden.com](#)

**April 10, 2012**

- **Wayne Dyer**
  - Internationally Renowned Self-Development Author and Speaker
  - [DrWayneDyer.com](#)

**April 12, 2012**

- **Mark Romero**
  - Artist
  - Sound Vibration Healer
  - Personal-Development Coach
  - [MarkRomeroMusic.com](#)

**April 17, 2012**

- **David Neagle**
  - World-Class Speaker
  - Leading Authority on Personal Mastery
  - [DavidNeagle.com](#)

**April 19, 2012**

- **Wayne Dyer**
  - Internationally Renowned Self-Development Author and Speaker
  - [DrWayneDyer.com](#)

**Live Q&A**
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| Drunvalo Melchizedek                   |
| April 25, 2012 | Healing Coach For People From All Backgrounds  
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| Mary Allen                                                             |
| April 26, 2012 | International Speaker  
Ambassador for Peace  
[View Speaker’s Page](IshaJudd.com) |
| Isha Judd                                                             |
| May 1, 2012 | Spreading the seeds of Consciousness around the world.  
“Life comes to me with ease, joy and glory!”  
[View Speaker’s Page](RikkaZimmerman.com) |
| Rikka Zimmerman                                                        |
| May 3, 2012 | Hay House Author, Teacher, and  
The New Face of Mainstream Meditation  
[View Speaker’s Page](SedonaMeditation.com) |
<p>| Sarah McLean                                                            |</p>
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<td>Denise Linn</td>
<td>Internationally Respected Healer, Writer and Teacher</td>
<td>DeniseLinn.com</td>
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<td>May 15, 2012</td>
<td>Carol Look</td>
<td>Internationally Known Author Energy Practitioner Success and Abundance Coach</td>
<td>AttractingAbundance.com</td>
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<td>May 17, 2012</td>
<td>Jim Kwik</td>
<td>Expert on speed-reading, memory improvement, and accelerated learning for over 18 years.</td>
<td>JimKwik.com</td>
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| May 22, 2012 | **Neale Donald Walsch**
|             | Internationally Recognized Spiritual Messenger                         |
|             | Best Selling Author of the Conversations With God book series           |
|             | [NealeDonaldWalsch.com](http://NealeDonaldWalsch.com)                  |
| May 23, 2012 | **Emmanuel Dagher**
|             | Human Transformation Specialist                                       |
|             | Holistic Health Practitioner and Teacher                               |
|             | [MagnifiedManifesting.com](http://MagnifiedManifesting.com)           |
| May 24, 2012 | **Laurie Reyon**
|             | Internationally Known Interspecies Communicator and Soul Healer        |
|             | [LaurieReyon.com](http://LaurieReyon.com)                               |
| May 29, 2012 | **Mary A. Hall**
|             | Recognized & Profound Healer                                           |
|             | Popular Abundance Coach                                                |
|             | Author and Speaker                                                     |
|             | [MaryAHall.com](http://MaryAHall.com)                                  |
| May 31, 2012 | **William Linville**
<p>|             | Instrument of the Universal and Creator Consciousness – Here to Assist You |
|             | <a href="http://WilliamLinville.com">WilliamLinville.com</a>                     |</p>
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<td>June 7, 2012</td>
<td>Dr. Joe Dispenza</td>
<td>Author of <em>Evolve Your Brain</em>, Featured International Speaker, Scientist</td>
<td><a href="http://DrJoeDispenza.com">DrJoeDispenza.com</a></td>
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