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Interview with James Van Praagh



*James Van
Praagh*

Best-Selling Author and
Pioneer Medium

**Reaching Through the Veil:
Tapping into Your Psychic Capacities
and Power**

Darius: Hello and welcome, everyone. This is Darius Barazandeh. You're tuning in to the You Wealth Revolution. And I am so excited to kick off a new season and start with the incredible energy that we've all been generating. And today is incredibly special, because all of you are here and you've been sharing what's going on in your life. And I want to acknowledge everybody that's been sharing from Ally to Sas and Mary and Gayle and Janice.

Today we have an incredible guest. James Van Praagh is on. I spent some time communicating with him, and it is going to be one of those sessions that you will remember for an incredibly long time.

We are going to be talking about reaching through the veil and tapping into your psychic capabilities and your power. We even are probably going to have some time to just take a few of you to as callers, and also I would love - love - for all of you to take part in an activation exercise. I'm going to ask James if we can do something like that towards the end.

So we have an incredible session planned for you and we are here just to support and love you and be present for the amazing self and person that you are and the amazing being that is coming through you ever single day.

Do this for me: it will be so wonderful. We could share this with the world. So if you're on an internet connection, go to youwealthrevolution.com/now - n-o-w and, say, on Facebook and just invite your friends and family. You never know when the message that James shares today, the message that comes through in the vibration and the resonance changes and awakens someone, makes a huge difference in their lives. I always tell the story of my eight letters, where people have written in and said, you know, if I didn't get that message, if I didn't hear that today, I was going to commit suicide or I was going to really end my life.

And I know that your power can make a huge difference in someone's life. Just sharing what's happening today. So you can do that at youwealthrevolution.com/now. And on that page there's also a way you can share your questions for James through to me so I know what's going on and we can reach you in a huge way.

So I want to ask some question starting out. What you would be like in your life if you could tap in to your spirit guides, if you could learn how to welcome and activate your inner psychic power? You could increase your awareness at all times of all things. You could discover the inner wisdom and confidence that you have already inside of you to pursue your dreams. And you could really – and for some of you this is so important - feel and know the unseen support that's always been there supporting you and providing light and love to you and you don't ever feel alone; you know it's there.

Well, our guest today is internationally renowned Number One *New York Times* bestselling author, James Van Praagh. He's is the author of *Talking to Heaven*, *Reaching to Heaven*, *Healing Grief*, *Heaven and Earth*, *Looking Beyond*, *Meditations*, *Ghosts Among Us*, *Unfinished Business* and *Growing Up in Heaven*.

James is considered a pioneer in the mediumship movement throughout the world and he's been recognized as one of the most accurate spiritual mediums working today.

His messages and the messages he's going to bring to us today I know will bring solace, peace and spiritual insights. They've already done it for millions of people in both life and death, and he's also received many awards for dedicating himself to changing the consciousness of Planet Earth. As a trailblazer, James Van Praagh introduced the world to mediumship when he was the first medium and favorite guest on the NBC day time television show *The Other Side* way back in 1994.

Since then, he's appeared on nearly every national radio and television show, including *Oprah*, *Larry King Live*, *Dr. Phil*, A&E's *Biography*, *Nightline*, *Unsolved Mysteries*, *The View*, *The Joy Behar Show*, *The Today Show*, *Dr. Drew's Lifechangers*, *Sylvia Lately*, *Coast to Coast* and many more, including the You Wealth Revolution today. His international appeal extended even more when he has hosted his very own daytime talk show *Beyond with James Van Praagh*.

He's also been a very successful producer and is producing the miniseries, one of the most viewed miniseries in network history, *Living with the Dead* starring Ted Danson portraying James in biography of his life, and he also produced *Dead Will Tell* starring Eva Longoria. And I've got to mention this: he is also most recently - which my wife loves this show - coproduced the highly successful Friday night series *Ghost Whisperers* starring Jennifer Love Hewitt, which is seen in over 400 markets around the world.

During his career, he's worked with people - and for some of you, you're going to get to even maybe ask him a question. He's worked with international heads of state, religious world leaders, known entertainment celebrities such as Cher, Goldie Hawn, Shirley MacLaine, Ellen DeGeneres, Joan Rivers, Katie Kirk, Loretta Lynn, Chelsea Handler, Jennifer Love Hewitt, Wesley Snipes and many more.

And one last thing I think that's amazing is that he's been famous for bringing through evidentiary details for many famous deceased personalities, people like Marilyn Monroe, Slim Pickens, Rock Hudson, Frank Sinatra, Roy Orbison, Lucille Ball, Andrew Carnegie, Liberace, Princess Diana, Michael Jackson, Johnny Carson, Gandhi, Edgar Casey, Benjamin Franklin and even Abraham Lincoln. This proves the standard and versatility of James's abilities.

So with the huge amount of love and heartfelt appreciation, let's welcome James Van Praagh to the You Wealth Revolution. Welcome, James.

James: Wow. Thanks, Darius. That was some introduction. My goodness, I'm old! Thank you. Wow. 20 years ago that one show was... I was like listening to it and I'm like: Wow, my life is done right before me. Yeah, I've been around a long time. Thank you very much for having me on your program. I appreciate it, and love to all of your listeners as well.

Darius: Well, I love having you on and I love the energy that I'm already feeling from you and the audience. As I look out at some of the questions that people are sending into us I want to start out with maybe just the reality that your life went through some

twist and turns, and for people here that are dealing with challenges know that it's been a long road, right, James?

James: Yeah.

Darius: What was it like growing up as James Van Praagh?

James: Well, that would take a whole three shows. But for people to just be able to relate to what I'm talking about is as I've grown in my own consciousness and awareness I can just share for them, everybody, so that it can really help people that are listening.

The awareness that we are all souls, that we at first and foremost soul beings having this physical experience. And sometimes if we even have that perspective you have these challenges, you have these limitations, you have these things you worry about. We place values on things which really later on we find out why did we waste our energy with that? Because it really wasn't important.

And of course, I think the more one know one's self the easier is to make choices, and I think that life... From what I've learned, life is really just a series of choices that our soul has to learn from, and these choices are based upon two things: choices are based upon either love or fear. And that's all there is. There's nothing in between.

So people that are listening, if they can go back to situations in their life where they were really strong lifechangers – major, major choices they had to make like what career they went into or if they decided to partner up with somebody, or where they decide to live – did you make that choice based upon what other people think of you or thought about you; you wanted to please your parents, your family or your society accepts that, or did you do it from love - you know, I'm an artist and I might not make money from this but I'm going to love doing it?

Because I find, Darius, in my life I really have had the benefit, if I can say that, that I've always known myself. Even as a small boy I kind of had a sense of who I was and I really look to other people to tell me who I was. I've always had that sense. And that has gotten me through everything. Even when people say you can't do something or you're not allowed to do something or this is unacceptable, I knew deep within myself, my own core, my own sense of knowingness, if you will, my own intuition, I knew what was real and I knew it was right for me.

And everybody who's listening, if you have that strong sense of knowingness or intuition, whatever you want to call that, you can make the right choices.

And of course I had to learn and I had to grow and there were a lot of challenges on my path. And that's how we grow. That's how our souls do learn and expand. And everybody has those challenges. And you know what? I think we pick those challenges before we come back on this physical earth. I think when we were in the spirit world we actually chose to go through various challenges in order to grow, to learn, to open up perspectives of understanding.

So I think that if we can just step back and not have a kneejerk reaction about situations in life, and step back two steps and say: What am I learning from this? What is the value in this lesson? I think that people really start seeing things differently and they'll come from a space of, if you will, knowingness, a space of control and a space of abundance and not a space of victimization or limitation or fear. That's my answer to that.

Darius: Well, it's a brilliant answer and it's an amazing truth. When we're feeling that lack of support or that it's so dark and we can't see the light – because I know there are people there right now – what advice do you have for people to begin to see that or begin to plug in to maybe some of that support that's there?

James: Okay. Well, like you said earlier, support is always around us. We're always being supported by unseen beings of the spirit world, by loved ones that have passed over before us, or loved ones that have not even incarnated to the physical earth but there – our guides, our teachers and so forth – and they always have our highest interest - always.

It's always the human part of us, that physically human part of us - the brain, the rational part of us - that gets in the way, that rational part of us that's very, very judgmental. And we tend to judge things. And judgment equals fear.

So again, fear or love. And judgment I find equals fear, because why do we judge? Well, we judge because if we judge someone else we'll feel better than they. And that's the illusion: we'll feel better than they. And I think that people have to understand that we are living in this three-dimensional world, which is the world of illusions. This is not truth.

The truth is really only in your heart. You are a soul being. That's your truth. But all the rest of this is not real; it's an illusion. And you, within you, each person has their truth and is their own God. And I think God always say yes and I think we'll always have what we want, but our egos say no. So I think our egos... You know, I love that expression – Ego – E-G-O – Edging God Out. And I think when one is in perfect alignment with their god self, with their true sense of source, then God says yes. We can have anything in our lives that we want. Anything that we want we can manifest. Because God is creativity. God is creation. What that means is you are God and you can create anything you want and you can have it any way you choose. It will come to you, because God is all about manifestation, it's all about materialization as far as making things happen, but it's when the ego part of us, when we limit God - E-G-O – Edging God Out - then we get into trouble, because we're not living for our natural source.

Darius: And as you talk about this natural source and being connected to God and spirit, it would seem that everybody would have the potential for maybe some sort of psychic ability. Is that true? Do we all have the potential?

James: Totally. Everybody's born with psychic ability. Everybody is psychic to one degree or another. The word 'intuition' means 'into the soul'. So it is the language of the soul. And we wouldn't be able to survive as babies if we didn't have that instinct, that intuition, because that's how we communicate with our mother, with the people that

are taking care of us as babies. That's how we survive. It's a survival instinct, is intuition.

And children are very, very open. Children are very, very open into their knowingness and their awareness and it's really... It's like when you talk to a child, they'll never tell you anything that's not honest. They'll exactly you exactly what's going on because they don't have no reason not to.

Now, as they get older - probably around seven years, eight years old, nine years old - the mind seems to change and they seem to change, because we teach them... As adults we teach them conditioning; that you're not allowed to do this. We limit their truth, we limit their light, if you will, and we tell them: 'No, you're not allowed to do this. If you do this, you receive my love. If you don't that, you won't get my love.' And even at school become very, very involved with developing and expanding the mental of ourselves and we pay very little attention then to the intuition or that knowingness, that sense of who they are. So immediately, children, I think, have this sense of inferiority complex, insecurity because they don't have sense of who they are because we're negating that, we're not honoring that aspect of themselves.

So it really takes someone like me and other workers who teach people – well, not teach people but remind people of their truth, remind people of their knowingness. We call it psychic ability. It's part of our soul. So what I do when I do my seminars and when I do programs like this, I remind people of their truth or remind people that within them they do have that knowingness and they've just got to get out of the judgment part, the rational part, and go with that gut feeling.

You know, we all have that sense of... we have this really strong gut feeling and every one of us have not use it. Everyone would like, 'Oh, I feel it in a certain way,' but then we rationalize it and we don't do it and then we find out later on - 'Oh, I should have listened to my gut. I should have listened. I would have been right. I should have listened.' How many times do we have to do that before we start listening, you know?

Darius: Yes.

James: So that's what I do is I realign people. I remind people of their truth. I remind people how to listen.

Darius: There's so many things going on right now - challenges with abundance, challenges with health, challenges with just finding okay, what is my life purpose? What am I here to do? When someone's connected psychically to their capabilities or just to this higher energy, is it possible that they can begin to get a better picture and a clear view of what they really are, what they're here to do, and what that path may be for them?

James: Yes. I believe that... You know, when you say challenges, I like the turn that around and say 'opportunities'. I see them all as opportunities of growth. Because I think we as soul beings who come back on this earth, we come here to learn many, many lessons. And those lessons are not always easy lessons sometimes. The lessons that are the hardest one are the ones we'll grow from the most.

Some, of course, lessons are karmic, which means there might be some karmic obligations that we have with other people and other situations that we have to go through to learn both sides of the coin if you will. But I think that once somebody gets involve with this spirituality, their sense of knowingness, their psychic ability, that the perspective they're a soul being having this physical experience, learning lessons... you step back and you begin to see the various lessons that you're learning and what you can do with the situation, what you can do with this 'opportunity'. Is it going to own you or are you going to own it? What can you do to not make that...

You know, don't associate your life with that. It is just a lesson you're learning and you've to keep everything in perspective. So many people identify with... Let's say they don't have enough money – there's abundance there. They get into victim consciousness. And I do believe, Darius, that you are what you think, because I believe thoughts are things and you will create in your life what you think, and the more you are aware of yourself as a spiritual being, the more aware you are on a psychic level, that you're able to tune in, if you will... And what do you feel about the situation? What do you feel about these people in your life? What are you learning? It really... it not only changes your life but it move things forward very, very quickly.

Darius: I love that and I believe that really is... that disconnection from source is the essence of our suffering, and it's so wonderful that you're here to help people reconnect to that. We've got a lot of people asking, James - Jenny and a few others – how do you communicate with spirits? What does it look like for you? Maybe we could start there.

James: Oh, sure, sure. I'd love to. I've been doing this now 30 years and of course it's changed, progressed, and as I've progressed the work has progressed, because no one remains the same. Everybody changes. And hopefully we're all here to change and that's part of the reason we're on this phone call today is to change, is to look at something from a different point of view and step into it and step into our power, step into an unawareness.

And so with me, what I was very aware of a little boy, I was very, very aware of seeing spirits. I was very able to see their faces and physical bodies just like I see humans. And I was able to see around people the aura, which is the electromagnetic field around every living person, and I was able to see the different colors that would emanate in the aura based upon what that person was thinking. So if the person had negative thoughts it would be darker colors, and if they're loving thoughts or lighter thoughts, then of course the colors would show that and define and be beautiful pastel colors, very light colors.

So then I'd say in my early twenties I began to again see spirit very, very clearly and I'd also hear them. I would hear them in my mind. They would be like thoughts, thoughts in my mind of the spirit. And words will come in my mind - thoughts of words – and along with those thoughts would come through personalities as well. That was always very, very obvious. And the more I trusted - using my own psychic ability, my own intuition – the more I trusted those visions I had, those thoughts that I had, the more accurate they were. But I noticed that if I stayed in judgment of it, like: 'Oh, this can't be real,' or: 'Oh, what am I seeing?' then it would go away. It would go

away, because I'm in the rational mindset, the human mind.

The soul is really connected with your mind. So at the time of death, the brain dies but the mind continues on. So the mind is part of the soul. So it's mind-to-mind communication. So when they come through to me, it's really they're connecting to my mind. And nowadays when I work I let them come not only close to me but I really let them blend with my mind. So it really is a mind-to-mind communication and I begin to, if you will, take on characteristics of them. I'll start speaking like the spirit used to speak. I'll say phrases they used to say. And many people have said that my actual physical face will change. My eyes change, the lips change. It's very, very interesting as you allow it and it comes in. And that's what it's about. That's what I do now.

Darius: Amazing. And as this happen, as we transition, the soul itself, does it goes to the other side? Is there another side that the soul goes to?

James: People often think that. They think there's another side that you look up to heaven and it's the clouds above us.

Darius: Right.

James: And that's very far from the truth. Really what it is is that we are surrounded, if you will, with different dimensions. So they're interpenetrating the physical three-dimensional world. So let's say that right now around us we have microwaves, we have gamma rays, we have radio waves, we have television waves. Now, we don't see those in the air around us but yet we know they exist because we hear the voices there, we see television pictures and we know that in microwaves we cook our food. So we know they exist on another level. So they're just moving, if you will, on a higher frequency of energy.

And the analogy I like to use is that of a ceiling fan. When you slow a ceiling fan down, you can begin to see each blade turning, but the moment you turn up the speed the blade starts going faster and faster and kind of disappear and you cannot delineate one from the other because it's speeding up too quickly.

It's the same thing to be said for the waves of dimension, the waves of energy which is all around interpenetrating the space that we're in right now. We're on a three-dimensional vibration, which is the slowest moving vibration that there is in this physical earth, but the spirit world is all around us. So when we leave our physical bodies at the final time of death - because we really leave our bodies every night when we go to sleep - the soul will exit out of the top of the head, the ground chakra, and you move into another consciousness, another dimension, and it's just a matter of levels of consciousness basically.

So when you leave for the final time out of the physical dimension and step into or blend into that higher level of dimension which we know as the spirit world, it's a very real solid, solid world, and immediately we remember, if you will, who we are; that we are souls - like: 'Oh my goodness'. And there's an opening of consciousness, there's a fullness of consciousness, a ravenous of consciousness, and we remember kind of like our soul opens up and remembers their source and who they truly are. And they look back at their physical life and now we're outside of

time - we step outside of time when we pass away – so we look back at the physical world and the physical experiences and we realize, oh my goodness, the 70, 80 years was just as second in the scheme of things.

So that's really one of the first insights we have when we pass out of this vibration into spiritual levels.

Darius: I've got to ask this question: is the heart in the feeling of love a portal into that dimension or into that frequency of abundant spirit, of fullness and light?

James: Well, that's a good question, Darius, and I would say to you that love is always present, love is here. It's just if we remember it, so if we can align ourselves with that remembrance of the source. I call the source as pure love energy. God love, love is God. And I think that when we bring our mind to that level of consciousness, that awareness of love, and have love present... It's always there; it's just a matter of us bringing it with us and living with it.

Darius: Yeah, okay. Question coming in from Nancy. If this dimension is all love and if this vibration is all love, why do spirits get stuck here or why do they decide or stay in a certain area haunting or keeping that vibration in a certain spot?

James: Well, there's all different reasons, Nancy. All different reasons. It's not such cut and dry answer, because we have to realize from a soul perspective that this earth world is one place. It's one school. There are many, many schools, many, many places for the soul to go to. So the earth is one place. There are different planets. There are different star systems, different solar systems. Spirit is often said that think of the earth as one grain of sand on a beach. Can you imagine the billions and billions and billions of expressions of life and places to go to.

But it seems that this schoolroom called Earth is a place that souls come back to because this earth world is a place where there are so many experiences and situations that reveal themselves. It's very interesting. When we pass through the world of spirit, we go to a level or a sphere where there are other souls or other spirits on our exact same spiritual level that we are on. So there are those that are above us and below us but really we gravitate to the same exact spiritual level. But when we come on this earth we're kind of mixed in with souls of all different calibers. Some are very advance beings, like light workers, and there are also some souls who don't know about love and I think war and guns is the way to solve issues. And that's so far from the truth.

So when you have a dynamic where you have opposing forces, if you will – if you have light and dark or all these different types of situations - it will present situations for us to learn and grow and try to go deep within and get the best we can of ourselves in order to understand and expand the situation.

Then let's talk about hauntings. You know, there are all souls on all different levels and I think that the mind is part of the soul. So the conditions that you place in your mind is what really will create for you in your life. So if you want a place where there's a hell, where there's fire and brimstone, like religions would have you believe, you can have that and you can create that, because your mind... God says yes, you can have everything in your life you want. You really can, because God will

say yes, and if that's what you create, you can have experience.

But you don't need to. See, it's just the conditions of the mind. So you can have, again, war and disease and famine and all those things if you want it. In this place on this earth we do have situations like that, but we have to remember that conditions of the mind will really create and dictate, if you will, the experiences that we have.

So there might be some spirits who were very emotionally connected on the earth with certain situations and when they leave the physical body they still might think in their mind that they're still part of that emotional situation and they might stay haunted or back to a certain scenario, if you will, and don't feel it's over yet. So isn't that interesting?

Darius: It seems so incredibly important for us on this earth right now to connect to love, to connect to this greater truth even while we're living, because it appears that even in passing we can connect to falsity and stay grounded to a false reality even though we've passed.

James: Yes. I tell people, and from my understanding from communicating with the spirit world for 30 years now, I've often... And I just wrote about this yesterday in a book. It's so interesting, because the belief systems that we have... let's say... I'm going to throw this out randomly. Let's say someone's a born again Christian and they're really into it that religion. When they pass out of the physical body, they'll go to a level where there is that belief system – born again Christians - and they'll be with other born again Christians and they will believe that is their world, that is their heaven. That's exactly what it is. And they might think there's nothing above them that they below; that's the way it is.

I remember that I was doing a reading for somebody in an audience and as I'm giving a message to this lady from her deceased husband, out of the corner of my eye I'm very aware that there's another spirit in the room and it's this girl's deceased father. And the father was standing in the corner of the room and his arms were folded. And telepathically I looked at him and he said to me: 'I'm not going to communicate. I didn't believe in this when I'm on the earth. Why would I do it now?'

Darius: Wow.

James: So isn't it that telling? Isn't that telling? So you go to that level, if you will, depending upon a condition of the mind. So as more open you are, you can bring love in your awareness, especially if we're in the physical earth right now. If you can bring that awareness and that energy of love, that vibration, down to this frequency of the physical, you can really start seeing things manifest in your life. It's very, very true.

Darius: Beautiful. Well said. I'm just buzzing with excitement as we start to open more and more of these doors. I'd love to ask this question for Julie who's asking about spirit guides. Do we all have them? Do they exist? How do we know that we have them?

James: Oh, easily. Everybody has spirit guides and it's not only one guide – there are guides. There are some guides who... let's just say there are souls as well and there are some souls that did not incarnate in the physical world. They might never even

touch the earth but they're very, very evolved virtually. They might be in celestial realms, if you will.

And I believe that we as souls have guides who we meet before we come back into the incarnation. We have Council of Elders or wise beings or master guides and they assist us in learning and realizing what experiences we need in order to grow. And they'll really propel us to come back in a certain particular time on the earth that would be the most benefit for our growth.

So we're never left here alone. There are those guides, spiritual guides, who have been with us through lifetimes and then there are other guides who work with us on a daily basis. There are also guides who we might have known in lifetime – let's say a parent of yours passed over and they might have felt that on the earth they didn't do enough for you, so they will try to guide you and influence you from the spiritual side of life. And then there are also other types of guides. I call them 'opportunity guides' or 'work guides', where... Let's say that someone wanted to learn about oil painting and they get involved in oil painting. Their will, just of their mind wanting to do that and having that action, it will propel, if you will, of thoughts in the spirit world that will bring to you close to you a guide who knows about the oil painting - maybe an expertise in that field - and will come close to you and infuse you or impress you to use your own natural abilities of painting.

When I was developing as a medium, I was drawing to me those beings who were either mediums in lifetime or were scientists and chemists who could work with the etheric body and the energetic body and learn how to, if you will, develop me and develop my sensitivity and my awareness.

So we all have different types of guides. And sometimes guides come with us just for one mission. Let's say this oil painting person... They develop their oil painting abilities, their gifts, and then the guide moves onto something else. So there are different types of guides. They come with us for lifetimes or one lifetime or even just a situation.

Darius: I feel a question coming in and it's: why did the creator, creator source, leave so much up to us to determine really what our reality is in life and even now it appears what it is in death? Why? What do you think the reason is?

James: Well, I think that it's all opportunities. As souls, it's all opportunities of growth. And if we're given the answers, we won't grow. So we are left to freewill in order to... I think to, if you will... You said it earlier that we forget source; that we come back and we seem to forget source.

Darius: Right.

James: And I think part of that is true. I think we're always source. That's a part of who we are. We're that God light. We're many, many bodies. This physical situation, this human part of us, is really kind of close off to truth, if you will, because we're so limited in its dimension.

So I think that because we're limited, because we don't remember, if you will, because we go through what's called the Valley of Forgetfulness before we come

back into this level, to have a clean slate, if you will, of starting off brand new. I think that it's to get better and better and better, and I think it's just really purifying the soul, and I think that's why we come back and we come in this human condition to again go within and through these situations, through these experiences. It kind of opens us up to understanding of what would be the right thing to do. What is the wrong thing to do?

So it works with our values, if you will, and it works with a sense of, again, a trust and who we are. And I think that it's just getting back that source of life – that we are light. And it's learning to trust that.

Do I know why? It's hard to say. I think there are many different aspects of why. But I don't think we're just thrown down here. I think we'd choose to come here. I also think that people should realize that it's not a prison in a sense down here. It's really a wonderful experience and opportunity in order to grow and understand and expand. I think it's a rich experience. Every day on our path, every single day is different and every day on our path we're given opportunities in order to look at something differently, to send love, to spread love, to discover love. So there are all different reasons why. But I don't like to sit in judgment, because when I start judging something or criticizing something it's coming from a place of fear-based. I want to come from a place of love.

I don't see it as a bad thing. I don't see that.

Darius: Yeah. Wonderful. A question coming up about abundance. How do we tune in to abundance, to the frequency of abundance or the truth of abundance?

James: Well, I think everything is about manifestation, and I think you just have to really, if you will, reprogram yourself or recondition yourself to knowing that God says yes; our human part says no. So stop being in the limitation of the human mind and be in the god self.

It's really, really true, and it also those into old pictures, old programming from other people that you grew up with it. Maybe you grew up in a situation where there wasn't a lot of abundance there and that maybe you were programed with 'you're not worthy of it' or 'you're not valuable'.

Well, when we get reprogram ourselves and recondition ourselves, and once we get back we throw all those old pictures out, if you will, realizing they're not doing any good for us. They're not benefitting us. They're not speaking to who we are as a soul being having this physical experience.

Once we reprogram and reunite ourselves with our soul and realize the soul language is all about abundance and manifestation, we're in. Now, things might not come as you expect it to be, but they will come for what you have to learn.

The art of manifestation... you know, like it's God say yes, we say no... I would believe in visualization as really, really important, because again God will give you exactly what you visualized, exactly what you want. When people make like the vision boards that people used to make or... I had a friend who once... It's really, really interesting because you've got to be very, very clear of your intention,

because the act always follows behind an intention. First the intention, then the act, then manifestation. So the intention has to be pure and clear.

I had a friend once who really wants a Mercedes Benz and used to visualize a yellow Mercedes Benz and a brown leather interior and she used to visualize driving herself driving down Wilshire Boulevard in Los Angeles at 12:15 in the afternoon getting... And had a convertible. She had the radio playing. And that was her manifestation all the time, that she was sitting in this car driving. And she would visualize this every day.

Two years later, she told me... She said: 'Oh my goodness. My visualization was manifested.' I said: 'Was it?' She said: 'I got everything I wished for, that I visualized, but I forgot one thing.' I said, 'What's that?' She said, 'Well, I was driving down Wilshire Boulevard at 12:15. The radio is playing and I suddenly realized this was my visualization. It was a yellow Mercedes. It was a brown interior.' And she goes: 'I realized I got everything that I put out there and visualized except that I didn't say the car belongs to me.'

So she was actually picking up the car for her employer, from the mechanics, and she was going to pick it up for her boss!

So you've got to be very, very precise as you visualize and what you want to attract to you.

Darius: Yeah. It's a wonderful story. I would to love to maybe take a few questions from the audience. Is that okay?

James: Perfect.

Darius: Unmute a few people. Okay, any instructions or anything that we should keep in mind, James?

James: No, I'm open to anything.

Darius: Okay.

James: There you go.

Darius: Okay. So everyone let's do this. I'm just going to start with the first person who raised their hand. And just a quick question for James and then so we can reach as many people as possible... We've got Lori Shapiro in Burbank and she's calling from an 818 area code. Hold on one second... Lori, are you there with a question for James?

Lori: Hi. How are you?

James: Hi, Lori.

Lori: Hi, James. Hi, Darius.

James: How are you?

Lori: Thank you so much. I'm doing great. How are you guys?

James: Great.

Darius: Good.

James: How can I help you?

Lori: My question to you is: Do you have any messages for me?

James: Oh, I knew you were going to ask me that!

Lori: Of course you did!

James: Of course everybody wants same thing!

So I'm going to give you something which everybody that's listening can benefit from. And I just want to tell you that if you want to contact someone that passed over - like your dad or some other people – the best way you can do that, that I have found, is really through mediation. And I actually have on one of the meditations I'm doing a way of really going into meditation and asking them to present themselves. So that's the Number One way.

And also another way you could do it is actually sitting down and writing a letter to them. Ask a lot of questions in the letter. Fold up that letter, put it away in a drawer and on your calendar count down two weeks later just sit down and meet with them again and this time open up a piece of paper, have a pen, and the letter will be from them to you. And listen to the messages that they give you. That's the best way you could do it.

Darius: Fantastic. Okay. We've got Janice Duncan. She's is at 916 area code in Sacramento. Janice, are you there with a question for James?

Janice: I am. I actually had the same question.

James: Of course you do! Everybody has that question, that's why I...! I'm not going to do readings today but I'm definitely going to give you guidelines on how to reach them. That would be the best way to do it, sweetheart, is through meditation. Also that letter exercise works really, really well. I have people emailing me all the time saying: 'Thank you for giving me that. It works really well.' But you've got to write it down in your calendar the exact time.

Janice: Oh, okay. Thank you.

James: You're welcome.

Darius: Now, what I want to do is if you have a different question for James or something that you've just been burning to ask and really want to know...

James: And that might benefit other people too, Darius; that would benefit everybody.

Darius: Exactly. I agree. Okay. We've got... it looks like Ota – O-T-A – a 323 area code in Los Angeles. Ota, do you have a question for James?

Ota: Hello?

James: Hello.

Ota: Yes. Wow. I'm so honored that I was chosen. I have a question about... we're stuck on... We'd like to move out of where we're living now and we're trying to find a place but we don't know where, what city we want to move to. And the other thing is we want to have children and we feel some blocks there. So if could help us in that realm.

James: Okay. So I wouldn't tell you to help yourself because you know yourself better than I do, right? And your wife knows herself better than I do. So the best thing for you to do again is to go into the stillness. And you need to give yourself time to do that because you're worth it; you're worth to do that.

So what you want to do is you really want to go deep within and you really want to get to... Now, you can go to a space, if you will – this will work for everybody too... If there are certain conditions in your life you want to change or if there are certain manifestations you want to happen, you can go to a certain space through a meditation and I call it a mind journey. It's really a space where you can create like a room, if you will, in the spiritual world and the ethers and you can put in that room different experiences that you want to have. For instance, in that room you can visualize a screen and on that screen you can see your life with children. How do you feel about that? Or you can see your life as... Let's say you decide to be firefighter. Have that scenario play out on that screen. How does that feel within you? Does it feel right to you? Does it resonate with you? Does it not resonate with you? And that way you can see and adjust exactly what you want to experience in the lifetime. That's really something that you should be able to do.

It's also, if you will... these experiences and situations would be lessons for your soul. So somebody else... you know, those things might be able to giving you information or they might be hidden from you, because you have to go deep within yourself to and try to challenge yourself to how you're going to handle a situation. Does it make sense?

Darius: Yeah. Wonderful. Wonderful guidance. Ota, does that makes sense?

Ota: Yeah. Would it be same thing to figure out a place to move to? Like if we don't know what we want, how do we visualize it?

James: Right. So let's say... Would you like to stay in the United States, for instance, or would you like to go to a different country?

Ota: That's a notion we were kind of not sure of.

James: Okay. So again you can do it through the meditation. That would be a wonderful way of doing it. In that room you can create, if you want, a map of the world and see where you resonate to. Or what you can do, Ota, is you can actually put out on the floor a map of the world and both of you should sit there and just close your eyes and use your hands and your intuitive self, your soul, will bring you or resonate to you where you belong, where your vibration is to be. And just see where both you end up. Just move your hands over the map. And don't do it with open eyes. Close your eyes and you will be led to where you feel is right for you.

Try that. You and your wife should try that and see what will happen. Because your soul self knows, you know. It's putting the mind... the human part of us has to catch up, if you will. So that's really good way of doing it is through that way.

Ota: Great. Thank you so much.

James: Okay. You're very welcome. Energy's a great thing to use for everybody. There are different ways of using energy and that's a real good way of using it for manifestation.

Darius: That's incredible, James. It's just letting our energy tell us what's the next right step and what we feel in connecting to that. I would love if for everybody on maybe there's was a process or an exercise or meditation that maybe could help them to really get that or anything that you feel coming forward would be of benefit to the group here today.

James: Oh, sure. I would love to. Would you like me to guide one and then do a process?

Darius: It would be an honor, yes.

James: Okay. Great. I love these. They're so powerful. Whenever I do these they're very, very powerful.

So for everybody who's listening I just want you to just be pure and with your intention. So just close your eyes. I'll just be a couple of minutes here. Just close your eyes and just relax and take some deep breaths. And the breath... really we should honor the breath, because the breath is the gift from God, because the breath really sustains life, right.

So what you want to do as you sit there or lay down there or wherever you're situated right now, just pay attention to the sound of my voice and be mindful of your body and be mindful of breath, the inhalation and the exhalation. And don't rush it. Just be with it. Just be with the breath and just let it naturally flow within us and without of us.

And as you inhale and you bring in that energy, as it slowly comes in, you could start to visualize that it's a beautiful light, that if you want to say it's a God light, it's a source light, and it's a beautiful brilliant golden light. Whatever works for you is just fine. Just have the thought that that is a beautiful light and that's the universal light, the God light.

A psychic once said to me years and years ago: 'If you can hold on to a thought for three second, it's yours.' And it's very, very true with this. So you create with your thoughts. So bring in that light. And as you exhale out of your mouth that's going to represent any old energy, any stagnant energy, any of the old patterns, the old stuff, the old things you're holding onto that no longer serves your highest good. So you can release that with the exhalation and just let that go. And don't even really have to be conscious of what you're letting go; just have the intention of letting go anything that doesn't serve your highest good anymore. You're just going to release that. And just we just do that... beautiful, beautiful. And just be mindful then of the breath of the inhalation of the exhalation. That's really, really good.

And I just want you all then to get to a space where you can really start connecting with your heart. So the heart is a beautiful green light in your heart space. If you will, just connect to the heart space which is very, very nice, and just realize that the heart is the seat of the soul. It's where the soul is located.

Just become aware that the heart just pumps the blood, feeds the body, brings nutrition to the body and it's just very, very beautiful. Good. That's great. Great. And then as you feel that beautiful heart energy, become aware of that beautiful green energy going all through the body, the bottom of your feet, the top of your head, down your arms and your hands, and realize that you as a spiritual being, as a soul, are much, much more than just a physical body. You are limitless and you are God. And as you become away of your heart space your heart space goes way beyond the physical body, way, way above it, to the right side and left side, in front of you and behind you.

And as you become aware that you as a soul are omnipresent, are limitless, become aware also maybe at this time of loved ones or guides or teachers who come up behind you or next to you and just feel their energy. And they can be anyone. You might have known them. You might not have. It doesn't matter. And just as they do come close to you and you feel them they hand you a beautiful box made of many jewels - diamonds and sapphires and rubies perhaps. And you open up the box, the gift from them, within that box are all the beautiful things that you want to experience in this lifetime that you can manifest. And just look and see exactly what it is that you want that is coming to in this box, this gift box. And just see that maybe one article at a time or even scenarios play out as you open up the box. Perhaps you want a new car. Perhaps you want a new job. Perhaps even a relationship. What comes to you which is your highest good, characteristics of your highest good?

And as you see these beautiful things opening up, coming to you, realize that they are magnetized to you, coming to you with love. And as that this things, the appearances, the situations, these scenarios, these items, whatever it is, these conditions come towards you. Just receive them in your heart and receive them in your beingness and know that they are a part of you, because God always says yes; our human part of us says no. And you're God and you receive and have anything that you want. But always remember it has to serve your highest good. It's always to receive to serve your highest good. And at the same time as you receive these scenarios, these situations, these conditions, you're going to let flow away from you any limitations, any sense of fear, phobias, any sense of living in an awareness that you are not worthy of. Let all that go. And receive. And take a deep breath and come back into the body, wherever you have your feet on the floor, your legs, your torsos, your heart, your shoulders, your arms, your hands, your heads. And open up your eyes and see how you shifted.

Darius: Amazing. Amazing. I'm opening my eyes and the room is so bright. And I've got to say this James... First I'm going to say, everyone, I would love - and I'm sure James love to hear - what was maybe in the box, if you want to share, or what came through. So we're big on sharing here at the You Wealth community, because the more that we acknowledge this is truth and we bring it out into the world, the more we change just the dialogs.

So share this with us at youwealthrevolution.com/now. Let me know what's in the box. I want to know, if you want to share, and I'm sure James would be curious too.

You know, James, for me I had an experience years ago where I left my body through a deep meditation hypnosis session and I went into some former lives. And when you did that exercise for me it was like I shot out of my heart, out of my crown and into that expansive space that I felt at that time where everything was love, everything was complete. And I could see some beings behind me and to the left of me. It was very profound. I just wanted to open up the sharing with that, so thank you.

James: You're welcome, Darius. It's very important that we realize that... indeed, like we were talking about when we first started. There are those light beings always around us, always supporting us. And we as souls, you know, we've traveled over oceans of time and delved in dimensions of many worlds, in the stars systems and lifetimes and positions and experiences. And it's really been to create who we are today. The soul is always evolving, our journey always changing and we learn from it. So we've got to realize we never do this alone.

And what we see as challenges I'm going to say again these are opportunities for growth and learning. And I really want to... When the see the things that came out of the box it would be interesting thing to see what came out. Of course I never did that before. I match the energy of your audience that's listening and that's how I do my work, like that meditation where that visualization... or mind journey.

And it's so interesting, because as I was aware that the box I was opening and I was seeing different things for different people coming out of it and that's why I said the car, the conditions... And then I was very, very aware that there are a lot of people out there who keep those gifts from themselves. And what I was tuning into on a psychic level was, 'Wow, this is interesting,' because I see a lot of the people who were visualizing these gifts or these conditions out of the box, they couldn't receive them because there was a whole sense that they're not worthy to receive them, they're not allowed to receive them. They've been growing up with parents or authority figures saying: 'You're not worthy of it. You're not meant to have it.'

It was really an interesting insight for me too to see all the different conditions what were happening.

Darius: Well, I'll share some. We have Jamie in England who says: 'There was love in the box. Love, love, love.'

James: Perfect.

Darius: Another person - John - said: 'I forgave my parents. I now love myself.' So through that he was able to forgive.

James: Fantastic.

Darius: Terry - something kind of interesting - said: 'I didn't expect this, but I kept seeing an enormous dragon head from the side. She turned and looked at me and I felt so much love and power fill me up. It was amazing.' So that's what Terry felt.

Another person - Mary – said: ‘When I opened the box there was piece of paper folded like an envelope. When I opened it, it had one word written on it – JOY.’

James: That’s great. Isn’t that great?

Darius: Yeah. Judy, when the box opened, she saw several birds fly out and then fly away. She says it was beautiful. So that’s what happened with Judy. Another person – Hasheem - saw a photo of himself with his family and felt the image of being in a job that he loved. He saw a photo of a new car and all the things that he truly loved and wanted in his life.

James: Fantastic. And is worthy to receive it.

Darius: Yes. Yeah. And tons of things now just coming in. A lot of people seeing different colors. One person – Nicole, for example - had an empty box. It was made by of velour of bright red inside. She couldn’t see anything in it and she’s just wondering what does mean if there was nothing in the box?

James: Does she feel worthy to receive a gift?

Darius: Ah, yes. And this brings up a really powerful question. Alhandra actually wrote in a while ago and I wanted to get to this. And maybe it’s something that a lot of people feel. She asks: ‘Why am I so afraid of being so powerful?’

James: Oh, that’s an interesting one. That’s a great one. And, you know, that’s very common, Darius, for people that are... I mean, everybody’s that’s listening to this show or they listen to this show - because I think it’s going to be repeated - I hope so.

Darius: Oh yes.

James: I think that a lot of people - and I’ve done this for so many years now... I work a lot with not only spirit communication, but I find that the soul talk or soul speak or soul language I like to call it... when I communicate with these souls - living and dead, by the way - not just ones that have passed out of the physical but people in my classes, who take my classes, and I do soul journeys with them. And it’s so interesting that the people that seem to be drawn many times to this light work, to our type of work that we’re doing, are people that were in powerful positions in past lives who were killed for their belief systems.

So sometimes we come back in this lifetime and think: ‘I can’t know too much. I can’t give out too much. I can’t show my power, because I was killed for it.’ So on a soul level of soul memory, the memory that they have is that they were killed in their lifetime for their beliefs, so they don’t want to show that power.

Now, this is interesting too. I was once given a healing by a man, Michael Tamura, years and years ago. When he first saw me he said: ‘The reason you came back short,’ - and I’m short - I’m five foot five. He said: ‘The reason why you’re short is because you’re very powerful, and if you come back with that power, no one would... If you came back very, very tall with this power no one would listen to you because you would intimidate them. So you came back shorter with power so you’ll

be more able to be listened to.'

So I think that power's a good thing. I think that it's a loving energy. And I think people with power... I don't know if power's the right word. But it's almost like they ignite the flame within each other and that soul has come back with that energy. And I think maybe power could be, say, experiences, many, many experiences; that you've come back to illuminate the flame in somebody else. And I think we should never negate or limit God. We never should limit our God self.

One other thing I'd like to make a comment on, Darius, was a person that you read - I'm not sure was it Judy who someone - who said that they saw joy.

Darius: Yes.

James: I love this, because spirit gave me this, that the word 'joy' also goes with the word 'journey' – J-O-U-R-N-E-Y. And you cannot spell 'journey' without 'joy'.

Darius: Yes. Wow. So true. And I know that this is a journey and that we've opened up some amazing possibilities for people and really started to open the veil and reach through it. For a lot of people that want to go deeper into your work I know there's some amazing opportunities that we've put together. Can you tell us a little bit of some of the deeper things you have for us, James?

James: Sure. I've created these different products - I guess you'd say meditations - because I really go to what people want and what I feel that they... generally speaking that the environment of vibration of people out there right now... what they need and what their soul is yearning for, what experiences they need to have drawn to them.

So I created some... And I don't create a lot of products. Maybe every two years. And I did these. One is called *Mind Journey* and it's a beautiful meditation, I guess. I guide you - just like I did - just like I gave you a little sampling – and it really does bring you into the higher portals of your being and helps you to really, if you will... Like I talked about the room before. I have somebody go there and experience, if you will, the higher levels, the higher realms, of the spirit world upon their own consciousness as well, and really interact with their guide, teachers, loved one that have passed over. And it's really kind of a sense where you can interview them and talk about where they are, what the spirit is like. What is the spirit world like? What they do over there? What is the world made up of?

So it's kind of portal, a place, that I bring people to go to where they can have a conversation – just like we are here but you have a conversation with those guides, those loved ones, those teachers who always around you.

And then another one I did was a lot of people are very interested in: how do I know when my loved ones are around me? What signs they do give me? And I feel the Number One sign or the Number One way that they contact you is the dream state. That's the Number One way that we really are in contact with them. And I call them crossovers, not really dreams, because they're so real. They're so connected, because our spirit body is with their spirit body, because we leave our body every night when we go to sleep.

So I created this meditation and it's a wonderful one that I guide people in what's called *Spirit Signs*. I discuss different methods and signs and ways that we know that they are around us. Very, very much alike... For instance, let's say somebody us around uses a certain phrase. We can associate with a loved one that passed over. Or let's say a certain bird and we know that's our mother. Or we see a certain word and we know that's also associated with somebody. I also teach them on how to pay attention, to be a mindful of these signs. Spirit gives us signs every day – every day – but are we open to it? Is that veil pulled down? Can they see these signs? That's the secret. So it's a way of helping everybody to look in and recognize those signs when their loved one's around them.

Darius: James, a few people are asking when this is, so I'm going to share where it is and I might ask you a few more questions. This is exactly what people have been asking us - How do we do this? How do we do that? And please understand, everyone, it's something that James wants to open you up to and there is a journey to be able to do some of this. So he's sharing how you can do these.

And let me just tell everyone the page. It's at youwealthrevolution.com/jamesnew – N-E-W. That's all one word – J-A-M-E-S-N-E-W because this is all new.

James, this *Spirit Signs: Accessing Loved Ones Who Have Passed...* I have someone who always asks me this question. She has a loved one that comes to her in a dream but never talks to her. He's always kind of always far away - a father. Is that sign of anything?

James: No. It would really be just that the person could go to sleep and then ask the father to come through in the dream and not be afraid. Tell him to come closer in the mindset of thought. 'Come closer to me, come closer to me.' Because all spirits here are thoughts. Thoughts are things. Thoughts are energy. And they're very, very aware of your thoughts. So if you send the thought: 'Dad, come closer to me. I want to hear you more. Can you please blend closer to me?'

So it's a matter of blending - blending closer to me. I'm open to it. They can do that and that will have happen.

And it's practice. And it's interesting you say this, Darius, because these programs that I created for you here, they really are processed, because so many people think you just take a pill and you're feel better. No, it is really a process. It's like watering a flower. It's letting it grow. It's really expanding slowly one step at a time. I tell people it's like a recipe. It's like cooking a wonderful meatloaf. You can't just put it in the oven and five minutes later it's done. You've got to let the ingredients settle and become part of it and integrate. And it's really a part of our make-up. It's part of our soul make-up. And don't want to rush that.

I think part of the experience... the best part is going to the process. Not the end goal, but actually going through it. I know that in my mediumship in the many years I've developed I used to sit down every Tuesday night for about three hours every Tuesday night for 7 years. And that was how I really learned to develop and really progressed with my abilities, my sensitivity, my sense of knowingness. And it really was worth the process, I've got to tell you.

So when I made these products here, or these ways in, they really are intended for people to use them all the time. It's a 'live with them'. It's really to live with them and resonate within their own souls.

And another one I have is *The Inner Psychic*, which I think is really, really important. It's that guidance system and it's really opening you up to your guidance system and understanding that guidance system. Because people say you're psychic. Well, I know certain things. Well, how do you know you use it properly? How do you know how to energize it properly? How do you know?

It's like the parts of a car. You've got to oil them. You've put the right liquids in there. You've got to take care of it, each part. And the same thing with inner knowingness, our psychic ability. One has to know how to trust, how to learn to trust that inner feeling. Is it my heart speaking to me or is it my head speaking to me?

So these are processes that I've really worked at for people to live with, not just do one time only. And they can always use them. And even people that come to my classes or do my programs... And I have some people say: 'Oh, I've been a medium for years. Should I can take your class?' And I'm like: 'Yes, you should take my class.' Because Number One, we're always learning. No matter how advanced we are we're always learning or we might see something from a different perspective, a different point of view.

So I'm always taking classes. I'm always expanding. And I always say to people: 'Whatever you hear or whatever you read or see that resonates as truth within your heart, then take it. And if it doesn't, throw it out. Throw it out. Because it's not for you right now.'

Darius: Yes.

James: But it's really, really true.

Darius: I love that and I believe that as well. I think that's one of the big pieces of really that inner intuition and knowing what that feels like. That's great that you're including that here in your *Inner Psychic*, which is the second item.

The third one I wanted to ask you about, James... I love the title *The Ten Most Important Questions of Our Time*. It's Item Three. Tell me about that.

James: Well, again I'm old! I'm very old.

Darius: We all are. We've all been around this earth for a while and your dimensions.

James: Being very old.... No, I'm not old. But it's so interesting because, you know, many people who come to my classes and workshops will ask the same questions all over and over again, and I realized that everybody needs to know these... will have the same curiosities about things such as: What is your soul? What is the soul's destiny? Just like you are asking earlier - What are soul's destiny? Why do we through karma? What is this karma? Why are there people in my life who I don't get along with? For instance, I'll just run this out here. Often family members, you know... We don't along with family members and is it karmic? The answer is: well,

yes.

And as I said earlier, we come back here to learn. This is our schoolroom. And we will pick those souls - or they will pick us - to come back with that we'll learn the most from. So family members... you can bet that you have karma, you have to learn lessons from each other, and that's why you chose them.

So I talk about in that program really the questions that people have asked me the most about. Spiritual questions. Again, how to bring abundance into our life, how to have conditions in our life, and what is holding us back from living in an abundance-full life? What was holds us back? And also about forgiveness; how we forgive other people that do us wrong. And that's a big one. And I know one of the people that did that little box exercise worked with that. It's a really, really important one, learning how to let go of certain energies, because if we let go of certain energies then we ourselves are able to receive.

So it's still a truck-full of... And I had to keep it to 10 because of time, but there are s many questions - and jewels. I just to want to say it's like opening up a treasure chest and all these little jewels come out. I cover many, many questions people have about spirituality and soul recognition, soul realization, living a powerful abundant life, how to manifest. So it's all in that product, that program.

Darius: And I think it in essence levels... I want to say levels that... I don't want to say the playing field, but almost like allows the entry point, because you may no longer have those nagging questions about fairness or those judgments about well, why is this person having this life or why did my mother pass when I was so young? And those things keep you locked in this dimension. If you can understand the bigger purpose or the reason or the path, you can begin to free yourself of that. Right, James?

James: It's true, because what we put... you know, thoughts are things, as I said, and we tend to put... I call them 'emotional charges' onto situations and scenarios and people, and we tend to look at things from the emotional point of view and we kind of block things from happening when it's an emotional type of thing.

I do a lot of work, Darius, also when I'm working with people on my workshops. I will look at the aura and I'll see the energy flowing up and down the spine and I will see where there are certain areas that are stuck and there's been an emotional charge that's stuck, whether it's the heart from the past scars, from experiences and relationships that person had, or even I'll see if there's abuse issues that the person has not dealt with yet, or are choosing to hold onto that and not freeing it and by holding onto that it's limiting their manifestation.

So there are all different ways of letting things go and it's really again coming out of love or fear. It's those choices that we make.

So we all of us tend to hold onto things we don't need any more and we've got to realize that every day is a brand new day. Cells die and are born every day. We also need to live that, that each day should be a brand new day with a brand new outlook. And remember though, those people that did you wrong in the past, you learn something valuable from them. What lessons have they taught you? We need to ask ourselves that all the time. What lessons is my soul learning from this

experience?

Darius: I want to cover Item Five because a lot of people have been asking and writing in about connecting to spirit and hearing voices or hearing some guidance in the subtle messages from the spirit world. And you've actually created a meditation to help people do that called *Spirits Speaks*. This is Item Five.

Now, all of this, everyone, is included in what James is offering us. Tell us about Item Five, James.

James: *Serious Speaks* I created a while ago because, again, people are very interested in knowing about how to recognize when the spirits are around them. It's actually a different type of meditation where I will help them to (1) get into a receptive space where they can actually hear clearly and feel clearly when the spirit is around them and when spirit is close to them in their energy fields.

So I guide them in the meditation where they are open and accessible to the energy of the spirit, and they will feel the very subtle, subtle energies comes close to them and they begin to recognize, okay, this energy is very different than mine. And they ask: who is this? And they'll feel it's a female or a male. They'll feel it's a mother or a father. And it really helps them. I guide you to becoming complete with them, blending fully with them and then asking questions of them. So it's really kind of a physical and a mental and an emotional type of journey that I take the person on and they're able to recognize once again at a deeper level than the other one they have spirits around them and the ways they come to them.

There might be certain things that the spirit wants the loved one to know when they're around them. For instance, there are some people in my classes that spirit will touch the back of their neck or there'll be a cold breeze above their head or they'll be touched on their hand or there's a certain word that comes to the consciousness. So through this program I talk all about that and how they can know the spirits indeed around and want to communicate.

Darius: Wow. I'm going to share again where it is. This is amazing.

James: I've done it all!

Darius: Such a way to people to really plug in and begin accessing this; going through the veil and tapping it into your psychic capabilities and power. It's at youwealthrevolution.com/jamesnew - J-A-M-E-S-N-E-W.

I want to say this correctly. I want to say this the right way, but Item Six talks little bit about protection and at some level I think: if everything is love, do we really need protection? But then depending on what state of vibration we're on maybe some things may not be as pure as love. Do we need protection?

James: Oh, that's a hard one, Darius. That's a really, really great thing you just said, and I wish everybody knew that, because I'm asked that all the time about do I need protection, psychic protection? Do I really this sort of thing? And the answer is: well, I don't believe in evil *per se*. I believe love is really it. But there are people out there who still live in the conditions of... whether it's religious belief systems or beliefs that

they grew up, the limitation - because remember I said there's only love or fear and there are some people that do live in that fear space and it's like oh my gosh, there were some strange things out there.

Now, I'm going to tell you that I believe that there are many, many levels of spirits. There are many levels. There are levels are unevolved levels and there are very evolved levels. And depending on the conditions that people have... Remember everybody's a magnet and you will withdraw to you in your life what you want, what you put out. The energy, the vibration which your frequency is at you will bring to you into your consciousness, into awareness, into your life just that.

There are some people that are so stuck, if you will, on the limitations and really of Hollywood and thinking that there might be some evil or negative things out there. And for those people... And listen, I believe thoughts are things and I do believe that there are some intentions behind the thoughts which might not be good. And I know this because I've worked in Hollywood. So I know that there are certain intentions that people... whether it's an ego-based intention – which usually it is – and it's always fear-based as well.

But to clear your energy around you and the auric field around you there are various things you can do to, if you will, add to a certain protection, I guess you'd say. This is interesting to look at this way. Everything being thoughts and thoughts of things... When anybody thinks of you, their thought goes right to the target - which is you. And they'll stick on you. Their images and thought forms will stick right on you.

Now, I remember a lady came to my house once for a reading and she said... I opened up the door and she looked like Pig-Pen from Charles Schulz. Her whole aura was worn and there were holes and it was brown and it was like really bad. And she started crying her eyes out. I had her come into the house and sat down. She was just crying. And she said: 'What's wrong with me? I'm so depressed. I can't sleep. I'm so anxious. I'm so fearful. What's wrong with me?' And I said to her: 'It's not what's wrong with you; it's who's wrong with you? Whose energy have you been carrying with you?' And I slowly pulled away and without letting her know I just peeled away her husband's energy, her boss's energy, the neighbors energy, all this emotional energy that the people threw at her, okay.

So we as spiritual beings walk on this physical earth in a sea of thoughts that people's thoughts are out there. And I think anybody who's sensitive or empathetic, they really have to, if you will, be very, very aware of other people's energy and thoughts that are around them, because if you don't deal with it they can influence you and impede progress sometimes.

So every morning when I go in the shower I not only cleanse the physical body but I also cleanse the spirit body. And this is what this program is all about. I give you guidelines of how to... we'll say protect ourselves or reinforced ourself. And I will put in vision a beautiful golden light coming down from the top of my head all the way through the body, and I get go of anyone's energy that's in me or around me, anyone's thoughts that are in me and around me and it's like a Velcro suit, you know. People's thoughts... you have to pull them off you.

And then when I feel that it's cleansed and I'm back to my own self, my own source, I feel a sense of joyfulness. I then say... I program my day by saying - sending out the thought – may God guide me throughout the rest of my day. So I program my day. So that's part of this program is is programing your day and reinforcing to your own sense of self and your own joy.

Darius: I love that. That is beautiful. That's Item Six. There's just so much here and I know we're getting very short on time. If maybe we could talk a little bit about *Divine Love* and the *Soul Discoveries*, and there's even some frequencies... tuning into abundance and forgiveness. Really quick, James. The *Soul Discoveries* and *Divine Love*. What are those about?

James: Well, *Soul Discoveries* is a past life regression experience I take people through.

Darius: Oh wow.

James: So many people to know about past lives and it's always available. That information is always available to us; it's just a matter of us really tuning into it and allowing ourselves in the conscious mind to experience that and to see that.

So really this is a program which I've developed over years to guide people into past life experiences and being able to understand them and see why we have those past life experiences. And that's what really that is. It's really discovering that part of ourselves. And I worked with Steven Halpern, who's a wonderful new-age musician who is definitely guided by spirit. It's great. It's a great program. People have emailed me over the years and they said: 'God, I really had blocks in my life and this really helped me to open up and get rid of those blocks and really come into my own uniqueness and self and my soul self, and I realize my certain past lives have created who I am today and why I behave a certain way, why I have certain phobias or fears, and now I can unblock them and live to my potential.'

So that's what that program is all about.

Darius: Fantastic. I'm gonna share really quick again just one more time where it is. It's at youwealthrevolution.com/jamesnew - J-A-M-E-S-N-E-W. That's all one word.

It is 60% off. James is offering all of this for \$97 through us. It's a special that he allowed us to have an offer to the community. And, James, I believe this is instantaneously available to them.

James: Yes it is.

Darius: So they're able to literally get this instantly on the other side of the page and begin the process even right now.

James: And, you know, if they could... the people that are going to buy the program today. I think everybody should, because it's time that they should do this. And if they would, I would love to hear from them on my Facebook page. If they could write back to me and let me know what their experience is, that will help all of us to make it even better or do things differently. And share. Like when you shared about what they got from the box and what they pulled out of that box, it was so powerful.

So if people could just go on my Facebook page and just share what their experience was after they've used these programs I think that would be great. I think that would be cool.

Darius: I believe there's so many people that are tuning here - the seekers that are psychic, they have this ability, that have this truth. And the challenges they seem to be bumping up against, are they possibly signposts that, okay, it's time to tune back in, it's time to reconnect to what you really are?

James: Yeah, because I believe that nothing happens by accident. I always say coincidence is God's way of remaining anonymous. And I think nothing happens by accident. I think it's divine intervention. And I think that the soul is ready. You know, there's a wonderful expression that the teacher appears when the student is ready. And I've seen that. I've lived that. I've been around that. Again, nothing happens by accident. So when the soul is ready, these things appear. So there are no accidents.

And I always say to people: take advantage of opportunities that come to you, because it may never be there again. So you never know.

Darius: Great question... James, really quick, who is the program for? For those people wondering if this is for me or how will I know if this is something I should go deeper into, who is it for?

James: Who's it for?

Darius: Yeah.

James: If they should choose it or not?

Darius: Yeah. Yes.

James: I think really the best way to do that would be through again going within themselves in meditation and that lovely room that we created, if you will. And your higher self will tell you. Your higher self knows if this is right for you or not. That's with any choice in life too, getting into that intuition. Intuition is the language of the soul, so listen to your soul speak to you. You can't hear it with the regular head – the brain. It's in your heart. It's not the big voice, it's the little voice.

Darius: Yes. Yeah. I agree. It's so wonderful. I tell people all the time to just feel into what's right for you. And if it is, wonderful. And if not, we love you and, you know, what we got today from James was such an incredible mediation and exercise and so much truth and power and light. And this is just chockfull of incredible information.

James, for anybody here going through a challenging time – one of those dark nights of the soul – anything that you want to share with them or any wisdom or information coming through you to them that you could share?

James: Well, a couple of things I'd like to do if it's okay with you. We'll do a little quick mediation really fast if that's okay, Darius.

Darius: Sure. Yes.

James: The first thing is if they have... they call them challenges. I call them opportunities. I think that people would be great to on a piece of paper write down the name of the challenge or the opportunity and then close your eyes, take a couple of pauses and inhalation, exhalation, and then right down exactly what that challenge is teaching you. And then you can draw another column and say: 'What are you going to do to make it better? What do you have to do to bring that back to fullness and experience it in a fullness level, a wholeness level, that you soul can benefit from it?'

Darius: I love it.

James: It works. It works. Another one... I'll do a little quick meditation here which is also part of a couple of these programs. And for those who are not interested in getting them now we can just use this moment right now to help people. If you just close your eyes for just a couple of seconds here again we'll do a little one.

Darius: Okay.

James: This was really created because one of your callers, of course. If people would just close their eyes and get back into your heart space. I call it that. And with the heart space just again go back to your breathing levels. That would be great. Inhalation, exhalation. And what I'd like you do is in your mind's eye I would love for everybody to create a beautiful garden, a beautiful spiritual garden with green, green meadows of grass and flowers of all different shapes and colors and sizes. And trees perhaps, and mountains. And just create in your mind... use your imagination to create this lovely, lovely garden. And in this beautiful garden there's a marble bench. In the center of the bench put yourself there. And in front of you on this bench there is a crystal – big, big crystal ball – huge, huge crystal ball – and this crystal ball has the attributes of healing and oneness and it brings balance to imbalance, harmony to disharmony.

And what I'd like everybody to do is inside the crystal healing ball of light put a situation in their life that needs healing, that needs illumination. And just see that with the intention and the thought that that would be illuminated and that will be brought back into wholeness. Whatever the situation is just release that into that healing crystal ball of light.

Good. And now place the person into that crystal ball of light that needs to be forgiven and let them be forgiven. And we just have the thought. Now place yourself in the middle of this green crystal healing ball of light and receive the forgiveness for yourself. And as you do that you also become aware of your soul beingness, your essence, the energy which is truly you - not from your head but from your heart. And I just want people to have the awareness of what it feels like to be in the heart energy and not at the head energy, the soul energy of themselves. And just feel that and feel the love. And as you are experiencing that I'm just going to give you a wonderful vibration of words to use and you can repeat them to yourselves: healthy am I. Happy am I. Holy am I. Healthy am I. Happy am I. Holy am I. Healthy am I. Happy am I. Holy am I. And so it is.

And slowly open up your eyes and be in your new life, your new awareness, your new existence. And there we go.

- Darius: Wow. Thank you so much, James, for being here and giving us that amazing parting gift. And I've got to say with you leading these exercises there's a certain energy, there's a certain vibration that I know has come over me as I feel your words penetrating. I know so many other people feel that as well. Thank you, James, for everything.
- James: Oh, you're very welcome. Thank you for allowing the space for the healing to take place. Appreciate that.
- Darius: Yes. Incredible. Everyone, let's do this. Let's send James just a huge amount of love and gratitude for being here on the count of three and just send him that love and thanks in your hearts. James, thank you so much for bring here at the You Wealth Revolution.
- James: Thank you, Darius. Lots of blessing to everybody listening and to you as well.
- Darius: Amazing.