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Coming from the city of the we're exploring topics from the esoteric and unexplored, two dimensions are known. Shining a light of truth on the darkest corners of our reality. Welcome to the curious realm



00:50

Well, hello, everybody and happy tuesday night happy Strawberry Moon out there. To all of you. Astronomy buffs like myself, all of you astrology freaks, get your crystals out, go out enjoy some of that beautiful full moon action, along with the fact of it being a very special moon only coming along every now and then. Much like Blue Moons, blood moons, those kinds of things tonight on the show in the second half, after our short break, we will be talking with Jessica Gerlach. We'll be talking with Jessica, about the laws of the universe. You know, though those things that you know, you like to think that they're even bendable, but they're really not. And it's it's kind of funny the way that it works. We've had a couple of guests here recently talking about NLP, Neuro Linguistic Programming, personal hypnosis, things like that. And that that is a lot of what we'll be talking about and how it relates to manifestation, how these key words like manifestation and things like that may may be kind of buzzwords that, you know, should lead you to checking out the actual 12 laws of the universe, that that is really the key to manifestation and understanding how your energy is and how controlling your energies and how controlling yourself really affects the universe around you and paves the way for such things. So we'll be joined by Jessica Gerlach in the second half of the episode to talk about that. In the first half of the episode. Tonight, we will be joined by the amazing Barbara DeLong. She is a spiritual Empath, you can find all of her work at [Barbara delonge.com](http://Barbara delonge.com). She is also we had her on years ago whenever she released her series of cards, the cosmic deck of initiation, we'll be getting into apparently there is a new app for that, which is very exciting. In the beginning of the episode though, we're going to talk about her book before Roswell, The Secret History of UFOs. Welcome back to the show. Barbara, how are you doing?



03:01

I am doing just fine. Thanks so much for inviting me. This is exciting. I haven't actually talked about before Roswell for oh, a couple of days.

 03:12

I'm sure it's one of your more popular titles because it's a very interesting concept and something that a lot of people leaving in the UFO UAP community are not fully aware of the fact that here in the United States, we had a good storied history of flying objects. far before Roswell happened. I mean, even right here in Texas, we had two that happened, Aurora being the most famous one right up the road, north of Dallas. So let's start kind of cracking the nut a little bit about what did happen before Roswell. What is some of the history of these craft in our skies? Before the day of modern technology? Barbara? Well, actually,

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our book goes all the way back to 270,000 years BC. Wow. So it does cover a great deal of time and sightings and all over the world. And I think one of the reasons that that we wrote it was because we i and i co wrote this with Ken godsword, who is my publisher, and it's dimension full publishing, Shameless, Shameless, plug. Actually, all of the material in the book, except for maybe five incidences was gathered by my late husband, Patrick Cook, and it was on his website when he passed away. I took those things on his website that were not in the books that he had written and I put them in mind. And this UFO material along with giant material were the two areas that weren't anywhere else. So I kept them going And I think the this is the sweet book. It's not a long book. Nope. But but it's a fascinating book. And it's incredibly sweet. And the reason that it was written is because before Roswell sightings of UFOs were almost commonplace, nobody got excited about them. Nobody, you know, ran ran looking, you know, to the hills for their shotguns it was it just happened and people saw things and they reported them and they got on with their life. After Roswell, government stepped in, and it became, you know, no, there was no disclosure, there was no answers, there was no material shared with the public. And so it became more and more and more frightening. And, and movies came out with, you know, oh, my gosh, alien and all of that. And so that, so that, so having a UFO sighting was a scary thing. It wasn't just a normal occurrence that happens all the time. And we wanted to sort of educate the public in that. So much has happened with these UFO sightings. That is fascinating and interesting, but not frightening. And let's face it, if indeed there are aliens and UFOs. Well, I mean, a UFO is an unidentified flying object. It doesn't necessarily say there's anybody inside but but, you know, it's kind of like, people are so now frightened of this material, that they're terrified. But face it, if aliens were going to take over the planet, they would have done it 1000s of years ago. Yeah. I mean, there's nothing stopping them. I mean, we are definitely a race that can be subjugated almost immediately by, you know, by a more powerful entity and, you know, a tall giant of a man or a reptilian or whatever, you know, would would take over there would be no, there would be no battle. So the fact that that hasn't happened, and 270,000 years have passed, it would make us think that they aren't out there to frighten us. They're watching for sure. That

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that was a really interesting point of conversation there, Barbara? Because yeah, one would think that a, if they were going to take over, if that was the grand plan, if you know, they were they were going to enslave humanity, you think they do it before we grab up on some high technology, you would think that they do it before we become an interstellar race, you'd think

they do it before we master the atom. You think they do it when we were much more docile than we are? Now? If that was the grand plan to scare us to frighten us and, and not necessarily the case?

 08:06

No, and and when you look at something like 1946, I think when Yeah, 1946 Admiral Byrd prior to that had flown in into Middle Earth, theoretically, you can get you can get his diary through Amazon, and it takes you through the entire experience. But when he got back from that flight, he reported what he is seeing, and he was told to not speak of it, and to keep his mouth shut. And, and yet, they put him in charge of an armada in 46, to go down to Antarctica, and claim whatever was down there and, and he had his his, his ass whipped. And he came back and nothing was ever said. So, so it makes one wonder, what was it the detect the chips they lost? They absolutely lost. And, and nothing has ever been said about that. And so, you know, it's sort of like, Did did the Germans you know, talk to the people in Middle Earth does Middle Earth exist? There are no fly zones. And if our ticket today Yep. Our ships can't fly over. There's something there. And yet nobody's talking about it.

 09:32

Yeah, yeah. And you know, we talk we there was recently the huge Antarctic anomaly that just happened that nobody's really talking about that was massive and huge. And yeah, you know, we have people like Brad Olson on talking about Antarctica and the the hidden things down there and the possibilities of what might be down there and yes, you know, for Enix exploratory expedition, my air quotes, were up there for you listeners out there for an exploratory expedition. They sure did send a lot of battleships and like aircraft carriers, things like that along with Admiral Byrd. him with a lot more than just like a geoscience team, you know?

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And yeah, he had he had 13 ships 33 aircraft 4700 men. Yeah.

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Yeah, that is that is a small incursion force is what that is, that is an incursion force is what we would call that now, like what we would go basically Park off somebody's harbor so that we could flex our muscle, you know, exactly what that is. And interest in, you know, get to that note, Barbara, there was there was even the Battle of Los Angeles. That happened all of three months after Pearl Harbor, where they went, they went crazy, almost all night long, barraging something in the air. They

 11:08

did, and it was very reminiscent of the Phoenix lights. Yes, but But when when Patrick was alive, and he had his podcast, matrix radio, we had a man on who had been a young boy at the time. He watched the whole thing from his bedroom window. And the next day, he and his

time. He watched the whole thing from his bedroom window. And the next day, he and his friends went down to the beach, and they picked up fragments of whatever, and the government paid them, you know, 25 cents or 30 cents or whatever, according to the size. But, and there were casualties but, but the casualties were on our side, because our armaments were bouncing off whatever it was and landing in the city. And nobody has ever really explained what that was. There was recently something on I think, Ancient Aliens whose they were trying to say that, you know, they were they were panicking, and they were fighting shadows. And there was, there was something there. This kid saw something. Well,



12:11

yeah, yeah. And, you know, especially the fact that it was the infancy of radar, you know, they didn't know this from that. And but the observers saw something, the actual observers who were keeping physical watch, and yeah, yeah, there there is a law once again, a long, storied history. And it's interesting how, like you said, as things went on, technologically, the fear began more because these things became rarer and rarer. And a lot of that, I think, is very much the same thing that we suffer from right now. Barbara, the fact that like, we have to have designated dark sky communities. It's something that we talk about on the show regularly. I'm a backyard astronomer, I use very special precautions to be able to actively see things with my telescopes that you can't see with the naked eye because of the light pollution. We are disconnected from the world around us. We don't we don't see things as often as people used to because, well, the night sky is actively taken away from us. We are not connected to it. We don't depend on it. For farming. We don't depend on it for hunting. It's not an everyday part of life. Like it used to be in the day of the airship craze. When the when the sun went down unless you had a fat lamp or an oil lamp go and it's nighttime go to sleep.



13:42

Well, I think too, you know, it's people don't look up anymore. They're terrified that they might see something. And, you know, when you think about Leonardo da Vinci put airships in some of his paintings. I mean, there are records, I mean, biblical records for heaven's sakes, have wheels within the wheels. And, and I think that that they have instilled such fear in the general public that that, you know, they and they did it on purpose. Because I do believe, you know, they say that Eisenhower met with with somebody and made a contract with them and they say that that Verner von Braun worked with aliens in developing a lot of the missiles and stuff like that, but it's all negative stuff. And the reality is, I don't believe it. I do believe that, that whoever is out there has pulled back I even think that the Earth itself has been put kind of on you know, on lockdown as far as being visited by other cultures because we are so warlike level we do. We have wars all over the place. But I mean, I would I would say we are not even we aren't qualified to to join in any family of any sort out there as a cosmic brotherhood because we just we we kill we kill spiritual masters that come down to the planet. I mean, what a barbaric it



15:22

you know that is that is another thing that I bring up regularly as if you were an alien race headed to Earth was 00 idea zero cultural reference to what humanity is the first thing you would get is all of our radio transmissions all of our radio transmissions from war, all of our

radio transmissions from you know, I Love Lucy, the news, things like that, like you would have zero frame of reference to the culture. Other than that, and some of that could be pretty horrifying. I would not doubt seriously. If intergalactically Barbara we were we were the block in the neighborhood that people locked their doors as they go past.

 16:09

Oh, I would agree. I do have a favorite piece of trivia from writing this book. And and I have spoken of it so often it's no longer trivia probably. Do you happen to know who's the first human to shoot down a UFO was?

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Ooh, to shoot down a UFO?

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1917 Oh, no. It was the Red Baron.

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Wow, really? Tell us a little bit about that story.

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The Real Red Baron he was on some sort of a mission flying during, during, you know, the war. And he saw this, this ship. And he shot it and and it it literally crashed. And the pilot was able to get out and run into the woods. And when they got back to base it was it was it was no big deal for him. You know, I shut this thing down. And there was a pilot and he ran into the woods. And the story comes from one of his his, the one of the I think members of his crew. And it's it's been validated that he was you know, the first shoo in to shoot down a UFO.

 17:28

Wow. Wow. That is that is absolutely incredible. And you know, once again, going back far before 1947 You know, a good a good 30 years before 1947. So

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man again, no big no big deal. He it wasn't. It wasn't an aeroplane, but it was a saucer? Yeah. Yeah, so we shot it down. It was in the sky didn't belong. There wasn't one of his so he shot it.



18:02

Again, to blame the man. It's his job.



18:06

Yeah, I mean, you know, the book is full of sweet things like that. I mean, in Florida, Texas, you know, the that a ship that crashed there, and there were bodies and the towns people gathered the one body and they had a funeral for it. And they buried the small person, the pilot. And years later, when the government wanted to exhume the body. The town wouldn't tell them where it was. They wanted him to rest in peace.



18:37

Yeah, and even even now, it's the fact of the ones, their marker has been moved. So the actual the actual location, location of the grave is not truly known anymore. And they even had some really weird stuff a year or so ago, where our very good friend Daniel Allen Jones, Hey, Daniel, he is writing a book on the Aurora airship case. And it's absolutely awesome. It's fantastic. And man to know that like a year or so ago, there was a huge thing with like, their, their Hall of Records burned down and in the county courthouse, like all kinds of things. So, yeah.



19:25

Well, I mean, there's so many things, you know, in history, and the book is is just a collection of all of these sightings. And, I mean, they're delightful. And it kind of helps to balance the scale that the UFOs have been around here for hundreds of 1000s of years. They're not here to take us over. And you know, they're not here, you know, aliens and all sorts of stuff like that. I mean, you know, at this point in time, we have an invasion of AI Aliens at our southern border. Nobody's worried about that. So I think we have to, we have to change the term we have to call them extraterrestrials because aliens are now what what is invading us from the south? Well,



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and you know, especially earlier earlier in the conversation you were talking about the fact that people's fear came the fact came from the fact that it was no longer regular this last year at MUFON symposium I actually had the the occasion to interview Thiago t he are too chatty. He is He is the sole MUFON investigator for Brazil. And I was like, for for the capital. It was I for San Paulo. It's like, wow, the one of the one of the largest places that sightings happen. And there is a single MUFON investigator taking field cases. And I asked him if he ever got any reports from the indigenous. And he said, Well, it's pretty hard, because you know, they're indigenous, they live out pretty far. It's like a day and a half long boat ride one way to come into town. And then you're not even in town, you still have to hike to get there. He's like, but whenever I have gone out there because of forestry workers that have reported something or oil workers that have reported something, he's like, when I talk to them, they say, yeah, they see him, but it's nothing strange to them. They've seen him forever. They've seen him for hundreds and hundreds and hundreds of years. And like, I don't know why you're worried about him? I don't

know. I don't know what your problem is. These things are regular in the sky. You know, so for them way out in the jungle once again, where the sky is clear where where you don't have that interruption, and where the stars in the sky are an integral part of your life. They're an everyday occurrence. Uh huh.

 22:09

And I don't believe they mean any harm. I truly don't. And I don't believe that what we see in the sky are really space ships. I think what we're seeing are drones. And, and they may well, they may will have a mothership someplace. But I I believe personally after all these years that that they're interdimensional.

 22:34

Yes, yes, absolutely. I have come to the conclusion of either that or the work of Dr. Michael masters who talks of them them being basically like interdimensional time traveling, you know, come coming back to see what we did to the earth to change it. Now, what's interesting is he is a full on anthropologist. And he's coming at it from the point of view of look at the way that humanity has come from CRO Manion to the way that we are now increasing brain volume, lower jaw size, larger eye sockets, you know, and if you extend that out for 1000 or so years. Yeah, you you come to like the tall grey situation, things like that. Are

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you familiar with James Patterson or Peterson? Who wrote who wrote Rendlesham Forest?

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Yes, I am familiar with his work. So,

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so the download that he got of the binary code basically said, The, and I can't quote it exactly. But it's something about observation of the human race advancement, you know, worth investigating. And then some other stuff I think he gave, they get it was on the ship, where it was a download once he touched the ship that he got, yeah. And, and he and it gave the latitude and longitude of a lot of the sacred spots. But what I found fascinating was, it said source of origin of message at 100. In other words, interesting, you know, and I thought, at first, isn't that great, humanity survived that long. But then I realized that the message fed observation of the human advancement, which indicates that maybe it wasn't humans that were observing us that far in the future, or a

 24:35

version of us, possibly, yeah, you know, and yeah, yeah. It's a very interesting hypothesis, and one that I think, especially with the last grush testimony, Barbara came came truly delight as as they decided to change the terminology. When it came to ETS when it came to extra Rest Israel's that that decision to say non biological intelligence, you know. And it's interesting some of them much, much like, I know a lot of people in the community that are very upset with the redefinition of UFO to UAP I think it's fantastic. That is what is allowing scientists to want to come in the fact that you are labeling something as a phenomenon drops it directly in their bucket. Other than that, it goes into the Kleenex bucket, you know, of of, and I use the term Kleenex, because much like Xerox, no, it's a copy machine. And there are many of them that make it you know, there are many versions of Kleenex out there, but they all get thrown into the UFO bin. And once they are it's paranormal, and scientists don't want any part of that.



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When you when you when you realize that what you know, 270,000 years BC, they've been around. Come on, you know, if they were if they were going to take us over or whatever. I don't know if they're if we're some sort of a farm. What but I don't believe that either. I think the only thing that has ever upset them has been the nuclear stuff we've got going and they are clearly not thrilled with with our new healer capability. Yeah. Because because of course it could destroy the planet, which is a really good point. So I think that going nuclear. I don't know how that happened. But I think it shouldn't have happened. I think there's a book out there by Okasha, Charlie Pellegrino, it's called Hiroshima, the last train from Hiroshima. And he interviewed people who survived, not only the Hiroshima, but the Nagasaki bombs. Yeah. And the book is a book everybody should read. Because once you've read that book, you will never endorse any sort of nuclear weapon ever again.



27:11

Yeah, and even even now, with the technology that we are looking at, and the fact that nuclear fission or fusion is going on and happening and, and actively getting results from it. It's pretty phenomenal. And it's incredible to see where technologies have come. And and the things that those power, you know, once again, to put everything into the UFO bin removes phenomenon also removes the fact that a lot of these may be us, Barbara, especially nowadays, whenever you start looking at things like what we talked with Mike turbo about where there's a patent out there right now for and it's from Lockheed Martin for a nuclear reactor that fits inside of an F 16. Platform. There there are infrared lasers that basically make aircraft that can travel any speed, you want them to any number of them information you want them to is electronic. That's



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what gets to me. Every time there's a new invention, the very first thing is asked, How can we make it a weapon? Yes. Nuclear stuff can be used in healing cancers and all sorts of stuff. I mean, if if you had new if you have these wonderful new technologies that could apply them to the betterment of mankind. I'm all for that. But but not how many? How many, whatever, megawatts, you know, how many people you can wipe out? No, no, no, no, no, no, no, use it



for, for good for healing for betterment of the country. If just it's just unfortunate that we have become so focused on being more powerful than everybody else, so that nobody can take us over that, you know, is it saddens me greatly? Oh,

 29:08

absolutely. Absolutely. Because it really is probably the largest demonstration of fear out there. And it's, it's hard to do good things in the world when you're just cycling fear into the world. When you're just constantly afraid, you know, it's hard to do good things. It's hard to think about doing good things. Because you're, you're basically an animal with backed into a corner. So, yeah, and there's there's a lot that keeps us that way. There's a lot of modern society that keeps us that way. Everything from screen deprivation in our brain, you know, and the way that it deprives us of the real world around us daylight, all kinds of things that really affect us in ways that we don't realize and moving conversation real quick. I think because we're about halfway through this a good time to start kind of talking about, especially recently, you know, with, with the Eclipse all kinds of things there, there has been a lot of fear talk. In the news, Barbara, there has been a lot of negative energy put out there. And the first time I had you on was for your initiation deck for your deck of initiation. And it's such a life changing concept, such a great idea. Let's start talking about how these these concepts can be turned around how you can use something like this deck to start changing even even the way that you think about alien life, even the way that you know, you, you consider that? And how to remove that fear?

 31:03

Well, yeah, and the deck itself is a spiritual development tool. And it's focused on love, it's focused on the fact that we are a family of man. I wish it was not just Mandy, I wish they were saying, you know, we're a family of humans, but I don't think that will change at all. But, but the reality here is, you and I cannot do anything. In and of ourselves, our own lives, yes, we have podcasts. And we do have an audience. It's a lot vaster than most people. But the reality is, the changes have to come from ourselves, and understanding within ourselves, how we create our own reality by our perception of it. So it's a matter of taking care taking care of inside of us, and then, and then how we address others and Ttn and touch others within our reality. And the more of the people understand it's not pointing fingers, that government is taking care of your own self, of loving yourself, and learning to deal with how on a positive level you can change yourself and how you're addressing others and how you're living your life. So that it's of a more positive nature. And then it touches 1000s of people I have, I have fun every now and then in the grocery store looking for older people who are all by themselves, rolling their carts, and just telling them how pretty they look or how lovely that color is on them. And as you walk away, you can feel the glow of love that's coming back at you. And it's a matter of using that kind of energy to change your little world. So that the big world eventually is going to have to follow. And it will, yeah, it may take a long time. But it will well yes,

 33:07

yes, exactly. It will follow that that will come to follow its it. And even when it comes to once again, trying to remove the fear of the unknown, trying to remove these things from your life and trying to literally reprogram your brain to to not live in that state.



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Well, I think I think everybody has to understand what they don't have to. But hopefully at some point in time, people will come to the realization that within each and every one of us is a part of the source of all creation. Whether you want to call it God or whatever you want to call it, but but there is a connection to the source. And that source is within us. But we have freewill. And if we choose to work with that energy, and have it generate within our within ourselves first and then in our lives, everything becomes richer, we always will have what we need, not necessarily what we want, but we'll always have what we need. If that is that is the direction and focus we take on and it this deck of cards. It sort of is a reminder that the fact that that that energy is there for us to utilize we have free will we can choose to use positive energy and and have it in a part of our lives or not. And if not, then maybe some of our struggles and our lessons are a lot harder. But but they're always going to be there so you might as well joyfully address them and and look at difficulties, not as a curse, but as a challenge, because you never get anything you can't get through. I'm sorry, it just it never comes that way. There's always a way if you step back and take another look. Because there's always alternatives, you are never left without choices. And it's up to you to make the choice as to whether you're going to be graceful and loving and kind and generous. Or if you're going to be greedy and, and reach for power and and in some ways that kind of an attitude builds a shell around you. And you you protect yourself from people saying, or doing bad things to you, but you also are shutting out the love that is coming your way as well. And that's, that's a very sad thing to do. Absolutely.



35:38

And, you know, the way I have been explaining it to people is that we are a conscience, conscious wavelength and frequency, which is attracting physical matter, to be in this universe to be in this as we are right now. Because by all ninth grade science, we are 90% empty space. We are not physical things you and I, even though you are on a different coast, Barbara are sharing an electron shell, by by everything we learned in ninth grade physical science, you know, so to think of ourselves as anything, except for that pure vibration, that is conscious. That is part of the conscious universe. To me is silly.



36:34

Yeah, but you know, when you when when you're born, you have parents and teachers and all sorts of influences that cram all sorts of other ideas into your head. And it takes a while to get to the place where you can say, wait a minute, this is my choice. This is my decision. I was in my late 20s, when I took a look around and said, Nope, there's some mounts out there. Yeah. And, and so for the last 60 years, I have been on this, this journey, this quest this this, I don't know what you want to call it. But but the more I learned, the more I the more I gathered, the more I learned, and the more I put out there, the more the more satisfying it is to just make people think. And if even if they don't agree with me, if they think and they're looking into material, then then then you know, like my job here is done. Yeah, so. So it's been an adventure for me and, and more exciting every year that goes by, I mean, I've been retired for a long time, but I've never worked so hard in my life,



37:48

you're gonna say you are far from retired you host a radio show regularly, you've you've got it not only the deck of initiation going on, you helped co write books. You you are researching for the show constantly. And in addition to that, you you are actively launching a new app for the deck of initiation, correct?



38:15

Yeah, it's gonna be probably launched within the next two or three weeks depending on on how well I can I can do it. It is a deck of cards, it is an app. And I the opportunity to put an audio with each card as to the meaning of it on top of the fact that there is the texts that they can read was just more than I couldn't avoid doing it. So I'm in the process now of reading all of the material on every one of the cards into an mp3 that will be put into the app. So if you're lazy and want to just listen, you can listen to me reading it, or you can read along with me. Or you can just read the material. It's all there. And I I'm not that familiar with texts out there that are that are apps, but I suspect that this is a unique feature. Yeah, I don't know. Maybe it's not unique, unique for me. It's



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absolutely unique. And it's fantastic. And it really does. Because, you know, I'm not saying that things like tarot and and, you know, visionary decks and spirit guide decks, things like that are not still popular, Barbara, but when you're talking about bringing this knowledge and bringing this concept to the younger generation and making it accessible to everybody, because not everyone not everybody's okay with walking into New Age shop.



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Yeah, that's true. But having the



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comfort of being able to just go to the app store and get it and Explore and explore these esoteric concepts and these ideas that much like we discussed on the show regularly, Barbara, it is your level of consent. You know, I mean, I hate making the 90s reference symbolizing my age of 49. But life is Fight Club man, like you choose your level of involvement in this game.



40:22

All right, so, so you're 49 I



40:26

am 39 this year. Okay,

 40:29

I was at this year. And it just You're absolutely right. And the cool thing is that, you know, every generation has their own, have their own tools that they use. And it, it occurred to me that, you know, for for people in their 30s 40s 50s standard Tarot a deck of cards was something that everybody knew when everybody played with. But today, people are into the apps and their cell phones more than anything else. So in order to hit that generation, I had to become a part of it. And the only way I could become a part of it was to take these cards into an app.

 41:12

Well, and like I was telling you earlier, I'll bring it up on my phone right now, like I was telling you earlier. I use Galaxy Taro, that's the one that I use folks. Pretty cool, got great interpretations of things. But I don't really do full readings, things like that, I use it more as a guided meditation for my day, you know, I'll pick a card, I'll look at the symbology. And think about it. And as I go through my day, think about how those esoteric symbols in their meaning reflect in my daily life, you know, and kind of use them as my moment of pause and reflection as I go through the day.

 41:52

Well, I think one of the things too, is it doesn't follow any of the traditional formats. It goes into cosmic laws, and universal spirituality. And it goes into some of the, it goes into the astrological signs, but not as the astrology more into what the houses stand for, and getting inside for whatever you're looking for. And then it has, it has what I call I call them wildcards. It's it's unity duality, Trinity mirror, a couple of miracle cards, and, and the threshold card, which indicates crossing, crossing a bridge, and, and having a better understanding of our transition or our place within this universe, and that we go lifetime to lifetime to lifetime to lifetime gathering information gathering insight. And the journey is, it's not endless, but the journey is not to return home to the source, it is to gather enough material, so that at some point in time, our spirit hits a place where there is darkness and nothing crosses into a new dimension, and becomes the source of all creation for that dimension.

 43:11

Yeah, and you know, that is just that we we take part in creation because we are part of the universe. Absolutely. We are part of that cosmic vibration. We are we are just as the universe was spoken into being we speak. And it gives us a power of consent into the beautiful, universal creation, capital you beyond religion, creed, race. What? The unifying you.

 43:50

That's why I'm so excited about the deck because it's not religious. It's spirits.

 43:57

Yeah, yeah. Yeah. And, and, you know, even what I love is, even even many of the things like, for instance, the death card, utterly changed into a different concept. Because to get rid of that idea of death, you know, I mean, I was I was just explaining to my son the other day that we don't really die, because you can't destroy energy. It, it only changes form and because you are that conscious vibration, even though your vibration may change, and when your vibration gets higher, and you go into that next plane, you no longer need these physical particles. Well,

 44:47

I guess that's the reason that we create the physical avatar. We're in our spirit dwelve our bodies are just an avatar, complicated one, but they're an avatar. And it's sort of like, when growing up, you always had to have a new winter coat every winter because you have grown. And that's exactly what happens with the Spirit. Once this lifetime is over a new avatar is created for whatever environment is appropriate for the next journey.

 45:20

That I love that analogy of the winter coat. Because that is absolute truth. It's the fact that we are we're much like many animals in the world, constantly shedding skin constantly growing, constantly changing until we once again shed the physicality completely. But

 45:43

yeah, there, there are things that you can't experience just in the etheric form. The physical touching of illness of heard of, you know, of all of the joys of of experiencing things with your eyes. I mean, there are we need to be in a physical form, but every, every lifetime does not necessarily mean that you're on a physical plane.

 46:09

Yeah, yeah, precisely. And that idea of being able to be connected to that being able to understand that and to understand that, yes, you know, death is the day it's not even a doorway, because you've, you've decided something else, you know, you've you've decided to move on to a higher plane into a vibrational state that no longer needs. That is

 46:38

a new beginning. Yeah, yeah. So the fact that it's not an ending, it's a new beginning

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 46:45

in the fact that you have obliterated the concept of the dough, which I mean, that's the concept of the death card, that is the meaning of the death card is that something, something you're attached to is going to go away? Now, it may not be bad that it goes away, and maybe for the best that it goes away? You know, but but depending on other things around and stuff like that, but the fact that you have even removed that programming from the thought of death, that negative thought of it and left nothing but the positive concept of change moving forward. Positive Action. That's that's beautiful, Barbara.

 47:27

But but you know, talk to any reader runner who goes to a psychic fair, and sits down, and the death card falls. And not only does it fall, but it falls upside down. That person is not going to listen to anything that is said to them. They see the death card upside down. Holy mackerel, my life is over. Yeah,

 47:45

yeah. Exactly. Exactly. And, and that's just it. We, we carry many, many, many misconceptions in our minds that because of those misconceptions, lead to fear, you know, much, much just to loop it right back around to the conversation that we were having earlier about UFOs UAPs. The reason why people are not looking up the way that they once did, with Wunderman at the sky. It's a reticent fear.

 48:21

Oh, yeah. And and I it's, it's sad that so much fear has been been shoveled on us to that particular concept that most people don't understand it. I mean, it's, yeah, it's, it's, it's, it's gotta be a little disquieting. But most people who at that moment of transition, suddenly smile, and they realize there's so much more out there to experience.

 48:51

That's right. That's right now, we have you for about five more minutes. Barbara. How do you how do people begin? What what is their first step? For transformation? What is their first step to even even figuring out whether or not they need to use the cosmic deck of initiation?

 49:18

Well, I think understanding the spiritual concept of this is a journey you're on it's not a dead end. And it's not a one shot deal. And certainly reading the definitions of all the cards, keep saying over and over again, you are unique individually, we're perfect. And this journey is important for you to learn and to grow and take every opportunity to gather stuff up because we are magnets to the most important things that are needed that we need. They may not be what we think we need but but we are magnets for the the lessons and the people all who

come into our lives, there's always something to be learned from everything. Nothing is nothing is meant to hurt us or to be bad, nothing is bad and, and even even I would go to even the death of a child, quite often when when a child does pass, pass over, which means they were done and they needed to go elsewhere. The parents usually, many of them, take that opportunity to help other people because of their experience. So that everybody grows, and everybody is able to experience the love that is so out there all over the place. I mean, if you're open to the love, and you're putting it out there, you're gonna get overwhelmed by it. And that's why at 80 years old, I'm still going because it's such a joyful experience to work with this energy, I can't imagine what my life would be without it at

 50:56

yours. And I like the fact that you are still going with the energy and Verve for this that you have that you are still tackling and considering bringing your art and your spiritual message to people in a new and modern way. You know, the fact that you aren't stuck in old ways, just busy, busy taking it to nothing but psychic fairs. And, you know, trade shows, things like that. The fact that you are bringing it to a digital world and trying to pass this knowledge on to a new generation in a new way, is absolutely beautiful, Barbara, that's amazing. Oh,

 51:42

it's exciting. And I think even more exciting me on my website. That's Barbara dillon.com. There's a place with testimonials. And it's, it's people that have used the cards or people who have gotten into the material and how it has helped their lives and help enrich their, their journey through this timeframe. It's embarrassing. There's so many of them, but But it's so cool. You know, anytime I feel like, What the hell am I doing? I go and read them. And it's like, okay, this is why I'm here. And it's an exciting adventure. Getting into your own spirituality, experiencing what spirit will do for you. If you acknowledge and work with it is just magical. And, and magical things happen. And I'm not kidding, really magical things will happen to you. If you open yourself up to the potential within you

 52:37

are you are nowhere near wrong. Barbara, that is that is absolute truth. And we are all beautiful seeds of potentiality. You know, just just ready to burst forth with an oak. It is absolutely awesome. I want to thank you for your time tonight. We need to have you on more regularly. It's I forgot how much fun it is having conversation with you. Thank you so much, so much for the time. Once again, let everybody know of course it's up on screen. But let everybody out there who is listening know where they can go to get readings from you where they can go to schedule things where they can go for upcoming lessons where they can go to get their copy of before Roswell, which I'm holding in my hand as well as the cosmic deck of initiation. And everything it is it is time for that shameless shameless self promotion, Barbara.

 53:35

The website is Barbara julong.com, you can contact me through my website there. And it's it also has material on the cosmic deck and all of the exciting things that are going on. It also has

also has material on the cosmic deck and all of the exciting things that are going on. It also has a link to the YouTube channel. There are almost 1000 YouTube shows up there. And and it's yes, I'm busy, but it's a good thing. Yeah, no dust does not settle here. But it's, I think that the most important part of all of this is that I'm not the only person out there with this kind of message. I'm one of many. And it's a gift. I'm a living testimony to my work. And the fact that I am so excited about sharing this information with other people has to be an indication that there's got to be something here. So if you just decide to look at it, try it on, try it out and see what works for you do understand that, that we are magnets and we will draw to ourself exactly what and who we are. And if you don't like what you're seeing, that means you have to change yourself to draw better things into you. Beautifully



54:50

said beautifully said Barbara. Once again, thank you so much for your time I will be in touch with links, all that kind of good stuff. I greatly appreciate you take the Taking the time to come on, and talk about these beautifully deep topics. So frankly,



55:06

my pleasure, totally. Well,



55:08

thank you again and we'll be in touch you have a great evening. You too. Now, while you are online, checking out all of the amazing work from Barbara DeLonge. Everybody over at Barbara delonge.com. Make sure to stop by curious realm that is where you can like follow subscribe, share, all that kind of good stuff. That is where you can find all of our guests videos like Barbara's embedded on curious roam.com forward slash video as well as our store. Don't forget about the Roku app, we now officially have the curious roam Roku app brought to you by our friends at always press record productions that has all of the episodes that also has tons of binaural and binaural beat and frequency meditation music that I make. Also curious realm.com forward slash live that is where you can go to actively watch the show live every week. You can see us right here, like look at that, hey, there's the show. And it's all of a few seconds delay. You don't have to go through social media. You don't have to go through YouTube, nothing like that. You can watch us right there on the website, everybody. It's been there the whole time. When we come back from this quick commercial break, we will be talking with our good friend Jessica Gerlach, we will be talking with her about the laws of the universe and how you can begin to change your life and come to these points of manifestation that we were just talking about with Barbara we'll be talking about all of that right after this.



56:54

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 58:07

Well, hello, everybody and welcome back from that short commercial break. Thank you so much to all of you for staying tuned. And also, thank you so much to all of our sponsors, especially web works wireless web works wireless is your source for high speed internet for all no data limits, no credit checks, no throttling, no contracts. That's right folks. I have been using web works wireless with curious realms since the beginning everything that you see streamed to our live website, all that kind of stuff too curious roam.com forward slash live that all comes to you from web works wireless. So stop on by and check them out. If you have a camp if you have if you're a traveling technician like me, if you do live streaming, I have benchmarked their equipment all across the country, anywhere I have cell phone signal, I have been able to live stream I could quite literally live stream a Sasquatch on out in the middle of the woods as long as I have signal with them. So stop on by and check it out. Web works wireless is the company that you want to use. Our guest in this segment is the amazing Jessica Gerlach. She is a NLP practitioner that is Neuro Linguistic Programming folks. She is also a hypnotherapist as well as a Reiki and energy worker. Welcome back to the show. Our good friend Jessica Gerlach. How are you? Hi, Chris.

 59:31

I'm doing great. Thanks for having me. Always good.

 59:36

Always great talking with you. Your your energy is that of a healer. It's so fantastic. I think even in the toughest of times in your life. I don't think I've ever not heard a smile on your face.

 59:49

I really appreciate hearing that. And,

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you know, the world has been wild and crazy over the last little bit especially with the UK clips, all that kind of stuff. energies have been going crazy. So before we get into your upcoming event that's going to be happening in New York, which will spend the last little bit of this part of the episode on. Let's start talking about how you got into energy healing and into this line of work to begin with Jessica.



1:00:23

So I got into the hypnotherapy first, and that was because of my father, and he's passed on now sadly, but he did get me very interested in hypnotherapy. So he had been teaching me about it long before I started studying. And then I became certified in that which led me to the NLP. And then I started doing the energy work that led me to coaching clients. So it all sort of enmeshed together at some point. And I realized the relevance of doing these these combination therapies and using the combination of science and spirituality and psychology for a better outcome, you know, for for my clients. So, that's, that's how it all sort of came to fruition to where we're at today. With



1:01:18

the combination therapy I find extraordinarily interesting, especially the way that they support each other. Before we get into the combination therapy, though, let's let's get into the exact distinction because there's a big misconception with hypnotherapy. Number one, a lot of people truly, truly see stage hypnosis. As hypnotherapy sadly, sadly, because there are there are some beautiful and amazing uses for hypnosis, there are some beautiful and amazing uses that really do help change people's lives. And sadly, most most everybody's just familiar with the idea of making somebody think they're a chicken getting enough that that or or stop smoking like I'm not a smoker, why do I need that? Yeah, and what's interesting is that hypnosis kind of involves neuro linguistic programming and neuro linguistic programming is kind of like hypnosis. And they lean on each other, but they're two different disciplines. So they are, let's explore that a little bit.




1:02:34

So, first of all, let's talk about when we're working with the subconscious mind, right? So our brain is obviously like a computer. And it operates like a computer with a system of circuits and neurotransmitters sending, you know, impulses from one part of the brain to another. So just like the brain can become rewired for negativity, we can actually rewire it for the opposite, positive life enhancing things. Now, with hypnotherapy, we really usually would want to get to the root of like the why, you know the root cause? Why did this person develop anxiety? Let's just give an example. Right? While the anxiety could have come from a parent in childhood, who was always on edge, always barking at them or maybe putting them down. Self confidence is another one, you know, people as adults going out into the world feeling very, a lack of self confidence, let's say, and that can stem back from childhood. So with hypnotherapy, we will very often take a client back in time to begin the healing there, right. So if we have childhood trauma that's causing adulthood trauma, we would want to take that client back to that childlike state and, you know, get them to relook at the situation as an empowered adult instead of a vulnerable child. So hypnotherapy is a little bit of a different process because of that. It's still a process of redirecting the neurotransmitters in the brain so it is quite scientific. I do also combined spiritual aspects or elements into hypnotherapy if a client desires that and some people do. Some people just want the straight up scientific approach and that's okay. With NLP. It's about breaking cycles without having to know the why. So you're literally you know, a physical anchor is one example of how we might redirect the neurotransmitters in someone's brain without Not having to know why we're just stopping the pattern, we're actually interrupting the pattern. So you can see why using a combination of hypnotherapy, we're really digging deeper and working to overcome this person's belief system. And combining that with

breaking a pattern how effective that can be. Right? Yeah. So that really is the difference between hypnotherapy and NLP, the goal is the same, but the process to get there is a little bit different. Well, it's very different actually. Yeah,

 1:05:33

yeah, precisely. And you know, one of them is much more passive, the other is much more active. And within NLP, you really do have to, you have to change the way the person perceives things. And, and really get them to understand that, you know, the, it's kind of that, that that smiley moment, from Saturday Night Live in the 90s, the self affirmation in the mirror, you know, where it's like, I'm good enough, I'm smart enough, and doggone it, people like me. And, hey, if that's what it takes for you to think something positive as you walk out the door every morning. Go ahead. So, you know,

 1:06:17

something interesting to say about that. I'm a big, I'm big on affirmations, and I'm working on same positive thinking. And I think that they're all a crucial part of the whole equation, especially when you're trying to redevelop your identity, you know, from especially if you're coming from a place of like, insecurity or lack of confidence, or any any negative or lower vibrational place, and you're trying to build yourself back up, right. Yeah. So those things are crucial, but I've done some really deep digging. And, you know, I probably should have done it a long time ago. And I did start but when you really look into the 12 laws of the universe, you see that there's a lot more to it than just the law of attraction, right? Yeah. So it's, there's more to it than just thinking good thoughts. And I'm not saying that thinking positive thoughts are not extremely beneficial, because they are, they can change your whole day just by doing that. But if you really want to heal, or learn how to manifest to the fullest maximum potential, learning the 12 laws of the universe, is really important, because it's going to teach you that living in integrity, living in integrity, with what it is you're trying to accomplish is important. Giving back is important giving that energy back to receive, knowing that you deserve it, working with your vibration, being as healthy as possible. So your channel can be as open as possible, you know, thinking positively. There's, there's, there's a lot involved, right? So, yeah.

 1:08:01

Well, and that's just it, though, with, with hypnosis, it's much more, getting somebody getting somebody to disarm themselves, so that you can help them. Whereas NLP is getting somebody to understand that they need to change their mindset in their habit. In order to change themselves. Yes,

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yes, the great thing about both is that you can actually incorporate all of those laws of the universe into hypnotherapy. And I'll give you an example. Right? So when you're, when you're rewiring the brain, it's really magnificent thing because you can make them you know, make a person because they're willing, first of all, they have to be willing to to believe something

different. So if I take a client, you know, who wants to lose weight up into this control room of their mind, and they get to adjust their metabolism, their energy levels, their you know, what, what they like to eat, right? So healthy eating, motivation, discipline, you can actually get them to not only believe differently, but take action differently, live more in integrity or more in alignment with what it is that they're trying to accomplish. So that's why I really do love hypnotherapy and NLP and Reiki two, because, you know, using them all together, you can use all those laws of the universe to achieve those goals. Yeah,

 1:09:39

yeah. Well, especially where to go ahead.

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Sorry, I forgot what the amazing thing about the subconscious mind is that it doesn't know what's real or fake. So when you go through that process of visualization, right, and you have them, feel it because we We have been focused on their senses, when we're doing a session, we have them, focusing on what that looks like for them what it feels like for them all of that, right? That is so powerful, because the subconscious mind doesn't know what's real or what's imagined. So if you can imagine it, you can do it, you

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can make it happen. Yeah. And that is quite literally a turn of phrase that I use regularly is that if I can see it, I can build it or come close. If I can see, like, close my eyes, and I can see the rack of equipment, I can, I can build that or come pretty close to it, you know, salutely. And that is a huge, important concept.

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It is, it's the first step in the right direction, because of course, like I said, you know, then we're going to want to back that up with action, because we can't just think and produce. I mean, I'm not saying in some cases, we can't maybe if it aligns with all the other laws of the universe, it can happen. But it doesn't always for everyone. And that's because they may, they may be missing some crucial steps. And action in inspired intentional action is one of the steps. Whoa,

 1:11:18

well, and, you know, also, here's the thing. We, especially here in the West, you're you're over in Serbia, Jessica, and I'm not saying that the issues don't exist there, they do just in different ways. We have, we have a large gap between our understanding of need and want. You need a roof. You want a two story house? Yeah, you need food, you want lobster. Like, there, there's a difference and understanding that providing for your sustenance providing for what you need. And then getting Bountiful, more is fantastic. But that that want of extra, and that misunderstanding of it being need does not align with those 12 laws, it does not align with the

law of cause and effect. It does not align with the law of compensation. It does not align with the law of relativity, or even reality or the law of rhythm, you know, for for you to want things that are beyond the means of not only the universe, but yourself. You know, and it's okay. Like, and I think that's a big part of the problem is that a lot of people don't understand the fact that it's okay. You know, you don't, you don't have to need those things. And it's kind of this, this literal consent that we put into a system, you know, that, that leads to kind of a self fulfilling prophecy of disappointment. And sadly, what's horrible is that much like we discussed with our last neuro practitioner, neuro linguistic practitioner that we had on, these are, these are rote things that we are brought into in society. Our parents didn't mean to bring us up in this broken way. They were broken people to you know, they passed

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down from generation to generation decides to break this cycle, right? Yeah. And so it's been really, you're making some very valid points and I'm not against people attracting abundance or working with their tribe.

 1:13:48

Just understand that it may take time. It ain't gonna happen next month, and when it doesn't, don't get disappointed. Well,

 1:13:57

I am gonna say something and you can edit this out if you have to. Okay. The Law of Attraction is a multibillion dollar industry sector in tune why? Yeah, I can see why it's so pushed as an agenda. And that's exactly what it is. But literally

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what Joel Osteen is teaching from stage every Sunday at church

 1:14:21

Okay, there you go. I don't watch a lot of him but I have a friend who's actually friends with

 1:14:27

a man for years but it's interesting to see how modern day Christianity Creflo Dollar him everything else is moving to these all jumping, jumping on this bandwagon that has been around there for millennia. As a matter of fact is most most of the time as Christians you were told don't do it.



1:14:48

Right. The opposite now so do it. My issue my issue with this is like to be the most ethical, you know, healer or practice. missioner that I can be, I can't be aware of something. I can't be aware of something that I know that there are so many missing pieces and push that out there or on to my clients when I know better. Yeah. And it's misleading, and it's not going to truly help them. I can't, it doesn't sit right with my soul. So a lot of people get offended. If I speak out against the law of attraction like, well, if you just think if you were just to think positive, then you know, your whole life would be different. Well, I am a very positive person. But I'll tell you something about toxic positivity too, because that's gotten me in a lot of trouble. There's got to be a balance, like the world is full of duality. It is one of the laws. I mean, we can't expect things to always be perfect. And it's about how we respond to that, or the lessons we take from these things. Right. So. But the law of attraction, yes, it's very important, but it's only a small part of the equation. And that's where I feel like a lot of people are being misled. Yeah. And there's a lot of money being generated with that misleading information. And, you know, me i If it doesn't feel right with my soul, I and I have to put out a truth, I'm gonna do it, even if there's backlash.



1:16:29

That's why I love you, Jessica, is because as as a healer, you have to be whole, it's no different than a doctor that just says, Oh, so you're hurting? Fantastic. Here's some oxys totally note, I'm no different, no, no different and no different than, than a therapist that's just going to medicate you, instead of giving you what you need, giving you giving you the tools and the toolbox that you need to get the job done. You know, and that's what the law of these 12 laws of the universe are, they are they are all different tools in the toolbox. And, and yes, some of them. Interestingly enough, we are born into with wrote habit, you know, one of the things we discuss regularly on the show, Jessica's said beautifully, and sadly, our brains are wired for negativity.



1:17:23

This, that is true. And the reason for that. The reason for that is because it's for our survival. So it's always there to protect us, you know, and if if we have a computer program that's always there trying to protect us. And by the way, it's always trying to prove to itself that its program is true, it will actually have us seeking out situations that are going to teach us a lesson to test proof. Hey, I told you, I was right, you know? Well,



1:18:00

well, no. And that's interesting. Because, yes, you get, the more and this is where that that switch in your mind has to happen, folks is that the more you understand that, the more your brain is willing to prove it. Which means the more it's going to happen. Like it's interesting, because yes, it does become the opposite self fulfilling prophecy instead of the negativity continuing. Because you're now looking for these opportunities to do something good to be something good. They pop up a lot more, because now you're actively looking for him was

before you were right. No. And yes, you're the challenge is, now you have to test that hypothesis. And that's why they're popping up. There's so your brain can test the program. Definitely,



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that's definitely what happens. And especially if we have any traumatic experiences from the past, if we even sense anything that even is remotely similar or triggers us we're gonna relive that emotion emotionally. That's right, that looks almost as if we are reliving the traumatic thing of the past, which is why it's so important to do the healing work. And healing really is a never ending process. It's another reason why toxic positivity and spiritual bypassing have become really important topics for me lately as well, because I want to do my best to serve my clients, you know, the best way that I can. And there's a lot of spiritual bypassing that goes on like, you know, love and light only and all of these groups and I'm a big fan of spirituality as you know, but I feel like it also has to come with discernment and ignoring your dark field. Lanes are your negative feelings when anything lower vibrational or grief or heartbreak or sadness, or depression or anxiety. Like pretending it's not there is not the way to fix it. Because you actually have to ask yourself and figure out why you're feeling that way. And what are the lessons that is trying to teach you maybe there's something in your life that you need to change, because it's not serving you. And that's why you're depressed or you're anxious, because, you know, you don't take your time to think about things thoroughly before you make rash decisions. I mean, who knows? Right? But the whole spiritual bypassing thing really bothers me because it's like, you can't positively think your way through trauma. It doesn't work like No,



1:20:55

no, no. And, you know, there's, there's a big harsh turn of phrase, especially here in the States. You know, thoughts and prayers don't cure everything. That that whole idea. And and yeah, that's a situation where, yes, the support from people helps. Absolutely. However, this is, this is a use situation. And it's a situation that yes, you as a as an anxiety sufferer. It's something that and even as an anxiety sufferer and an addict. It's two things that I have to be careful of all the time. And it took a while for my wife to understand that. I can forgive myself I can't forget.



1:21:47

Oh, man, I thought that exact thing yesterday.



1:21:51

I forget. I am loathe to repeat it. Absolutely. You know, and it's okay. It's okay to remember how you got in that situation. It's okay to remember that like, Hey, man, this stinking thinking is what got me into that situation to begin with. So I need to recognize the stinking thinking when it happens and headed off at the pass. It's about accepting it for what it is prima facia, and not digging the hole deeper because of it.

 1:22:25

Absolutely. I actually have someone, one of my speakers at the event, who was an addict, and he's going to be talking a lot about this right. So I'm very excited to have him on because I feel like it's such a huge part of the world. It is you have? Yeah, because escapism is, is almost what's the word? It's, it's socially acceptable. And it's literally like, go out every weekend gets smashed, because you don't work. And then like, go back to work Monday to Friday. It's that whole, you know, it really is a toxic system, ya know? And I'm not saying that

 1:23:14

Margarita Wednesday and happy hour and yeah, right.

 1:23:18

Right. And I know for me, that when I'm when in toxic situations, that's when I'm the most susceptible to drink more, or to drink too much, or whatever. And I if I subject myself to certain things, I could fall back into those patterns that I have in the past. And that's why I'm super discerning of the energy and the people that I allow close to me now because I yeah, I find to be because I know my weaknesses. And if it's if, obviously, I can handle the typical stress of life and you know, the regular things that come along with life, but if it's like abuse, or anything that's extreme, I can really go to a dark place because, you know, have a history of it. So it's a really, really bad environment for me to be around. What do I avoid those types of environments? Oh,

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no, absolutely. But that's just it. It's that No, some no stray that that idea of know yourself, you know, and if you don't know yourself, and for those of you that are Christian out there, for those of you that are Catholic, all that kind of stuff, it's that Nero occasion of sin. That is that is mentioned in that Lord's Prayer. You know, that that Nero occasion of sin, that idea of like, putting yourself in the situation that you know, may be a problem, you know, and we do it so easily. We do it so readily. You You are very much like me, Jessica and your your energy is huge, and you want nothing more than to give it to people to help them. But that can be a problem. That can be a real problem. It can be hard not to make people projects, it can be hard not it can be hard not to get disappointed. When they don't get the lesson you're trying to explain. And they keep making the same bed no different than it hurts a parent to see their kid banging their head against the wall making the same mistake in life. And knowing that you can't make that decision for them. Right, you know, and that becomes hurtful. And that in and of itself can lead to dark places that in and of itself can and all of these things are consistent loops. You know, it's that old 80s commercial of, you know, I work harder so I can make more money so I can get more cocaine so I can work harder. So I can make more money, so I can get more cocaine so I can work harder. But that's what our brain does. It goes into this state of depression, let's say and from there, it goes into well look at you here in this state of depression. Don't you deserve this? And yeah, it's so hard to not listen to that negative inner voice that pops up sometimes. Yeah, when it does pop up. And sadly, Jessica, for some people, it pops up very, very regularly.





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And I think having lead to a lot. Yeah, I think I think the most important thing is having the tools to know how to pull yourself out of a dark place before it spirals. Yeah. But you know, I'm gonna sort of quote, Dr. Romney, she's like the world's leading narcissism expert. And she's absolutely amazing. And she talks about how, you know, yeah, it is the most important thing that you can do is to remove yourself from like, a toxic situation. And have these, you know, healthy positive tools to work through trauma. But that's, you know, not everybody can get away from that so quickly. We have people who are, you know, I've had clients even. And I've experienced some of these things myself, but I have clients who have children when you know, they're in court and the, their, their ex spouse is bleeding them dry, financially by just bringing them to court for any reason whatsoever. Yeah. And so they're in this toxic loop, and they really can't get out of it. And she she considers this to be a privileged mindset, when people say, Well, why doesn't she just leave? Well, because she'll be homeless, or because she could possibly lose her children, because her husband can prove that he makes more money. There's so many reasons why people can always just leave, right. So that is a very privileged mindset. And I think that's so important to recognize that not everybody can escape their circumstances or not right away. It may take time, a long time, and is generally and I'm just being realistic, you know?



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No, that is absolute truth. Because that that is coming at it from a point of empathy or sympathy, not empathy. Rather, you say, why don't you just leave? Well, you feel sorry for somebody, and that's awesome. But to understand that that person is in that situation, and once again, like you said, may not be able to just up and leave, may not be of means to up and leave, it may be the fact that hubby controls the bank accounts. Right? You know, and hey, I've seen this on the opposite end with with guys going through it, you know, and, and trying to get trying to get custody and visitation of their children and things like that, you know, and and it, it's hard, and it's not easy, and the abuse goes both ways in many relationships, and it's horrifying. And yes, much like any addict, Jessica, it's the fact of realizing that you are the one that needs to change something. And from there, small moves can be made small things can happen, but rarely, like you said, is that a situation where you can just pack a bag in the middle of the night and walk off? Yeah, that's been done. Because the problem is, you can do that and I had a friend in life who did that. Love him. Love him, Jessica. But it was overwhelming. It was hard for him at one point, wife, three kids, he left a note. And he left.