

Ask Me Anything — March 2026

Video: <https://www.youtube.com/watch?v=0SrxUc2KOy0> • 1 hr 32 min

Key Topics

1. [4:34] **Embodying your own presence** — the soul presence of the universe against the individuation that splits off the core, whether a spirit has actually landed in the body, how a culture disembodies people, and what intention is for in the edge practice

[4:34] Fred's Question — Beloved Presence, and the Individuation That Splits Off the Core

[9:06] "My Spirit Is Mine to Embody, and I Am That"

2. [11:42] **The toroidal field, and the three edges** — the electromagnetic field as a toroidal field about six feet out against the sacred anatomy at twenty-five or thirty, why expanding one depletes the physical body, and whether it is safe to keep it pulled in all day

[11:42] Fred's Second Question — The Toroidal Flow at the Heart

[13:21] The Toroidal Field Is Your Electromagnetic Field

[16:07] Stretching the Field Out Isn't Necessarily Healthy

[18:59] Janice's Question — Is There a Danger in Holding the Field In?

3. [20:53] **Cosmic influence, and what the body feels** — an eclipse and six planets in a row, structures expanding into alignments and contracting under plasma jets, and the bees, the tsunami and the earthquake that everybody feels whether they know it or not

[20:53] Janice's Second Question — The Eclipse and the Alignment

[24:24] The Bees, the Tsunami, and What Everybody Feels

4. [26:21] **Conception, and the new babies** — a friend who can feel her body reject an embryo, difficulty conceiving as a species-wide issue, the frequency the new ones are carrying, and attuning a mother and a baby to each other the way you would attune a medicine

[26:21] Megan's Question — Attuning a Mother Who Cannot Carry

[29:04] The New Ones Coming In, and the Frequency They Carry

[31:36] Megan — Tuning a Medicine Before You Take It

5. [33:45] **The rainbow lights** — what Gail Pierce brought back from walking through Tibet in the thirties, why there were never any sigils, spiritual light as distinct from electromagnetic light, and the rule that white is always followed by a colour

[33:45] Jeannie's Question — The Rainbow Lights, and Why There Were Never Any Sigils

[36:41] The Rose Red Light of Love, and Never Leaving Anyone in White

6. [37:45] **Organ failure, dying, and what healing asks of you** — the three strata of the cognitive layer, checking for permission before working with someone who is actively dying, starting with the most critical organ rather than the most damaged, a liver healed in the eighties, and why you cannot pray away a surgery

[37:45] Christine's Question — A Cascade of Organ Failure, and the Cognitive Layer

[41:29] Christine — It's Actually Me, and Taking One Thing at a Time

[43:38] Healing My Own Liver in the Eighties

[46:11] You Can't Pray Away the Need for a Surgery

7. [48:34] **Attuning a medication** — pulling the energetic of a drug out of the body and talking to it, methotrexate and chemotherapy attuned at the moment of the infusion, and why none of it works while you are angry at the medicine

[48:34] Cheryl's Question — Attuning a Medication and Its Side Effects

[51:47] Attuning an Infusion at the Moment It Is Given

8. [54:35] **Holding the torch in a difficult time** — a community gathering met with a hug and a hello, the gift coming out of the difficulty, and thirty minutes of sangha against the numbing

[54:35] Eileen, and the Torch Held High at a Community Gathering

[57:04] The Sangha — Thirty Minutes to Remember We're Alive

9. [58:05] **Birth, and the people who work with newborns** — whether the physicality of birth is planned or left to chance, the emotional soup a baby arrives into, medicalised birth and the natural birth movement, working with newborns whose start was not smooth, and the blessing of the matriarchs

[58:05] Elizabeth's Question — Is the Physicality of Birth Part of the Plan?

[1:01:23] Babies Are Coming Out No Matter What

[1:05:20] Medicalised Birth, and Where Birth Is Not Exalted

[1:08:10] Elizabeth — I Work With Unhappy Newborns

[1:10:39] Elizabeth — The Caregiver Is Often the One Who Needs Help

[1:13:42] The Blessing of the Matriarchs

10. [1:15:27] **Guides, guardians, and the thinning veil** — solid instruction for a new meditator, Steven Halpern and Ravi Shankar's morning raga, an old spiritualist expression for a spirit coming through, thirteen realms and a barrier growing thinner, and the next Buddha as the sangha

[1:15:27] Chelsea's Question — Reconnecting With the Guides

[1:18:24] Ravi Shankar's Morning Raga

[1:20:40] Cheryl's Question — What Does the Thinning of the Veil Mean?

[1:24:30] The Next Buddha Will Be the Sangha

11. [1:25:30] **Giving the work away, and a dowsing rod** — students now teaching the primary classes, a neighbour across the street who studied with the same dowser in the seventies, a rod that was never designed for a woman's body, and the book she is reading

[1:25:30] Christine — How Are You Shifting?

[1:27:11] The Neighbour Across the Street, and Bob Mahaney's Rod

Q&A

[0:04] **Welcome — Ask Me Anything, Such an Audacious Title**

Desda: Hello. Hello, my friends. How are you this morning? It's good to see you. I'm, I'm glad to be here with you, and, I'm looking forward to having a rousing conversation today as always. We, we get going, don't we? So, welcome to Ask Me Anything, which, I mean, it's, it's such an audacious title.

[10:37] It's a little embarrassing. But, r- really that's just to indicate that the, you know, everything's open. We can go ahead and just rip, roar, and snort into whatever we wanna talk about. And, right now I'm just trying to... There we go. Yeah. Okay. I like to have it on gallery so I can see everybody, and I, I can get it off of my own face, which I don't really like.

[11:09] I mean, I like my face, but I don't I don't wanna look at it. Uh, here we are today, Ask Me Anything. So I'm prepared. I've buckled my seatbelt. I've got my thinking cap on. And I actually woke up rested today, which is, whoop. Once you're over 70, if you wake up rested in the morning, it's a triumph.

[4:18] So does anybody wanna start things off with a hot and happening question, or should I just launch into some esoteric thing? Okay, Fred. And Eileen Karpfinger. Oh my God.

Fred: Well, good morning.

Desda: Hi, Fred.

[4:34] **Fred's Question — Beloved Presence, and the Individuation That Splits Off the Core**

Fred: Wonderful to be here. A couple questions. I'm trying to remember all the details, that I was thinking about before, but- ... as, at the, in the edge practice, when, at the very beginning, when connecting to beloved presence, how is that different than just connecting with the, you know, the vertical divine, you know, presence that's already there?

Um, is it, is it somewhat different? Is it more personalized in the sense? Is it one's just soul over soul, I am presence, or... I just, 'cause it's, to me, I, I'm not able to distinguish it. I'm just connected to that anyway. So help me out, in, in the invoking process, is that, how is, how is that different? Um, because it feels somewhat the same.

[5:20] **Desda:** This is a wonderful question, Fred. Thank you so much for bringing it. I appreciate it tremendously. So, so here's the way I kinda break it down. Um, we have the amazing soul presence of the universe, which is omnipresent. It's all things. It's creation. It's the totality. And that little bit of our core is that.

Fred: Yeah.

[5:51] **Desda:** So at our core, we have the totality. And then we are created out of what we call the individuation, which is the currents that split off the core- And then began to co-create with divine source. So when we create our own structure, we're in a co-creative mode. We are acting as original creators. We are unique.

[6:19] Each person is unique. Even each squirrel is unique. Every living creature is unique unto itself. That individuation, that uniqueness, is one of the things that gives us this power, right? Gives us this ability to in fact invite our presence, our essence, our spirit into our bodies. So when your physical body is, is born, the question is have you been essentially initialized or initiated? Have you been, have you been l- have you landed your spirit in your body yet?

[7:08] And one would look at a baby, I mean, so many babies, you look at them and they're so spiritually awake. They're so present. You think, "Well, that jo-

job done. You know, we can check that off. Baby's spirit is embodied." But the fact of the matter is, is the culture we've created, the energetic we've created as a human species, people become disembodied.

Fred: Mm-hmm.

[7:36] **Desda:** People become less spiritually present. You know, you go to kindergarten and the kindergarten teacher tells you that your drawings are scribble scrabbles and aren't good enough, and your spirit is affected. So I find for most adults, there is a lack of spiritual embodiment. And so we begin the edge practice i- with embodied presence, which is really a healing moment for people because they're consciously inviting into this material reality a spiritual aspect, and that spiritual aspect is sort of the little wisp of the divine that's floating in our subtle structure, which we have created. So we've been at the, the impetus of this beautiful creation, the soul structure. And as it's, as it's enforced over time, we become stronger and stronger, more awakened, and more cautiously aware of how we can impact or not impact all of creation. But oftentimes as people are on that track, they forget. They forget.

[8:56] And we see people walking around all the time who have forgotten how connected they are to the divine. They're spiritually unconscious, right?

[9:06] **"My Spirit Is Mine to Embodify, and I Am That"**

And so by start the edge practice with a reiteration of, "My spirit is mine to embody, and I am that," you become much bigger and more able to own everything that you are as opposed to just the small idea of an egoic nature.

Fred: Ah.

Desda: I hope I answered your question.

[9:40] **Fred:** You are. Um, it's, it's, it's a f- function of time. I would say that I could really identify in my past, you know, existence here, where I was floating mostly above the body and, and out of that.

Desda: Right.

Fred: Now, you know, it's, as I rec- you know, that's not the case now. Um, and so as I'm practicing, as I'm r- ... reiterating the edge practice, it, it seems like I'm invoking something that's already there, and I'm looking to, well be doing my own kind of variation. I'm looking to kind of smooth that over.

[10:17] But I'm just, just kind of curious is, is the ... A- and you've answered it, is the inclination that I have that it's ... I'm already corrected. I, I, I love reinforcing my I am, I am that presence. Don't get me wrong. It's just a matter of it seemed like there was, um ...

My intention needed to be clarified as I was doing that.

Desda: Yeah. And I think, I think intention is so powerful, and it is indeed one of the things that our mind can do. Our mind can set an intention. And by giving our mind that job, we kind of get it out of the way.

Fred: Yeah, exactly.

Desda: You know?

Fred: Exactly.

[10:55] **Desda:** So, so w- when we have the, exciting, dynamic opportunity to reembody our presence, in other words, invite it again to come into our physicality, all you're really doing is reasserting.

Fred: Yeah.

Desda: You know?

Fred: Okay.

Desda: You're saying again, I am stating again that I am consciously embodied.

[11:20] **Fred:** Gotcha. 'Cause I, I f- I felt like I was kind of in- invoking a separation that isn't there, and-

Desda: No.

Fred: And, yeah. And, and that's what I wanted to kind of skip over. So anyway, that's, that's-

Desda: I'm so glad you said something, Fred.

Fred: Yeah.

Desda: I love your questions. You always bring it, Fred. Thank you.

Fred: So I have a second question if that's okay.

Desda: Okay. Okay.

Fred: Yeah.

Desda: Ask your second question. Go ahead.

[11:42] **Fred's Second Question — The Toroidal Flow at the Heart**

Fred: So, it's about the flow of energy. And, and again, I'm kind of a, you know, Johnny one actor, 'cause all I really know through all of your, teachings is the edge practice, so that's my ... I continue to come back to that and, and play with it. But-

Desda: That's okay, man. We appreciate it

Fred: ... so as I'm at the edge, a- as I'm, you know, savoring, you know, the edge-I'm just aware of, and, if I could just pre-say that bef- I, I've had for a long time the experience of just being centered in the heart, a toroidal en- energetic field that, a flow. Um-

Desda: Mm-hmm

[12:26] **Fred:** ... and it's something that is, you know, the words that kinda come to me are there's a, there's a both a, a receptivity of energy, there's a transmutation, and then there's a transmission. And the, there's just this flow. And so it's not something I can ignore as I'm doing the Edge practice. It's, that's just part of my awareness.

Desda: And you should not. You should not ignore that, Fred.

Fred: Well, it, it's, it's tough not to, but it's, it's definitely part of my awareness. And so what's going on is through my own creation, so any creativity, that toroidal field, which is, it feels like it's centered at the heart. It could be centered at the, you know, solar plexus where, you know, the, where the cross

is. But, you know, I don't know and I, I can't distinguish that and I don't wanna, you know, mess with it.

I'm just experiencing it. But-

Desda: Let, let me just interrupt you-

Fred: Okay

Desda: ... 'cause I'm gonna address what you're saying.

Fred: Okay.

[13:21] **The Toroidal Field Is Your Electromagnetic Field**

Desda: Um, the toroidal field that you're in touch with is, is basically your electromagnetic field. It is toroidal in, in essence.

Fred: Mm-hmm.

Desda: It is moving, and it's right around you. You know?

Fred: Mm-hmm.

Desda: It's, it doesn't go out as far as the sacred anatomy does, which is like out 20, 25, 30 feet. But your, your toroidal field is right closed in. It goes out about maybe six feet. Okay?

Fred: Okay.

[13:47] **Desda:** And that's electromagnetic energy. You could think of it as your chi field, you know?

Fred: Uh-huh.

Desda: And you're right at the heart. It's right smack dab middle of your electromagnetic field. So your heart is creating all kinds of electrical impulses, right?

Fred: Mm-hmm.

Desda: Your brain and your heart do that, and actually every single cell in your body does that. So this toroidal field that you're in touch with, it's great that you're awake to it and aware of it. The third step of the Edge practice, which teaches you to understand that there's a difference between the physical body, the electromagnetic field, and the sacred anatomy field-

Fred: Mm-hmm

[14:31] **Desda:** ... that there's these three edges, so to speak, that's where that bit of awareness could be highlighted and expanded. So if you wanted to, like, bring in your, like, heart awareness, the third step, that'd be great. You know?

Fred: Well, I, if I understand correctly, that's, that's what I believe I'm m- I'm playing with right now because it, it, it feels like toroidal field is at the edge. As I'm, as I'm experiencing the edge, I, I'm feeling that kind of flow there.

Desda: Mm-hmm.

[15:07] **Fred:** Um, and it's, it's tough for me to distinguish what 20 feet is and six feet. That's just that kind of spatial ... It's just out there. Um, but-

Desda: Yeah

Fred: ... um-

Desda: Well, what I can tell you is that there is a distinction between the two.

Fred: I, I hear that.

Desda: And-

Fred: I hear that

Desda: ... and the, the edge of the electromagnetic field has a, a different vibration. It's made of different energy than the subtle field, which is made of subtle energy. So it's, it's got a different quality to it. It's a different color. You know? It's got a different vibratory rate. It's going at a different speed.

[15:42] So what I would suggest is that you own that toroidal field that you're talking about-

Fred: Okay

Desda: ... and maybe you're-

Fred: It o- it owns me.

Desda: Well, okay. But that you, that you own it-

Fred: Mm-hmm

Desda: ... at the edge of it, that you understand the edge of it.

Fred: Mm-hmm. Mm-hmm.

Desda: But then you then become aware that there's something beyond that.

Fred: Okay.

[16:07] **Stretching the Field Out Isn't Necessarily Healthy**

Desda: And that you can move out to that. So I think what you're doing is stretching your electromagnetic field out, which isn't necessarily healthy.

Fred: Well, and I was wondering about that, 'cause that's an area of concern because I can be quite a magnet for overwhelm in that regard.

Desda: See if you can pull it in. There's actually handles. Put your ha- I- you know, pull in your electromagnetic field.

Fred: Mm-hmm.

[16:32] **Desda:** And try to get it in, you know, four to six feet around your physical body, and then become aware of the edge of that electromagnetic field. And then see what you notice about the next part.

Fred: Well, that's, that's what I'm, I, I thought I was doing, 'cause when I'm at the edge, it's ecstasy. I mean, I'm, I'm aware of that ecstasy and, and then I'm aware of the flow, and the toroidal field comes in. So that's where I'm at. So I will ponder that more-

Desda: Well-

[17:01] **Fred:** ... from what you said

Desda: ... I mean, far be it from me to tell you what to feel. You know? I mean, you're a guy who's an individual. I mean, you're having your own experience. So-

Fred: Mm

Desda: ... I'm, I'm all about that. I love that. But, well, I just want you to be open to the possibility that there might be yet something more.

Fred: Okay. I am. I just ... I was-

Desda: Not to say you shouldn't feel what you do, okay?

[17:30] **Fred:** Understand. Understand. I'm just trying to distinguish it as I'm exploring it and being curious about it, but more specifically, experiencing it. Um, and I'm, been very much ... The benefit for me of the Edge practice is distinguished from being beyond the, the, my electromagnetic field because, if I'm s- if, I used to be just stuck there in hindsight.

Desda: Right.

Fred: And I would just deplete myself by just over-expanding. So that's, to me, the benefit of the Edge practice. And when I'm at, when I feel I'm at the edge, when I'm settled and quiet and I'm at the edge-

Desda: Yeah

[18:07] **Fred:** ... it's, it's, it's, you know, it's-Joyful. So if-

Desda: Are you at the edge right now, Fred?

Fred: Probably not, 'cause I'm focusing on what I'm saying. So-

Desda: Which means you're probably way in your electromagnetic field.

Fred: Yeah.

Desda: Yeah. So maybe over the course of our hour together today, you can try to distinguish between-

Fred: I will.

Desda: Yeah. Give it a shot, and then pop back in.

Fred: Will do.

Desda: Tell me how you're feeling.

Fred: Okay. Thank you.

Desda: Okay?

Fred: Thank you.

[18:44] **Desda:** Yeah, thank you. What a great way to start. Janice, hello, hello. How you doing in Florida? Okay, you gotta come off that mute, cookie.

Janice: I'm-

Desda: There we go.

[18:59] **Janice's Question — Is There a Danger in Holding the Field In?**

Janice: Um, well, I had, I had, I had a question and then I have another question follow-up to what you just were talking to Fred about.

Desda: Right.

Janice: So i- in the mornings I do the, Yellow Rain, and the, the Golden Rain, and the Power Pack. So in the process of doing that, you pull in the electromagnetic field. Um, is there a danger to pulling it in and holding it in all the time? I mean, rather, he was expanding it, but I'm saying should you re-expand it after you do that? Or is it okay to just leave it tucked in tight?

Desda: It's perfectly okay to just leave it right there.

Janice: Okay.

[19:33] **Desda:** And, and the, the reason is because it, it, it depletes you to expand your electromagnetic field.

Janice: Okay.

Desda: And I mean, there are people, you know, who, who do that, who expand their electromagnetic energy, but it takes years and years and years of physical training to do that, and is depleting for the physical body.

Janice: Ah, okay.

[19:58] **Desda:** So it's better for people who are not, you know, mixed martial artists, for example- ... like, to keep their electromagnetic field a little closer. But I know you run.

Janice: Yes.

Desda: So when you run, your electromagnetic field expands, 'cause you're generating, you know, you're generating all kinds of chi running.

Janice: Right.

Desda: And so your electromagnetic field gets bigger than four feet, it probably gets, you know, eight or 10 feet. Will get really big. And then it can settle back down. So it doesn't ... It's like small isn't ... Small, big, these are judgments. You know? These are qualitative judgments and definitions that apply to material reality. So if you're working with electromagnetic energy, it's better to keep it contained.

Janice: Okay.

Desda: Yeah.

[20:53] **Janice's Second Question — The Eclipse and the Alignment**

Janice: Um, and, and the other question, which is why I came to the class today, I was won-

Desda: Ooh

Janice: ... how, how ... Because we just had this, you know, eclipse of the moon.

Desda: Oh, wow. Yeah.

Janice: And everything was aligned. And I just wondered what ... Like, how ... What do you see, or how does that affect each individual's s- structure? It must have some pull, or change, or, variation to the flow of the energy on everybody. And how, how ... What's your take on that?

[21:26] **Desda:** Well, my take is that, you know, everything is everything. Everything influences everything all the time.

Janice: Mm-hmm.

Desda: And so, you know, there's all kinds of things we don't even know about going on. You know, asteroids whizzing by the planet, you know it. You know, big pulses of, of plasma shooting out from the sun. And we go about our lives not really knowing that any of that is happening. So there is a ...

Did we just lose Janice?

[21:55] **Janice:** No, I just lowered my hand.

Desda: Oh, there. You, you moved it. You moved your screen. Okay. Um, so, so we, we essentially are impacted by all kinds of cosmic influences. Um, we accept and respond to the energy of the planets. We accept and respond to the sun and the moon. The moon less in some ways, than the sun. But, but we are, reactive to all of those things because we're physical beings and we live on a physical planet. Uh, spiritually, what does it mean when all the planets align and we have an eclipse?

[22:46] It means the adventure continues, you know? The ... I mean, we are ex-an explorer species. We're, we're meant to explore. And so here we are, and there's something like this that happens. Our exploration of what it is, why it happens, and how it affects us is critical. Does it affect us when the planets align and there are six of them lined up in a row, and we have, what was it, February 20th or something-

Janice: Yeah

[23:18] **Desda:** ... and then there was a, the eclipse, and oh my God. Um, I think that there is a tremendous, impact, and it does affect our structures. They tend to, expand into, sort of cosmic alignments. They, they tend to contract when there are, powerful events such as asteroids zipping by the Earth or plasma jets coming off of the sun. When that happens, we tend to, we tend to become protective, so we get smaller, a little bit. Um, but i- i- does it profoundly affect the way we move through life? N- not really. You know?

Janice: Yeah.

[24:09] **Desda:** It, it does and it doesn't. Energetically, we're aware. That's primarily the thing. We're aware. We're awake and aware to everything that's going on, you know?

[24:24] **The Bees, the Tsunami, and What Everybody Feels**

The change in the bee population on the planet, we all feel it. We just don't know we feel it, but we sure do feel it. And if you're a farmer and you depend on the bees, and your c- your hives are, are dying, y- you're affected a lot more dramatically than one of us city dwellers who's just gonna buy their honey at the market, you know? So I think it has a lot to do with your own connectedness to the Earth and your ability to, to pick up those kinds of sensations. Like, for

example, I know many people remember the big tsunami in th- in Indonesia, the huge one that, what was it? Killed 100,000 people or something.

[25:13] We all felt that. Everybody felt that. People felt it in their feet. They felt it in the, in sort of the way the water in their own body was moving. You know, when there are big planetary shifts, we feel it. When there's big, big earthquakes, your whole body reacts and responds. So is that a spiritual reaction? Not really.

[25:39] It's more very physical reaction. It's, it's a earthbound reaction, you know? Our spirits are outside of time and space and outside of material reality, and that's why bringing presence into the body is so powerful because it connects those two things consciously. So whenever you do that, you have your own little quake, your own little tsunami. Yeah.

[26:09] Thanks, Janice. That was a good one. Thank you for asking that. So we got Megan and Jeannie. There's a hand up. I see your hand.

[26:21] **Megan's Question — Attuning a Mother Who Cannot Carry**

Megan: Hi. Um, well, this is a rather convoluted question. Um-

Desda: Oh, good

Megan: ... let me, explain where I'm coming from with it first. Um, I have a friend who's, in her late 30s, and has been trying for quite a while now, years, to, conceive through IVF. And, she says she can feel when her body rejects the, either the egg or ... She actually was pregnant for two months at one point. She gets hot.

[26:57] She feels like she has a fever. Um, her body aches. Um, and she knows that's when her body is rejecting, the embryo or the fetus. Um, and so, my, my questions around this really are, when a person is, having trouble conceiving like that, is there, a, a problem attuning to the fetus? Does a mother need to be attuned to the fetus, or is this karmic, or is it, s- there's a certain knowledge and wisdom that the mother, says, "This fetus is dangerous to me," or, "I'm dangerous to the fetus"? Is it a misalignment between, that spirit not wanting to come through that mother? Um, w- what might be going on here?

[27:57] **Desda:** Well, that's a really good question, you know, 'cause we're certainly seeing more and more issues with young women in their 20s and 30s having difficulty conceiving.

Megan: Mm-hmm, mm-hmm.

Desda: And, we have to look at that as a species-wise issue. I mean, it's happening all over the place. It isn't just happening in the United States. It's happening across the world. So I mean, I think that's a, an interesting idea of attunement. And, and, and let me ... I mean, that kind of brings up another thing I've been contemplating lately, which is the, the brilliance, the in- the frequency of these new babies that are being born.

[28:49] I don't know if anybody here has noticed, but the, the new little people that are-

Megan: Yeah

Desda: ... coming in, the ... You know, when we talked about, like, indigo babies and stuff, they're not indigo babies. These guys are totally different.

[29:04] **The New Ones Coming In, and the Frequency They Carry**

So the new ones that are coming in, the, the frequency that they're carrying, the energetic frequency they're carrying is so high, so different, and so ready for the awakening we've been talking about for, what, 50 years. So this awakening that's coming for the human species. So it's possible that the mother is out of vibrational alignment with the baby, and that that's part of what's happening.

[29:34] So your idea of attuning the mother and the baby is not a bad one, I think. I mean, it'd be worth a shot. And the poor woman, I mean, you know, God help her. You know, this is ... And I'm not so sure IVF is all that great anyway, you know? It's ... It ... The stuff they do to the woman to get her ready for conceiving and everything, it's so, so intensely overwhelming and physically damaging. It takes women 10 years to recover from, you know, the IVF experience, and some women just never really fully recover from it.

[30:11] Their bodies are forever changed. So there's something wrong with that, you know? And I can't point to exactly what, but I ... I'm just saying as a general sort of overview-You know?

Megan: Mm-hmm.

Desda: All the stuff that she's had to go through. So, so clearing some of that out, doing the subtle clearings that you know how to do-

Megan: Yeah

[30:36] **Desda:** ... would be really good. Um, rebuilding and rebooting, doing the, all the electromagnetic field work that you know how to do from Med Bag, all of that would be helpful. Setting up generators for her for universal love and light to get her frequency up, and counseling her to really start a spiritual practice that gets her frequency up, if she doesn't have one already. So and, and, and a physically s- a physical, spiritual practice such as walking meditation or ... Well, Jeannie here, we can, we're reminded of Qi Gong. So you know, a Qi Gong movement or something that will bring her, frequency, her biological frequency up a bit might help, too.

[31:25] So those are just thoughts, you know? And by no means prescriptive, but I think that it would be, it would be an interesting thing to try, Megan.

[31:36] **Megan — Tuning a Medicine Before You Take It**

Megan: Yeah, and, to piggyback on that-

Desda: Mm-hmm

Megan: ... like you tune a medicine before you put it into your body-

Desda: Mm-hmm

Megan: ... to yourself. Um, is that same principle, um ... Well, it sounds like it's in reverse. You tune the mother to the coming child, at the point of, when the embryo is, put into the mother?

Desda: Um-

Megan: Or before that?

[32:07] **Desda:** Well, you ... The mother, I- it ... Working on this premise, this, you know, this idea.

Megan: Yeah.

Desda: Um, the mother's frequency would have to come up.

Megan: Okay. Mm-hmm.

Desda: So, so she'd be doing things to get her frequency up.

Megan: Mm-hmm.

Desda: We've already discussed that.

Megan: Yeah. Okay.

Desda: But then the embryo is implanted. You would be wanting them to be compatible, you know? So attuning them together-

Megan: Mm-hmm, mm-hmm

Desda: ... to each other. Attuning the mother-

Megan: And maybe-

Desda: ... and then the other.

[32:39] **Megan:** And maybe clearing the space between them.

Desda: Absolutely.

Megan: Yeah. So it's a-

Desda: I, I think that's an excellent idea, too.

Megan: Mm.

Desda: Yeah. This is a ... I mean, this is a terrifying problem, you know, because each ... Having a baby, I mean, it's like, you know, falling off a log. You just get pregnant, you have a baby, but it's not. And now it's much more difficult for young women to get pregnant, just get pregnant.

[33:06] And men's sperm count is falling, you know? So there's, so there's all kinds of pieces to this that, are certainly something we should put our hearts and minds to, to, to see what we can come up with, you know?

Megan: I didn't know that falling off a log is how you got pregnant, so just- ... I, I learned something today.

Desda: Well, it used to be in the '60s. That's all I can say. Um, did you have any other thoughts, Megan? Okay. Great. Thank you. It's so good to see you, Jeannie. Uh, Jeannie, go ahead.

[33:45] **Jeannie's Question — The Rainbow Lights, and Why There Were Never Any Sigils**

Jeannie: I ... Well, I have a question about the rainbow lights. I work with them daily, and went and s- sat in the cave of Padmasambhava for 10 days in Nepal and I just, I ... Yeah. I, I, I know the ... I- it's like I remember being taught them by you forever ago, and I wonder ... One thing, it's like one thing that came to

my mind is that these new beings coming in are, like, carrying the rainbow lights. Um, I don't know. I just wonder if there's anything, any insights you can share about, about that, about the rainbow lights.

[34:26] **Desda:** Well, the rainbow lights are, um ... For those of you that, that don't know, the rainbow lights are, something that was taught to me by one of, by one of the only people that I've ever studied with, Gail Pierce. And Gail Pierce learned the rainbow lights in Tibet in the '30s when she walked through Tibet.

And the rainbow lights probably are the origins of Reiki. I mean, there's probably some connection, but we ne-

Jeannie: In-

[34:55] **Desda:** ... we never did any sigils, which is what those symbols are. We never did any of that stuff. It was just pure connection to the rainbow and bringing in the colors of the rainbow. Okay? With a little, with a little bit extra stuff. So the rainbow lights, I think the white light of clearing or cleaning, cleansing, would, would possibly be, the one thing that, could affect both mother and baby pretty profoundly. And, maybe during im- maybe at the moment of implantation, doing the white light of cl- of clear- of clean ... The white light of clearing, would, would, you know, bring in this tremendous frequency of purity, you know, clearness. Um, the, the rainbow lights in and of themselves, th- they're a transmission and, and this work that I do is really the, kind of the lineage of the rainbow lights, if you will. And we think in terms of frequency and color, light, and the way all that moves together, but it's important to realize that this is not electromagnetic light, that this is spiritual light. So this is the light of Padmasambhava's cave. You know? This is, this is the light of deep sanctuary. This is the light of, enlightened, awakened awareness.

[36:41] **The Rose Red Light of Love, and Never Leaving Anyone in White**

So-I think the rose red light of love would be the one that I would surround a mother and baby in. Not healing, not wisdom or growth, but the rose red light of love. And I would first really, with the, with the white light of clearing, cleansing, and then, and then bring in the rose red light of love and leave them in it.

[37:10] You never bring in anything white and leave anybody in it. It's, it, it must always be followed by a color of some sort. That's one of the primary rules of the rainbow lights.

Jeannie: Desda, thank you so much, and it's so nice to see you and see you all. And I have to go, but I'm just ... I'll be back.

Desda: All right. Well, keep coming back. Jeannie, take care, sweetheart.

Jeannie: Bye-bye.

[37:35] **Desda:** Bye-bye. So good to see you. Um, and, and now it's, it's Ms. Christine Hodil's moment. Go ahead.

[37:45] **Christine's Question — A Cascade of Organ Failure, and the Cognitive Layer**

Christine: Thanks, Desda.

Desda: Sure.

Christine: This is awesome as always. You know, love to see everybody. Um, I have a few things on my mind, but the one that's most important is, if a person has very distinguishing physical organs and physical systems under, you know, at the same time, where in the field would you go as base to assist that, that it disappears, basically?

[38:27] **Desda:** Are, are you, are you asking about somebody who's, like, having a cascade of organ failure? Is that what you're talking about?

Christine: Yes. Yes, I am.

Desda: You can't necessarily reverse that. I mean, you know, if somebody's in a cascade of organ failure, it's because they're dying, you know? And do you wanna stop them from dying? It depends. I mean-

Christine: Well, that's what I've been wondering about.

[38:53] **Desda:** Yeah. I mean, when somebody's actively dying, I always check to see if I have permission to work with this person.

Christine: Mm-hmm. Well, they're not asking-

Desda: And sometimes it's a big no, you know? Sometimes it's like, "No, this is the moment."

Christine: I hear-

Desda: There are places in the subtle anatomy where you can approach individual organs, and you can work with them. In the cognitive layer, there's three different strata for, um ... Cheryl, why don't you show us a picture of the cognitive layer? That'd be awesome.

Christine: That'd be great.

[39:27] **Desda:** So there's the, the, organ strata, the systems strata, and the skeletal strata. And, so everything is kind of covered by one of those strata. So organs-

Christine: Mm

Desda: ... is at the bottom. S- structural or skeletal is right there above it, and then the next one is systems. So these are all subtle and material systems, all subtle and material structural support, and all subtle and material organs. And then finally there's the point of transmutation at the top, which is a-

Christine: Mm

[40:03] **Desda:** ... a place as opposed to a point. But, i- i- we can enter into any part of the body to one of these strata in our own structure to affect our own body, and then I do teach in, Awakening the Nine Levels of Sensing, I teach a, a kind of cognitive reading that's like being a medical intuitive.

Christine: Mm-hmm.

[40:31] **Desda:** So I t- I teach people how to go into that and awaken to the potential of that, of that organ in somebody else. So I don't, I can't, in this c- in this setting, teach how to do that.

Christine: Mm-hmm.

Desda: But this is a place where it can be done.

Christine: Okay. And that again was where?

Desda: Cognitive layer.

Christine: Oh, just in the cognitive layer.

Desda: Yeah, that's all.

Christine: Ok-

Desda: Just right there

Christine: ... okay.

[41:00] **Desda:** Um, yeah. You know, and, and, and, and, and interfering with people dying, I mean, there are times when, you know, you come upon an accident or something, and you wanna render aid.

Christine: Mm-hmm.

Desda: And it's important to do that. But, you know, usually, your aid will not have much effect if that person's moment has come, if it's time for them to go.

Christine: Mm-hmm. Well, that's what I've been sitting with, and this person is very close to me.

Desda: Yeah.

[41:29] **Christine — It's Actually Me, and Taking One Thing at a Time**

Christine: It's actually me.

Desda: Aw.

Christine: And, I may as well just spell it out. Um-

Desda: Close to you for sure.

Christine: It's very close to my life.

Desda: Okay, so you say that you're ... Like, you have organs failing?

Christine: Um, there's, there's severe issues going on.

Desda: In various organs at the same time.

Christine: Yes, yes. And when I sit with it, it's like, do I still have a choice? And sometimes it feels like, yes, I absolutely do. And then ... And other times I'm like, oh, f**k it, you know? It's like too much work, or something. Or to-

Desda: Yeah, it can, it can be a lot of work. You're right, you know.

[42:14] **Christine:** Yeah, yeah. So that's why I'm wondering, and also because of, you know, clients and friends and all of that as well.

Desda: So my advice is to take one thing at a time.

Christine: Okay.

Desda: In other words, trying to reverse all the organs from failing at the same time-

Christine: Mm

Desda: ... is, is futile. But if you start with one organ and work-

Christine: Okay

Desda: ... with that one organ.

Christine: Okay.

Desda: Um, when I've worked with people who have, like, for example, issues with their heart, they may also have issues with their kidneys and their liver. I mean, they can have- People often have multiple issues at a time.

Christine: Right.

Desda: But if you choose one place to start-

Christine: Uh-huh

[42:56] **Desda:** ... try to choose not necessarily the one that's the most, damaged, but start with the one that is the most critical. So if the heart stops beating, then who cares about the liver, you know? The liver's like, "Eh, no heart, we're done." So you don't start with the liver, you start with the heart, and you always start with the heart or the brain, depending on, you know, where the, where the issue is laying.

Christine: Okay.

[43:29] **Desda:** And, and what you wanna do is you wanna build up the vitality of that organ.

Christine: Yeah. Okay.

Desda: You know?

Christine: Mm-hmm.

[43:38] **Healing My Own Liver in the Eighties**

Desda: And, and if you can do that ... So I had liver dysfunction in the '80s, and this was before I had created the work that kind of grew out of that whole period of my life. And healing my liver dysfunction, my liver was about three times its normal size and was pushing my ribcage out, and it was, it was, it was funky. It smelled terrible. So I just-

Christine: Oh, God.

[44:06] **Desda:** But, but what I did was I just concentrated on bringing in energy to create vitality in the organ.

Christine: Mm.

Desda: And so by doing that bl- gradually over time, along with other things that I did, like acupuncture and body work, I supported my liver to reduce in size-

Christine: Right

Desda: ... and ultimately healed it.

[44:31] **Christine:** And then one more question about that is, if there's ... Um, sometimes we make agreements or make choices-

Desda: Uh-huh

Christine: ... of what's happening, right? And so is there a place in the structure, I mean, I could talk with my four aspects more or, you know, to help, see if there's another game plan?

[44:59] **Desda:** Well, if you think you have, like, sort of an agreement that, like, "This is the moment where I'm gonna check out, you know, I'm gonna die now-"

Christine: Mm-hmm

Desda: ... you can see if it's possible to reassess and create a new agreement.

Christine: And I'm just bringing that-

Desda: And we are co-creative with divine source. We are powerful.

Christine: Yes, yes.

Desda: And we do not have to just, like, lay down and accept-

Christine: Right

Desda: ... things, unless that's really something that feels right to you, you know?

[45:31] **Christine:** No, it doesn't, and that's why I'm like, I'm, I'm wanting to, to understand it, not just for myself.

Desda: So-

Christine: Yeah

Desda: ... taking the example of the heart, so, so if y- if your heart is damaged to the point where it's, it's sick, then, then what you wanna do is help it release the sickness. So you're doing everything you can think of physically. You're going to the correct physician.

Christine: Right.

[46:01] **Desda:** You're, you know, you're going to an acupuncturist. You're, you're taking the right herbs or the right drugs. You're doing what you need to do, maybe even getting a surgery, having a stent put in.

Christine: Right.

[46:11] **You Can't Pray Away the Need for a Surgery**

Desda: You can't pray away the need for some things. Like if you have a hole in your heart, you, you can't make it go away with spiritual energy.

Christine: Mm.

Desda: You have to have a surgery, and that surgeon can be completely supported energetically. And you can call on the divine surgeons to come into

the room with that surgeon, and you can bring angels present, and you can do all kinds of things, but you still need the damn surgery, you know?

Christine: Yeah.

[46:45] **Desda:** So, so it's really, it's really important to realize that we're living in the 21st century for a reason.

Christine: Mm.

Desda: And some of these parts of our bodies are breaking down. You know, they're not lasting as long as we'd like them to last, you know? In my life, I've had so many miraculous healings. I mean, it's-

Christine: Sure. Me too

Desda: ... it truly is. A- a- and, and if we really look at it, the, just the fact that we're living in the 20th and the 21st century is miraculous in and of itself. I mean, there are so many wonderful things that we've had access to-

Christine: Yeah

Desda: ... that we wouldn't have had access to 200 years ago, right?

Christine: Yeah.

[47:27] **Desda:** It's not about going backward. It's about moving forward, and we wanna move forward with integrity, clarity, and wholeness.

Christine: Yeah.

Desda: So whatever you can do to create wholeness in your body, Christine, that's what you need to do. Whatever takes you to be more whole.

Christine: Yes.

Desda: And that is not all spiritual. You've gotta do physical things-

Christine: Oh, yeah

Desda: ... too. Yeah, like you gotta eat the right diet and get the right amount of exercise. And eat the right amount of food, you know? You gotta eat enough food to support your body. A- you know? 'Cause one of the things that happens when you're sick is you don't, you forget, you don't wanna eat anymore, and that's what happens to really old people too.

Christine: Mm.

Desda: They don't wanna eat anymore.

Christine: Mm. I know.

Desda: They just stop being hungry. Yeah. So, so these are the things.

Christine: Thank you.

Desda: These are the things that we need to do.

Christine: Thank you.

Desda: You're welcome, and God bless, Christine.

Christine: Mm.

Desda: Okay. Any other thoughts coming up? Any other questions? Ah, Cheryl, go ahead.

[48:34] **Cheryl's Question — Attuning a Medication and Its Side Effects**

Cheryl: Yes, Desda. I'd like to understand if, when we as practitioners are attuning a medication to make it vibrate more like the person who's taking it, will that attunement of a medication have any impact on the classic side effects that a medication might have?

Desda: Yeah, it should. So what we're doing when we're attuning anything, whether it be, an embryo or you know, a human body or whatever we're attuning, when we're attuning a, a prosthesis that somebody's using or a piece of metal they've put in to keep that ankle stable after it's been broken, all of these things have to be attuned once they're in the body.

[49:26] So they're in the body, they start emitting a frequency that's out of harmony, and you immediately pull that energetic out and talk to it. And it's the conversation with the frequency that was in the body but is now in a pile outside of the body, and you're talking to it. That energy is the one that you're gonna ask to change. So because you're asking, methotrexate to change, let's say, and that person who is, suffering from autoimmune disease and is taking methotrexate is, is having a terrible reaction to it. So over here you're talking to the drug, and the drug wants... is a helping drug.

[50:11] The drug wants to help. The drug was created to help. Contrary to popular belief, drugs are not created to make money. Drugs are created to help, and most of us in this time are so angry at how much everything costs that we blame everybody who's trying to help. And what you have to realize, you have to stop that, and you have to realize that, that medication is meant to help. So methotrexate can be a godsend to somebody who's got, you know, terrible psoriatic arthritis, for example, and their body is all cl- you know, curled up and stuff, and they're itching constantly.

[51:02] Methotrexate stops some of those symptoms. It can also give you other symptoms, like your hair falls out. So when we attune methotrexate, we bring the vibration up to that person's vibration. So you have to be able to check for that, check for the vibration of the methotrexate. And when you can get the two of them at the same rate, the methotrexate's gonna work better for that person than it did before. And one of the things that proves that is that people have less nausea, less hair loss. Some people, I've attuned, chemo medications for people right when they're getting the infusion. So I tell them to tell me what time.

[51:47] **Attuning an Infusion at the Moment It Is Given**

They even will call and say, "Okay, I'm going into the infusion suite now." You know, "I'm g- " And then they'll text, "Getting it now," and I attune it right then in that moment. Those people have almost no symptoms. So it, it really matters if the practitioner is in sync with the need of the client, and when they're having their infusion, when they're taking their med.

[52:16] The same thing is true for the COVID vaccine. If people let me know immediately, like at the time they're getting the vaccine, I can attune them. I pull the energy out, I change the frequency of the vaccine, and then we install it

into that person. And there's no judgment or blame or anger at the med. And you... I mean, you c- you cannot work with this stuff if you're pissed off at it.

[52:46] It's just... It's not... You know? You just can't do it. So you have to be in harmony and know that what you're doing is supporting a human being going through something very difficult, you know? And love conquers all here, you know? So. And, and you know, i- if, if the person doesn't want to take a chemotherapy, you have to get to the bottom of why don't they wanna take a chemotherapy. And if the... it's because they're afraid of the symptoms, you can help with that. If they don't wanna take it 'cause they're morally opposed to doing something like that, then that's their choice, you know?

[53:28] And you can't have a meltdown with that either. It's... When we're supporting people who are doing things differently than we might do them, we have to give them the benefit of the doubt, that they're in t- tune with their own truth, you know? This has never been more apparent than it has been the last few years, right? Oy vey.

We've all had this-

Cheryl: Well, thank you, Desda

[54:01] **Desda:** ... deep, you know, initiation, huh? Okay. Is there anybody else who has a thought, a comment, a question?

[54:35] **Eileen, and the Torch Held High at a Community Gathering**

Okay. There she is. Eileen. Hey, Eileen. Wow. And how old is your darling little girl, your little daughter? How old is she now?

Eileen: She's 17, and-

Desda: Oh, lucky

Eileen: ... making lunch for her right now. Yeah.

Desda: Aw. God, 17. Wow, that's amazing.

Eileen: Desda, I'm in Napa now. I just moved back to California after being in Wisconsin for five years, so I think we're pretty close now.

Desda: Oh, very cool. Well, welcome back to this big state.

Eileen: No kidding.

Desda: Welcome back to California.

[55:10] **Eileen:** Yeah. We coved it in Wisconsin, and now we're back, so ...

Desda: Well-

Eileen: Perfect

Desda: ... welcome back. It's great to have you.

Eileen: I- And it's lovely hearing you. Your, your, your way is salve to my worried soul with all that's going on in the planet. It's just so nice to have agency again in myself, you know? That's great.

Desda: Right on. I mean, w- what I've been ... To speak to that, to speak to what's going on on our planet, oy. Like I said, oy vey. I think, I think one of the

things that we have to remember is that we have the potential to hold the torch, you know? And we, we're all lit up. Here we are. We're lit up, and we can lift that torch high.

Eileen: Mm.

[55:55] **Desda:** I went to a community gathering yesterday, and, I walked in and I greeted everyone I could think of with a big hug and a hello, and I held the torch high. And every time somebody wanted to talk about how horrible things are, I also said, "And look how we're speaking to each other now, so honestly.

Isn't it an amazing gift that's coming out of this difficulty?" Not saying that the difficulty isn't real, but look what ... look how we are. And you really just have to look to what we saw in Minnesota. I mean, that was people coming together to do something, and it was really cool, you know? And so here we are.

[56:42] We've come together, and we're doing something. So we can all lift the torch high and say, "I am awake." There you go.

Eileen: Hear, hear. Thank you, love.

Desda: Oh, my pleasure.

Eileen: I'll be back so that I can keep getting this salve, 'cause it's, it's important to me. It's really ...

[57:04] **The Sangha — Thirty Minutes to Remember We're Alive**

Desda: I'm doing a sangha nowadays, you guys. This is, the sangha's been happening. It's like 30 minutes of let's, you know, wake up, smell the roses, and remember that we're alive. You know, it's like, come back.

Eileen: Yeah. Yeah. When is that?

Desda: 'Cause we're numbing. We're numbing out a little bit, don't you think?

Eileen: Yeah. When do we ... When, when are those? Or is Bob sending that information out?

Desda: Um, th- they're, they're posted on my website, but Cheryl and I will share the, the f- put the placard at the end of the thing, so you'll be able to see it today.

Eileen: Okay. Thank you.

Desda: Yeah. Very cool.

Eileen: Mm-hmm.

Desda: Nice to see you.

Eileen: You too.

Desda: Okay, another question. Another question. Yes, Elizabeth.

[58:05] **Elizabeth's Question — Is the Physicality of Birth Part of the Plan?**

Elizabeth: Well, this is, this is related, I believe, to what we have spoken to about, pregnancy, conception, so on, and what's going on in the world these days.

Desda: Yeah.

Elizabeth: So you had mentioned the way a soul comes in-

Desda: Mm-hmm

Elizabeth: ... is there's a meeting of elders or something like that, and stuff is discussed, and then this person perhaps chooses their parent or whatever.

Desda: Mm-hmm.

[58:35] **Elizabeth:** So what I'm wondering about, is the following discussed and thought about, what actually happens during the birth, the actual physical, physicality of birth? Or is that just left up to chance?

Desda: S- so what are you s- what are you speaking to exactly? Can you be more specific?

Elizabeth: Yeah.

Desda: Like difficulty in birth or-

Elizabeth: Sure.

Desda: ... like a breach birth or ... I mean ...

[59:07] **Elizabeth:** Well, for, for example, yeah, for whatever happens during that period. Y- it may be, you know, a lot of people say, "Oh, it's the shape of the mother's pelvis. That's all that matters. The baby has, the baby has to be ideally aligned, and then there's no issue." But there are so many issues with birth. Um, and I'm just ... And it can affect ...

How you're born really matters, and it can affect a person for the rest of their life.

Desda: Yeah.

[59:33] **Elizabeth:** But my question is, is that part of the big plan, or is that kind of random? That's that's really my question, I guess. Because how you're born matters tremendously.

Desda: I, I think it does matter tremendously. And, and which people you choose to parent you matters. And, and that sets up the relationship between baby and mother, you know, early on. But also baby and father. Yeah, I mean, there are so many factors here. There's so many things. There's, you know, subconscious desires and unconscious reality in relationship to, you know, I, I, "I don't wanna have a baby," or, "I don't wanna be pregnant," or, "I hate this man I'm with who's made me pregnant," or the i- the baby's a product of a rape, or something, you know? So there's all kinds of emotional, psychological factors.

[1:00:40] But setting those aside, if we might, when we look at, like, the physical capacity that a, a woman might have, maybe her pelvis is very small. Maybe, she, you know, has other issues that have made birth difficult for her. That has more to do with her karma and her-Kind of her embodiment as a human than it does the baby.

So the baby's already ensouled at the beginning of labor.

[1:01:23] Babies Are Coming Out No Matter What

Generally speaking, babies help the birth process. They don't hinder it. Generally speaking, and this is general, babies are coming out no matter what. And no matter if they have to break their mother's pelvis, they will come out. They will get out. So there's a, there's a quality of the impetus of birth, the imp- you know, the desire to come forward.

[1:01:55] And it's very animal. It's very ma- a mammalian. And when we're being born, there is this desire for, for life and breath and being, and that's driving this physical thing. But unfortunately, there are many times when mothers and babies are not aligned, the culture they're coming into is not aligned, and the situation that they're, m- the mother finds herself in, in the middle of a war zone or, you know, in a, a starvation or some God-awful thing. And the, and there's difficulty that occurs.

[1:02:41] There's a societal karma, there's individual karma, there's a familial lineage karma. All of that stuff is in play. So you can't really say it's one thing or another. It's kind of everything that's set up. And if you've set aside the emotional and psychological soup that the baby's coming into, and you're just looking at the spirit, the spirit is in service to growth and evolutionary process. Evolutionary development is what we're about. We are about continued growth. So Fred's conversation that started us off about, you know, what is the distinction between the toroidal electromagnetic energy and the supreme bliss at the edge? What is that, and how does that relate to us as human beings? We have the experience of birth to begin, right? And birth is not easy. It's not easy for anybody.

[1:03:55] It's not easy for the mother. It's not easy for the baby. And so it's a trial, a test, an initiation. Now, there are some births that are easy. There are some births that the mother doesn't experience pain or trauma. There are some births where the baby comes out smiling. That happens. Why does that happen? Because all that soup, the emotional, psychological part, is squared away, because the spirits are aligned, because the mother has made space for the baby to come in, and because the baby's karma is such that its beginning is soft.

[1:04:44] It's rare. It's rare. Usually, we have difficulty at some level. And so in the 1920s, when birth was medicalized, and women's pregnancies were pathologized, and women began to be treated almost exclusively by men in the latter part of the 1800s, there, there was this big change that occurred in, women's experience of ownership of birth.

[1:05:20] Medicalised Birth, and Where Birth Is Not Exalted

So the, the natural birth movement of the 1960s changed a lot of that, and we started to see happier births. We started to see, many more people being born in, in, in, in a kind of more easeful way. However, there are still many, many, many women who are in situations where they c- can't have that kind of support, where they can't give birth in that way, and, you know, there are still way more maternal deaths in the United States than there should be.

[1:05:56] So, there's, there is a real culturally s- a spiritual cultural element that's, I don't think can be ignored.

Elizabeth: Mm-hmm.

Desda: If a baby is being born into, a, a, a world where... And I'm gonna say something that may offend somebody, so I beg forgiveness to begin with. But if the, if children are considered sinful and, like, they are not saved when they're born, and if they are coming in, and the first thing you've gotta do is reclaim them, their soul for your religious beliefs, there is a way that, that, that birth experience is, is not exalted as it should be. It-- And a way that women are treated as lesser than, which is sad to see, but is true in many religious groups.

[1:07:03] Birth is a high point in most women's lives when they, their moment of giving birth, they're holding their baby for the first time, and the experience of having an- another body pass through your body, it's, it's profoundly illuminating, and it's lift, it lifts the, all the boats. So why do we have babies being traumatized? Why do we have mothers being traumatized? Why are families traumatized? It doesn't have to be that way. And it has a lot to do with our orientation, our belief systems, and our fully accepted behaviors towards birth and labor and, new babies.

[1:08:04] I don't know if I have much more to say about that, Elizabeth. I hope that

[1:08:10] **Elizabeth — I Work With Unhappy Newborns**

Elizabeth: Right. It- it- it's a topic for discussion 'cause obviously I'll tell everybody I work with unhappy newborns, so obviously I am not getting a full picture of what birthing is like. I obviously am gonna be working with things that probably didn't go so smoothly. Um, so yeah. And every now and then I come to a normally born baby, and it's so thrilling.

Desda: Yeah.

[1:08:44] **Elizabeth:** S- s- so yeah, I mean, so I've just been thinking so much about it, about it's karmic, it's not karmic, it's social, it's societal. As you said, there's the soup that comes in. There's the soup with which all of us lead our life. Um, and, and so for me the issue is, oh boy, when I see this baby and I hear everything that's gone on in the soup and the this and the that and the da, da, da, da

Desda: Oi, yoi, yoi.

[1:09:13] **Elizabeth:** What is my best ... You know, how can I pull myself back and say, "What does this baby need?"

Desda: I, I think at the edge-

Elizabeth: And it's hard

Desda: ... on compassion is the only way. Your own innate knowledge and awareness of how to be with little babies that are traumatized is enhanced by taking that compassionate stance at the edge and allowing yourself to really tune into your own intuition and be directed, which I know is what you do. And that's the most powerful stance we can take I think.

[1:10:03] **Elizabeth:** And, and very often, there, there is no such thing as a infant without a caregiver, so very often it's the caregiver who needs help.

Desda: Yeah.

Elizabeth: But they are trained to say, "Oh, don't pay any attention to me. Just work with my baby. My baby isn't moving their bowels, isn't eating, isn't burping, is blah, blah, blah, blah. Oh, don't pay any attention to me," they say.

Desda: Yeah. I mean, that puts you in the position of an educator really.

[1:10:36] **Elizabeth:** Yes. That's what I spend most of my time doing.

[1:10:39] **Elizabeth — The Caregiver Is Often the One Who Needs Help**

And, you know, educating a mother or caregiver of some ilk that their energy affects the baby, and that how they approach the baby as a, as a task, as a job, as a burden or as a joy is critically important and will affect the baby's demeanor. And moms are understanding that more and more these days.

Desda: Yeah.

[1:11:07] **Elizabeth:** But they, they feel such guilt. They feel such guilt. You know, so it's like...

Desda: I think, I think a lo- a lot of us, you know, as we became mothers, we realized, like, we know absolutely nothing about what we were doing. You know? It wasn't, it wasn't happening up here. It wasn't really logical, and you just, you just had to go with your gut. Baby hungry, give them breast or give them a bottle. Br- baby, baby's needs to be changed. Change them.

[1:11:38] You know, it's like it was so immediate that, you know ... But you don't really learn that up here. You don't learn that by reading a book. You learn it by trying to figure out how to put on a diaper, you know? You're like ... So you're an educator, Elizabeth, you know? Just approach it that way.

[1:12:03] Even with Sacred Anatomy, I mean, 80% of what we do is educate people that they're more than they think they are. So. It's a conversation. It's an ongoing conversation, and we need to keep having it. And I love that you're persistent.

[1:12:28] **Elizabeth:** And the other thing I'm doing more and more of now is I do... Uh, I seldom, I seldom bring in a dowsing rod, but I invite in, depending on the beliefs of the family, I invite in helpers perhaps from the heart and soul of God or what- whatever. Whatever.

Desda: Well, however you have to language it.

Elizabeth: Yes, however we have to language it. Um, and I always used to be afraid of languageing it more. But moms are accepting that more and more and more and are saying, "Yes, yes, I know what you mean. I know what you mean." So I think there's a change happening because they used to be really scared about something, about stuff like that.

[1:13:09] **Desda:** Yeah. Well, there, there is a big change happening just globally. I think the veils are thinner than they were 20 years ago, and we're s- we're starting to have a more visceral impact of unseen beings in our world. Unseen beings like ancestors, unseen beings like guides and guardians or teachers and healers or, you know, an- the angelic presences or the earth spirits, you know?

Elizabeth: Mm-hmm.

[1:13:42] **The Blessing of the Matriarchs**

Desda: One thing you can ask for in certain communities, and these are the more sort of fundamentally religious communities, is you can, bring in the blessing of the mothers, the matriarchs, the blessings of all the matriarchs, the great mothers of all creation, you know? And this would include ... And you can list them from the Bible, you can list them from the Quran, you can list them, you know, from your own lineage. You know, my grandmother, my great-grandmother, my great-great-grandmother.

[1:14:17] And if they know the names of these people, they can call on them to give them the mother's blessing, and that's a beautiful thing to do. And this, Megan, would apply also to your young woman, giving her a mother's blessing. You know, when she becomes pregnant she should receive the mother's blessing. How ... So many women go through pregnancy without the blessing of their mother. Even though their mother might be happy that the baby's being born, there isn't any real transference of knowledge or transference of approval or acceptance, and women often feel very isolated, like, "I'm doing this all by myself." And that's a consistent thing you'll hear from pregnant women, "I'm all alone," you know? "My husband is out having a beer with his buddies and I'm all alone." And, and women, women do feel that way. All right. Who else has got a question?

Anybody? Yes, Chelsea.

[1:15:27] **Chelsea's Question — Reconnecting With the Guides**

Chelsea: Hi. Hi, everyone.

Desda: Hi.

Chelsea: Um, I was a little late, and I'm also very new to everything so excuse me if it's, repetitive. Um, but-

Desda: It's cool. It's cool

Chelsea: Um, yeah, kind of, going off of what Elizabeth was saying with the spirit guides, like guides and guardians, I had a period like last, last summer where, like, I was able to connect with guides, like, very, very easily and it's ... I've went through a very big grounding phase, and I'm kind of, like, coming out of that now and, like, wanting to reconnect and, like, trying to meditate. And, you know, I, I'm going in all these different directions. And I guess my question is, like, if I do, like, want to connect with, like, guides again to have, like, more guidance, is there kind of like, I don't know, any advice when meditating or, like, any different, I don't know, from, like, your experience or seeing other people's paths that you would wanna speak to?

[1:16:28] **Desda:** Yeah. I can give you some real solid instruction here. Number one, don't go all over the place when you're trying to meditate. Try to keep it kinda quiet, you know? And if you're new to meditation, there's a couple things I suggest. One is to put on some really beautiful music and lose yourself in it a little bit, and that quiets your mind. Um, I recommend Steven Halpern. I love Steven's music, and it's very meditative.

[1:17:03] And he, and he also, you know, he attunes his music to, um ... He has one called the alpha and another called, beta and another theta, and so they're attuned to the brainwaves-

Chelsea: Mm-hmm

Desda: ... and the, the tempo of the brainwaves and stuff. So if you listen to the music, it, it puts you in an altered state, which is kind of what you're trying to do with meditation.

Chelsea: Mm-hmm.

[1:17:28] **Desda:** So you're trying to alter your state of consciousness, but you're also trying to get space, and that's why I say don't do a lot of different things when ... Don't switch from meditation type to meditation type in the course of your meditation.

Chelsea: Mm-hmm.

Desda: If you can get just five minutes a day of quiet in your brain, guides and guardians will simply come.

Chelsea: Mm-hmm.

[1:17:54] **Desda:** You'll connect. You'll have the opportunity to begin feeling that veil between us and them getting thinner. You'll be able to feel that. But it's just a matter of quieting the mind for a few minutes a day. You don't have to sit for an hour. You don't have to, like, have total silence. In our culture, we can rarely have total silence.

Chelsea: Mm-hmm.

[1:18:24] **Ravi Shankar's Morning Raga**

Desda: So that's why I say putting on some meditative music, and there's lots of meditative music. One of my favorite things to do is to, with all this, you know, Alexa and Spotify and all this stuff, you c- you have access to lots and lots of music. So Ravi Shankar has recorded a morning raga, and I listen to the morning raga often, and I, I love listening to Ravi Shankar play the morning raga because you can, you can feel the sun coming up, and it's just this beautiful, meditative experience.

[1:19:01] So the more time you can get in the day when your chatter is quiet, the closer you get to guides and guardians and connection with the angelic field.

Chelsea: Cool. Thanks.

Desda: Yeah, do you have a practitioner, a sacred anatomy practitioner?

Chelsea: Um, no. No.

Desda: Well, you can be my-

[1:19:26] **Chelsea:** Uh, no. I, I, I heard about you through my, my therapist, Susanna Bustos. She's recommended and she's guided me in some of the practices, and I've, like, worked with the edge, like, very minimally, but, um-

Desda: What's her name again?

Chelsea: Susanna Bustos.

Desda: Oh My Susanna Susanna, Susanna Bustos has gone through the, my training up to the Med Bag level.

Chelsea: Okay.

Desda: She's a wonderful therapist.

Chelsea: Yeah, she's incredible.

Desda: And she's a wonderful woman, too.

Chelsea: Yes.

Desda: Just an FYI.

Chelsea: Yep. She's lovely.

[1:20:00] **Desda:** She is. Well, that's great. Well, say hi for me. Give her a big hug when she comes back from Chile.

Chelsea: Yes, I will.

Desda: All right. Thank you for coming, and come again. Check out the sangha, which is... When is it, Cheryl? When's our sangha next?

Cheryl: The next sangha will be in April, on Sunday the 12th.

Desda: Okay, yeah. So come, come hang out with us.

Chelsea: Great.

Desda: We, we do, we do really cool things. I do as many free things as I can, so-

Chelsea: Cool

[1:20:30] **Desda:** ... give people the opportunity to hang out. Thank you for such a good question. That was great.

Chelsea: Mm-hmm.

Desda: Has anybody else got a question? Cheryl?

[1:20:40] **Cheryl's Question — What Does the Thinning of the Veil Mean?**

Cheryl: Yes. You speak regularly about the veil is thinning, and I'd love to understand what that means and how we can work with it. I'm just curious about that whole process. What is this thinning of the veil, and what does it mean?

Desda: Well, it's a, it's an old-fashioned term, and, you know, those of you who know anything about me know that my grandmother was a spiritualist. And, and there is a, was an expression of the veil is parting, you know, and that would mean that a spirit was coming in, you know, to speak. And so when we say the veil is thinning, what I'm saying is that the distinction between, the living and the dead is becoming less, distant, and the distinction between the other realms that exist, and there are 13 different realms that exist in our, in our cosmology, and those realms, the, the veil between, that, that separates us from us, and, you know, u- using a traditional term, heaven, right? The distinction between us and heaven is less and less, which means that heaven on earth is becoming more and more possible.

[1:22:09] It also means that, you know, we're more and more in touch with guides, guardians, healers, teachers, beings who have attained enlightenment and who are invested in the human species continuing, that they're more available to us now. There are more and more people who are hearing the voice

of the, the unseen, who are seeing and feeling the unseen, and who are attuned to that.

[1:22:42] There are more and more of us. That's why I say, Chelsea, you can ... It can, it can happen for you, too, you know? We're all tuning in and feeling more and more a- awake to the unknown, the unseen. So that's, that's what I, that's what I mean. The barrier is getting thinner.

[1:23:11] **Cheryl:** That seems to be kind of exciting.

Desda: It, it i- I think it's kind of exciting. I think the whole process of awakening the human species is exciting. It's not easy, you know? It's, sometimes we have setbacks, but we're plugging away, and we're continuing on this journey, which, you know, I began when I was a little kid. I started this journey consciously when I was about 14, and it just, so many of us have done that.

[1:23:50] So many of us. My story is unique. So many of us. I know Laurie Hart started her journey early on. So did Elizabeth, you know? So did Kristina. It, it, we're, we're interested. I know Hosanna for sure has been plugging away for decades. We all, we all have. And that's, and that's why we need each other. We need community. You know, a wonderful thing that His Holiness the Dalai Lama said was that the next Buddha that will come, and there's been a number of Buddhas. It's not just been one Buddha.

[1:24:30] **The Next Buddha Will Be the Sangha**

There's been a bunch of them, but that they're, the next Buddha who will come will be the sangha. So it, the sangha is the community. So it isn't, it isn't like one guy will attain enlightenment and say, "Okay, everybody, here's what it looks like." It will be the entire community together reaching an awakened state. Doesn't that hit you, Fred?

[1:24:58] **Fred:** It hits me, boy. When I, when I have that sense of it, I mean, it always makes me feel so happy, and I've come to a place in my work where I, you know, things are shifting. Definitely shifting, which is awesome.

Desda: Okay, I think I'll, I think I'll go ahead and, take, one more question, unless nobody has one. Then we'll go ahead and close. Yeah, Christine, go ahead.

[1:25:30] **Christine — How Are You Shifting?**

Christine: Yeah. You said you're shifting. How?

Desda: I am.

Christine: What's going? Oh, do you mind sharing?

Desda: I'm giving things away. I'm, I'm asking for people to help me do things, like, now we have, I don't know, 10 people teaching the Edge class? You know? We've reduced the length of the Edge class down to three hours, as opposed to six three-hour classes. You know? It's now condensed. Um, I'm getting ready to, to give, energetic hygiene away, you know? It's like I'm doing other things now.

[1:26:09] So I'm ... The primary classes, the beginning classes that I've developed and taught for 25 years are now, I'm looking for my students to teach them.

And, and many of my students, one, one right here, Chensun Mills today, and also Cheryl Berry, have created beautiful procedures that they're doing.

Christine: Mm-hmm.

Desda: And they teach them. I don't teach them. So it's ... I- you know, I'm changing in that regard, but I'm also finding I have less patience or interest in, you know, kind of repeating the same, same, same. You know? I'm more interested in ... I'm more interested in this kind of a conversation or forum than I am, you know, teaching somebody how to hold a dowsing rod.

Christine: Thanks. Thanks.

Desda: I mean, it's a good skill. What can I say? But-

Christine: Yeah ... bye-bye.

Desda: We love our wires.

Christine: Mm-hmm. Yay.

[1:27:11] **The Neighbour Across the Street, and Bob Mahaney's Rod**

Desda: Yeah. So I'm gonna tell this story to Laurie Hart because she, she needs to hear this. So I had a new neighbor move in across the street. This is this intentional community. Okay? So this woman moves in, into this house that was owned for years by this guy who sang opera and, you know, a really interesting guy, but we weren't really friends. And she's, she's now moved in. And I took a plate of cookies over 'cause I try to do that when new people move in. I'm old-fashioned that way.

[1:27:40] So I came over and I met her, and she heard my name and so she, she looked me up online, and she started to read my website, and she saw the name Bob Mahaney in my website. B- Bob Mahaney is the guy who taught me how to dowse and who I got my first dowsing rod from, and he also taught Laurie Hart. So this was in the '70s. This is in '75, '76, right in there.

[1:28:08] Okay. So this woman, who lives across the street from me now, studied with Bob Mahaney and pulled out her dowsing rod and showed it to me. Let's see if I can find mine. Yeah, here it is. Here's my dowsing rod from Bob Mahaney. This is the dowsing rod I use now. This is a guy who was an engineer.

Cheryl: Mm-hmm.

[1:28:38] **Desda:** This has been created for ladies. Titanium, aluminum. This is pure stainless steel and brass. It's like it's really heavy. And the other thing is it just was not designed for p- women with boobs. You know? It goes whack. You know? It's miserable. But ... And the thing would loft, you know?

Cheryl: Mm-hmm.

Desda: So this one that I designed with a wonderful machinist doesn't do that. But that was a long time a- Isn't that wild? Right across the street. You know?

Cheryl: I love that.

Desda: Yeah.

[1:29:18] **Cheryl:** Sometime when w- when you and I are talking, I'll wanna know this woman's name.

Desda: Yeah. Her name's Robin.

Cheryl: Okay.

Desda: And I'll, I'll give you more. She wrote a really good book.

Cheryl: Oh, I-

Desda: She wrote a book about, love and, love and miracles and medicine. And, her daughter was born with cystic fibrosis.

Cheryl: Hmm.

Desda: You know, and they were told when she was a teeny little kid, you know, one year old, that she wouldn't live much beyond 10 years old or maybe she'd live to be 15, but probably not much older. She's 43. So Robin has been a phenomenal mother, and her book is really impressive. I'm reading it right now. I'll share it on the, website.

I'll, I'll, I'll recommend it there.

[1:30:06] **Cheryl:** Yeah. Thanks. I love that story. Thank you.

Desda: Yeah. She, she ... And she douses. So ...

Cheryl: With this giant rod.

[1:30:16] **Closing**

Desda: Anyway. Okay. Well, let's wrap things up. So the Sangha, is ... We're titling it Building Resilience for These Trying Times, but, you know, mostly I'm talking about how do we survive this stuff that we're going through. How do we hold on to our, our center? How do we know who we are in and amongst the chaos that we're watching occur all around us? So thank you very much for coming today. It has been a pure delight.

[1:31:14] Pat, it was awful great to see you. I love it that you're here. And, just for fun sake, anybody who is, who's taken the Edge class, raise their hand. All right. Anybody who's taken Hygiene, raise their hand. Anybody who's taken Med Bag, raise their hand. Anybody who's taken Practitioner Training, raise their hand.

[1:31:41] All right. Well, this is so good. I love it. Thank you all for coming. Thank you for being part of my world and our world, and we have a wonderful, juicy field. So I wanna thank all the sacred anatomy angels who have space for us today, and enabled us to connect, connect, connect. Hope to see you, Eileen. Can't wait to see you in person and give you a big old-fashioned hug.

Eileen: Oh, I'd love it.

Desda: All right. Take care, everybody.

Student: Blessings, everyone.

[1:32:13] **Desda:** Blessings and love. And Cheryl, I'll see you a little later on for our meeting.