



Conscious Life presents

The Power of Energy Healing

Guest: Melissa Mukaiwa

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[00:00:09] Jaï Bristow

Hello and welcome back to this conference. My name is Jaï Bristow, and I'm one of your hosts. And today I am super pleased to be welcoming the wonderful Melissa Mukaiwa. Welcome, Melissa.

Melissa Mukaiwa

Hi, Jaï. Thank you so much for having me.

Jaï Bristow

Thank you so much for joining us today. I'm super excited about this conversation. So you are a multidisciplinary healing arts facilitator and the founder of Just breathe Namibia. Now, you have many modalities that you practice and teach, but today we're going to be talking a bit about energy healing. Do you want to start by telling us what energy healing is and how did you get into it?

Melissa Mukaiwa

Yeah, so, energy healing, it's a bit of a tricky one to define, I would say. But the people who practice these tools and these modalities hold the fundamental belief that everything is energy. And then, in the same way that we have a circulatory system, we also have energetic systems that when we understand how they work, we can work with them more directly and more intentionally in order to bring about changes and harmonization and regeneration in our bodies, our minds, our fields.

So the reason I say it's tricky is because when people talk about energy healing, sometimes they're talking about the pure transmission of energy, which is where people actually channel frequencies of light to bring about changes or regeneration. But other times, people are talking about things that are maybe a little bit more embodied and more tangible. So things like body work or acupuncture, some people also call that energy healing.

So when someone talks to you about energy healing, it's probably a good idea to speak to them a little bit more about what they mean in terms of their modality. But generally, when people are

talking about, when they label it as, like, instead of massage or body work, they label it energy work, usually they're talking about the transmission of light energy in order to bring about regeneration.

[00:02:08] Jaï Bristow

Amazing. And how did you get into this kind of work, then?

Melissa Mukaiwa

Yeah, so I started my practice with meditation, and I was obsessed with it. I was a Vipassana meditator, and it's a pretty strong type of, and disciplined type of, meditation. And without getting too woo woo here, meditation can have the spillover effect of opening up your subtle senses. You start to maybe see frequencies of light and feel things and all these types of things. And during my meditation practice, I noticed that I was getting a little bit energetically activated, and I didn't really know how to ground it into my life in a way that was also supportive of me just living my normal, everyday life.

And so again, we're getting into the woo woo. But I prayed about it. At that time in my practice, I was very much isolated and alone and I didn't have access to mentors, so I didn't have people who I could ask with what are actually pretty normal side effects of practice. So I prayed about it. And afterwards I just started seeing all these things about energy healing. And then I went and I got myself attuned. And then I found that I was able to hold these experiences without becoming, for lack of a better term, maybe spiritually dysregulated.

Or finding myself needing to opt out of real life because I couldn't hold it. So that was maybe seven or eight years ago that I first got attuned. And then it transformed my life so much that I just became obsessed with it and did training after training, attunement after attunement. And we're here now today. It's one of the great loves of my life.

Jaï Bristow

Fantastic. And how would you say then that it supported you or can support others in healing trauma and the trauma healing process or journey that people come to these conferences for?

Melissa Mukaiwa

Right. So I forget now, I'm going to embarrass myself, I forget who said this, it's one of our trauma experts who said something along the lines of when we experience trauma, we experience a loss of presence. So it's our inability to be here in the now because we've been through some kind of threat or perceived threat that has us enter into states of relative contraction. Right? And these contractions, they get stored absolutely in our physical body, but also in our emotional body, also in our spiritual bodies, these knots and these unresolved experiences. This unresolved stress gets stored within our multiple bodies.

And so the one thing that energy healing does is it firstly creates this container where people start to feel safe, which is one of the core tenets of allowing for us to move and work through our trauma. So you create a container where people feel safe to allow the discharging of the stress or the completing of whatever response needs to complete. And then beyond that, even if you're not

someone who believes in the actual efficacy of channeling light energy, there is this absolute sort of placebo effect.

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Compassionate inquiry. I think that's Dr Gabor Maté who talks about how just having that compassionate presence helps people find it within themselves. But then when we move beyond that containment that you create, the actual light itself has this really powerful effect of unknotting and dissolving and kind of melting away all of the contractions that exist within our multiple bodies, and you just find yourself more free. You find yourself not kind of stalling or stagnating in moments where you might have, you find yourself having access to new thoughts, new ideas, new energy. So, yeah, I love energy work.

And something else that I love about energy work is it's a surrender based practice. So some practices, it's like, oh, do this regulation practice, or do these tools, or whatever the case may be. With energy work, you literally just lie there and breathe, and maybe someone will have some music on to help you settle and relax. And you literally just go into a state of receiving and relaxing, which is so foreign in today's world. So, yeah, that's one of the main ways it helps people with trauma, I would say.

Jai Bristow

That's beautiful. And I can really hear how, again, whether people can understand it all and how it works or not, in some ways, it doesn't matter so much. It's a time, as you say, to just reconnect with oneself and have that kind of openness to what's happening. It's like practices that can create this container of safety, of presence, of holding, without actually having to do that and without becoming more tense and rigid and holding sort of in one's body, in one's physical body, all the stress and trauma and things, but more sort of relaxing into the holding of presence or of spirit or whatever people want to call it, sounds like is what you're saying.

And that that then can be incredibly freeing, incredibly connecting. So I can really hear in what you're sharing how incredibly supportive and helpful it's been for your own journey, but how it can be incredibly supportive and helpful in general for people, even when it can seem a bit like, as you say, woo or woo woo. And a bit like, okay, what's going on here? Right. It can be a bit different to, like, okay, here is a pill or a very specific practice or something very concrete you can do.

And yet it's actually still connected to that, because I know you work with mindfulness and breath work and other concrete modalities where it's like, here is a practice. So it's not just like opening oneself to the spirits and being magically healed by beams of light either. Right? So maybe you just want to say more about all of that.

Melissa Mukaiwa

Yeah, absolutely. So, I mean, I would say if you think about this practice, it's power comes from everything that you've said. But I think part of its power also comes from the fact that it is nonrational, nonlinear, it's intangible. And so one of the things, in addition to what we've spoken about, that's really supportive for people is that it helps us to kind of access new and deeper levels of hope, access hope beyond our rational. It can, in a sense, help us bypass our conscious limitations, limiting beliefs, and even penetrate deeply into the subconscious.

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And as I mentioned before, we may start seeing that placebo effect where we just allow our bodies to get into the state where it does its own self healing. Like, our bodies are regenerative in nature. They are seeking homeostasis and harmony by itself. But because of the way that we live, we just don't get there. So sometimes, by virtue of us being like, I don't understand how this works. I don't know what's happening. It can open us up to even more than we might do if we were doing a practice, like, do this, and then you get that and do this, and then you get that. So I love that kind of magical quality. It opens us up to possibility.

On the other hand, though, I would say that that's maybe also one of the pitfalls or the shadow sides of working with energy, is that it can encourage, as you said, all my life's problems are going to be fixed by beings of light coming in. It can encourage this kind of magical Pollyanna thinking where people opt out of and stop taking responsibility for their own life, which is not great. It can encourage maybe an oversimplification of how practice works. It can encourage giving over your power to the teacher or the facilitator.

It can encourage spiritual gaslighting where you're like, okay, well, if you're not seeing the results that you want to see, maybe you just don't have enough faith. Well, you need to keep coming back to me ad infinitum. There are some things that one must be mindful of with this practice. And as you said, I'm someone who loves this practice, but I very much bring it in with a bunch of other things because I believe, in the same way we have our multiple bodies and our multiple aspects of our being, we want to be speaking to all of those multiple aspects simultaneously in order to not cause stress on any level of our system.

Do you know what I mean? There's that old saying, if all you have is a hammer, everything looks like a nail. So I do believe that it's really important in doing this work and in creating that container to open ourselves up to what you might call magical miracles, because I have seen some incredible, incredible things happen that you still keep the feet on the ground and hold carefully and gently the specific person in front of you with whom you are working. Make sure that you're speaking to them in that way to support them.

Jai Bristow

And I think that that's super important, that piece you just said at the end there about keeping your feet on the ground. And I think that, as you said, this kind of work, it can bring about hope. There's a lot that you don't understand, and you can open yourself up to things that actually, without realizing you were, yeah, like you say, you can open yourself up in ways that can help work through limiting beliefs, that can help work through constraining ideas about who you are, who you should be, what is wrong with you, and all that kind of thing, and open yourself up to, okay, maybe there's things I don't understand, but I'm feeling good.

And I've noticed that in my own process. I have so many chronic health conditions, most of which are under researched, and that a lot of doctors don't understand and, therefore, that a lot of doctors don't know how to work with. And I have done every trick in the book. I've done so many things, and at the moment, I'm going through a phase where I am the healthiest I've ever been. And people keep asking me, okay, what was it? What did you do? And I can't point to just one thing.

[00:11:32] Melissa Mukaiwa

100%. Yeah.

Jai Bristow

I've done trauma healing work in more traditional ways. I've done energetic work. I've done spiritual work. I've done diet stuff. I've done yoga. I've done it all. And so I think when you work in these kind of more holistic ways or with lots of different modalities, it's hard to pinpoint one thing. And in the end, it doesn't matter. It doesn't matter what the exact thing is. It's more that if these are things that can help you, it's a bit like what you were saying with the placebo effect, it doesn't matter if you can point out this one specific supplement is what changed my life, or if you just believe it's that one specific supplement.

But as long as what you're doing and the ways you're living and the practices you're practicing are supporting your feeling of wholeness and presence and goodness and health and happiness, then fantastic, keep doing them. And if that's not the case, then make some changes.

Melissa Mukaiwa

100%. Yeah. And I don't ever believe that it's any one thing, and I do think that there is a problem if in your life and your lifestyle, you're living in such a way that you have to be constantly relying on miracles. Do you know what I mean? Like, you shouldn't fall into this pollyanna, sort of magical thinking space. We're human, so work on the multiple aspects, levels, all the messiness that goes into being human, but also stay open because there are things, tons of things, that we don't understand.

And I can say for myself, and I think if you ask anyone who's passionate about energy work, there is a space where conversations like this will even become moot because you will see in a very real way, you'll feel, firstly, it feels amazing, anyone who's experienced it, it feels like water, it feels like melting away, it feels like spaciousness. There's a real felt sense that can happen for some people. And then you start to see both within changes in your own behaviors and actions and then changes in the world around you and you're like, this is absolutely real.

So most people in this field also are just super uninterested in getting anyone to be convinced because also, maybe it's not of your nature, maybe you're not wired to have it be a supportive tool for you and that's perfect. But yeah, there's all those other mindset and supportive and magic. But then I must say, the modality itself has its own efficacy that is pretty insane and cool, too.

Jai Bristow

And I love the way you're talking about that balance between, yes, be open, miracles do happen. There is a lot we don't understand. Energetics work in incredible ways and at the same time, stay grounded. Be true to yourself. Don't go into magical thinking. Don't just assume that you can just lie back and do nothing and that everything will work itself out. Don't let go of your free will, your autonomy, but be proactive in what you're doing as well. So it's really about that balance of staying really grounded in oneself, two feet on the earth, grounded in one's body, whilst also being open minded and allowing the possibility that we don't understand everything and that there are many things beyond not just one's individual understanding, but even the sort of more collective understanding of how things work.

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So I think it's really important because I've seen both extremes, right? People who are so rational and science based that they're like anything that they don't understand scientifically, anything to do with mindfulness, meditation, energetics, breath work, anything like that, any of those modalities that don't go exactly into their frame of reference, throw them out the window. And that's not helpful because those things can be really helpful.

And at the same time, I've seen people go the other extreme where it's like only relying on that and then having an illness and not going to the doctors because it's like, no, the channels of light will heal me. And then that's just as dangerous, if not more dangerous or just as problematic, I was going to say, because it's more dangerous, I think, to go that far in that direction. So I love the way you're talking. You're not in one direction or the other, right? You're not saying you must understand everything rationally in order to apply it or in order to heal. And at the same time, you're definitely not saying, ignore your doctors, ignore science, and just go into this magical thinking.

Melissa Mukaiwa

Yeah. And I mean, I must say, again, sort of the premise that we started with is like energy work, everything is made out of energy. So eating an apple is good energy. It's good for your energy. Do you know what I mean? And something I do want to highlight is that these energetic schools, like, yes, there's transmission and working with light, they come with systems, processes, intentions and structures, too, in the same way you learn about the circulatory system or anything else. You learn how muscles work, you learn about how the energetic system works in order to get it to bring about desired outcomes.

So there is absolutely an energetic science that is associated with this. And that's also something that I would say is maybe something that can be lacking in terms of when you're getting started with energy work, is there are certain types of energy work that have really low barriers to entry, so they can be really cheap. And you can get sort of initiated into a particular school of energy, like over a weekend and then you start and then you go. And I'm like, woah.

There's a level at which the energy does do its work and it does have its own intelligence. But as my teacher says, energy is fitness, and intelligence supports intelligence. So something that I see very often is people, one of the reasons they go to the extreme, and one of the reasons they potentially get themselves into the place where they are spiritually gaslighting is because they don't have enough depth in their own practice and they haven't done the work to learn about these different systems where they can meet the fullness of someone from their rational mind as well as from their spiritual mind.

And so something that I implore people who are working in this field to do is to not stop with their own education. It's been my experience that the more you go deeper into your work and the more you can hold it across the multiple levels and your multiple flavors of your intelligences, the more powerful and profound and the more in integrity, the types of spaces you can hold, the more that happens and the more profound and potent it can be. So, yeah, please don't cop out, guys. We keep working.

[00:17:47] Jai Bristow

Absolutely. And I'm curious, Melissa, because you live in Namibia, which for people who are unfamiliar, is a country in Africa. And so I'm wondering, culturally, how accepted is the energetic work that you do there? You know, I think in sort of global North countries, especially, like, the US, the UK, Europe, those kind of places, it's seen at this very sort of unusual niche thing, and people can be very into it, and other people can look at it like, okay, you're a bit woo. And then there are also, or there are frames of reference where it's very accepted, like, in very specific religious contexts, maybe then it's more accepted, but it's still kind of on the fringes. So I'm wondering, in your culture, what's it like there?

Melissa Mukaiwa

So, I mean, Namibia is a predominantly Christian country, so definitely when I started doing this work, it was not something that.. And in general, people were not very open about the fact that they practice even something as simple as mindfulness or meditation or anything like that. It's absolutely shifted. Now you have the biggest corporations in our country being like, come and teach our management team mindfulness, or whatever the case may be.

So it has shifted, but still, it's almost like people are slowly opening themselves up to different things, and how you frame it is important, and their own experience of it is important, and that's also more sort of like with the older people. So the youth of today, even in my country, they got me shook because they got TikTok and they are doing the things, and they've got things tattooed on their bodies that I'm even like, why are you doing that practice? You're too small.

And I'm kidding. But the youth are very open and very sovereign and very, like, I'm going to take from this what I want to take and leave the rest. But definitely when I was getting started, everything, even the simplest thing, it was seen as, like, devil worship, ultimately. It was like, you would start talking about, people would be talking to you, and you might be a nice person and oh, what do you do? I teach meditation. And you would see them contract and start to move away from you.

People would say to you, oh, Melissa, I really enjoyed your class, but can you call it relaxation? Can you just call it deep breathing or whatever? And now slowly people are opening up to it. But predominantly, even now, most of the people who I work with in terms of energetics are non local or they themselves identify as spiritual in some way, which is fine. I'm like, whatever works.

For me, it's the same thing if you pray and you're praying with a sincere heart. I love going to church. I don't consider myself Christian, but I love all the wise words from all the wisdom traditions. I love going to all sacred spots and sacred places. I try to purify my heart and intention and I love to pray. So whatever works, you don't need to do it this way.

Jai Bristow

Interesting. And I know that you've taught outside of Namibia and outside of African countries as well. You've taught in Europe and other countries. What's it like for you, then, as a black woman teaching sort of these kinds of spiritual practices, which I think in a lot of these countries, like Europe, the UK, the US, Canada, et cetera, often are very sort of like white communities?

[00:20:58] Melissa Mukaiwa

I'm very unconfused about my privilege, so I've been doing this for a while and so very early on I knew and understood that I was going to be the only person of color in every room. I was going to be the only African in every room. And that required a certain level of awareness, a certain level of spine, and a certain understanding of why I was there and to not get distracted by anything else. In general, I would say that a lot of people had very good intentions, but there was a lot of clumsiness.

I'm a very strong person, let me put it that way. My life and my experience and what I'm doing has made me strong in certain ways. But I did experience a lot of the issues of the times, microaggressions and othering, and being used as a token, and the way photographers see one person of color and suddenly they're following you around and everyone wants a testimonial for you to prove that they're diverse. But I'm like, you're not diverse. You don't do anything to create safe spaces for BIPOCs and specially abled and queers and gender nonconforming people.

So it was uncomfortable at first because I felt like a lot of the ignorance was innocent. Nowadays I'm sort of much less accommodating. So, for example, I don't give testimonials, even if I like the institution or the retreat or whatever. I don't give testimonials. If you're in a healing education space, I don't give that unless you have within your core curriculum conversations about things like cultural appropriation, things like institutionalized oppression.

If you don't have a part in your syllabus that talks about how to hold spaces differently, and the unique traumas of people who are BIPOC, queer, specially abled, if you don't talk about custodians of lineages, those type of things, if you don't have that, then I'm very particular about how you get to, I don't want to say use me, but I'm very particular about what I choose to collaborate with in that way. Because it's important. It's important. We live in, sort of, I would say, a post George Floyd world where for a time all of us were at home. And that movement really got people to look at themselves and wake up.

With the happenings in Israel and Palestine, that's getting people to wake up to imperialism and just waking up to the impact still of colonialism and things like that. And so for me, I feel like if you still have such a deep level of ignorance, it's because you are choosing to opt out of the collective shadow work that forms a part of the times. I think some people might be like, no, but I just want to focus on good things and whatever, but within these spaces, we need to graduate. There was a time when you might do yoga teacher training and you didn't have to know about anatomy. Now anatomy is standard practice.

So now as we are learning and expanding, there are standard practices that form part of being able to hold spaces with integrity. And I feel like that's part of it. So to answer your question, what is it like? Right now? It feels good. It's been uncomfortable. Right now it feels good because I feel empowered. But I'm still conscious of the fact that there are others, younger ones, other people coming up, and for them, there's still a lot of work to be done on the collective level. Absolutely. Still tons to be done.

Jaï Bristow

Super interesting. Thank you for sharing your experiences. I really appreciate it. And I'm really struck by some of the things you said about holding spaces with integrity. I think it's such an important concept, right? That it's not about just, like you say, having a token black person on your

website. It's about actually creating truly inclusive spaces and holding those spaces, as you say, with integrity. And you talked about the collective shadow work of the times. I'm wondering if you could say a bit more about that and also about how people can be more inclusive, how people can do exactly what you're saying and hold spaces with integrity.

[00:24:59] Melissa Mukaiwa

Yeah. So, I mean, for those who don't know, shadow work in the healing arts is just us using our awareness and using our practices to consciously investigate anything that we have rejected, suppressed, denied or disowned. Anything that is unconscious within us. We consciously make the decision to be, I'm going to look at this thing that is uncomfortable. And up until now, I might have not been aware that it's impacting my lives and the lives of people in our community.

So when I talk about collective shadow work, it's talking about what are the institutions, the systems and the structures that impact our community's lives? And are there specific people or minorities or marginalized groups who are being impacted by this? Are there systems and structures that need to be refined or reviewed? So the collective, for a lot of people in the healing arts, shadow work might just mean something like, oh, I'm going to learn about my inner child, or I'm going to learn about my mother wound, or my father wound.

And all of that is valid, and all of that is important. But there's also taking that deeper or to the deepest place where you're like, cool, how does my woundology show up in the world, in the community and in the iniquities and in the suffering around me? Because that is the point of all healing arts traditions the world over is to end suffering. And that expression goes, none of us is free until all of us are free. We are one. If we are really one, then you can't have a part of yourself in absolute agony, chaos, suffering, while another part is thriving, and say, okay, I'm done with my work. No, this is part of your collective identity as a human being. This is the work of the times.

Jaï Bristow

And I think that that's so beautiful because what you're pointing to is how important, when we're doing kind of energetic work, to work on our own individual shadow work, to do that, I think, is a big part of the trauma healing process, but also to do the collective shadow work. And my experience is that often a lot of sort of spiritual work focuses on the individual and forgets about the collective. So I'm really glad that you're bringing this piece in because I think it's extremely important if we're talking about finding freedom and healing together, doing energetic healing to heal trauma. It's not just about individual trauma. It's also about collective trauma.

Melissa Mukaiwa

Absolutely. And I must say, and I won't speak for everyone, everyone has different reasons for being here, different makeup, different dharma, for those familiar with that term but it's been my experience, and the experience of many people around me is that as soon as you start to set yourself straight, as soon as you start to heal your own woundology, there's a natural desire to want to help other people. It's almost like when you're really bringing in the light, you're like, it's overwhelming.

You see other people suffering. You see yourself in other people and you're like, oh, my goodness, I can help you. I can't wait to help you. Or I can help you help yourself, always, it's not you doing the helping or whatever. So for me, I get concerned, not concerned, there's a part of me that's a little

bit like... When I don't see that natural blossoming of us wanting to create this thriving, natural, diverse ecosystem together, for me, it's potentially an indication that we're still very much in the early stages, which is important.

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Don't go from zero to I'm going to save the world. No, you need to build on strong foundations. It's like a little tree, a little sapling, needs its time when it's just got its support. And then later on, you can provide shade for others or whatever. But I do think that it's something we have to interrogate within ourselves, particularly within the healing arts, because one of the things you hear all the time is that, no, but I don't want to engage or I don't want to get involved, or I don't want to learn or educate myself because it makes me feel bad.

And in the healing arts, you have to keep a high vibration or keep pure, positive focus. And for me, sometimes I think potentially there's a bit of a cop out there because when you're doing shadow work on your inner child and all your other woundology, then you're allowed to bring up stuff that's not positive because it allows for a clearing that then takes you to an even higher level. Why can't we do it for this type of work as well? So I'm a bit like, okay, you can confront uncomfortable things, but only as it relates to you, your life, and not people who are different to you. So I'm a bit, like, suss about that.

And then the other thing is like, no, but I'm praying, so it's okay. My prayers are super powerful. My prayers will have an impact. And I fully believe that. It is so true. I love prayer so much. However, again, and as I've said, our prayers, our energy, it wants to move. Our prayers often inspire us into higher actions. They don't often ask us necessarily, unless it is aligned for you to be a monk. They don't often ask you to spend your whole life praying. And if you are such a brilliant prayer, if you're so good at grounding things through prayer alone, then why don't you pay for your rent? Why don't you pray for the roof to be kept over your house?

When it comes to you as the individual, then you want to take action. Then suddenly prayer is important, but you also want to supplement with action. Why not, when it comes to helping other people? So I'm like, let's just check ourselves there. I believe all of it. I do believe in positive focus, but I also believe that there's scope to build a stronger and more powerful and more resilient energy body, too. So here's the other thing. You do this work long enough, you develop the capacity to see things that are difficult, to engage with things that are difficult.

And instead of them pushing you into a state of collapse, they actually spark an inner fire that helps you to pray with more intensity, with more precision. Like, you build the strength of your energy body, you can digest these difficult experiences and they get you into action more, they focus you more. So, I mean, everyone has to figure that out for themselves. But let's just check in, just in case we're not enlightened.

Jaï Bristow

I love that. I think it's such an important point that you brought in this idea that prayer is really an important practice. And again, prayer is one terminology for it. Some people feel uncomfortable with that terminology because of the religious connotations. But people can talk about prayer, about meditation, about positive thinking, about whatever language people want to use. And it's a very powerful tool. And it's extra powerful, as you say, if it actually inspires action. And not just

action, but, like, attuned action that is supporting the collective, that is supporting positive vibrations or whatever we want to call it.

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And I think this whole conversation is touching up on something super important, which I know is also very important to you, which is about sort of embodying one's practices and values, as opposed to just thinking of whether it's mindfulness, breath work, or any other energetic healing modality. Thinking of it just as, okay, I'm going to do my five minutes every morning so I can tick it off my list. And I'm a good practitioner. I'm a good person. I'm a spiritually enlightened person. Right? And again, I don't mean to mock people, because doing five minutes a day and ticking it off your list is really great.

It's really important to have regular practice. I myself struggle with that, but I think it's also and maybe even more important not just to think of it as something on your to do list, but to actually embody them, to actually live those practices fully. And I'm wondering if you could say a little bit more about that to wrap us up.

Melissa Mukaiwa

Yeah, 100%. I mean, literally, Jaï, as you said, if you're starting and you're just like, just doing five minutes of practice is a win, know that that is perfect. Right? In the conversation we're having now, we're not speaking to the ones who are just getting started. But if you've been doing it for a while and you are starting to feel the depths of the practice, then that embodiment is so important. It's literally everything we've been saying up until this point is that energy wants to move. Energy is alive, energy is fluid, energy is complex, and it's going to animate through action.

And we practice ourselves into these higher states so that they animate through action. But something that I think gets lost sometimes is what's known as view teaching. So sometimes in the new age movement and things like that and I'm not saying it's bad, like, whatever helps people find a way into self inquiry, into a more compassionate heart, wonderful, but sometimes something that we forget is that a lot of these practices and teachings come from very rich wisdom traditions, and we're often coupled with view teachings, right?

They are lineages, they are custodians, and they all kind of give prescriptions on how to maintain your compassionate heart, how to live as a compassionate human being. Because power is power, right? Like, power has the ability to amplify both good and bad. So some people feel, you see this even as something as simple as meditation, I do have some friends who get really upset when they see meditation marketed as a tool for stress relief, because now it's, like, cool. Now people are using it as another pill so they can contribute to a capitalist society.

Some people get really upset about those types of things. I'm like, guys, let's end suffering. Make your life work. Don't look at other people's lives. Make your life work. But I get it when people say that to a certain degree, because they're like, there's so much more to it. It's about getting out of suffering. It's about stopping the suffering within ourselves. And naturally that will make it difficult for you to be around and view suffering within other people.

So the embodiment... There is a level at which just doing the work will inspire different things. But something that will accelerate this and that will make all of it a lot easier is to familiarize yourself with the custodians of particular teachings, with the lineage of particular teachings, potentially

with your own ancestry, and to have a community of people who are going to support you and who are going to check you.

[00:34:20]

Because again, for every single teaching that you have, there's a point at which the advice that you've gotten and that worked up until this point in time, suddenly, and it was so good up until this point in time, suddenly becomes really bad for you. What was good in one moment can be really bad in the next moment. And what is the difference between a poison and a medicine? It's dosage.

So you do need those people and that community, which is just a part of our nature as being human. We are interdependent. We are tribal. We are community based. We know how community heals us. You do need those elders, you do need those mentors. You do need those other people in practice. You do need those ancient teachings and lineage and all those other things. And you do need the science. Absolutely. Love science.

You need all of it in order to support you in doing this in a way that you actually get to whatever your goals are and limit as much suffering as possible while you're doing that, first in yourself and then in everyone else. And then the embodiment happens and then it spills out. It's just natural. It's the way of things.

Jaï Bristow

I think that's really beautiful, and I'm really glad you brought it in. You know, as you're talking about science and spirituality, I'm reminded of the quote you were giving me just before we started recording. Do you want to maybe share that with people?

Melissa Mukaiwa

Yeah. So I might be butchering the quote slightly, but it's by the physicist Nassim Hamein and he said something along the lines of spirituality is simply science that we have not yet come to understand. So we just don't understand those relationships or how they work but they're still there. They're still keeping us in orbit, they're still keeping the sun going and still keeping us alive. And it's okay to have things that we don't fully understand all the time and to simply express gratitude for all the boons that they give know by virtue of them being there.

Jaï Bristow

Yeah, wonderful. Melissa, thank you so much for this conversation. I think it's been really incredible. There's a lot of very rich material, and it's making me want to practice with you. So how can people find out more about you and your work and how can people practice with you as well?

Melissa Mukaiwa

Yeah, so I would say you could go to one of my two websites. You can go to justbreathenamibia.com, or you can go to melissamukaiwa.com and see what offerings speak to you over there. I also host free ceremonial breathworks on Tuesday evenings for Alchemy Of Breath from 06:30 p.m. UK time. So you can join me there to come and do breath work. And I do energy healing while I do breath work on those calls.

Guys, I suck at social media. Hopefully I'll get better. But you can also find, I do have an Instagram. I would say probably right now only Instagram, where sometimes I post things about my work and what I'm offering. So yeah, you can also find me there, but mostly you're just going to see my life and my family and stuff. But if you want to stay in touch on that level, you can find me on Instagram as well.

[00:37:10] Jaï Bristow

And is that just your name?

Melissa Mukaiwa

Yes, it's [@melissamukaiwa](#). Just my name.

Jaï Bristow

Fantastic. Thank you so much for your time today.

Melissa Mukaiwa

Thank you so much, Jaï this is so much fun. Thank you.