

ClubHouse Chat Aug 2021 podcast

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Fear, healing path, biological fear, spiritual cure, Luciferian grid, fearlessness, ego, divine surrender, inner child wounding, core fears, death, shadow healing, practical steps, self-assessment, energy field., Inner child, conscious parenting, fear of aloneness, divine love, trusting the divine, overcoming fears, inner children, practical strategies, physical health, mission focus, light vs. darkness, sovereignty, spiritual path, self-care, empowerment.

SPEAKERS

XXXXXXXXXX Liana Shanti



Liana Shanti 00:00

Can clubhouse chat with the topic being fear, and the need for this topic, I think, is so prevalent because of the state of fear that the majority of people seem to be in right now. But I also feel like just on the healing path in general, fear is something that everyone has dealt with along the way, and kind of it's a continuing thing. It just never seems to go away, and it actually becomes the biggest obstacle to overcoming any blocks in your life, anything that you have been unable to surmount, fear is usually at the root of it. And fear is something that is multifaceted. It is learned, it is behavioral, it is also biological. So I'm going to kind of go over what fear even is, and how you get stuck in it, and how you allow it to stop you from your path, whether it's your path of healing or it's a path of achieving something in your life, and how at the core of all fear is actually darkness and evil. And I think that's really where the key focus is for today, because it's important that you understand fear is by design. And I'm not talking about the biological aspect where we have innate hardwiring in our amygdala, in that part of our brain where we have fears to keep ourselves alive. You know, running from danger. That's not the fear we're talking about, although I will address that briefly, because you're always going to have that you're a human being and a human body with a brain that is hard wired to protect you, but if fear that relates to you from anything on your life is a spiritual cure, and it is designed to keep you from your path. It is sinister. It's dark. It is part of the Luciferian grid. It is not something that just happens. It is something that is drilled into your consciousness from the time you're born, and in fact, most of you are carrying fear paradigms from many, many lifetimes before this. So you can imagine the magnitude of you're up against when you are trying to overcome fear. And you know, one of the questions that was asked, I asked in my Facebook group, if people had any specific type avenues that they wanted to go down for today's chat in terms of fears that would apply to most people. You know, what would you like me to talk about, or what things are really coming up for you? And there's some great and amazing questions, which I'm definitely going to go over today. But one of the first, I think, is the most fundamental and the most profound. And someone asked, is there ever a state of fearlessness, like, can you ever be so healed and so evolved that you're just completely

fearless, and you're not afraid of anything. You know nothing, nothing ever causes that fear in you. And I do believe that's possible. I obviously I believe that we are all limitless beings in a limitless universe, which therefore necessitates a conclusion that, of course, of course you can do that. I feel personally for myself, that I'm about as close as someone can be in being fearless, very, very little actually makes me feel afraid. And I have been in some very, really difficult situations that were physically dangerous, that were mentally or emotionally dangerous, spiritually very dangerous, and I had no fear, you know. And many of you heard me and elder nations talk about the story, but when I came face to face with, you know, evil itself, in the form of what we would consider Lucifer, right? I had zero fear. And this is like the concentrated epitome of darkness and evil and destruction of all souls on this planet and in other places as well. And I had zero fear. I consider myself to be largely fearless, although I would never say it's, it's, you know, an absolute. I feel like there still are a couple areas where I feel a little fearful, mainly for me personally, it's in the area of losing some kind of control over an aspect of my, of my life. And we know control is an illusion. So it's, it's not a major fear, but it's, it's still what I would put in the category of fear. So I would not say, Oh, absolutely I'm 100% fearless, because I don't think that's a true statement. I do believe I'm as close to it as maybe I'll ever get. So maybe I can get a little further, you know, in my next 50 years, but, but I do believe that any one of you can become completely fearless. I absolutely know for a fact that you can at least be where I'm at, because if I'm doing it, you can I'm a human I'm in a human body, right? So anything I can do you can do. And I know that so many of you resist that, so many of you say that that's not real. I'm just telling you it is. Whether or not you choose to accept that totally up to you. But I think I wanted to start out with that amazing and deeply profound question, because that's where you want to start your thought process. When you go into this topic of fear, like, how fearless can I get? How fearless do I want to be? And that's where you really start the conversation. Because I will tell you that fear, this is something I've taught for many, many years, and one of my students actually reminded me of this in the Facebook group, that fear is another form of ego. You know, I've been teaching this for years. Fear is your ego, because it means that you're not fully surrendered. You're not if you're afraid of anything, if you have any twinge of fear, it means there's an area that you're not completely surrendered to the divine. In any area of your life that you're not surrendered to the Divine is an area that you're in ego. It's still, it's like the. The last strong hold up your ego saying, No, we're going to be afraid at this. We are scared. We don't trust that the creator of the entire universe that created everything we know and don't know, that created our lives, that created our human bodies and all these functions that go on without us even thinking, our heart beating, our brain cells multiplying. And you know, it's the creator that we don't trust it. And of course, when we have an intellectual conversation about that topic, it seems nuts. It's like crazy that we would ever not trust the life force that brought everything into being, right? It's It's absurd, it's crazy. But that is the genesis of all fear, is that we're not fully surrendered. And that's why fear is dark. That's why the Luciferian grid manipulates people on the basis of fear. That's why everybody in the collective that is following the agenda, that is following all of these mandates, and that is laying down and playing dead, they're afraid. They're afraid of 80 million different things. And there's 80 million different things you can be afraid of, especially when you are hooked into your own fear, and you haven't cleared out the things in your shadow that have made it possible for you to not be afraid. For you to say this doesn't scare me, because the end of the day, I know where my soul is, and I know where my soul is going. And of course, that leads you back to core wound healing, which is always the answer. It's like no matter what we talk about, healing the shadow healing mother wound and father wound, and even more important, making friends with death, right? That's a big part of getting over all fears, fear about anything at any time, for any reason of any person. It's about making friends with death. But your ego doesn't want to make friends with death, because your ego is run by your inner children, and if your inner children aren't healed, then the story goes back and loops back to

being afraid. And that is why, if you start with the question of how fearless can I be, how fearless do I want to be? Okay? I want to be fearless. I don't want fear to run my life. I don't want to block my abundance or block my relationships or succumb to the agenda and make decisions that are absolutely disastrous. I don't want to do that because of fear. So how do I get to the place where I can be fearless, or as fearless as I can be now you're not there yet, I'm sure many of you, maybe some of you are, which is awesome. But if you're not there yet, and when you're in the early stages of overcoming fear, what is so important is that you take action in the face of fear. That's another concept that I've talked a lot about, and I've used my own personal example a million times, so it's redundant for those of you been around for many years with me, but we have a lot of new people here it is the story of me leaving New York and me in my job, including a seven figure income and being a brand new mother of an infant, first time mom, divorcing my husband, leaving my family, my whole support network, my parents, my dad, who I'm super close with, leaving all that behind and moving to the middle of the Pacific Ocean. Bride did not know a single soul, and I had no source of income, and walking away from the education, the prestige, the everything about it, I was, I was scared shitless. I was not on. I was not I was not then where I am now. You know, this is back in 2003 and actually, today is the 18th year anniversary of when I first moved to Hawaii. I moved on August eight of 2003 and that is the me of me being afraid. I was afraid, but I also knew I wasn't going to let fear stop me from doing something that I knew was divine divided. So that's probably where most of you are right now. And I think out of all the things we're going to talk about this afternoon, this evening, depending on where in the world you are, some of you, I guess this morning, no matter where you're at, your fear is going to be present. Don't wait until you don't have any. And I see a lot of people doing that. I see a lot of people say, Well, I'm too afraid to do this right now, so let me do a little bit more healing, and then I will act you don't have time for that right now. We are living in a very condensed, intense period of time where things are happening at rapid pace. And if you wait, you're gonna find that a lot of the things you were trying to put in place, the things you're trying to manifest, the life you've envisioned for yourself, you're not going to be able to do that. And I realized that that statement, in and of itself, could potentially cause fear within you, because you're thinking, oh my god, now Liana is telling us we don't have time, and oh my god, I'm freaking out, right? But don't freak out. Just take in the facts, and that's just a reality, and you see what's happening. And you know, as I've said many times in eliminations, by the time we get to the end of this nine year cycle, and 2025, there are going to be radically different landscapes around the world. And everything we know, from education to world banking systems to the way we live, everything food production, like a to z, and that's going to be really its own separate topic. Somebody asked them in the group, they were like, what you know? What exactly do you see for 2025 is it going to be like North Korea? And you keep saying that people in 5d are going to be great and awesome? Like, what does that mean? What does that look like? And that's its own topic. I'm definitely going to have a clubhouse chat, maybe the next one on that topic. I feel like it's important. A lot of people ask it, but it's not really based on the topic of fear, so it warrants its own discussion. But that is really true, that is really going to be a very different landscape. And everyone who was in illuminations last year and who heard me say at the very beginning of 2020 just wait, wait until the end of this year. Wait till the end of 2021. You guys are going to be shocked. You're gonna be shocked. You're gonna be completely amazed at what is going on. And some of you are just shocked. Things were never normal anywhere. We're moving forward. We're advancing and you have to do so in the face of fear. So when you're in this place, you're in the Delta of you know what? I'm scared, human being that doesn't do anything. I'm frozen. I'm immobile. I'm numbing out. I'm doing everything I can to pretend that nothing bad is happening outside my door. Then you're in that delta between that and okay, I'm not afraid of anything, pretty much, you know, that state of fearlessness. But in between that you're like, Okay, you have to rationalize with yourself and say, I am afraid. I'm definitely afraid. I'm afraid of whatever you're

afraid of, vaccine mandates, inability to travel, control over your work. You know, anything that comes up for you, you have to act anyway. What is the most important step for you to take? And I wanted to kind of start out with give you some practical steps, because I'm all about being pragmatic, being very grounded, and taking these teachings, which sometimes can be very esoteric, and the concepts are sort of very broad, taking that, distilling it into practical steps you can take, so that when you wake up tomorrow morning and you're like, Oh, hey, I just listened to Liana clubhouse chat, I know what I'm doing today, like I have action steps that's so important to me. It's central to everything I teach or talk about, because if it doesn't have a practical application in your day to day life, it's useless. It's just a bunch of random bullshit in your head, like everything else out there. And so one of the most important things you can do is take a piece of paper, or your iPhone or whatever, and write down the things you're afraid of, like, right now, you know, I don't mean right now during this chat, when we're done, like, write down what you're afraid of. Write down every fear, if it's death, if it's you're afraid of getting cancer, if it's you're afraid you're going to be forced to get a vaccine. If it's you're afraid of losing your child in a custody battle because of the vaccine. Whatever it is that you're afraid of, afraid of being alone, that's a big one. And I actually have a very special guest here with us today, Natalia, who's been a student of mine and a friend for a long time, and she's gonna actually talk about that issue. You know, that's a huge one for people. And so whatever your fears are, write that down and take a look at it so you're honest with yourself. And honest assessment is always the best way to go when you're trying to break through barriers through barriers. A lot of people, I've heard a lot of people this is a question asked in a group, a lot of people say, Well, if you if you talk about your fears or you write them down, then you're going to be giving attention to it. That is such New Age bullshit you have a brain. Use it and use it for something productive. Sweeping crap under the carpet is not going to help you. Pretending you're not afraid when you are scared shitless, not going to help you. It's like trying to eat healthy and not writing your food down, you know? And I use this example all the time only because I am a nutritionist, and I have a nutrition school, and students are always saying, Well, I don't eat, I don't eat a lot of fat because, because HMI is plant based low fat, right? And so people, I don't eat a lot of fat. And I'm like, well it should be 15% or less of your total calories. And then you get these women eating 1200 calories a day. So they're starving themselves to begin with. They're under eating their metabolism shot, and then they're eating nuts and yogurt. So like, if it turns out 50 or some of their calories are fat, but you know, in their mind, they're like, Well, I'm ready in a lot. I had, like, a yoghurt nerd, and I had, you know, some cashews. So in the grand scheme of what is a lot, it doesn't seem like a lot. It's not a lot of volume. Of volume, but percentage wise, it's a lot of fat in relation to your total daily calories. You know 15% is going to be a lot less calories that become a handful of nuts and full fat yogurt. You don't know that unless you write it down and you have to be real with yourself. And I've heard, oh God. But when people write down their food, then it creates eating disorders. No self hatred creates eating disorders. Not writing down your food, facts don't hurt you. Facts are facts. Facts are necessary. Facts are something you should be dealing with on a daily basis, like, facts matter. And when you put your food down and you're like, holy shit, I'm like, 50% of my calories every day, not only am I under eating, but I'm overeating. Fathom, seemingly healthy people that look healthy and fit on the outside are dropping dead of heart attacks. You know, perfectly healthy weight. People that work out a gym dropping dead of heart attacks. This is why this. There is science. There is 55 plus years of science to prove this. So fear is no different, hiding from it, pretending you're not scared shitless, right? If you're, if you, if you are one of those people that I've had a few people in Canada, or like, Hey, I'm so scared we're having a snap election, super paranoid. I don't know what to do. I have a couple students that were in custody battle for like, my narc ex is trying to force my son to get vaccinated. These are scary things that they're if you pretend that they're not, you are still. Yourself. You're lying to yourself. And deluding yourself and lying to yourself are never going to help. You need to

have facts. You need to be real with yourself. You need to say, Where am I? Let me take a self assessment, the most effective tool you will ever have in your entire life. I promise you this, because I've been doing it since I was a kid. Self Assessment like, what am I really doing? Am I saying I'm a nice person, but I'm really doing this thing on the side talking about somebody behind their back. Or am I really eating, like low fat, or I'm really eating 50% of my calories from fat? Am I really working hard? Or am I really spending three hours a day scrolling randomly through mindless social media, watching people's idiotic tiktoks, right? You have to be real with yourself, and it's not about being harsh with yourself. You get to do what you want. You know it. You get to do what you want. You decide for yourself. Okay, I'm spending X-amount of hours a day, Mindlessly scrolling through bullshit social media. Okay, half my calories are coming from fat. I'm drinking wine four nights a week. I, you know, saying nasty things to my partner, my spouse. You know, I'm being vindictive. I'm being resentful. Write it down here's afraid of like with self assessment. The key is you have to be deal without and you start doing assessment. Is the shame and guilt voices in your head that came from your parents, came from your teachers like now, suddenly, because you've done something bad, you are now a bad person. And it gets extrapolated into now your whole peak is bad. So you don't want to look at it, because you can't face that you're, you're a bad person. Everybody wants to say they're a good person, and everybody wants to say they're trying to eat healthy. Everybody wants to say that they're they're not really afraid. The lies have to stop. The lies to yourself that you don't have to be accountable to any other person. I always recommend don't justify yourself to anybody on the outside. If you have a trusted friend or trusted teacher or person that you can get some feedback from and confirmation, that's helpful. It's never helpful to try to explain yourself to other people, because when they're not working on their stuff, they're going to be reflecting back the shame and guilt. Oh, my God, I can't believe you did that. That's not helpful. But in order to face fear, you have to start with a realistic assessment of where you're at and while you're at it, you might as well. I mean, right now we have this full moon coming up on Sunday, powerful Full Moon in Aquarius, massive amounts of release energy. You could purge release, get rid of stuff. Might as well do a total life assessment. Like, that's what I would be doing. Like, honestly this week, just make an assessment. What are you afraid of? What's holding you back? What's block? What these are blocking you? What daily activities are you doing or not doing that are conducive to your vision you can't have a vision for. Oh, yeah, I want to be a partner. I want to have a huge bank account. I want to have, you know, freedom. I want to be healthy. I want to wake up every day and be able to, like, go for a run. You can't have vision. And if you wake up every day and do the same stuff you've been doing, and you, you know, you eat some dead food and go back your day stressing and worrying, and, you know, smoking weed later in the afternoon and drinking wine later at night and then sitting for six hours of five TV you might as well just burn your vision plan, because you're not taking the steps to make it happen, to manifest it like so the reality is, don't lie to yourself, you know, tell yourself the reality of what is actually happening. And so that's one of the tools I actually use with people in my 66 day program. And it's easy to sort of use these examples from eating, you know? And I would tell my students, you know, if you're gonna, if you're trying to eat clean, and you're on 66 day, and you just did the juice fast portion of that, which is 10 days. And the day you start eating food, you go to a bakery and you you eat six cupcakes. But one, whatever it is, right? It happens sometimes, because people are the inner children are rebelling against what they perceive as a restriction. And you go ahead and do that, instead of telling yourself, I had to do that. Or sometimes people go and they'll eat a steak, and then they'll tell me they don't anymore. But people used to tell me this before they actually knew me. They would go, Well, I had to eat the steak because my junk turf said that I just the 10 days, just, you know, I was so, I mean, it's hilarious. It's hilarious, right? Because in 10 days, nobody's dying, no, nobody in America's dying protein deficiency. But they believe it. They want to believe it. They thought they could convince me of it, which, of course, I know it was not true. And I would say to them,

Look, don't I don't care why you ate this. I don't care if you ate 10 steaks. I'm not I'm that's not my body, that's yours, and so don't lie to yourself, because if you lie to yourself, you're going to keep doing that. Because you're going to keep making excuses, at least say to yourself, you know what? You fucked up. I ate the steak. My inner children got the best of me. I fell prey to old conditioning, pressured by my family. I didn't want to be on the outside. I was starving. My inner children were losing our shit. Whatever it is, be honest and be real, and you're never going to hurt yourself, but be real with yourself, as long as this is the major caveat, as long as you are not feeling shame or guilt, because once you go into shame or guilt for your behaviors, you're done, you're like dead the water, because then you can't heal, because then you just feel like such a bad. Person, you might as well just give up on everything. And all of these strategies are applicable to this concept of fear. You hope to know what you're afraid of, and you have to look at it, write it down, type it whatever works for you, and be honest with yourself. Are you afraid of dying, like have you really gone through and made friends with death? And I can tell you, and those of you who've been in life pack you know my story that I thought I was so convinced that I was had made friends with I wasn't afraid of death, not me, nope, not anymore. I'm connected to Jesus. I'm going straight straight back, you know, I chose to come here to get these teachings, but I'm definitely going straight back to Jesus when I die. I would have told a million people that, if a million people would have asked me, and I had two near death experiences, and I also got struck by lightning. So I actually had encounters with actual death drowning, in one case, like literally drowning, if that like, It's not scary to me until I did my first Ayahuasca journey in Tet and you all know the story, if you've been on life path, and I'm not going to retell it now, because I didn't want to take up the time another personal story. But in a nutshell, I died in that journey, you know, the massive release of DMT, and I lost everything, little by little, in this journey of who I was, everything my physical appearance, my everything about my background, my education, my accolades, my awards, my career, my money, even motherhood. It's like, I'm not any of that anymore. It's gone. I'm like, it's all dissolving. It was, it was very visual. It was physically dissolving in front of me, and I'm watching it go and I'm watching my bones crumble into dust. I was fucking terrified. And I'm like, wow, I guess I really wasn't friends with death. I was friends with like, Oh, I'm I'm gonna be in the lake. I'm still somehow making this connection that I was still gonna be Liana. And in the way that I've come to know Liana, like this, being that I am in this lifetime, which, of course, isn't who I am. That's not the essence of my soul, my physical body, the way I look, my physical appearance, my personality, my quirks, my sense of humor, my intelligence, my education. That's not me. That's not the essence of me. Those are things that I've accumulated over lifetimes and that I brought with me into this lifetime. But that's not me. And in my other actual near death experiences, I didn't let go of that. I was still clinging to that. I was still like, Yeah, this is good. These are good things. I love these things about myself. And so this Ayahuasca journey, you know, the grandmother kicked at my ass. And I, I know I said I was going to tell the story, it appears as if I told the story, I promise you I haven't is a way on with her story, but I wanted to give you at least enough of the details so you kind of knew what I was talking about. And so I was so stubborn. I was so stubborn because, like I said, I would have told a million people that I was not afraid, you know, big bad Liana like, I'm not afraid of anything, right? And I want this the minute, the minute the grandmother medicine came to me in the way she did is she was brutal, she was aggressive, she was forceful. And, you know, I was raised unconditional love. I was raised with, you know, my dad, and most of my teachings came from my dad and from my dad teaching my mom how to be unconditionally loving. It was gentle, it was supportive, it was nurturing, it was never harsh. It was never what I considered, you know, being and she was the exact opposite. And she's like, you you need to wake up. You're a teacher. You're a shaman. You're you came here for this. You came here on purpose to teach anyone seeking light these teachings of Jesus. Like, you can't do that if you're full of shit. Like, Oh, you're right. And so that was the beginning, you know, it was 2010 Don't worry, none of

you were being taught by me at that point. So I probably would have told you I was afraid of nothing, you know, I didn't start, you know, doing public stuff till 20, end of 2012 2013 but that's just to show you like fear of death is probably the under. If you look at your list, when you do the list after today's chat, and you look at your list, I promise you, fear of death is going to be the foundation holding up all these other fears. And then you take that a little bit deeper, and you see the sinister, evil Luciferian agenda that is the under, that because, of course, you're afraid of death, you should be you should be absolutely terrified of death right this second, if you have not committed yourself to light period, you should be afraid, because when people die, when people have a false belief that they're just going to be magically whisked away and magically saved without having done any of the work like you're given a whole lifetime, you're going to be magically whisked away. It is a fantasy. And if you think that your soul knows better, your your conscious mind, your ego self, thinks you can believe any religion, you can believe all the BS, you think you're going to be fine, but you're so imposed better. You have inner knowing that you don't need me to tell you anything. You have it within you. You just have to access it. And so your soul is going, huh, something's not right here, like, I am not unafraid, like, and I should be afraid, because if I, if I go. If I die now I'm screwed, you know. And to me, that's a good fear. Like, I feel like, if you are actually afraid of that, you're finally starting to look at this topic of fear, be like, I am afraid of dying, and it's good that I'm afraid of dying, because that's going to wake me up to actually be motivated enough to clean up my life in every area, to align with light, to move into 5d to stop connecting to the Luciferian grid and obviously that's the key. The key is be afraid enough that it motivates here. So in that instance, being afraid of death is a good thing. You have to identify it, though. And if you probably had been asked on a coup, are you afraid of dying, at least 30% of you would say no. Why? No? Because you don't think about it. Nobody thinks about dying till they're actually dying. Right? Most people are just focused myopically on the thing they're doing day to day. What show is on tonight? You know, did they make it to the gym? What are they having for dinner? Like, what is their narc ex spouse doing? Right? They're not going, Wow, I could die today. Like, okay, I woke up and I'm breathing, but like that might not happen tomorrow. You know, nobody thinks like that. You do? You do think like that once you actually make friends with that? Because once I actually made friends with death, death is a part of my everyday life. Death is part of my everyday life because it is real. It's real and it's gonna happen to everybody. There's not one person on this chat today who's not gonna die, and for some people, that's terrifying. And like I said, it should be once you make peace with it, and once you start to clean up your life, and once you start to take action in the direction of light, and you start moving towards 5d all the other fears drop away. I promise you, that's what happened to me. That's what happens to everybody that I've worked with. Because you realize the predominant fear is the one of dying. All these other fears, vaccinations. This not trout. How scary is it to not travel? It's not scary. Okay, I can't travel. But when I die, if I'm faced with being thrown back into this planet and I have zero control, and dark entities come and get me, because I've completely given up my SOP, D, that's scary. That is, that is, that is a thing of nightmares, right? You want to know that. And it was interesting, one of my other students shared in her Facebook group today that she got word from somebody her group, that her maternal grandmother many years, probably a decade. And her story about it was that this grandmother was somebody who just, if she's going to be saved, you know, she just say, I'm kind of wishing to go back. There's a lot of that. There's a lot of that fantasy of like, oh, death is going to be great, you know, because and I'm going to be saved. And it's just not true. We have to save ourselves. Obviously, that's what Jesus taught, like he taught us to save ourselves, not that you die you you live a life where you take no accountability for your actions. You do nothing to actively heal your shadow. You do nothing to align with light. You do nothing to move into a higher frequency. You just follow the agenda. You follow the Luciferian grade your whole life, and then you die and you're whisked away to some magical Candy Land. It's not real. It's not real. And if you tap into your higher

self, you will feel that that is not real. And you know, those of you who are on my first clubhouse chat where I talked about getting in your body and feeling in your body, you'll understand that you will feel everything. You don't ever have to take the words that I say or the words that anybody says at face value. And in fact, you shouldn't. I encourage you to not ever take anything I say, and just like you know, point blank, accept it. You should feel it because you have your own GPS system. You have your own connection to God. And when you practice feeling it like, Does this feel right? Does it feel like? What these churches teach that if I sit in a church every Sunday and I donate 10% of my money and I follow their rules, that I'm gonna be magically saved. Does that feel right? And keep going back to that, keep going back to that, to that sense of what you feel and don't feel. And so at the end of the day, you want to make a list of all your fears. Understand that fear of death is probably the underlying fear for everything else. Learn find a way to make peace with that. That's a key part of the Life Path program, for those of you that are in that it's scary, those dismemberment journeys, it's not it's not always fun. And the grandmother medicine comes through my energy and the energy work that's in that program. So people are getting a dose of literally, DMT. Sometimes people are actually like getting the physical effects of it, but find a way to come to terms, to accept death and then get back to work. It's like, okay, I can accept death and make friends with it. So I'm on borrowed time here, because am I gonna make it one more day? I hope so. Am I gonna make it one more year? I hope so. I'm gonna make it 10 more years. I hope so. But you don't know nobody on this call knows not one person, so make sure that you are not squandering it. It's urgent. It's urgent, and that sense of urgency can be pushed into action by the fear. So that's an example of where fear can be beneficial to you. Now, on the flip side of the coin, fear can be absolutely debilitating, and can do the exact opposite. It can stop you from doing anything. It can stop you from starting a new business. It can. Stop you from changing the way you eat because you've been so brainwashed to think that you need, quote, you know, protein. It can stop you from leaving a narcissist because you're so afraid of being alone, you know. And when you dissect these fears one by one by one, which is part of what I'm suggesting you do, you kind of look deeper into the fear, and you look at, okay, if you're afraid of being alone, obviously this comes from inner child wounding. I highly recommend side note, by the way, on my Instagram, I have a guide, you know, you'll see, like the little icons. It looks like a little book, booklet, kind of thing. Those are called guides. I only have two on there. One is a relationship, one and the other one is the core fears, the 12 core fears. So go through that, because you're going to see yourself in so many of those fears. And each one is a post that I had written on the 12 core fears that come from the inner children. And one of them is the core, the core fear of being alone. And if you look at it, you dissect that, and you're like, God, and you may not even consciously be doing this, but if you're feeling like, I'm so afraid to be alone, I don't want to be alone, I have to have a partner. I have to have a wife, a husband, whatever. That's pretty much the majority of people. And if you're in that category, and you dissect it a little further, and you're, let's say you're, let's say you're currently married to a narcissist, or you're married and you're just miserable and but you're so afraid of being alone. The fear of being alone is much more powerful as a motivator for you than the fear of living with a psycho or a narc or just being unhappy not being able to pursue your highest life path. You actually can have a logical conversation with yourself about, Okay, do I really feel that I'm happier, that I'm on a higher path, that I'm living a better life, when I'm sleeping in the bed every night with somebody who I'm miserable with, somebody who is like terrible to be around, somebody who's narcissistic, somebody who gaslights me, somebody who doesn't have the same passions, who just wants to do Nothing, or somebody who's an alcoholic, or whatever you know, fill in the blanks, right? Are you really, really afraid of being alone? And if you are, then why? And start dissecting that. And look at the inner child wounding. And look at take a look at that guide and see what you're afraid of. But everything comes full circle. All these fears comes back to healing mother wound and father wound, healing the shadow and making friends with death. Because I promise you, if

you get to the place where you're comfortable, where you actually acknowledge death, accept death, like real death, like death of everything you think you are, your hair, color, your eye color, your education, your background, your family status, your religion, your culture, people identify like over identify with all this stuff, all this stuff, like, I'm this heritage. I'm not heritage. I'm this, you know, race, I'm this, gender, I'm this, whatever it is. And get so hung up on that. So it's really hard to let go of, I mean, it was for me too. It was for me too. And that's what you want to get to, the place of understanding, oh, I have to, like, really acknowledge death and the death of everything I think I am, everything I think is so freaking important. Where I live, the car I drive, you know, how many degrees do I have? Am I a mother? And look at how many parents identify themselves as I'm a mom, which, of course, it's the Sacred Path if you are a parent, if you're a mom, it's like the highest path of expression that you could be because it's a complete and total devotion service to another soul or to multiple souls. So but even that, it's like you're not that when you die, you're not a mother anymore when you die like that, to me, was fucking terrifying that that for me was like, Wait a minute. I don't want to do this. I don't want this journey. I don't I don't want to face this death. Because the thing that was the most important to me is my motherhood was non existent, absolutely terrifying to me more than anything else that I was losing in the death experience. So when you do that and you're able to realistically look, then you can get to the place where you say, honestly, yes, there is a lot of stuff happening right now. And I'm going to talk more about this, because we're gonna, we're gonna go for like, at least 90 minutes here today. So I'm gonna talk about the actual stuff that's happening right now, and the things that are scaring you, and the things that are being pushed into the fear collective and some practical ways to deal with that as well. But I wanted to make sure that right in the beginning we're like getting it straight on. What is fear? How do you stay out of it? Where is the core? How do I start this journey to fearlessness? And really, what do I believe? Do I believe I can be fearless? Where do I believe I can wind up at the end of the day with this to understand that there's actually helpful aspects of fear, you know, and like I said earlier, the fear of death is actually the thing that can be a catalyst to keep you motivated to get you off that couch, to get you that joint down and stop smoking the weed, to get you to do the inner child work and to not bypass right? But you know, fear as a reaction, as a biological response, starts in our brain, and it is starting in a region of the brain that I mentioned earlier, called the amygdala. It's like a small almond shaped set of nuclei in in like what's called the temporal lobe of your brain, and it's literally dedicated to detecting emotional stimuli and how much something is standing out for us, and so that's extremely important. To understand that there is a biological component of that. There's something within you that is physically happening when you're afraid, when you're in that fear, and it leads to physical bodily changes that actually prepares you to be more efficient in the face of real danger. Your brain becomes hyper alert, your pupils dilate, you know, breathing accelerates, your heart rate and blood pressure rise, blood flow and stream of glucose to the skeletal muscular muscular system increases the organs in your body that are not vital to survival, like the gastrointestinal system slow down. So if you ever notice, like, if you're in fear, if you're in a fear state, you might have noticed you can't really digest food. Maybe your stomach gets upset, or maybe you can't eat, or you feel like, I just can't eat right now, because I'm afraid that's with good reason, because digestion of food is the most labor intensive activity that your body will ever do, so your your body's like, okay, hey, the GI system not essential, right? Now we're gonna slow it down. The part of the brain called the hippocampus is very closely connected to the amygdala. And the hippocampus and your prefrontal cortex actually help your brain interpret all the perceived threats. So this is very high level processing of context. So let's say you see a lion in a zoo, your prefrontal cortex is operating very rapidly. Saying, not a threat, not a threat, because of context. I'm aware. I'm in a zoo. This isn't scary. But if you're out there in, you know, somewhere in Africa, and you're walking through the whatever, you're walking through the desert, and you see a lion, it's going to be scary, and you're going to know that in that context,

it's danger and you could be dead. So these are very, very important distinctions that your brain makes. So we don't want to demonize fear. Like a lot of the New Age community, is like, oh, fear is just not real. No, fear is very real. Fear is built in and hardwired to who you are as a human being. Is biological. It creates a cascading series of events in your entire body. And that's good, right? You need that. You need to know when something is an actual threat. But what happens over time is that you learn fear. You learn to be afraid of things. You learn to be afraid through constant conditioning. That is how the Luciferian grid works. That is how the satanic agenda works. The Satanic agenda wants you to be afraid, and it will push you through the conditioning, through the things that you're supposed to be afraid of. You're supposed to be afraid if you pull your kids out of school. And for those of you who saw my stories today, I I posted a video 23 minutes from Candace Owens. Highly recommend every person watch it, whether you're a mom or not. It kind of was focused on moms and sort of the mama bear instinct. And she talked a lot about schooling, you know, taking your kids out of school and homeschooling, which I've been homeschooling my kids for 16 years, and I've been promoting and advocating and telling people and get your kids the hell out of school and for your Believe me, 16 years ago, people were like, Oh, my God, they're going to be socially awkward, which is hilarious, because people always say, oh, what kind of education your kids have they're so socially eloquent and kind and compassionate and articulate and conversational. And our kids are over there on a device, you know, hiding away from social contact. I'm like, oh, yeah, your kids are probably in school. They're like, yeah. I'm like, mine are at school at all. Like, my son has left. My daughter had a private school for a couple years. My son has literally never stepped a toe inside of any kind of school of any kind, private or public, and people think he's gone to, like, the top private schools in the world because of his his nature and his conversational ability and his maturity and his compassion, right? So? But I've been preaching this stuff for years, but Candace talks about this, and she's like, she admitted, she said, Me too, I used to think people were homeschooled, were like, the weird families. And she's like, where then I had to think, where did I get that from? Where did I get that idea that the weird families were homeschooling? She's like, when actually those were the mothers doing their fucking job, right? She goes, I was conditioned. So that's how fear that's how learned fear happens. So you have natural fear that comes from what you're biologically wired to have, and then you have the fear that is pushed and conditioned and programmed. And that is what she was talking about, that you're just hearing this and believing this and accepting it without even understanding where it's coming from. And so what is happening in the collective now it's your kids need to go to school. Your kids need to learn about, you know, all these agenda topics, the transgender topic, for example, all these topics that they want you to accept, and the topics that they want you to believe that you're a bad person if you don't accept, and the topics that you believe you'll be canceled for if you don't accept. And well, oh my God, my kid has to go to a top school. My kid has to be accepted all this whole list of things. Those are fears that are programmed. You are programmed to know what those fears are. Those are not natural no mother, no parent, is naturally afraid of homeschooling their kid. It's a programmed fear. It's Oh, my God, what if I don't get vaccinated and I live in New York City and I can't eat at a restaurant? That's not really scary, right? That's not a lion coming to tear your flesh with its teeth. That's I can't eat at a restaurant, because the world is a mess right now. The world was always a mess. Let's just start with that. The world was never normal. This is a prison planet, and the sooner you understand that, the easier these concepts will be to understand. But it's not really scary because you can't eat at Danielle. or NoBo right? It might be uncomfortable. Your inner children might fight that, but it's not scary, but you are afraid of it. Oh, my God. What if I can't go to a mall? What if I can't eat out and believe me, believe me. Coming from a person who I travel all over the world. I've been to a huge ton of countries. I like to stay at nice resorts. I enjoy my ability and my freedom to travel. I enjoy eating out at really nice restaurants. I enjoy the lifestyle that I've always had. But you know what? If I can't, it's I'm not

scared of that. I'm like, Okay, I have to make an adjustment to that, you know? And in 2019 you know? I think I lost count. I don't remember the exact number, but I think we were on 57 airplanes in 2019, trips to Paris, New York City, shows Hamilton, the Metropolitan Opera, the Eiffel Tower. You know, we did the Louvre museum. We did so much stuff that year, 13 trips to Maui and Oahu for my son's golf tournaments. We did a lot in 2019 we travel a lot. We traveled a lot. We've been everywhere. We've been countries all over the world, on almost every continent. And that might not be possible. It just might not. I literally might never be able to go to Louvre again. Am I glad that I took my kids there? Absolutely Hamilton couldn't go. Now, you're required to have a vaccine. Couldn't see that show. Super happy that I have always lived by. You know, what? Do things when you feel the urge to do them and take action, don't wait. Don't go over to that in five years when we save up the money, or, no, just just do it. And I've always been that way, so I have zero regrets. And if I can't go anywhere, and I can't do any of those things. Okay, okay, that's, that's what God is showing me. This is what's happening on this prison planet. I certainly don't have control with the planet. I only have control of myself, my own energy. So okay, I can't do that stuff. I'm not I'm not gonna cry about it. I'm not gonna sit around and bitch and complain and poor me. And no, this is reality. So I have two choices, succumb to evil, sign a contract with Lucifer. Okay? That's not happening, at least not for me. You get to make your own choice on that, or deal with great I'm never going to another museum, never going to another Broadway show, never staying in these, you know, fancy resorts again. Okay? Those, those are awesome. I love that stuff. I've lived a very adventurous, active, exciting life. I thrive on that. But if that becomes not possible because I'm being tested, am I going to sign a literal contract with evil so I can still do those things that appease my ego? Those are not things that appease my soul. That's my Liana self that likes that stuff. That's not my soul. I'm never going to sacrifice my soul. I will never make that choice. There is nothing they can do to force me to make that choice. You have to decide for yourself. But I'm not afraid. I'm not afraid of that. I'm not afraid of whatever changes happen around me, because my soul is good. I'm aligned with Jesus. I have been for 50 years. It's not changing. They've thrown every piece of crap in the book at me to try to get me off my path not going to happen. It's not going to happen because the only thing I'm afraid of is disconnecting from the light. That's it at this point. That's really when I identify like an actual fear. That's the only thing that absolutely terrifies me. And it's not going to happen because I have control over that. I have sovereignty over that. The good news is you get to decide for yourself. So if you're scared and you're like, oh my god, there are a lot, you know, I know many of you in Australia, there are walking down states. We can't travel interstate. Okay. Well, you got two choices. Get the hell out, or you're staying where you're at for now, until and if things shift, and things will be shifting, we'll talk about that on another call, that'll probably be my 2025 call. You know, if you're in Canada and you're super worried, you have a choice. Maybe you make a lot of money, you have a big, beautiful house, you're like, you know what? Don't really want to disrupt this life. Okay, then choose that. And if, and I'm not saying this is definitely gonna happen, just putting it out there, if things radically change and you become completely immobile because you can't do anything without a vaccine. Know that you made that choice. You made that choice because you wanted your big, fancy house, or your big, fancy income or whatever it is that your ego is attaching to. You're not going to pack up and pie tail it out of there. Okay, you are making a choice, and that's the way to mitigate fear. Because if you understand that, every day when you when you wake up and you realize, oh, cool, I'm alive. I'm breathing. My eyes are open. I see stuff. I'm still here on planet Earth. Got more work to do today. I'm making a choice every day. How am I going to handle this? What am I going to do? And you observe. So that leads me to my next question, which someone else asked? Which was, you know, how much of the information out there in the world do we need to know? Like, how much of it do we actually need to know? Do we pay attention to the news? Okay, here's, here's my thing on that. You have to know yourself how much you can handle. I find, in general, most people can handle very little, because the

more you use there's so much fear mongering out there, it is very difficult to get actual facts. It's one reason I do illumination. Because I share information with you, real information, facts, but not in a way that is designed to scare you, in a way that's designed to empower you to say, like, Okay, this is what's happening. Yeah, things are going to be very different by 2025 there was a period of time last year where I told people you should probably stock up on some food, depending on where you live, have a few months worth of food. And people did. People in my groups were like, You know what? Liana doesn't over exaggerate, or she's not dramatic. So we should do this. And for some people, Texas was one place. There were a couple other locations as well, where that became an absolute necessity. When things were shut down for various reasons. It was weather or, you know, different things were happening, and they're like, Oh, thank God. You know, we listened to that. So that's a situation where facts that are they're not fun, they're not pleasant, facts to think of, you need to stock up on food, but that's a that's a far cry from these preppers going, oh my god, we need to prepare for World War Three and gathering up ammo and food and, you know, crazy, right? So it's balanced information you have to know yourself like I can hear anything I can read every nonsense I can listen to every news outlet I can hear all the fear mongering, and my instant energy filter is bullshit, bullshit, bullshit, bullshit, bullshit, Liar, liar, liar, liar. I don't it doesn't affect me, because I can see the energy if you're not in that place yet, it's going to harm you, because it's going to make you afraid. And people that were doing really well on their healing path and starting new businesses, growing their income and eating really healthy, they start buying into the fear, or they're following people on social media, and they'll they'll DM, you'll be like, Liana, look at this person's head, and I thought they were a light worker. I'm like, they're not. They're in duality. And even the people that are trying to act like they're sovereign, they're making you even more afraid, because they're saying you have to fight everything, and everything's so horrible and scary, you know. So you, you have to really know yourself. First and foremost, you have to know what are you capable of handling. And again, be honest with yourself. Be honest with what you can handle and what you cannot handle. And then you go from there. And then you take in information and facts as you deem appropriate for yourself. Facts are always helpful. So is it helpful to know that your country is closing borders on, you know, September 1 and you're not going to be able to leave even without a vaccine. Yeah, you want to know that. You don't want your head in the sand, because if you want to get the hell out, you need to make plans to get the hell out. You have choices. You have choices every day when you wake up and you realize you're still alive, a day full of choices and a day full of sticking your head in the sand not going to help. So if you look at the choices and you're like, okay, my country's closing down. I don't know what's going to happen two years from now. Maybe things will open back up. Maybe once the 50 different made up variants pass through, people start waking up, maybe things will change. But for right now, I really don't want to be stuck in this specific place because I don't like it enough to be here. I don't like it enough to be stuck here, then I'm going to leave. Then you get to make that choice. If you're like, you know what I love, where I am. It's beautiful, it's peaceful, it's calm. I'm I have a sanctuary here. No matter what they do this is you gotta be somewhere. You have to be somewhere on this planet if you're going to stay here. So am I in the place where I really want to be? That's what you have to decide. When there's uncertainty. And I can tell you, there is a lot of uncertainty right now because a lot of things are based on energy, and that's something that has always really pissed me off about people that consider themselves psychics, because first of all, they're channeling from demons in the astral plane. That's one thing. When you're actually reading the Akashic records. There are certain things in the records that are permanent, that are unchangeable. There are other things in the records that are based on what is happening with the energy. We don't live in a static universe. The multiverse is constantly flowing and changing, and it's flowing and changing based on what you're actually doing, how you're responding to the energy. So if, collectively, everybody's responding in fear and everybody's just automatically complying, and everybody's frozen and

everybody's numbing out, and more and more people are smoking weed and getting drunk and taking the vaccine, then it's going to get it's going to get bad. It's going to get a lot worse. We're going to be faced with all faced with a lot worse than anything you ever imagined. That's just a fact. It's still not scary, because you still have your soul freedom. But it can be changing. It's not static or not in a static universe. So what is vital for you, and if you literally only take one thing out of today's chat, it would be this your personal contribution to the energy field in the quantum universe is essential. You are an essential being. You are not insignificant. Your ego might be telling you what you do doesn't matter. That's an excuse. That is an excuse for laziness, that is an excuse for inaction, that is an excuse for putting the power in other people's hands, totally giving away your sovereignty. That's an excuse. If you think that you're not significant, just know that your ego is controlling you from a very dark place. And there's a big false belief out there that if you believe that your energy is important and that your energy matters, that it's somehow egoic, or somehow you're full of yourself, that's the lie. That's the lie. Why is that the prevailing lie? Because darkness wants you to believe you are powerless. Darkness wants you to it is so much better for the Luciferian agenda if you believe you're powerless, because then you act powerless. And guess what happens when you act powerless, you are controlled. You're a circus monkey. You're literally reduced to a circus monkey performing. Those of you who. Listen to Illuminations, you'll know I went deeply into that topic last night. So the darkness wants you to believe your powerless, wants you to be afraid, wants you to be a mobile wants you to think your contribution to the universe. Says, God, you're just this little peon. You don't matter. You Do matter, and you matter a lot. Because take that to its logical conclusion, every being out there at you know, 8 billion souls on this earth, the large majority think they're powerless. Guess what they are. They are powerless. They've bought the lie. They have signed up for the Luciferian agenda because you don't think you're important. Now, then we have the duality. We have these like 20 people on Earth, you know, Bill Gates of the world, who believe they're God like they know their power. They're obviously exerting your power. Look at that. They're controlling. Bill Gates is controlling the medical narrative, literally, if you watched Candace's video, and if you didn't, please watch it. She talks about how Bill Gates is saying that, you know, being educated is somehow racist, is racist. And she's like, Do you really think that he teaches his kids that this guy who started Microsoft, you think he doesn't know math. You think his kids don't know math. Of course they do. Of course they're learning. They're educated. So he knows his power. He's grabbing it. And what you find with the dark agents, with the reptilians, with the Luciferian minions, they know the power. The problem is because they disconnected from God, they've disconnected from light. They believe they are the power. And a few weeks ago, in Illuminations, I talked about that. I talked about this concept of CO creating with the divine, which no me, you anybody else on this chat? Bill Gates included. I know he's not on the chat. Maybe he is, but you know, we know that we didn't create the Earth, we didn't create the stars, we didn't create the galaxies, but we are co creating with the universe. Every single day, we wake up and we make choices. Everything you do, from what you eat for breakfast, if you decide to do a workout or not, if you speak kindly to other people, or you speak nasty, if you talk behind people's back, or you opt out of that. You are co creating. Everything you do and think and say is a co creation with the divine, which means you are enormously impactful in the quantum universe. So if you take the mass of 8 billion people, the large percentage of which are completely disempowered and have completely bought the lie of, I'm not anything. And of course, religions are pushing this, right? You're nothing. You're powerless. Addiction programs like 12 step, anybody who's familiar with that, oh, I'm powerless over this drug. No, you're not, you're not powerless over anything. You're powerless over evil, if you accept that. Bs, but there are so many different avenues that this disempowering agenda comes at you, and you've probably bought it. You. I guarantee right this second that if I were to take a poll on this chat, at least 82 to 84% of you would say, Yeah, I don't. I don't feel like I matter in the universe. I mean, I'm just me, like I don't I don't have

anything to offer. I mean, I'm not powerful in the universe. You are. You actually are. And when you give up on that, you're allowing fear to come into your life, because you are surrendering to the fear, not to God, not to the divine. And that's why I started off by saying something that one of my students said in the group, which was that, you know what fear is, another form of ego. It means you're not fully surrendered to the divine. You're not fully trusting the divine, and that is a problem. Another one of my students mentioned in the group today, she said, you know, it is forever etched, and I'm reading this exactly. She said, I don't have a question for the chat, but wanted to share here, because it's forever etched into my body and mind. You told me once that any decision based on fear will be the wrong one. I've used this to help guide me in all that I do a massive thank you. So any decision you make based on fear is going to be incorrect if you're doing it because you're afraid. If you're not pulling your kids out of school because you're afraid, wrong decision, getting a vaccine because you're afraid, wrong decision, quitting your job because you're afraid. Wrong decision, divorcing your spouse because you're afraid, wrong decision. Fill in the blanks, doing anything because you're afraid, wrong decision. That is 100% absolute truth. And like I said a little while ago, if you can take action in the face of fear, and take action while you're healing, while you're trying to get to that place of being fearless, take the action anyway, and say, I know I trust the divine. I just don't fully. I got fully surrendered to it yet, but I'm going to be disciplined enough to take action. The universe is going to help you. The universe is going to support you. The universe always rewards action, especially action taken in the face of fear, which is why use the example of me leaving New York and moving to Hawaii, definitely afraid. I was not unafraid. I was nowhere near the level of fearless that I am today, and I did it anyway, because my bigger fear, which is still the fear that drives every decision in my life, is be disconnected from the light. That's just not going to happen. So any other thing that comes up, if it's a choice of being disconnected, I'm not making that choice. So these are all things for you to contemplate and to understand. When you come up with your list and you look at the things that you are afraid of, you can start to dissect them and start to understand which of these things are really scary. You know, is it really scary that you can't go to a mall? Is it really scary that you might not be able to eat at a restaurant? No, it's not. You'll uncover that. It's really not. Is death even really scary? No, it's not, when you're aligned with. The divine. That's not scary either. And the only thing that's truly terrifying is being permanently disconnected from light that is a state of absolute terror. So having said all of that, if you have some more questions and stuff that I want to go over in a little bit, but I kind of want to introduce Natalia to all of you. Natalia lives in London. She's a very good friend of mine. She is also a student for a long time, and has done all of my programs, and has actually struggled a lot with a variety of fears, and has overcome a lot of those fears. And so I like to have people on as guests who have applied some of what I'm talking about, especially because there's a lot of new people here, and it's helpful to hear from somebody who's been through the month, so to speak, been through everything I'm talking about has applied teachings and has come out on the other side, so that you can get, like, a practical, real world example of how someone actually maneuvered their way through it, and they were really terrified. So with that being said, Natalia, if you wouldn't mind unmuting yourself, and you can just take the floor and go ahead and share with everybody what your fears were. And you know, just let us, let us all in on your your process and your path.

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Natalia 56:07

Okay, thanks. Hi, Liana, hi.



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56:10