

Practicing the Law of Attraction Lisa Garr with Caroline Myss

Lisa: Welcome to Aware. We are dedicated to communicating information that inspires your positive growth and change. Are you interested in a peaceful planet? Are you interested in optimal health? Are you living with purpose? Are you enjoying your life? We realize each person can make a difference, and our mission is to empower your awareness. The choices that you make in every moment shape your life, and we encourage you to realize that you have your own answers, and to always listen to your own truth. We invite you to stay aware.

Hello. Welcome to The Aware Show teleseminar series. You always hear a smile in my voice when I say that, because I — I really love — I really do love this. I really love having these conversations with you all, and — and — and including you into these conversations. They're so — ah! This is — this is hour of inspiration we're goin' for today, and I do invite to listen, to actively listen in this conversation today, because my guest today is above and beyond a scholar, a pioneer in many, many different arenas, so we're gonna hear from Caroline Myss in just a minute.

What I want to tell you right now, listening is your Audience Dashboard, the place you're gonna go to, to ask me questions, to raise your hand, all of the stuff you need to know. The website is TheAwareShow.com/Myss, M-y-s-s. That's TheAwareShow.com/Myss, Caroline Myss, my guest today. And on that site you can enter in questions, which I encourage, communicate with me about what's goin' on with the — with this call for you. And there's also a Special Offer there, which is enormous, which I've immersed myself in. It's a four-day workshop. Or, a three-day workshop of Caroline just constantly talking, and it is so amazing. It's really great to be able to listen to, so you can hear the information over and over again, especially there's — I rewind. Go, "What?" Whoa! And it's good. It's really good. So we're gonna get into that in a little bit. You could even actually, TheAwareShow.com/Myss, you can purchase the entire series right there, too, so if you missed any one of these interviews, or if you want to review a process, or if you want to share something with a friend, you can purchase the whole series, in — in a transcript form, in an MP3 form, and CD, all that, and all of that's on there for you, so joining me is a — an — a person that I have so much deep respect for, so much admiration for, because she is first and foremost, a scholar, incredibly well read and versed in everything from politics, history, religion, and from that place of knowledge, she teaches. She inspires. She is a pioneer in the field of energy medicine. Oh, yeah, that, also!

[Laughter]

Lisa: And — and she — when I see Caroline speak, I see Spirit come in and diffuse her insight, and that combined with a beautiful mix, this soup of — of her vast knowledge and this Divine inspiration, and what comes you is truth at the guttural level, at the personal level, at the symbolic level, and so I really do enjoy and — and respect and honor having Caroline Myss on the show today. And in some ways, she's a girlfriend.

[Laughter]

Lisa: Welcome to the show. Thanks for being with me.

Caroline: You — you — thank you for that flattering introduction. I mean, I'm sitting here blushing.

Lisa: Aw! I do see that.

Caroline: But it's a pleasure to be with you, Lisa. I mean, it's just a pleasure.

Lisa: Aw! I have the same honor because I do see that. I see that you're this — all of these incredible things combining and what you speak, and what you say, so far ahead of where I'm at most of the time and, then, when I reel it back in and I say, "My God! She's really just talking about truth." It's — it's a — it's a journey for me, so I appreciate — so, first of all, I have to ask you. We're gonna — we're gonna get into the condo with the conflict, the penthouse, and building the whole condo there, and we're gonna get into —

Caroline: Isn't that a great metaphor?

Lisa: It's a terrific metaphor. Terrific.

Caroline: I mean, it's a great analogy, rather. I mean, it works. It works.

Lisa: It does. It does. So, well, I'll — I'll share with the listeners a little bit. In this lecture that you'll see on the Special Offer, Caroline talks about our — a condo building, and how we live at different levels of this condo building at — at any given moment in our life. But the — the goal is to be in the penthouse. I don't know if it's necessarily a goal, but it is definitely something that the mind wants. Right?

Caroline: It's — well, you know what I'll do is, I — I will explain it, if you'll give me a chance.

Lisa: Please. Yes.

Caroline: I'll introduce it, because I — I so easily jump into that as my teaching tool, that I think I could help them actually visualize it.

Lisa: Yes, and we'll be referring to — to the whole call —

Caroline: Yeah.

Lisa: — so I think it would be a great place to start.

Caroline: Yeah.

Lisa: Absolutely.

Caroline: Yeah.

Lisa: Yes.

Caroline: Shall I do that?

Lisa: Yes. Absolutely.

Caroline: Or did you want us — did you — were you on your way to asking something?

Lisa: Oh, I was, wasn't I?

[Laughter]

Caroline: Yeah. I mean — I think we were going with another question.

[Laughter]

Lisa: I got so into that. I was, like, wow!

Caroline: Yeah.

Lisa: Oh, yeah, though I forget what I was gonna ask you. I was asking — I was gonna ask you something about politics, but that's pointless at this point.

Caroline: Yeah. Well, let's — let's not go there.

Lisa: Yeah. We're not gonna go there.

Caroline: I mean, it just is —

Lisa: Later.

Caroline: — what we — what we have is brains with no brawn, versus brawn with no brains. So I'll let you guess which side goes where.

[Laughter]

Caroline: But it — it's quite shattering.

Lisa: Right. And it's really —

Caroline: It's quite shattering.

Lisa: Mmm-hmm. And it — and all that we're talking about and what you're gonna be talking about here really applies so much to the — our — our current political environment, anyway, and how it — it really boils down to us, individually, and how, as you have said many times, what is in one is in the whole. What is in one is in the whole.

Caroline: Well, you know, the — the whole, the workshop's — since — since you're talking about this, the workshop that is available — and, by the way, everybody, this isn't like a promotion for the workshop. I don't mean to put it this way at all. I just mean to say that this particular workshop is a Master Class —

Lisa: Mmm.

Caroline: — and why I constructed a Master Class was because I had a — a kind of an ambition of mine was to — to piece together a workshop that would take — where I would be able to take kind of like the — what I consider to be the jewels of the many different areas of my own teaching, a little bit of Sacred Contracts and in Medical Intuition, and Energy Medicine, and Mysticism. The best of entering the castle and, then, the work of Defy Gravity and, then, what would it look like if I took the best of all of that and, then, the Mystical Laws, and piece together what I call the Master Class, just teaching the — the jewels, and that's what this particular workshop is. And so from that, I ended up putting together what I — what for me became a workshop that was an absolute joy to teach.

Lisa: Wow! Wow!

Caroline: And — and — and how I begin this workshop, and how I would like to begin our conversation this evening is that what I tell everybody, and it's really essentially a truth, is to imagine that you live in a apartment building or a condominium building, and every floor essentially represents a different level of consciousness, a different perspective on the whole of how you understand life. And what the journey of life is, is your capacity to move up to the next floor that's in your building. Caroline: And — and — and how I begin this workshop, and how I would like to begin our conversation this evening is that what I tell everybody, and it's really essentially a truth, is to imagine that you live in a apartment building or a condominium building, and every floor essentially represents a different level of consciousness, a different perspective on the whole of how you understand life. And what the journey of life is, is your capacity to move up to the next floor that's in your building. It will always be in your building. You may not want to move up to that floor, but that floor is available.

Lisa: Mmm.

Caroline: And there's nothing you can do about that, whether or not you want, you can live at that altitude is your choice. You may not want to live on the tenth floor. You may not like that altitude. It may be too high for you, but it's there. And they'll be an experience in life that will bring you to that tenth floor and, then, the twelfth and, then, even the penthouse. And you may not like the view from that area. It may be that the air is too thin, that the — the perceptual level, the range is far too vast for you. It may be that you have a fear of heights. And so you quickly scamper down, and you take the elevator back to the fourth floor, and you decide, "I like my neighbors here. I know where everything is on the fourth floor, and I'm staying right here." And you — you live as though the fifth, and the sixth, and the seventh, and the eighth, and all the other floors simply don't exist. But they do.

Lisa: Mmm-hmm.

Caroline: And you know it. And they bother you, because you know they exist, but you start living in a world, and you tell yourself that they don't. And the way this works is that we all start out actually sort of in the basement. And when we're in the basement, we actually believe, because we can't see the rest of the world, we can't even see the block, that we — that the world revolves around us, because when — when you're in the basement, the world does revolve around you. You make the rules down there, and you are the center of the Universe. Then one day you find a staircase, and you go upstairs, and you see out a window, and the only thing you can see is one house next door. You shut the window real quickly and you think, "Oh, my God! There's somebody else in the world." And, then, you quickly have to reorient yourself. You have to reorient your sense of power, your power base because, at this point, you were the center of the Universe, and now you have this crushing, absolute crushing confrontation with reality. "What if I'm not the center of the Universe?" Or — or the next question is — or the next challenge is, "I am the center of the Universe, and I have to let them know. How will I let them know?" All the while you not realizing they're thinking the same thing. "How will I let you know that I'm the center of the Universe?" And thus begins the business of life with another human being. So finally you may come to a negotiation that you will share the space between you, and you adapt to that. Adaptation, adapting, is a key word in the human experience, and we're gonna put that word on the side here. You're gonna write that word on a piece of paper.

Lisa: Adapting?

Caroline: Adapt. The capacity to adapt —

Lisa: Okay.

Caroline: — is actually, if we get that word, if we reflect on that word, if we were in spiritual direction right now, I would tell you, this is a word we are going to spend a lot of

time on. Not just the word, but all that it represents. The journey of this word in your life, and — excuse me — and all that that one word represents, whether you are adaptable, whether you know how to adapt in a minute to a circumstance, to a crisis, whether your identity is adaptable.

Lisa: Uh-huh. Uh-huh.

Caroline: The people who survived the Holocaust were people who could adapt. Let me put it in the extreme to you.

Lisa: Wow! Right. Wow!

Caroline: Okay.

Lisa: Mmm-hmm.

Caroline: This word is not just a word. Every word is a journey into power. This is a realization that comes from the tenth floor. When you live on the first floor, you don't pay attention to words. You haven't yet learned to grasp that every word is a world unto itself. Every single word you use is a Universe that you step into. It is the same way that Pythagoros understood numbers.

Lisa: Mmm.

Caroline: One was not a number for Pythagoros. For Pythagoros, one meant whole. It meant the Universe. It represented the idea of oneness, wholeness. Two for Pythagoros was to cut something in half and — and recognize polarity, duality. It represented a whole different shape of the Universe. It represented opposites. For Pythagoros, every number was a Universe unto itself. Three was a trilogy. Triangle.

Lisa: Mmm.

Caroline: What shape did the triangle allow you to access in the Universe? If you saw through a triangle, what could you see that you couldn't see through duality? This doesn't — if you live on the first floor, you can't think this way. It's impossible for you to think this way. All you think of is two, just the number two.

Lisa: Mmm.

Caroline: That's all. You cannot possibly see the power in the number. You can't see the Universe that it's actually holding together for you, that two actually holds together polarity. Male. Female. Anima, Animus. Yin and Yang. You cannot possibly grasp the philosophical balance, the Tao, that is the number two. That doesn't even make sense to you when you're on the first floor.

Lisa: Hmm.

Caroline: You can't grasp philosophical precepts on the first floor, because on that world, everything is literal. It's dense. This is a dense world on the first floor.

Lisa: Right. Right.

Caroline: So some people have to live in a literal world. They can't — they just have to live there. Everything has to be literal, and obvious, and five sensory, and they can't go there. They can't — they can't begin. Their mind has not been educated. They — they just don't want to go there. But one day, for example, on the first floor, you find a staircase. And your curiosity always gets the best of a human being. It always does. So you take it up to the second floor, and you look out the window and, all of a sudden, not just — it's not just that you saw your neighbor's house. Now you see that you live on a street.

Lisa: Mmm-hmm.

Caroline: So it's very shattering to you, because now you have to, once again, redefine your position of power in the world. It's not just a neighbor. Now there's a lot of people, and you have to figure out how to let them know you're in charge of the street, or learn to cooperate.

Lisa: Uh-huh. Uh-huh.

Caroline: You decide it's in your best interest to cooperate, but it does diminish your role in the world. It could be shattering. Your world that is the black. It dilutes you. You have to figure out how to factor in — it — you have to negotiate. You have to kind of how big do you want your world to get? One day you find another staircase. And you — and you discover you live more. You — you actually live in a neighborhood, not just a street. And so the staircase goes on and on and on, as you — as you begin this ascension into how big do you want your world to be. Each floor offers a different perspective. On one floor, you live in a neighborhood where everybody looks like you. And everybody believes the same thing you do. They're all white. They're all black. They're all Asian. They're all Buddhists. They're all Catholic. They're all Baptists. They're all short. They're all tall. They're all like you. And you need to live in a world where everybody's just like you. That's where you're comfortable. Then one day you find a staircase, and you go up the next floor, and you look out the window and you see a world where everybody's not just like you. Some people are Islamic. They're Muslim. Some people are Buddhists from this world. Some — and you — and you find it shattering. You think, "Where'd they come from?"

Lisa: Well, they've always —

Caroline: Your immediate response — your immediate response is, "They're enemies."

Lisa: Oh.

Caroline: Well, you're not ready to live on that floor.

Lisa: Mmm.

Caroline: So you quickly scamper back down to the floor of sameness. Not oneness, but sameness. Very different here. Sameness is not oneness. It's the shadow of oneness. "I need sameness. I'm not ready for oneness. I haven't matured that far. I need to stay in sameness, because oneness is — requires far too gracious a heart. I still haven't matured my heart to love that much, to be that compassionate. I still need to be exclusionary. So I'll stay in sameness. I don't want to go up that high."

Lisa: Oneness is more penthouse level thinking?

Caroline: Oneness is penthouse.

Lisa: Mmm-hmm.

Caroline: And a lot of people can't go there. It's that the air is too thin.

Lisa: Mmm-hmm.

Caroline: But in every floor, is also how the management of truth and the — the laws of the Universe, and how those laws — how those laws cooperate with what it is you believe. In the first — here's a law of the Universe. All is one. In the first floor, the way that law presents itself is as a biological precept. All is one, meaning everybody who looks like me. Everybody who's in my family. It becomes a blood law. A tribal law.

Lisa: Mmm. Mmm-hmm.

Caroline: That law presents itself biologically. If you are part of my bloodline, then you are one. It is impossible for someone in the first floor to understand that law as an energetic truth. They cannot — they can't conceive of it. If you said, "You know how you feel about your family? Like — like everybody who has the same blood is you, is — is part of your one clan?"

"Yeah. Yeah. I get that. That's right. We're all from the same blood." That's physical. They get that. They — that we wear the same clothes. That's what makes a clan in Scotland. That's — that's — that's —

Lisa: Mmm-hmm.

Caroline: — that's blood.

Lisa: Mmm-hmm. Mmm-hmm.

Caroline: And when we said to them, "Well, in principle, now, all is one is a — is a mystical law, and it also means what is in one is in the whole. All is one means that this whole life force moves together as a whole, that what is in one is in the whole is a mystical law, manifesting in all of life, so that whatever happens to one part of life, one human being, simultaneously in some way happens to all of life, because it's interconnected. You can't see those wires. But there's no division in the life force, itself.

Lisa: That is a human —

Caroline: The life force cannot be divided. It cannot be divided or separated.

Lisa: Mmm-hmm.

Caroline: So all that is life force. All of it that is life force. All. Energy cannot be divided or separated. So we are connected by that. So what happens to energy anywhere happens to all of us, simultaneously. That is a mystical truth.

Lisa: So —

Caroline: So therefore what is in one is in the whole. Now to somebody on the first floor, they will never get that, because they can only think in physical terms. They can't get that. They will never get it. They will never, ever get it. Now when you get to the eleventh or twelfth floor, somebody with a scientific mind, who's comfortable in quantum physics, might be able to grasp the beginnings of that.

Lisa: Wow!

Caroline: Because —

Lisa: Right.

Caroline: — quantum physics is beginning to reveal that energy cannot be created, cannot be destroyed. It flows together. It — it seems to move like schools of fish, all together, that somehow or other it is a consciously, though they are afraid to use that word, so they're comfortable with a word like interactive field. They call the field between you and me dark matter.

Lisa: Oh.

Caroline: And they know there's active — active forces within the field you and I, we're sitting in the same room, and there's activity between you and me, sitting in the — in the so-called empty space. It's not empty at all.

Lisa: Uh-huh. Uh-huh.

Caroline: It's in fact filled with dark matter, but if they could make it to the penthouse, and dare to use the words, "Sacred" and "Grace," dare to for one second see it as an active field of grace, in which all human activity was in a constant field of motion and creation, consciously creation — creating through act of grace, or the absence of grace, in which case, psychic free radicals stand in their place, to set the wheels of motion into creation.

Lisa: Hmm. Hmm. Hmm.

Caroline: I choose not to grace you. How do I do that? It's very simple. You and I are — are together, and we're talking, and my intuitive system, just like — excuse me — all — all human beings are naturally intuitive, as everybody knows. It's not a gift.

Lisa: Mmm. Yes.

Caroline: We're wired that way. And — and I — I sense, for example, that you — you could use — your self-esteem could use a little boosting, or — or you're — you're feeling like you could just use more — most of the attention in this evening — our evening together. We go out for dinner like — like girlfriends do.

Lisa: Okay.

Caroline: But I'm not in the mood to do that. I'm feeling particularly selfish —

Lisa: All right.

Caroline: — particularly narcissistic. I want this evening to be all about me. So I — I eclipse that. I decide not to — to grace you with that, and here's — that's the grace of understanding. I decide not to understand you, to put in all that, that I could give you as a friend, to the grace of understanding is about let me — let me help you articulate what you need to say. Let me help. Give me the grace of understanding tonight, because I have the capacity to help you say what you're trying to say, and what you're finding difficult to say. Let me help you. Let me say that prayer first. God, give me that grace. Give me the grace of understanding to help her say what she's finding difficult to say, 'cause I can see it. She's trying to realize something. Help me say it. Help me help her. That would be what a friend who truly loves a friend would do.

Lisa: Yes.

Caroline: That's what that grace is all about.

Lisa: Right.

Caroline: I could provide that. But somebody who's — who's totally focused on the self, the withholding of that grace, now if somebody in the penthouse really understood the laws of creation, that truly understood the mystical laws, they would realize that in every breath, they're interacting with laws of creation —

Lisa: Wow!

Caroline: — with their every breath, with their every choice. There is not one choice that is outside the laws, that in fact the laws are the nature of God. The nature of God is law. Period. Law.

Lisa: And —

Caroline: It is law. No matter whether you are dealing with Buddhism, or — or Hinduism, or Mus — whatever. It — get — get out of those religions. They're costume parties. The nature of God is law. It's as simple as that. You make a choice. You set the choice in motion. The choice is a consequence. You live the consequence. What is prayer? Prayer is the intimacy with which you ask, "How do I live within this law? Give me guidance. I don't want to screw this up." But what people don't understand about prayer is there are prayers that cannot be answered. I'll give you an example. And this is what you come to realize in the penthouse.

Lisa: Mmm-hmm.

Caroline: The foolishness of certain choices. You cannot pray to have a cycle you've set in motion unset. If you —

Lisa: Not pray to have a cycle —

Caroline: You — you can't — if you — if you have a daughter and you say to your daughter, from the moment you have a daughter, you have a potential granddaughter on your hands. Agreed? Agreed.

[Laughter]

Lisa: Yeah.

Caroline: So you say to your daughter as you're raising her, I need to teach you to responsibly handle the body you have.

Lisa: Mmm. Mmm-hmm.

Caroline: Because your body —

Lisa: Mmm-hmm.

Caroline: — is incredibly powerful.

Lisa: Mmm. Yes.

Caroline: It is — has the capacity to create life, and you, Missy, are gonna handle this responsibly.

Lisa: Yes.

Caroline: And so you guide your daughter and, hopefully, your daughter will pay attention to you. But let's just say one night there's a slip up. And your daughter comes home. A couple of weeks, months later, a month later and says, "Oops." Now we have a choice on our hands. We are either going to be a Gramma, or not. This is not a statement, by the way, pro-life, anti-life. I — leave that out of this.

Lisa: Right. Right.

Caroline: This is the reality that a girl has that choice. Whichever way she goes, whatever. Okay? But here's what a person — a girl cannot pray for. A girl cannot say, "Please, God, reverse what happened to me, and make it so that I'm — I — I was never pregnant in the first place."

Lisa: Right.

Caroline: So whether the girl decides to have the child, or whether to have an abortion, whichever choice a child makes, a — a young girl makes, the fact is from that moment on that girl was a mother. Whether she aborts or has the child —

Lisa: Oh.

Caroline: — for one brief shining moment, that girl was a potential mother, or becomes a mother.

Lisa: And you can't reverse that.

Caroline: So the girl can never say —

Lisa: Right?

Caroline: Pardon?

Lisa: You can't reverse that cycle. That's what you —

Caroline: Right.

Lisa: — were saying. Okay.

Caroline: So the girl could never say, "Please, God, take away the fact that I was ever pregnant in the first place." No. Too late for that. You can't have that prayer. You can't have that prayer. Don't even go there, Missy. Don't even go there. You crossed that line, and you're not allowed to have that prayer. Let me teach you how to pray, but don't do something stupid. Don't go get on your knees and start praying for prayers that cannot be answered and, then, decide there is no God. Don't you dare mock the heavens that way.

Lisa: And this is one of the rules. This is what —

Caroline: This is one of the rules.

Lisa: — you're talking about. Yes. Okay.

Caroline: You learn to pray within the cycles of creation. You set a cycle in motion. When you asked about politics earlier, I don't want to go down that door, but I will say this. What we are living is the closure of cycles that we set in motion —

Lisa: Wow!

Caroline: — beginning in the sixties. Which is why it is impossible. It is impossible for us that we are living the end line of cycles that were set in motion in the sixties, in the seventies, and in the eighties, cycles that were set in motion without consciousness. We cannot stop the — the closure of these cycles. We can set new cycles into motion, but if you think that any choices that we make now can undo certain closures of cycles that are already spinning, that's not gonna happen.

Lisa: Yeah. What I — I want to ask you about those cycles. The — just —

Caroline: But you — you see, this — just wait.

Lisa: — for the —

Caroline: You know, let me just conclude this. It — is that what I teach in this Master's Class —

Lisa: Uh-huh.

Caroline: — is that you have options on how to understand and approach everything in your life. You could approach it through the penthouse, by trying — by learning to see your life through the mystical laws, through symbology, through your archetypes, through the highest position you can take, or you can stay in the basement —

Lisa: Right.

Caroline: — and the first floor and take everything literally, in which case your capacity to actually understand anything is gonna be zero. You're gonna end up truly more — you're gonna end up frightened. You're gonna end up frightened. You're gonna end up always taking the road of fate, and never understanding how your destiny offers the — the offerings of destiny. You won't recognize it. Because you — you'll always cave to fear. Everything in life will frighten you.

Lisa: Mmm-hmm. Right.

Caroline: You won't understand how to adapt. You won't get it.

Lisa: Living in fear.

Caroline: You just won't get it.

Lisa: Having anxiety. Those types of things. There's —

Caroline: Yeah.

Lisa: — this type —

Caroline: Yeah.

Lisa: — of conversation takes you out of that space. It — it enables you to have such a broader picture about life, and — and — and in — in listening to the lecture, I just take just I — notes, that make sense to me and, then, I go back. I mean, one of the ones that I loved is how we're living under our own hypnotic trance that — of — of ourselves, basically, that we should either be living an extraordinary life, or that — that an ordinary life should be avoided, or that the —

Caroline: Mmm-hmm.

Lisa: — these trances that we've put ourselves under, these —

Caroline: Mmm-hmm.

Lisa: — different things that take us out of being a congruent human being, which is what the Master Class is about. It's on the path to becoming a congruent human being, from such a high level conversation.

Caroline: We're the only — we — do you know that we're the only generation ever in the history of — of — of — of anything that have actually made it a goal to be extraordinary?

Lisa: That — that one took my head a — a few rotations.

Caroline: I mean, you know —

Lisa: Right.

Caroline: — we — “Please, God, make me anything but don't make me ordinary.” We are so narcissistic that the thought of being ordinary is enough to make some people throw themselves off a bridge. “What's your goal in life?” “To be extraordinary. I don't care how, just make me extraordinary. I'll tap to myself. I'll — I'll get, you know, puncture my nose, my ears, my lips” —

Lisa: Mmm.

Caroline: — “but don't make me” —

Lisa: “Make me stand out.”

Caroline: — “ordinary.” What — what is wrong? What is your definition of ordinary, to start with? What — what is your definition of ordinary? What does that look like? You know, I mean, I'm not sure what ordinary looks like, much less extraordinary. What does extraordinary look like? Does that mean you don't have to work? What does extraordinary look like to you? Does that mean you go out with — to lunch with your friends three days a week? I — I'm not sure what extraordinary looks like to you.

Lisa: What does it really look like? Right.

Caroline: Does that — does that — does — does that mean your fantasy life with four vacations a year? I'm not sure what that looks like. But —

Lisa: It's different for everyone.

Caroline: — for people —

Lisa: Isn't it different for everyone?

Caroline: Right. I — yeah. I'm not sure what that looks like to people. They'd have — to me, it — to me, that symptomology, that is the symptom of someone who watches too much TV.

Lisa: Mmm.

Caroline: They've had too much exposure to Fantasy Island, Kardashians, and all the other junk on TV.

Lisa: Right. So they adore something outside of themselves.

Caroline: Yeah. That — that says that "I have something that's in opposition to my life, and my life is very ordinary compared to what I'm watching," in which case, I would say, "Stop watching that trash."

Lisa: That's what commercials are.

Caroline: "It's had" —

Lisa: Right.

Caroline: — "a bad effect on you."

Lisa: Mmm-hmm.

Caroline: It's telling you —

Lisa: Right.

Caroline: Yeah. You're — you're suffering from Hollywoodology.

Lisa: Even those — those commercials with the — for the prescription drugs, they show these people with these extraordinary lives, saying, "This drug is gonna get you there and, you know, it's — it's very much of a brainwashing technique, and it —

Caroline: You know what, Lisa? They show people in the hospital, with a tube up their nose. "Take this drug and you'll feel better."

[Laughter]

Caroline: "I mean, yesterday, I was unconscious. Today, I just need one tube." I mean, they should show the real thing.

[Laughter]

Caroline: You know?

Lisa: That's right.

Caroline: They should show the real thing. I mean, 'cause — and — and, then — and, then, you know, have them say, "But if you're gonna get pregnant and you have a bad liver," dah, dah, dah. And, you know, all the things the — the — the disclaimers they put, "Or if you intend to go unconscious, don't take this drug."

[Laughter]

Caroline: Then you have a nurse come in and — and you can't say anything else now. You have high blood pressure. "Oh, yes, if you have high blood pressure" — I mean, they should do it the way it should be done, instead of seeing these people who are hopping, and skipping, and jumping —

Lisa:

Caroline: — and who turn around and say, "Yes, last year, can you believe it? I had a heart attack." Yeah. Yeah. I mean, get outta here!

[Laughter]

Lisa: The — yeah. The side effects. Death. That's always — the vision that starts it.

Caroline: And, then, it says on the bottom, "Actor." You know?

[Laughter]

Caroline: Get outta here. I mean, oh, my God! Oh, my God! What a country!

Lisa: And so I just want to — yeah. I want to — first of all, okay. If you're on that website, if you go to TheAwareShow.com/Myss, M-y-s-s, you will get hours of this. It is actually a three-day Master Class, where — and if — and it was a 2,900-dollar workshop, that has been discounted to underneath a hundred dollars. And you get the full, complete benefit. It's not — even more, because you get to spend your time with this, and you do the exercises and, in my case, I went to — to bed asking myself the question, "What are you seeking?"

Caroline: Yeah.

Lisa: "What am I seeking?"

Caroline: What are you seeking?

Lisa: And I got to spend the night with that one. And that was beautiful, and asking myself ten ways that I am incongruent.

Caroline: Mmm-hmm.

Lisa: Ten ways that I'm —

Caroline: This is what I — I posed to my small, little group. I — that's why I love these what I call boutique workshops.

Lisa: Mmm.

Caroline: Because I present these questions to people for reflection. I love that word. It's a word that's not in our common parlance anymore. To reflect on something. What does that mean? It means to put the word in front of you, and to keep looking at an idea like, or a question that you continually pose to yourself, not once, but for a — a given period of time. "What am I seeking?"

Lisa: What am I seeking?

Caroline: And — and what am I seeking? That's not — you said something earlier. You said, "You know, does the penthouse — does the mind seek the penthouse? The fact is, the mind can't get to the penthouse.

Lisa: Ever?

Caroline: The mind ceases at the sixth through the seventh floor.

Lisa: Mmm.

Caroline: And beyond that, the journey becomes one of the soul.

Lisa: Ah!

Caroline: The mind — the — the mind needs the world to be so ordered, so logical, so kind of mathematical and so structured, that there comes a point in your life where you're — there is a portion of your life that is fundamentally unstructured, chaotic. And crisis happens when that chaotic part takes over the structured part. And people fall into crisis because they think something's wrong when that happens. But the fact is the chaotic part coexists with the structured part all the time. All the time. It's one and the same.

Lisa: Yeah. Yeah.

Caroline: You know? It's — it's always there. How can it not be there? Because it's — it's very much a part of — of the nature of life, this unstructured part. It's — it's — but — it's called impotentia. It's the — it's the potential part of what's constantly being ordered and created. Every choice that you are making automatically sets a cycle of chaos into motion, that's potentially beginning to create something else. And as soon as you set a new cycle of creation in motion, something needs to be removed from your life that you think is stable.

Lisa: Wow!

Caroline: It's kind of like —

Lisa: It — happens. That's what happens. All right?

Caroline: Yeah. But, I mean, it's very simple, if you just think in terms of your closet. You're always shopping. You are always shopping. You are never not shopping. And every time you bring in something, something old is gonna get thrown out. So if you just think of your life through the — through the analogy of shopping, you are constantly shopping, whether it's for food, or clothes, or stuff. You are always shopping.

Lisa: That's interesting.

Caroline: And that's unless you are a classic hoarder, and there are people who are psychic hoarders, believe me. You are —

Lisa: What's that?

Caroline: What's a psychic hoarder?

Lisa: Mmm-hmm. Yeah. Uh-huh.

Caroline: Oh. A psychic hoarder is — isn't that a fascinating thing?

Lisa: Yeah. Yeah.

Caroline: I come across that kind of person every now and again. And a psychic hoarder is somebody — it's kind of a — an archetype I sort of made up. But not really, because I think people will recognize it. It's just that it's never been named.

Lisa: Right.

Caroline: But it's someone who chronically, chronically, chronically asks for help, guidance, assistance, and does nothing.

Lisa: Ooh. Mmm.

Caroline: And does nothing.

Lisa: Mmm.

Caroline: So if you can think of that as someone who's constantly stuffing themselves with more counsel, more advice, more guidance, more this, more that, and think of them as growing obese, psychically.

Lisa: Uh-huh. Uh-huh.

Caroline: That they're absolutely obese. And they're — they're just — because advice is energy. You don't think about that, but it is. It's energy.

Lisa: Oh, yeah.

Caroline: It's more data. It's more data.

Lisa: Especially if you do something about it. It's physical.

Caroline: Right. It's more data. So you have all of this that you are hoarding data. You're hoarding it.

Lisa: Hmm.

Caroline: And you're doing nothing with it.

Lisa: Right. Right.

Caroline: And if you —

Lisa: Right.

Caroline: — convert that to magazine articles, and you just keep asking people, "Can I have that article? Can I have that one? Can I have this one? Can I have that one?" What would they look like? They would look like —

Lisa: Hoarders.

Caroline: Yep. They would look like a bag lady.

Lisa: Mmm-hmm. Mmm-hmm. All those magazines piled —

Caroline: Right.

Lisa: — up in the house with — yeah.

Caroline: That's right. They would look like a bag lady, and that's what their house would look like. And you would say, "You have so much information here. What — will you just make a decision?" And in fact they would have so jammed their circuits that this is oftentimes the — the origin, the — the core — core of obesity.

Lisa: Wow!

Caroline: In my — in my experience —

Lisa: Right.

Caroline: — this is one — one of, like, the three major reasons for obesity, is that they're psychic hoarders.

Lisa: Uh-huh. Fascinating. What about hoarding anger, and — and events that house resentment, and those type of things?

Caroline: Yeah. Yeah. Yeah.

Lisa: The same type of things?

Caroline: Yeah. Well, they — you know, they — they hold on. They hold — people who hold on. It's just a — a compulsion that they can't — they can't let anything out of them. They hold on. They can't let — and you know when people say, well, they hold on to anger. They hold on to resentment. Or here's another one. People who have weight issues have something else in common. They're unforgiving. They're unforgiving.

Lisa: So they hold on to the resentment.

Caroline: Yes. That is a trait. They're righteous and they're unforgiving.

Lisa: And it's a —

Caroline: It tends to — yes. That tends to be a trait. They tend to be very righteous, stubborn and unforgiving. That tends to be a trait. That — there may be

exceptions to it, but they tend to be that, very righteous, very unforgiving, and defensive. They — they're very, you know, they always have reasons for it. Because they — they're very good at rationalizing. Rationalizing why they get to overeat. Rationalizing this. And so they're very good at rationalizing their positions on their anger, and why they get to stay angry.

Lisa: And defending it. Yes.

Caroline: Yeah. Yeah.

Lisa: Yeah.

Caroline: So they're very good at staying angry, staying defensive.

Lisa: Often enough, right?

Caroline: Uh-huh.

Lisa: Yeah.

Caroline: Yes.

Lisa: Not quite —

Caroline: I don't think they — they — and stubbornness is such a trait.

Lisa: When you have people come into your lectures, and they ask — well, I — I keep begging this question. I don't know why it's under my mind so much. But about the Occupy Wall Street movement, it — it just seems to keep coming up and coming up. Is it — is there a — a relationship to what we're seeing happening in this country right now to what you're talking about in terms of becoming a congruent human being.

Caroline: Oh, let me think now. That's an interesting way — that's to go around the block.

Lisa: Right. Right. Right.

Caroline: Okay.

Lisa: It's about forgiveness. It's about anger. It's about forgiveness. It's about anger. I mean, it's —

Caroline: All right. Leave forgiveness and anger out.

Lisa: Okay.

Caroline: And let's go with congruent.

Lisa: Okay.

Caroline: Let's just take the word, "congruent" and say that our country's become incongruent. Fair?

Lisa: Mmm. Okay. Yes. Yes.

Caroline: And that what triggered Occupy Wall Street was the Arab Spring.

Lisa: Oh, right. Right.

Caroline: Okay. Remember what triggered it. And what triggered Arab Spring was the one man in Tunisia who started himself on fire, because he was disrespected when he — in his cart. When some person didn't, I think, when he was humiliated. He was a poor man. And in response to that, he set himself on fire in front of his — his cart. And that was the tipping point. That was the tipping point that began the riots in Tunisia that spread to the riots in Egypt and Syria, and that has set the whole Middle East on fire, that eventually led to Libya.

Lisa: Uh-huh.

Caroline: This Arab — what they call the Arab Spring.

Lisa: Arab Spring. I really didn't —

Caroline: And that inspired occupation — Occupy Wall Street, of Wall Street.

Lisa: I see.

Caroline: Now what is — what's happening here is that balance, you know, the reporters, the news broadcasters, insist on twisting the issue and making it look like these people do not have a — a cause behind them, as if they're deluded, and diluted, as in to dilute a substance, as if they are just, you know, like hippies, 50-year — you know, the next generation of hippies. They will not interview people in a substantive way, nor report the fact that these people have gathered in a force, and are continuing to gather, and picking up momentum, because they are challenging that the corporate structure has taken over the legislative body of the United State of America. And, as a result of that, lobbyists and corporate money are not making the rules in a — what is now and can literally be considered a former democracy.

Lisa: Wow!

Caroline: That, in fact, while we slept, corporate money started to have far more positions on what laws were passed in this nation, then popular vote in what used to be a democracy. And if the American public actually knew their history, and actually knew their politics, they would actually know that the definition of Fascism is when corporations run the government.

Lisa: Wow!

Caroline: It is literally called a Fascist state.

Lisa: Wow!

Caroline: Little by little —

Lisa: Wow!

Caroline: — by little, our rights have been removed. What rights do we actually have? Are we listened in? Yes. Can they now invade our homes without a warrant? Yes. Is habeas corpus off the books? Yes.

Lisa: Yes.

Caroline: Can you now just be hauled off and put away someplace without ever, ever having your rights read to you? The answer, ladies and gentlemen, is yes. Another rule that's been taken off the books is this one. They can now order the U.S. Military to fire on U.S. citizens. Yes. That is off the books.

Lisa: Oh.

Caroline: We have all the rights that used to protect us, privacy, it's gone. Do you get that? We don't have any privacy. What's private now?

Lisa: Right. No more.

Caroline: Nothing.

Lisa: No more.

Caroline: Not our medical. Not our medical history. Nothing.

Lisa: Not our financial. Yeah. Nothing.

Caroline: Not our financial. Nothing. Not your home. They can come in anytime they want. All they have to do is say, "You know, we think we're worried them in terms of national security." Done!

Lisa: And, then, if you try to combat this —

Caroline: That's right. You have no — there was a time when the police stopped you. You didn't shake with terror. Today, the likelihood that they will pull out a club is 50-50. Hundreds of people die each year from being beaten or tasered by American policemen. This is statistics.

Lisa: Hidden.

Caroline: This equals a police state.

Lisa: Mmm.

Caroline: This is a police state, and — and this is the thing about America. They — Americans are on — under such a spell that they either don't want to face that, or they tell you don't know what you're talking about, so they've never checked out the facts themselves. Or they are under such a spell that America is such a good place that this could never happen here.

Lisa: Yet —

Caroline: And that's precisely why it can happen here, because people think — thought it can't happen here.

Lisa: Mmm. 'Cause it's a trance that we've been told under — I mean, this is why —

Caroline: Right.

Lisa: You know, 50,000 million foreclosures and — and —

Caroline: Right. Right. Right. It's like how did this happen here? Because you thought it couldn't happen here. Why did it happen? Because Americans are so trusting.

Lisa: Mmm.

Caroline: Because America's quote "such a good country, that bankers surely wouldn't lie." Well, this is also a country where someone would have said, "The banks — the banks are gonna go broke." Well not in America. But it happened. Not only did it happen. We are getting downgraded. And pretty soon, as someone said, "Do you know America's gonna go broke and the banks are gonna crash, and there's

a real good chance America's gonna need charity from other countries?" Someone would look at you and say, "You are speaking treason!" Well, am I?

Lisa: Right.

Caroline: Am I?

Lisa: Well —

Caroline: Is it? It's happening in front of people's eyes. But they won't face it. They will not face it. They won't face the obvious. We are living in a country where it's safer to lie than tell the truth. They know politicians — look at what — what's —

Lisa: Oh.

Caroline: — just happening to that idiot, Cain. He's lying through his teeth. They know Mitt Romney lies. He says one thing one day, one thing the next. Cain, one thing one day, one the next.

Lisa: Right.

Caroline: Rick Perry is a four-star flaming butane idiot! They didn't even know if he was sober the other night in New Hampshire.

Lisa: Oh, God!

Caroline: And these are the people they actually think are qualified to lead the United States of America.

Lisa: Well, who is? I mean, what — what's the —

Caroline: The fact is —

Lisa: Yeah.

Caroline: Right. I mean, we are in absolute trouble.

Lisa: Right.

Caroline: We are in absolute trouble. But these are the people. These — Michele Bachmann, this bigot! This — this moralist! How dare they even put sexuality on the platform!

Lisa: Okay.

Caroline: Homosexuality. More — what is that doing on an — on a political platform when, in fact, we're tanking financially? And what about foreign issues? While we are sleeping here, obsessed with our own economy, Russia is once again weaving together the former Soviet Union.

Lisa: All right. Well, how do we get —

Caroline: Does any American even know that? Do they know that? Does any American even know the politics of the Middle East? Do they know what's going on in Russia? Have they any idea what's going on in China?

Lisa: Right.

Caroline: This imbecile of — Cain starts talking about the fact that — that we oughta — oughta watch China, because — because he — he's convinced they have a nuclear program. That's 1960s.

Lisa: Right. So —

Caroline: He's —

Lisa: — so how do we get America —

Caroline: Does — does he know —

Lisa: — out of this?

Caroline: — where China is? Does he even know where it is?

[Laughter]

Caroline: I mean, I am — I just sit back and I think, "Where can I move?" Really.

Lisa: Well —

Caroline: Where can I move where — where I don't have high blood pressure from what I witness? Where can I move? I — I — I —

Lisa: This is what you've been talking about. This is what —

Caroline: I mean —

Lisa: — getting us out of the basement and in —

Caroline: Really.

Lisa: — in —

Caroline: Really. I have to go — I have to rush up to the penthouse.

Lisa: Yes.

Caroline: In my own inner self in order to survive what I see. I have to.

Lisa: Well, so does America.

Caroline: I have to go up there and say —

Lisa: Right.

Caroline: — “This is the — the — the crushing” —

Lisa: All right. So how?

Caroline: — “of my beloved country.”

Lisa: How?

Caroline: My beloved — beloved country.

Lisa: How do we rush up from — to the penthouse? How do we do that? I mean, forget as America right now. Let’s figure out how we do that. How do you do it, Caroline? I mean, yeah. I mean, right now we just went to the basement.

Caroline: Well, that’s what the basement looks like. My basement’s like this political, spiritual havoc center, where we’re off — on —

Lisa: I know. I mean —

Caroline: All my books. Well, you know, up in my penthouse, it looks like this. I realize — I realize. First of all, I — I’m — I’m a chronic prayer. I pray a great deal. I — I have to. I have to withdraw, because the only thing, truly, Lisa, truly, it’s like I mainline prayer, because I have to sit back and I go into my castle and, as a result of my experience, with Teresa of Avila —

Lisa: Mmm. Mmm-hmm.

Caroline: — I have learned to go into my inner castle and my prayer, “Hover over me, God! I’m losing it!”

Lisa: Ah!

Caroline: That’s a version of it. But “Hover over me, God. I — I’m — I’m losing it. I’m losing it and, at the end of the day, this world belongs to you, and all activity in it.”

Lisa: Mmm-hmm.

Caroline: “And this — even the madness is Yours, and — and I cannot let — make the madness mind. I do not. I will not. I do not. I will not. But I will not — not look at it, either. I’m an agent for change in this world. I have agreed to that. Just keep me strong. Just keep me strong, because it — it is a — it can be a very dark place, and I will not — not go there because I don’t like what I look at. I have to go there.”

Lisa: Right. That’s what you told me.

Caroline: “But keep me strong, because if I’m there too much, I come out a screaming person.”

Lisa: Mmm.

Caroline: “And I can’t afford to do that. I can’t afford to do that.” So in order for me to go into that world, I have to do what John — what the late John O’Donohue taught me. I have to pray a great deal, just to — to — to — just so I keep a voice going in my head that says, “Hover over me,” because God is in all things, and in all activity, God is present. And this isn’t like a mythology. There is a reason why all things happen as they do, and I don’t know what I would have said if this was 1939 Berlin. I don’t know, except that I do know that human beings have a lot of darkness in them. They have a lot of fear, a lot of darkness, and we manifest events that — that play that out. And we do. We have not learned to — to control our greed. We have not learned to control our — our resentment. We still look at other people as being less than us. We entered into a war in the Middle East based on a lie.

Lisa: Right.

Caroline: And this country —

Lisa: Yes. Yes.

Caroline: — this country, whose — which has a Constitution promising it would never do that, broke its own word, and broke its own Constitution. And —

Lisa: Because of one person?

Caroline: Because of this — this — yeah. A — a Cabinet and agreement, a business, a connection to oil.

Lisa: Mmm-hmm.

Caroline: So let's look at it from the penthouse, in which —

Lisa: Okay. Okay.

Caroline: — we are living this. This is what I would say to everybody listening.

Lisa: Okay.

Caroline: Take a deep breath and hold onto my coat tails. We're living at the end of the fossil age. We are people of fossil fuel. And our entire global economy, and our personal economy, is run on fossil fuel. And we're coming to the end of that time. A — a — in a brief two century and a half, two centuries, we — we will have exhausted the fossil fuel available on this planet. And we are at the beginning of the solar age —

Lisa: Mmm.

Caroline: — where we have to sub — we have to learn to transition. We have to find a way to transition everything from our economy to our lifestyles, to connect to solar way of life and, in doing that, we also have to have Soular values, and for — by that, I mean, S-o-u-l-a-r.

Lisa: Oh.

Caroline: Not S-o-l-a-r.

Lisa: Right. Right.

Caroline: We don't have Soular values. We're on the journey for — to Soular values, but we have not achieved those. We've gotten stuck on that journey in — in — from the ego to the Soul. We've gotten stuck in the middle, in the place called narcissism. As — as we've awakened in the inner world, we got stuck in the middle, because the journey from the ego is we tumbled into ourselves. We tumbled into the inner self, and we like it in there. We like it in there. The inner self is very self-centered. It's all about the self. And there's no way we intend to come out of there. The self is all about me and all about my needs, and my this, and it looks and it smells and it feels like a person is becoming conscious, but it's not. It's not. And, in fact, we've never become less conscious. It looks like we're

— we're eating healthy, and we're doing things healthy, but — but the truth is, we've never been more unhealthy. Disease has skyrocketed. Obesity has skyrocketed. Depression has skyrocketed.

Lisa: Mmm-hmm.

Caroline: Marriages are crashing.

Lisa: Mmm-hmm.

Caroline: Communities are nowhere to be found.

Lisa: Right. Well, yeah.

Caroline: You know, we've gone exactly the opposite direction of the key word called holism. We're not becoming more whole. We're becoming more fractured. We're not — we're not reaching out to understand the — the — the — the — the — the — and — and be — build and weave more — a stronger word — stronger ways to — to humanity.

Lisa: You talk about, though, in this lecture that we're addicted to not becoming that, that we're addicted to that ego self, to keep us from that wholeness, in a way.

Caroline: I think in a — in a — I think, you know, it's interesting. When I look at Occupation Wall Street —

Lisa: Mmm-hmm.

Caroline: — in an odd way, I think what — is what we are seeing is the rumblings, the rumblings, early rumblings, of — of the element of a revolution —

Lisa: Wow!

Caroline: — that says, "We — we — we want our country back. We want our rights back. You corporate bastards" —

Lisa: Mmm. Mmm.

Caroline: — "cannot run this country." And I will tell you something. Come up to the — come up to the penthouse —

Lisa: Penthouse.

Caroline: — again.

Lisa: Uh-huh.

Caroline: You have to see world events through symbology, and you will — you will see very clearly that the pattern that was the Civil War has been reignited. That the Southern members of the Senate, the states that represent the Republicans, are the identical states that withdrew and formed The Confederacy. We have a President from Illinois who, like Lincoln who was from Illinois, was an expert in Constitutional Law. He is completely inspired by Abraham Lincoln and, like Lincoln, he needs to save this Republic from going under, from going under. He, like Lincoln, faces enormous hatred, enormous hatred by the South, by The Confederacy. Enormous hatred. They want him dead. They want him dead. Just like the South did. Just like The Confederacy did. And — and — and like the Abraham Lincoln, who issued the document, The Emancipation Proclamation, freeing the slaves as we all know, he has an Emancipation Proclamation, symbolically, that he has to issue, which is to free this — the American Constitution from the shackles of the corporate bond. And tragically what we are witnessing is he doesn't have the strength of character of Abraham Lincoln.

Lisa: Well —

Caroline: He — he, himself —

Lisa: Has weaknesses. Yeah.

Caroline: — is — is tragically intimate with the very — now if he has a second term and suddenly turns around and looks at the corporations and says, "Now that I can't have a third term, I'm really gonna go after you."

Lisa: Oh.

[Laughter]

Caroline: I mean, that would be my fantasy. That would be my up absolute fantasy —

Lisa: Wouldn't that be interesting.

Caroline: — because once he says, "Look, I'm in. I don't need you now, and now I'm gonna go after Wall Street, and I'm gonna go after" — it may be that that's our — our last ditch effort as we look at these — these buffoons running in the Republican Party —

Lisa: 'Cause any other —

Caroline: — and, by the way, ladies and gentlemen, I hold no loyalty to any Republican Party, any party whatsoever.

Lisa: Party, yeah.

Caroline: If the buffoons were Democratic — Democrats, I would say, “Buffoons on that end,” and I would — and if the good guys were — if the more able-bodied candidates were Republican, we’d go that — I — I do not care. I am looking —

Lisa: And I —

Caroline: — for an able-bodied leader, a —

Lisa: And I didn’t mean to make this a —

Caroline: — visionary.

Lisa: — a political conversation, either.

Caroline: This is not about Democrats, Republicans, Libertarians. I’m looking for an able-bodied leader, whichever side, where ever — if it came from the moon, I would say, “Vote Martian.”

[Laughter]

Caroline: We — we — we are just looking at what’s in front of us.

Lisa: We very well may have to.

Caroline: And I — you know.

Lisa: Yeah. And I — and, also, I’m sorry. I — I got off on a tangent with you here, because that was a — it was alive for me, and I — I appreciate your perspectives on that. I do want to get back to the congruent human being class that we’re talking about on the — in — in this entire call. I mean, it really is the same conversation. It’s the same conversation.

Caroline: It really is.

Lisa: But — yeah.

Caroline: I mean, this is a call for the country to become congruent, or — with — this — it really does mark a passage of the world into where the ground level is begging for the old world to go away, to turn to — to get rid of the — remember that everybody in the leadership position, not unlike World War I, is that — and that’s what it has in — in common with — you know I’m a military history freak.

Lisa: Right. Yes.

Caroline: Is that — is that World War I was a war that was led by people from a previous century, from the 1800s, from the 1900s, who were trained in the previous century, and it was — who were confronting weaponry and systems in a new century, the first time weapons flew, first time they ever saw airplanes, first time they ever saw Hollister, that they — they were inadequate to face the new form of war, which is why it ended up in trench warfare and, further, the war had no real reason other than just like this one. They wanted the oil in the Middle East. It's an identical war. It's an identical war, if you understand how to read the psychic blueprints of war. In that same way, we have a war that was started for wrong reasons, all about oil, and it's being led by people who were trained in the last century, only now it was the last millennium in centuries, trying to strategize a new millennium, and what we are facing — it's not just a new millennium, everybody. It's actually a shift of an axial age. This is a time when we are — we are living, perhaps, the most momentous shift in the history of human civilization. How's that for a mouthful?

Lisa: Wow!

Caroline: The history of human civilization. Never before in — ever, in — in the history of civilization has there been a transition, a transformation, in which every single nation, every single integral part that makes a society, from the pillars — the — the major pillars that hold together a society, from their churches, to their — to their Gods, to their banking, to their — to the — to the fundamentals of what we need from life, to our water supplies, to our food, to our ozone, to our air, to our — every single ecological system, every single spiritual system, every single financial system, every single border, everything, absolutely everything is bordering on will it make it or will it not. There isn't one system of life, not one species of life, that can say for certain it's going to make it, as we journey through these next five, ten, 15, 20 years.

Lisa: Is that —

Caroline: Ever since we — pardon?

Lisa: That's — I mean, that's one of the reasons why it — as we journey through these five to — this is that critical point to make that type of a difference, and we have to start with ourselves. We have to start from our own castle, our own condo, our own internal environment, in order to make this tipping point matter, 'cause you're right. We are absolutely in this —

Caroline: And — and — and, you know, you bring up something, which is a person can say, "Well, you know, it's somebody else's responsibility to do something," which is the Class A argument of 99 percent of humanity. And I could shake people like ragdolls when I see lazy people say things like that. Lazy people who prefer their own safety.

Lisa: Some of that —

Caroline: And they remind us —

Lisa: — for President.

[Laughter]

Caroline: Really. But — but then I remind them that — that — that the hell hole humanity is in right now is because one — a — a group of single individuals put us here. And a group of single individuals have inspired the changes that you're witnessing in front. One poor man lit himself on fire —

Lisa: Right.

Caroline: — and that has changed the Middle East, so if you give me the argument that you're too old or you don't have money, I would shake you like a ragdoll until — until your head couldn't see straight, because he made a decision that said, "I'm not taking this anymore," and he did what he could about it. It may be drastic, but he did what he could. And he brought the Middle East down. Other people would say, "Well, I have to use weapons." No. No. You know what he did? He used the mystical laws and, then, the great — the words of Voltaire, "Armies cannot withstand an idea whose time has come." He used that law. He held his Soul together, and he said, "No. No more." And the force of death was so magnetic and the light so powerful, that he gathered an army behind him of human beings who said, "No more."

Lisa: This is —

Caroline: And he brought it down.

Lisa: And this is an analogy how people can use this in their own lives.

Caroline: That's right.

Lisa: I mean, exactly. This is how whatever you're putting up with, or tolerating right now, that you shouldn't be tolerating any longer —

Caroline: Or —

Lisa: — in your life.

Caroline: — or whatever action you take, be congruent. Whatever it is, don't betray yourself any more, and don't betray another person. If you see —

Lisa: Mmm.

Caroline: — your, you know, it's — it's like action in the street. If you — if you need to — if you realize there's homelessness, then, by God, donate something to a shelter. Or start one.

Lisa: Right.

Caroline: Or say to people in your church, or —

Lisa: Yeah.

Caroline: — or, you know, go back to church once a week and say a prayer. Go by yourself or — or just start something that starts — be a — be an agent for positive change. No matter how in this world, whether it means, "I have to do more around my house to recycle," think of others. What can you do for others? What can you do for others? This is an abundance of need in this world, in your world. Take better care of yourself. Take better care of yourself. Fight off the — the —

Lisa: Lower ego self.

Caroline: — tendency —

Lisa: Yeah.

Caroline: — to think that your life is not enough. That you need something extraordinary. Be grateful for what you have. Look around and say, "You know what? I — I" — look at everybody who loves you, and — and realize you're not entitled to anybody loving you. You're not entitled to anybody loving you.

Lisa: Yeah.

Caroline: You can't make someone love you.

Lisa: Don't take that for granted.

Caroline: So if you sit back and you look at the fact that there are people in your life who look at you and think, "I am so grateful that you're in my life. My life would be so empty if you weren't here." If you think you're entitled to that kind of love, you better think again. And if you don't think dwelling on that should make your life so rich, and you think, "I don't know what I did to — to deserve that kind of love." You can't make someone love you, and if you have people who love you, right there your life is extraordinary. Right there.

Lisa: Right there. And — and to respect those relationships, too, because —

Caroline: Absolutely.

Lisa: — it's — and that's the — we, you know, so commonly, do we disrespect the ones that love us. So our children, our — our spouses, our loved ones in our life, our parents, our aging parents, that it's — it's — and we throw those relationships away.

Caroline: Totally.

Lisa: So disrespectfully.

Caroline: Totally.

Lisa: And it's not okay. And it takes someone to say it, to call it out, to say, "Look."

Caroline: Mmm-hmm.

Lisa: "This is —

Caroline: Mmm-hmm.

Lisa: — "this is what is up, and this is what's alive, and you are — you don't deserve it." You're grateful to have this relationship, and do you know how blessed you are to have someone love you —

Caroline: Mmm-hmm.

Lisa: — and to really — to disrespect that is just — it's — it's such a shame. And to turn around —

Caroline: Exactly.

Lisa: Yeah. And to honor that, and to really be in that place. There are — there are so many gems. I — I — I know we got in a little bit of the political conversation, and I know that that is, like, Caroline's passion, but going back to the — going back to the — the lecture that she gives, that if you look on the website, which is TheAwareShow.com/Myss, M-y-s-s, and if you really dig into this — this is a Master Class that she did over three days in Canada, that was a 2,900-dollar workshop, that is filled with — it is — it is the — if you were to say the best of what Caroline has had to pull in from her core teachings, it's all in this particular — it's so rich with teaching in this particular course.

Caroline: And — and there's no politics in it. It's not — sorry.

Lisa: We went there. We went there. But I — I —

[Laughter]

Lisa: — don't know why we did that. But we — I mean, other people are emailing in here saying that you're the only one who's brave enough to look at this Occupy Wall Street conversation, and to look into the darkness to find the light, and some people will need to run for President so, therefore, the — so the political conversation had its place. But let's move and let's stay with the — with the conversation around this Master Class, which is about becoming a congruent human being.

Caroline: Mmm-hmm.

Lisa: It's all the same conversation. And I actually would love it if people would right in. The — the website again is TheAwareShow.com/Myss, M-y-s-s. There's a comment section in there where you could give your comments about this. I'm getting a lot of really good comments about what we're talking about and, at the same time, right below that, is the Special Offer button. And if you click on that, it literally is four full days of — of incredible jewels and, as I said earlier in the call, where I watched Caroline speak in her vast knowledge as a scholar and her combination with being infused by Spirit, with insight, while she combines — I mean, it's a beautiful experience to — to listen to, but it's also very intimate. It's a very intimate experience, where you get to take away homework at night, and you get the — you know, really do the work on yourself. You've heard Caroline speak. You, obviously, if you are on this call right now, you've either heard Caroline speak at some point in time. You're a — a fan of hers. This is the best of what Caroline has to offer in this intensive program. It is brilliant that it was caught onto a Web Strait, too, so that so many people could participate in it, 'cause this is how we make that critical change. And this is how you have to start with the basement. Then you have to realize that you're in the basement, in order to know that there's a —

Caroline: I —

Lisa: — second, and a third, and a fourth floor. Yeah.

Caroline: Well, you know, I think when people, as I take them through their chakras, as I take them through their — the mansions —

Lisa: Mmm-hmm.

Caroline: — the graces, you know, people — it — I — I always marvel at how unfamiliar people really are with the nature of grace, and how grace expresses itself in our lives. And so I love teaching that part, because it's very soothing to people, and it's very comforting to people. To — where they come to understand the

presence of grace, and so that's part — that's one of my favorite parts in — in the workshop is communicating grace but, also, teaching —

Lisa: Yes.

Caroline: — the — the — the mystical laws, because I can see that, you know, a — a — I'll just share one — one very rich teaching. And that's that one of the jewels that I love to share with people in — and it's — and it's a — the type of thing you tuck into your inner resource part. And that's that you remind yourself this comes from the Tao. This comes from understanding how Taoism works, and the rich mystical teachings of the Tao. And that's that it was in the Tao within the Eastern tradition, within the great wisdom of Buddha. It was in the great wisdom of the East, is the idea that the physical world is an illusion, and — and that — that's a mouthful. That's a mouthful. It takes a very long and rich journey to really grasp what that means, through all of the fiber of your life, to actually grasp that, to get that deep in your spiritual DNA, what is — what is meant by that, and in — in a — in a brief way, to — to communicate that. The illusion that there are many illusions. One, for example, is that we — the idea of permanence is an illusion. But you count on permanence all the time. People count on their job being permanent. People count on their status being permanent. People count on their bank account being permanent. People count on their marriage being permanent. They count on the world that they know and live in as being permanent. But, for example, if you suddenly experience an earthquake, it's gone! And I —

Lisa: Earthquake.

Caroline: — I remember seeing — I remember seeing a — a clip from somebody in — I think it was New Hampshire, one of those areas that had one of those sudden, sudden floods from too much rain that — eight inches of rain, a freak eight-inch rain. Now that there's all these freak storms.

Lisa: Right. Uh-huh.

Caroline: And that rain, what was a — a relatively ordinary size river suddenly — the Connecticut suddenly expanded in an area to this vast moving wide with — river, and the soft land, soft area that — where a house sat — why people build their homes so close to water, anyway, but that's another comment. Anyways, it just kept beating and beating and beating along this cliff and taking chunks out and, all of a sudden, this whole house got consumed by the flow of the river. It just — and here's — here's the owners, these two people that own the house and, all of a sudden, in the blink of an eye, that whole house was swept into the river.

Lisa: Wow!

Caroline: Now, they — they filmed it. They had it on — on video. They just swept there — one minute, literally, in the morning they got up and if someone had said, if Buddha had said, “You know, it’s an illusion that this is permanent” —

Lisa: Ah!

Caroline: — “that this house is permanent” —

Lisa: Huh.

Caroline: — because in the morning — in the early morning at six o’clock, it was still sunny.

Lisa: Wow!

Caroline: And the storm that was about to break at quarter — at quarter after seven, was incomprehensible. They had never — that area had never had a storm like that. So it was incomprehensible. Okay? Just like Vermont, where they just got hit by that hurricane a few months earlier this year. It was incomprehensible. It never happened and, of course, this is the way people think. Because it’s never happened, therefore, it cannot happen.

Lisa: But can you turn that around into a grace, to say it’s incomprehensible to know that the grace is about to happen?

Caroline: Yes.

Lisa: And to allow it?

Caroline: Absolutely. And that’s the same thing. That’s what — that’s what blockades so many people from seeing what Teresa of Avila would call God and the details, or the expectation of the arrival of God. Isn’t that beautiful?

Lisa: Huh. Huh. Yeah.

Caroline: The expectation of the arrival of God. You are blocking it. Because it’s never happened, therefore, it cannot happen.

Lisa: Ah!

Caroline: Because I’ve never seen this heal, therefore, it cannot heal.

Lisa: Right.

Caroline: Right?

Lisa: 'Cause if I've seen this any other way, I — therefore, I cannot abandon —

Caroline: Right.

Lisa: — stuff that I can't —

Caroline: Yeah. Yeah.

Lisa: Right.

Caroline: Exactly.

Lisa: Right. Right. Right.

Caroline: There — it's never worked out. Therefore it won't work out.

Lisa: So what do you do? Do you expect the miracle? What do you do?

Caroline: Yeah. You live in the sense that —

Lisa: Mmm.

Caroline: — anything is possible. Everything is possible. And one can say, "I've been poor. Nothing's worked out. These bills will never get paid."

Lisa: Right.

Caroline: "And everything can change in the blink of an eye." That was true yesterday, but it may not be true, literally, in this next minute. In this next minute, everything can change in the blink of an eye.

Lisa: That's the — that's the penthouse thinking. That's where you said —

Caroline: That is totally — that is totally the law, the truth of illusion. Buddha would say, "It's an illusion that you think this can't change."

Lisa: That's right.

Caroline: "Why do you think it can't change?" Why do people always think that things can change in a second to destroy your life, but never to construct your life?

Lisa: Mmm.

Caroline: It's astounding how much faith people have in darkness, and in pain, and in sorrow. But they don't have any faith in redemption, and in healing, and in joy.

Lisa: And, then, the evidence shows up either way, where you put your attention on it. Right? The evidence starts to show up for it failing, or —

Caroline: I —

Lisa: — the evidence starts to show up for it —

Caroline: You know what, Lisa? I think it's more like where you have your comfort and trust. Comfort, where you have your comfort and trust, where you have your comfort and trust, where you have your comfort and trust. Where do you have your comfort and trust?

Lisa: So this kind of goes beyond, I mean, the title of the series was the — the Practicing the Law of Attraction, 'cause I was out there to — to kind of demystify it, to get rid of some of the red car, whole aspects around the lot. You know what I'm talking about.

Caroline: Mmm-hmm.

Lisa: And —

Caroline: Mmm-hmm.

Lisa: And so what did you just say? The — to — to — what I was saying it's where you put your attraction — your attention on it, you expect it and, then, you said you can commit. You —

Caroline: Where you put your attention — you know, where you put your attention, and it's not so much your attention. Your comfort —

Lisa: Your comfort and trust.

Caroline: — and your trust, and your faith. You — you don't — don't dump. It's not a matter of your mind. Get outta your mind.

Lisa: Got it. Okay. Okay.

Caroline: You've got to — it's your prayer life. Where do you put your prayer life? Where's your prayer life? Do you have a prayer life?

Lisa: Yeah. I — I — you know what?

Caroline: I mean, if you don't have a prayer life, this whole — this isn't going to — if you just pray for stuff, or when you're panicked, or if — if you're an SOS kind of prayer —

Lisa: Right.

Caroline: — person, then — then you don't — then this isn't going to — prayer — because prayer is the practice of withdrawing into something beautiful, withdrawing into something that is absolutely exquisite and absolutely beautiful. That's what prayer is. Prayer is the practice of leaving this world and going into something that is absolutely stunning. So that you are — you remind your senses. You remind your Soul of what's absolutely important, of what's really, truly, truly important.

Lisa: And, you know, I go back and forth on these two things. I go to that place of praying for it and it not showing up and me getting disappointed and, then, I go to that place where I go to the comfort and the trust, and things show up in a miraculous way, and I don't even expect it. And that's — that's — I go back and forth, and I guess that's going from the basement to the penthouse to the basement — to the maybe the seventh and eighth floor. I haven't hit the penthouse yet.

[Laughter]

Lisa: And —

Caroline: Yeah. Well, you — you visit the penthouse. I mean —

Lisa: Yeah.

Caroline: — here's — here's this rich prayer.

Lisa: Mmm-hmm.

Caroline: "Now is the time to know that all you do is sacred. Now why not consider a lasting truce with you — with yourself and God? Now is the time to understand that all your ideas of right and wrong were just a child's training wheels, to be laid aside when you can finally live with veracity and love. Why do you still throw sticks at your heart and God? What is it that sweet voice inside that incites you to fear? Now is the time for the world to know that every thought and action is sacred. This is the time for you to deeply compute the impossibility that there is anything but grace. Now is the time to know that everything you do is sacred."

Lisa: That is a beautiful way to wrap this up. That is a beautiful way to wrap this up, because it is truly about that. It is truly about that, and part of — one of the reasons why I'm kind of in this conversation with Caroline, in — in my mind, is

because I have been listening to the lectures, and I'm there in my — in my being. So that's one of the reasons I want — I really encourage people to do. This is a 20 — on the Special Offer here, where you go to TheAwareShow.com/Myss, M-y-s-s. If you click on Special Offer button there, you will have access to a three-day intensive workshop that was — that was in — it took place in — in Canada, and it was a 2,900-dollar workshop, and you get to have this in your own home. It is a download, and — and you just will have to allow like five to ten minutes for this download, depending on your Internet speed, but it is so rich and so full of teachings and guidance and what it means to become a congruent Soul, and regardless of the words that we use, it's about the in — inner congruence, and regardless of everything that we do, it's about our inner congruence and there, from that place, everything else falls into place. And it — and it becomes second nature. It's — it's an absolutely beautiful state of grace to be in. And in order to even understand slightly what Caroline is talking about, immerse yourself in that — in the — in the lecture. Get into it. Understand what it means. That state of grace is an experience. It is not something that you can even put so many words to. It's an experience so, you know, listen to that. Get into that lecture. Learn what that means to go from the basement to visiting or to staying in the penthouse, to go from the mind to the Soul. It's a journey. The lecture is a journey. And — and you can access it by going to TheAwareShow.com/Myss, M-y-s-s. And you click on the Special Offer button there, and — and the — the — just the support coming in for this call has been beautiful, that people are asking questions. You know, the questions that they're asking is about, "How else can we pray?" and so forth. All of that is covered in the lecture. But what — what we've done here on —

Caroline: Well, I would say — if — if I may comment on that to everybody, on this particular workshop on congruence, prayer is a big part of what I talk about, and at the end of the days when I teach this workshop, I do prayers and, also, a healing session. And that's — that's an important part of teaching the nature of the inner congruent person. I, also — I — you know, yeah. Yeah. Yeah. Prayer is such an essential part. I'll — I'll leave with this. And — and that's that when you — when you close your eyes and withdraw, think of prayer as a dialogue, not for stuff, not for any of that, because you want to withdraw from your fears the power they have over you. You want to withdraw from the power confusion has over you. That's what you want to detach from. You want to detach from all of that. So you need a prayer like, "Hover over me, God. Hover over me." But nothing disturb the silence of this moment with you. Even if you don't hear something, what you want is simply, "Let me dwell in silence. Let me just experience Divine silence. Let me experience stillness. Fill me with the grace of stillness." Don't go in search of anything. What are you searching for? Don't go in — what — what are you looking for? Answer so you're safe. What — what kind of nonsense is that? Just go for silence and stillness. Start there. God is not a psychic, so you're gonna get some kinda safe things. You don't lose money. And you — and you — and you get all the answers. Stop it! You are going for stillness and silence.

Lisa: Yes. And that is exactly what I'm going for right now.

[Laughter]

Caroline: Okay.

[Laughter]

Lisa: I am.

Caroline: Thank you, Lisa.

Lisa: Oh, thank you. Thank you so much.

Caroline: And thank you, everybody. Have a blessed holiday season.

Lisa: Oh, thank you, Caroline.

Caroline: Yeah.

Lisa: Thank you so much, and it's always, I mean, truly, a grace to speak with you and to — to get this type of contact, and information, and inspiration. And — and thank you so much. And I will talk with you again soon, I am sure.

And — and so I want to give this opportunity to the listeners right now, who have — who have immersed themselves, who have said thank you for this conversation, who have been open and cracked open in terms of their consciousness, and — and have the opportunity to experience some as brave as Caroline to talk so consciously about our political environment and the history of it, and so forth. She wrote an entire book on the Anatomy — I mean, the — the Spiritual Archetypes, *The Archetypes of America*. It's fascinating, fascinating book.

But in the way that she — she talks, it's all about the combinations of truths from a personal, at a personal level, which is where it all starts, symbolic level, archetypal level, all of this, using stories, using myths, using everything that intertwines, that make that — that discussion happen and, then, the healing that you get from that. It's self-empowering, because you do your own inner journey on all of it.

The website again is TheAwareShow.com/Myss, M-y-s-s. There's so — such an outpouring of — of comments. I can't even tell you. There's hundreds and hundreds of people saying thank you for this, and she, you know, Caroline started off and is still a medical intuitive. From that place she has gone up to the — to the — the penthouse of her conversation, as well, so you get to see that evolution, as well.

Listeners are overwhelmingly saying that they loved this call. I'm just — just — I'm reading as I'm talking here. So —

[Laughter]

Caroline: Well, thank you. I — I actually have to scamper now. Forgive me.

Lisa: Okay. Yes. Definitely.

Caroline: Is —

Lisa: Thank you.

Caroline: Okay. Thank you, everybody. Bless you all. I hope we can do this again soon. And Lisa is the best interviewer. Isn't she the best?

Lisa: Aw!

Caroline: Send her a bunch of love on your notes to her, because I've been in this business a long time, and this girl is the best.

Lisa: Oh, you — oh, my God!

Caroline: So thank you, everybody.

Lisa: Wow!

Caroline: Yeah.

Lisa: Thank you.

Caroline: You are!

Lisa: 'Cause I —

Caroline: Big kiss, Darling!

[Laughter]

Caroline: Bye.

Lisa: All right. Bye.

That's a huge compliment. All right.

Well, I will leave you all with that compliment back to you. Thank you so much for participating in this call. It is because of your energy that these calls are able to happen, and to occur that the way they do, and unfold the way that they do. So thank you for your active participation in listening. And go to the website. Take it another step further. Go completely immerse yourself in this conversation now or, you know, listen to it over time. Sleep on it. It's an experience. It's a journey. TheAwareShow.com/Myss, M-y-s-s.

I am — just love you all, and from that beautiful place of grace, I thank you deeply.

Until next time, I invite you to stay aware.