

WEBVTT

00:07:43.000 --> 00:07:47.000

Oh, what you're visiting? Okay.

00:07:47.000 --> 00:07:53.000

No, I'm right now. I'm a top. I'm on zoom. I'm at living.

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Oh, you left California?

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I'm living in New Orleans and I'm in New Orleans. On the No.

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Oh, he's just a friend of mine from. From 60 years ago when I taught him as a student.

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Oh.

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And it was in New Orleans. I taught there long time ago and We've just kind of kept up, connected, though.

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Oh, so you're visiting. Louisiana. Okay.

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No, he lives in New Orleans.

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Yeah. Okay.

00:08:20.000 --> 00:08:28.000

And I used to, I used to teach there.

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No, I was a student.

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Cool. So Larry, you were the mentor. Yeah. Oh, you were the student.

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Yeah.

00:08:33.000 --> 00:08:35.000

Okay. Alright, I got it all wrong. Hi.

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It was my chemistry teacher. And physics teacher. And my freshman year at Coriasu High School.

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Wow, long time ago.

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Which was 1960 or 61. So, so we're giving a much older guy, since those days, we've got much closer in age.

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Over the last 60 years.

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Yes. Yeah. Hi, Sue. I see you're on.

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Can you unmute yourself?

00:09:09.000 --> 00:09:11.000

Yes, hi, hi everyone.

00:09:11.000 --> 00:09:12.000

Hello there. Welcome.

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Can you unmute the, yeah, there you go. Okay.

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Thank you.

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And we got a few other people coming on now. It's getting close to the hour, so.

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There'll be more. So glad you could come, all of you.

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Andy.

00:09:36.000 --> 00:09:37.000

Hi.

00:09:37.000 --> 00:09:39.000

Good. Good to see you.

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So I'm here.

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So I'm gonna talk a little bit. During the presentation about how this all came about and probably some of you are curious about that.

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And it's really wonderful. I actually had 2 2 occurrences this week of that just support what this is all about.

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I've got 2 sons who wish they had cars that they didn't. And, One of them.

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Okay.

00:10:21.000 --> 00:10:29.000

Somebody just gave him, gave him a vehicle. And the other one where he works, they had a surplus one in.

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They just said it's only worth a few \$1,000. So here and we'll just put it on time and take it out of your paycheck a little bit.

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So he got his too.

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All part of wanting what they want what they wanted and intending having Happy thoughts about it. That's what this is all about.

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So I see a few more people signed in. Monica High and, 0 Virginia High.

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Good afternoon.

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And Linda and

00:11:08.000 --> 00:11:15.000

Cool. And Lisa.

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You see me leaving forward because the print small on my little screen here and I can't read it from a distance.

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So I'm leaning forward to take a look at it.

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So anybody besides Larry that's not from the Los Angeles area?

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Not yet. We have a few people from other parts of the country signed up.

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Yeah, I'm from Alabama, as you know.

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Yeah.

00:11:53.000 --> 00:11:58.000

What part of Alabama?

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Birmingham.

00:12:11.000 --> 00:12:12.000

Yeah.

00:12:12.000 --> 00:12:20.000

Welcome folks. As you sign in. It is 12 o'clock. Oh, we'll see how many we have.

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Okay.

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I have 30 people signed up. We'll see how many show up, manage to. Find the zoom link and Hit it.

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I. How did you all like the fact that it was? Easier than usual, I think. With just one link got you right in.

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No, no waiting room or codes.

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Like it

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So worked well, huh? That's what I was trying to do is make it easier for everybody.

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So. Somebody tell me.

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What, why you're here. What you, expect might happen today.

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Anybody?

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Well, I'm just curious. I'm very curious. I read the little blurred about the your course and I read your 1st chapter last night.

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Okay.

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And I'm eager to find out how you do this. I love in your 1st chapter you said joy.

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Because you need joy in order to create what you want. I believe that so I'm really interested.

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I look forward to it.

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Yeah.

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Great. Great. And so your name is Joe or Joy. Joe.

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Just missing a little while there, but you can be joyful. Yeah.

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Yeah, right. Anyway, right.

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Okay, I'm gonna get started. Because it's couple of minutes after 12 and everything seems to be working. People hear me, I think.

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I hear most people. So everybody who's connected seems to be well connected. Hello, Carol.

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I see.

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Hello, I finally I just made it home. This is perfect. Hi, Marguerite

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Okay.

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Oh, great. Welcome to Have You A Boy. Okay. So I'm gonna start and what I'm gonna ask everybody to do.

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Is I'm gonna ask you to mute yourselves. So that we don't get any background noise from.

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I don't know, dogs jumping in or. Door slamming or Fire trucks passing by. And, I'll give you how we're gonna operate in just a minute.

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So I'm gonna start by. Sharing some slides and we'll talk we'll talk our way through them and interact through them.

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So I suggest that you have your Chat open. All you have to do is just hit chat once and it'll open up on the side for you.

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And because we're gonna do, we're gonna use that a little bit.

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All right. And I'm gonna do a screen share here.

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As soon as.

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It shows up. Where do you go?

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That's what happened to me yesterday. The screen share disappeared. Oh.

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All right. And there's the more and the more is open without. Oh boy. Okay.

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I'll see if I can. Find it.

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Okay.

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Okay, where did you go?

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Screen share, where are you?

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Share screen, I found it. At last. Okay. But I hit it.

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Where is it? Not there yet.

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I'm coming, folks. I'm coming. Guaranteed.

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All right, now it's here. So I'm sharing the screen with you.
Everybody, see that?

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Raise your hand if you see, something new on your screen.

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I see.

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Yes, good. Super. Thank you. Alright, so.

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1st time I talk a little bit about why me, why, why am I doing this?
Why, why?

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Well, I've got some experiences, lots of them. And I desire to share them.

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So I wanted to share them with my grandchildren first.st and I wrote a book to tell them what I had discovered about the rules of life.

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And then somebody got a hold of one of those books that I did and said, you need to make this more general so that Lots of people can experience it.

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And so that's what I decided to do. I felt called to do that. So what does that mean?

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Well, I think it was. My inspiration, my inner voice said, Do this and

so that's why I'm doing it.

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So some of those experiences I have to share is I was a monk. A religious teaching brother. And I taught Larry who's in on this call.

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In New Orleans High School. I left and married an ex-nun. We had 4 natural children together, then we adopted one who had mental problems and we had to hospitalize him.

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I. Had a career as a computer person all the way from programmer to director of European operations, 5 years in Europe.

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Then my wife, Found a hypnotist who helped her with a lifelong problem.

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And so she became a heptist and so did I and we moved to California. And so I've been a hypnotist for 18 years.

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While in Europe, I had a daughter nearly die of bacterial meningitis. And through all of those things, I've collected a bunch of experiences.

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That now some people have helped me understand what they mean. So in this week one, what we're going to do is we're going to cover.

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The material of the 1st 4 chapters of my book. Which is 1st a little dedication. Which is kind of covers what I just told you about what why why I did this.

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And then the 1st chapter is Life's a Game. And the second one. Life's missing instructions.

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And the 3rd one.

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Life's playing field because all games have a playing field. And then life's game equipment. So that's what we're gonna do today is cover those.

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Why? Why? Well, I'm having a lot of fun. And I wanted to share that fun.

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1st I wanted to share it with my grandchildren. As I told you and then I wanted to share it with a more general audience.

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And so any seeker, any person who's trying to discover how life works. And that's our job here.

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And so I think I've got some answers. Not all of them. And so I'm hoping that we'll discover together maybe some more answers or maybe what I think works doesn't work for most people.

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We'll discover that too. So life's a discovery. And I think that we'll, discover it together.

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Discover and expand together because through this will grow and that's expansion, which we'll find out as one of the key components of life.

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So here's the process.

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I'm gonna the process is starts with you reading the chapters beforehand if you can.

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All of the chapter material is going to be on the same website page. That you've discovered already.

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It's called living by Life's Playbook. And right now there's the week one chapters, the content of the chapters is there.

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If you buy the book or Or this is the book. Well, yeah, this is the book. If you buy it, the chapters are in there.

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If you don't buy it, the chapters are on this website page so you can read it anyway.

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And so is we 2 is already there for you to read for next week. And I will put each week there as we go.

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So that's kind of beforehand. But if you don't do that, Never, never mind, you can read it afterwards.

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What we're gonna do is discuss the key topics through questions. So I'm going to kind of ask the questions.

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I'm going to be the life questioner. And we'll kind of share our answers together.

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In the chat and so the chat responses. And if you have questions that you want to pose as well, that's place to do it.

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And I'll answer some of the questions as many as. As time permits and is I'm able.

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And then afterwards there'll be a summary. Of the answers in an email that I'll send you afterwards.

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So that's kind of the the format. And, there'll also be a replay of the Zoom session so you can.

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Re-listen to it again or listen if you missed it. So that's kind of the format.

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We're gonna go. With and we start off with lives again.

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So the very 1st question is What's a game? So what do you think the characteristics of a game are?

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If you want to just post them over there in the chat. I'll, read off what people post.

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And that'll be lots of fun. So what's the? What do you think the characteristic of a chat or I mean about game are?

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We're still only seeing slide one. You don't see, life's a game yet.

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Who can see?

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Let me see if I can get a view of everybody and see how that's going.
So.

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Who is seeing the slides that says life's a game? Raise your hand if you are.

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Who's seeing lives again?

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Nobody. Nobody?

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That's not good.

00:24:35.000 --> 00:24:48.000

Let's see. What we can do about that.

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So how many people saw that slide lives again?

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Nope. I don't know why that's happening. That's gonna be interesting.
Let's try it again and, I'll see if I can make it work better.

00:25:14.000 --> 00:25:21.000

How's that?

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Same.

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The same. Same 1st slide.

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Okay.

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What we see is why me experiences desire to share and called.

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Okay, all right. So I have a presentation and I'm moving it on and it's not showing up.

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So I'm going to try something different.

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I'm going to

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Still the same, right?

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No, now we saw life's a game. There you go.

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Hi. There we go. You got it. Good.

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Working now. Yep.

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Super. Alright, so. Go ahead and put in the chat why you have take life's a game or what is a game?

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What's a game? One of the characteristics of a game that we're that we're going to try to see if life's got that or What in our life is like that?

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So we got lightness of being. Allowing happiness to fill one spirit.

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Rules. Players, obstacles, incentives.

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Find your next move every day. I like those. So here's the ones I came up with, not to say this is the set of them, but just to have something to talk about.

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Was some goal or objective.

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Enjoyment if it's if it's not fun, it's Not a good game.

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So. Some kind of pleasure. Usually a skill or skill building is part of it, I think.

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And it engages us. Our body mind and spirit. I've been watching my, my

step grandson.

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Play.

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Volleyball. In a competition that's broadcast live. And, there's lots of enthusiasm.

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And emotion on every single play. Both bear on the court and in this household as well. Competition.

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Sometimes this competition, lots of games have competition, sports games. But there's games without competition too.

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So what about crossword puzzles. Or solitaire or

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Games where you just competing against yourself to build skills lots of video games are

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Without competition. Except maybe against somebody else's high school or someplace. Why do we play games?

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Yeah.

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Go ahead and put your reason why we play games in chat there.

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I see somebody who said that when they opened the chat they can't see anything else. I think the chat usually.

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Goes on the right hand side. Maybe unless you're on a phone. If you run a phone, they're separate windows that you slide from side to side.

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Okay.

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It could be. Shrunk with what grab the edge of the chat. And it gives you a back and forth arrow that you can shrink one way or the other.

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So why do we play games?

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Winning, losing.

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Teamwork. Fun competition.

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We have to, no choice. Oh, I wonder what that means. In my family, we use it to reconnect.

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It's a way to have fun with others. Improve ourselves in various ways. Alright, I think it's fun and emotion.

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A motion of fun, like, like. You said.

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And it also engages our body mind and spirit, our complete being. It totally absorbs us. It's a sport I think or a game is sort of like.

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Yeah.

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Sort of like meditation. On steroids so you you can't think of anything else why you're you're in the game.

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Bring very much to the present. So let's, remove ourselves. So we don't have any background noise, please.

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Thank you.

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So life's a game is. And why we play games, that's 1 of the chapters.

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The next one is Life's Instructions. So where do we get our instructions for life? It didn't come with a thick manual that we get with our car when we buy it.

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That we can look things up when when we need when something needs attention or we don't know how something works.

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So where do we collect our life instructions? Because we've been collecting them. From our parents for sure.

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Let's see what other answers we're getting here.

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That's experiences, yes indeed.

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Parents, teachers, friends, books, media, mistakes. Oh, I like all those. I didn't have all those listed.

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Certainly.

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So, what about religions? Religions try to give us, some instructions for life.

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Somebody just put up culture, that's right, for sure. What about laws? Laws try to give, you know, governmental laws.

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Try to give us instructions about how you should live. You should not run through red lights or stop signs.

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From school. So we get lots of instruction. About how to live from our teachers from. Our other Classmates.

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What about our gut and intuition?

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And society.

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And our friends and others as somebody already mentioned. Good. So. That's a hodgepodge.

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What do you find when you look at all these? Well, We got lots and lots of instructions and lots of them conflict with each other.

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So we've got to go through some kind of a process of sorting out which ones are the most important.

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Which ones are really true? Particularly when you get some that that don't fit with others, which ones are right.

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That's the dilemma that we face as humans. So hopefully. My book is sort of about that.

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Trying to find, find the the true ones, the the true guides. The ones we can use to get us where we want to go in life.

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So playing field. A game has a playing field. It's where the play takes place sort of the physical environment.

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If you take a game of soccer. The soccer has to take place on a grassy field with 2 white gold posts.

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One of either ran cover with a net. That's the playing field for soccer. So what's life's playing field?

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That's the question.

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Well.

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What I've come to believe. From my own discoveries and those of my instructors and mentors.

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That life's playing field is a vibrating energy field. That's everywhere. Is throughout the universe.

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It's inside our bodies. Science has come. Recently to understand this and actually name it.

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It's now part, it's becoming part of the standard model. Of how things work. A vibrating energy field throughout the universe.

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Including inside. Our bodies. So if that's the playing field. Nobody told us that.

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Nobody gave us the instructions about how to play. On that very well.

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I call it the flow. That's the name which I've given to this vibrating energy field that you'll see in the book.

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So what are other names? Anybody know the other names for, this vibrating energy field You've probably heard of it before.

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Yes, she, certainly. Is one?

00:35:54.000 --> 00:36:05.000

Somebody put up, yes. Well, the other the other names are that I've uncovered. Are these?

00:36:05.000 --> 00:36:18.000

She, Mana. And the, the Japanese chi. Which is spelled QI but it's called Chi anyway.

00:36:18.000 --> 00:36:29.000

The force, so the force in the star wars, sagas. Really refers to this. And the scientists call it a unified field of consciousness.

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That's a scientific term. That describes What's the energy that pervades everything and supplies life for and consciousness?

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Well, that's pretty interesting. If that's the playing field. What then?

00:36:50.000 --> 00:36:59.000

And I throw this in at the end frequency. Is the number of vibrations per second. Because all of this energy is vibrations.

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Vibrating energy field. And frequency is the measure of the number of vibrations. Per time unit, which is.

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Invariably per second. So radio waves are so many cycles per second. Cell phone waves, TV waves.

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Light waves, so many vibrations per second, X-ray. We're radiating energy at some frequency as well.

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So frequency will be a term that will be important in understanding.
How life works.

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So the equipment, what you play with. Okay, so if you're playing
soccer. The equipment is, well, the most, the most common.

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The most common thing. That most common equipment for a game. Is a
ball. If you look that up, the most common equipment is a ball is the
most common thing.

00:37:57.000 --> 00:38:07.000

In all kinds of games. But of course there's plenty of other things.
And so what is it?

00:38:07.000 --> 00:38:12.000

That is the equipment. Or the game of life.

00:38:12.000 --> 00:38:20.000

On the playing field of energy. I want I want to hear some answers to
that in the chat, please.

00:38:20.000 --> 00:38:32.000

What do you think that is?

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So I'm not seeing anybody putting anything in. Oh, here we go. It's
the same same as the flow Consciousness?

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That's good.

00:38:47.000 --> 00:38:54.000

Your mind, outlook. Good. That's a great one. That's certainly part of
it.

00:38:54.000 --> 00:39:01.000

What else? And so this is kind of what I'm I'm hoping we do with this
is that we Explore.

00:39:01.000 --> 00:39:05.000

What?

00:39:05.000 --> 00:39:13.000

How this relates to our life. How we can make this part of ourselves.

00:39:13.000 --> 00:39:33.000

Inquisitiveness. Good. So here's what I think it is. I think the most common part of life's equipment is

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Body, mind, and spirit. This is what we play the game with. We play it with our body.

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We play it with our mind. And we play it with our spirit part. And the way we do it.

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Is this internal energy flow. Of our thoughts. Radiates energy outward. And that's been called an aura so that there is an energy field around us that's an aura.

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And I put plus plus because there's much more than that. We're actually sending out. Energy waves Every person is, every object is.

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Because they're all in this field. Interacting with the energy. And what happens is in this interaction.

00:40:26.000 --> 00:40:38.000

We get our life results. And they come from, they match our thoughts. That's the the part about it that's so key.

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Is that The thoughts bringing frequency-matched returns. So whatever frequency we're sending out with our thoughts.

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Comes back to us, returns to us. You've probably heard the saying the rich get richer.

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And it is true because it is the way life works. If there thinking thoughts about. How good and happy they are about being rich.

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They'll get richer. And the corollary of that is that the poor get poorer.

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If their attitude is how terrible their situation is. That's the energy they putting out, how terrible it is, more terableness will come back.

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So part of that too is The sick gets sicker if they focus on their illness.

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And.

00:41:43.000 --> 00:41:57.000

The joyfully expectant. Get miracles of their desires. So if you have a desire and you're joyful in that desire and expect it to occur, And don't worry about it.

00:41:57.000 --> 00:42:05.000

Don't have. Down thoughts or feelings about it. It's going to materialize.

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I know that sounds really bizarre. Because that's not. What we've been taught.

00:42:18.000 --> 00:42:31.000

But the fact of the matter is Some of us have been taught that and I've been taught that recently and once I've started practicing and working with it.

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What I've found is The miracles are everywhere to match what I desire.

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So what am I calling a miracle? I'm calling a miracle. The occurrence of anything.

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That's totally against all odds. The Catholic Church defines a miracle. Because they use the criteria of you have to have 3 miracles.

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To have a saint, somebody declared a saint and their 3 miracles are 3 doctors.

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Have to testify that whatever medical issue you have been cured from. Could not have happened naturally. Well, what is naturally mean?

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Because lots of things in nature, that's what we're working with nature. And when we work with nature, which is this vibrating energy field.

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Lots of things can happen. That beat all odds that you might expect.

So.

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As I told, some of the 1st people who came on this morning. In my in my book I have examples of what I consider miracles.

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Because there are things that he that just or beyond expectation. And I had 2 more occurrences happened this week.

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So I have a son. Who had a drug problem and he's gone through rehabilitation and he's been clean for 6 months.

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And he's been getting rides to work and wanted very much to to have his own vehicle. And he's been having that desire for a long time.

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Strong and he's been very positive. And last week, someone gave him a car. It's not new, it's old, but it runs and it works for him.

00:44:29.000 --> 00:44:41.000

And I have a grandson. Who changed jobs and now needs transportation. To his new job that he didn't need before because he was riding with a coworker.

00:44:41.000 --> 00:44:50.000

And he would wanted a car and The company he went to work for had a spare vehicle. That they were gonna get rid of so they said.

00:44:50.000 --> 00:44:54.000

Here you could have it for a couple \$1,000 and we'll take it. We're on time out of your salary.

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We'll just deduct the payments out of your salary. So he's got his vehicle too.

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So in one week. 2 vehicles appeared where. They weren't expected at all. So it can happen.

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So what's going on? What what is what is really happening here? And what I believe is happening.

00:45:26.000 --> 00:45:29.000

Is.

00:45:29.000 --> 00:45:43.000

Kind of illustrated by this picture. So our mind is like a magnet and it's sending out energy waves and those energy waves come back.

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To us as the tangible things that We're sending that energy out for. They could be, they could be things.

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It could be circumstances like a new job. It could be a relationship with somebody. That's what happened to me.

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After my wife Donna passed. I made a list of what I wanted. And I went through the grieving process at the cancer support center.

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I made a list of what I wanted in a new life partner. And very, very specific things. And within.

00:46:27.000 --> 00:46:35.000

A couple of months? The circumstances, arose where I met that person. And I met it, met her at the.

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And a group that's run by one of the participants that day, Carole King at her.

00:46:41.000 --> 00:46:50.000

Salon for the spiritually creative life. And she met All of the things that I wanted. And it was it's unbelievable.

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We shared so many we have our library of books. Is 50% overlap duplications that we have.

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So it's it was a miracle for me, absolutely. And they keep coming. So another way of saying it is.

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Thoughts are emanating energy that goes into the flow. And matches up with things of the same frequency.

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So that's the key. The frequency match is the key.

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I have a friend or a mentor who says it this way. Fights become things. They don't really become things because the things are out

there, but the thoughts bring those things to us.

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It's just as good as as. As having a a magic manufacturing. Shop where you just put in what you dial what you want and how it comes.

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So that's what I think is happening.

00:48:11.000 --> 00:48:22.000

And you may remember a few years ago there was a movie. The secret. And the secret was basically this.

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It was they call it the law of attraction. And the law of attraction is in my book as well, and we'll cover that soon.

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But it's not a secret. It's a secret only to those who don't know it.

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But you're you're learning it if you don't know it already because that's what this is all about.

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You'll know the secret. The secret is in your thoughts. So that's that's the 1st 4 chapters.

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We'll go on in the other chapters to cover. The laws and the rules. And the referee.

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And all the rest of the things in the game. So. If you want to, Turn your.

00:49:12.000 --> 00:49:32.000

If you want to make a comment or. Ask a question where plenty good on time. Just, if you, there's a, under the, under one of the under the chat, no under the.

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Reactions. I think there's a place where you can raise your hand and that'll bring you up to the corner of my screen where I can call on you.

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You got something to say, do that and you will.

00:49:49.000 --> 00:49:53.000

And I'll stop sharing so you can see.

00:49:53.000 --> 00:49:57.000

All right. Carol, you have anything to say?

00:49:57.000 --> 00:50:02.000

Hi, if it looks like I did, I'm just trying to get my face to show. I don't know if it's on camera or what.

00:50:02.000 --> 00:50:10.000

I think it's so good and you are wonderful to listen to Duncan. I really feel privileged to be here today.

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It's just wonderful. And it's good that it's concise. And that we can.

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Discussed but it stays within it. A certain amount of time which is important at least it is to me I just think it's fabulous and thank you for commenting on the Okay.

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Blessing this home. With having been the place where you and Eva Marguerite met. And as far as saying yes, I

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I've, I feel it's, to me it's always been important to concentrate on.

00:50:50.000 --> 00:51:03.000

Non material things. Yeah, because I don't believe in material. The real existence of material things except they're an expression of spirit, God, life, truth, and so forth.

00:51:03.000 --> 00:51:11.000

So that's all well and good and we are on this earthly plane for this short period of our eternal life.

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But, so I. I also like to concentrate.

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Picture the harmony. And for me, when you were talking to concentrate on being not concerned. Because I do keep up with so much of the.

00:51:30.000 --> 00:51:43.000

World events and even medical in a field that has not been. Mine but it is become mine because I've studied so much and and I but hard to be.

00:51:43.000 --> 00:51:50.000

To allow myself to not be concerned in my whole faith every day being in God, yet still doing my work as long as I'm on this planet.

00:51:50.000 --> 00:51:55.000

Anyway, that's enough. That's what I think.

00:51:55.000 --> 00:52:16.000

Thank you. Thank you. Anybody else wanna? Comment or ask a question.

00:52:16.000 --> 00:52:17.000

Hi.

00:52:17.000 --> 00:52:28.000

So it looks like. EVA, do you want to ask a question?

00:52:28.000 --> 00:52:35.000

Valerie.

00:52:35.000 --> 00:52:36.000

Okay.

00:52:36.000 --> 00:52:37.000

Hello, okay, gotcha. Yeah, can you hear me?

00:52:37.000 --> 00:52:39.000

Yes.

00:52:39.000 --> 00:52:40.000

Okay.

00:52:40.000 --> 00:52:47.000

I would like to know and I'm sure the course will We'll explain that.

00:52:47.000 --> 00:52:52.000

Like Carol was saying, there's so much negativity in the world right now going on and.

00:52:52.000 --> 00:53:05.000

When I look at the news. I find it hard to. Get the vibration where I want it to be because it's such a corrupt thing going on in a lot of division.

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And how you fight that. Overwhelming. You know, overwhelming thought energy in the world.

00:53:15.000 --> 00:53:24.000

I send out every morning. Energy to the world of wanting good to try triumph over evil. And things like that.

00:53:24.000 --> 00:53:31.000

But how you Really can. Parish your own energy in a positive way to affect change in the world.

00:53:31.000 --> 00:53:38.000

You know, one person against the world would say, you know, that balance. That's what I'm curious to learn.

00:53:38.000 --> 00:53:49.000

I mean, I know about thought energy and all that. Type of thing and I love the metaphor and the presentation format that you've come up with.

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You're very clear and concise. I love that. So I really applaud you for even, you know.

00:53:56.000 --> 00:54:06.000

Creating this for people. There's a lot of stuff out there like that, but I think you make it a very simple and very Memorable.

00:54:06.000 --> 00:54:07.000

Okay.

00:54:07.000 --> 00:54:17.000

I'd like to like to answer that question. So here's 1 of the principles. That I already talked about is that What we think about is sending out vibrations.

00:54:17.000 --> 00:54:26.000

Energy. Now it doesn't matter whether it's something we want. Something we like, something we don't like.

00:54:26.000 --> 00:54:33.000

And don't want, we're sending that energy out and it's gathering more to bring us.

00:54:33.000 --> 00:54:44.000

So it's important. That we only send out what we want. So if we look at something and say, I don't want that.

00:54:44.000 --> 00:54:55.000

Then don't think about it anymore. Because you're your thoughts are saying bring me more. I know that isn't what you want, but that's the way.

00:54:55.000 --> 00:54:57.000

This. Universal.

00:54:57.000 --> 00:55:11.000

Yeah. That's pretty much what I try to do. I shut my thought off when it when it goes down that road, but we're constantly being barraged with bad news but we're constantly being barraged with bad news but sometimes I just wondered if you had a bad news but sometimes I just wondered if you had a technique that helps you.

00:55:11.000 --> 00:55:19.000

Do just that, turn your thoughts off because sometimes they linger things like war and things that are happening in the world that are so negative.

00:55:19.000 --> 00:55:20.000

Yes. Well. We're over.

00:55:20.000 --> 00:55:33.000

I really I know I just I just leave it to shut it off and change my thoughts, but it's a constant barrage you know And I

00:55:33.000 --> 00:55:34.000

Hmm.

00:55:34.000 --> 00:55:38.000

It's the, but you can control the barrage. Just like control the food that you purchase at the store and bring into your pantry.

00:55:38.000 --> 00:55:50.000

So you can. Not watch the news, turn the TV off, shut your phone off. Being positive, you're doing a lot of good against that.

00:55:50.000 --> 00:55:56.000

By sending out if we all just sent out a lot of positive energy. The rest of the stuff would wither.

00:55:56.000 --> 00:56:03.000

Yeah, I do believe that. Yeah. Well, thank you. Yeah, it's, having the discipline to shut it off, I think.

00:56:03.000 --> 00:56:05.000

Yeah.

00:56:05.000 --> 00:56:06.000

Oh.

00:56:06.000 --> 00:56:09.000

Yeah, and see something else.

00:56:09.000 --> 00:56:18.000

Not if someone else has something they want to say, but the thing that occurred to me even as I was blathering on it is that

00:56:18.000 --> 00:56:29.000

I don't feel it's my duty to just, sit. I believe in the total power of God and thought.

00:56:29.000 --> 00:56:40.000

But we are for some reason here and it is. Our privilege and opportunity. To be informed and to make the best decisions we can to honor God.

00:56:40.000 --> 00:57:00.000

And that's how I can. Work with. Leading this earthly life. And get a sense of purpose, a further sense of purpose, remind myself of the sense of purpose of why we're in this.

00:57:00.000 --> 00:57:06.000

Crucible of life. And that is a, that's calming. That's just calming to me as shutting it off.

00:57:06.000 --> 00:57:13.000

Okay.

00:57:13.000 --> 00:57:14.000

Yeah.

00:57:14.000 --> 00:57:20.000

Good. Good. So we'll get, further on the in the in the material. About why we're here.

00:57:20.000 --> 00:57:30.000

And what our purpose is. It's great that It's a subject we're searching for because that's the whole point of this.

00:57:30.000 --> 00:57:42.000

Just to help us clarify that for ourselves. And perhaps for each other that's why I'm doing this because we're all contributing to the growth that goes along with this.

00:57:42.000 --> 00:57:43.000

Okay.

00:57:43.000 --> 00:57:46.000

So anybody else have a question? If so, Find the little thing to raise your hand and you oh there we go.

00:57:46.000 --> 00:57:55.000

I got it. Martha. Go ahead. I mute yourself, and Todd.

00:57:55.000 --> 00:57:59.000

Nice. Hi. Duncan. My name is Martha.

00:57:59.000 --> 00:58:11.000

I'm glad I'm here. I feel happy just right now. Because, she just said like, Why we're here.

00:58:11.000 --> 00:58:27.000

I wasn't having a good day. I was excited yesterday. Just my life is then going how I want it because

00:58:27.000 --> 00:58:28.000

Sure.

00:58:28.000 --> 00:58:36.000

I mean, I could say what I want to say, right? Appropriately. Okay. So pretty much, I feel that my dad passing away kinda like.

00:58:36.000 --> 00:58:43.000

My dad didn't pass away of cancer. My mom's the one that has cancer, so I feel that I'm lost.

00:58:43.000 --> 00:58:52.000

I wanna know why I'm here. I'm glad you're here, Mr. Duncan.

00:58:52.000 --> 00:58:58.000

Because I also have that book, The Law of Attraction.

00:58:58.000 --> 00:59:04.000

I'm really, I mean, I don't. I'm happy you're here because what you said.

00:59:04.000 --> 00:59:12.000

So far really like About your son, you know, he was a drug addict. I mean, I was a drug addict.

00:59:12.000 --> 00:59:18.000

I'm trying to figure out myself, I'm blessed. I have a home.

00:59:18.000 --> 00:59:23.000

I'm still in my dad's home. I have my pets.

00:59:23.000 --> 00:59:24.000

So concentrate. Concentrate on those.

00:59:24.000 --> 00:59:29.000

But it's just. I don't know what to say, it's hard.

00:59:29.000 --> 00:59:34.000

Yeah, but just think of those things when you're having thoughts that. Don't feel comfortable.

00:59:34.000 --> 00:59:43.000

Think of the blessings you have. Appreciation is one of the highest and most powerful emotions.

00:59:43.000 --> 00:59:48.000

I don't know. I wanted to say something else. I just wanna be able to say.

00:59:48.000 --> 01:00:00.000

This is my. My next step like I wanna have a goal and accomplish and something else in my life, you know?

01:00:00.000 --> 01:00:01.000

Yes.

01:00:01.000 --> 01:00:02.000

Okay.

01:00:02.000 --> 01:00:05.000

I don't know to say I'm 48 and

01:00:05.000 --> 01:00:07.000

Okay, so I've got a

01:00:07.000 --> 01:00:09.000

Thank you very much.

01:00:09.000 --> 01:00:11.000

Another person with a hand up. It's sank. I don't know what what your name exactly.

01:00:11.000 --> 01:00:17.000

Thank you.

01:00:17.000 --> 01:00:18.000

But go ahead.

01:00:18.000 --> 01:00:27.000

Sorry, I don't know why that name came up, but my name is Suan. And, haven't read your book yet.

01:00:27.000 --> 01:00:54.000

Probably there are some definitely there are some important that I can pick. I am familiar with all these energy and vibrations and now being positive and I totally understand that how you think and, what you ask from universe, you get it back.

01:00:54.000 --> 01:01:12.000

And sometimes Just on wanted. Tots, and as And when you talk about it, you throughout the universe.

01:01:12.000 --> 01:01:13.000

Hello.

01:01:13.000 --> 01:01:24.000

Even though you don't want to do that. So I'm familiar with that. But my question for you is I know this is not something that we achieve overnight.

01:01:24.000 --> 01:01:31.000

And there is practice. And there's ways. To be there. What we want to be.

01:01:31.000 --> 01:01:32.000

Yes.

01:01:32.000 --> 01:01:43.000

Be positive. So my question for you is how do we practice that? How do we keep up with that?

01:01:43.000 --> 01:01:44.000

Okay.

01:01:44.000 --> 01:01:46.000

Being positive and all those, you know, sending right energy to the universe.

01:01:46.000 --> 01:01:55.000

Okay, so if you go back to the the page the website page that you'll be using for this whole course.

01:01:55.000 --> 01:01:59.000

Is the one where this link was that you clicked on. Which is life's playbook, Dr.

01:01:59.000 --> 01:02:10.000

Duncan tooley.com. Living by Life's Playbook. And if you scroll down through the various weeks, you'll see the topics that we're going to cover.

01:02:10.000 --> 01:02:20.000

And skills building is one of those the skills for life. We'll be covering that as well as who your We your coach.

01:02:20.000 --> 01:02:23.000

Yes.

01:02:23.000 --> 01:02:28.000

Etc. So. Stay to stay tuned. I'm glad you're here and.

01:02:28.000 --> 01:02:36.000

Keep tossing those Bad thoughts that come in, just toss them out as soon as they come.

01:02:36.000 --> 01:02:37.000

That's it.

01:02:37.000 --> 01:02:43.000

They place them. Think of something that that you really like that you can replace easily.

01:02:43.000 --> 01:02:51.000

Okay, thank you so much and I sure do that. Yeah.

01:02:51.000 --> 01:02:52.000

Thank you.

01:02:52.000 --> 01:02:55.000

Alright, so let's see. Anybody else? Yeah, Carol, a little bit more, Carol.

01:02:55.000 --> 01:03:05.000

Well, I just remembered what made it. Has made it so fun for me. To be alive on this planet.

01:03:05.000 --> 01:03:14.000

Even in times that seem so muddled. Is when I remembered to so appreciate. Absolute clarity.

01:03:14.000 --> 01:03:20.000

And that is sort of to me, it just came to me that's like Duncan's Playbook of Life.

01:03:20.000 --> 01:03:25.000

Even all these things going on, what a model we're looking at, we need to figure it out.

01:03:25.000 --> 01:03:38.000

But it's so much fun to be absolutely clear as Martha has been discovering absolutely clear and that is such a privilege and fun.

01:03:38.000 --> 01:03:47.000

You know and even even when all the chess pieces seem all mixed up it is fun and we're using our mind.

01:03:47.000 --> 01:03:49.000

Even when all the chess pieces seem all mixed up, it is fun and we're using our mind and we're looking at it day by day.

01:03:49.000 --> 01:03:50.000

Okay.

01:03:50.000 --> 01:04:08.000

Yes, that's right. So what makes fun is that we're using our body our skill will fire you will see a little further on that One of the characteristics of The universe is expansion.

01:04:08.000 --> 01:04:21.000

One of the lies. So we are here to expand. To grow, to become more skillful. To do things.

01:04:21.000 --> 01:04:22.000

Hmm.

01:04:22.000 --> 01:04:26.000

And so that's what makes things fun is we feel that sense of accomplishment. Okay.

01:04:26.000 --> 01:04:29.000

Hi there. This is a Virginia.

01:04:29.000 --> 01:04:33.000

Yes, can you hear me, Duncan?

01:04:33.000 --> 01:04:34.000

Okay.

01:04:34.000 --> 01:04:40.000

Yes, we can. You're on.

01:04:40.000 --> 01:04:41.000

Okay.

01:04:41.000 --> 01:04:44.000

Oh, okay. So I. I have a question. Or you talk about whatever it is you want to think about.

01:04:44.000 --> 01:04:51.000

Whatever you don't want, don't think about. So in terms of thinking about what you want.

01:04:51.000 --> 01:05:03.000

Have you arrived at a? Number of frequency that How many times do you need to think about it in order to?

01:05:03.000 --> 01:05:05.000

Achieve it.

01:05:05.000 --> 01:05:14.000

I can't say. It depends on all of the rest of what you're doing.

01:05:14.000 --> 01:05:18.000

Your overall.

01:05:18.000 --> 01:05:19.000

Okay. Okay.

01:05:19.000 --> 01:05:26.000

Attitude. What's going with you? I don't think there's a particular frequency, a number that I could give.

01:05:26.000 --> 01:05:42.000

I don't think anybody could give that. No, I just say that we just work on it to get it as good as we can.

01:05:42.000 --> 01:05:43.000

Okay.

01:05:43.000 --> 01:05:47.000

Okay, so the frequency of thoughts to achieve something with wanted or not has not been determined at this point.

01:05:47.000 --> 01:05:48.000

Okay.

01:05:48.000 --> 01:05:54.000

So every everything has everything has some some frequency. No, I don't know that it's been determined.

01:05:54.000 --> 01:05:55.000

Okay, thank you.

01:05:55.000 --> 01:05:58.000

Maybe somebody has, but I don't know that. I don't know that.

01:05:58.000 --> 01:06:09.000

Okay. Thank you.

01:06:09.000 --> 01:06:10.000

Okay.

01:06:10.000 --> 01:06:13.000

And I don't worry about it because If I just, if I'm, if I'm focusing on what I desire and the feeling that I'm after, I know that the right frequency is going up.

01:06:13.000 --> 01:06:21.000

That will match with that. You know the number.

01:06:21.000 --> 01:06:23.000

Okay, thank you, Duncan.

01:06:23.000 --> 01:06:29.000

So, y, you still have a question? Another question?

01:06:29.000 --> 01:06:41.000

Yeah, sure. Duncan, thank you for getting back to me. So for instance, like, I don't live with my mother, but I, I, this is a problem for me.

01:06:41.000 --> 01:06:45.000

I just go over her house and I wanna spend time with her. She tells me one thing.

01:06:45.000 --> 01:06:50.000

Like.

01:06:50.000 --> 01:06:58.000

Hey, why are you listening to that on your phone? Can you just read these instructions for me?

01:06:58.000 --> 01:06:59.000

Yeah.

01:06:59.000 --> 01:07:10.000

Mom, I'm listening to this Bible group. She gets mad like me and her. Don't understand each other.

01:07:10.000 --> 01:07:11.000

Okay.

01:07:11.000 --> 01:07:14.000

And I keep on going back to the same thing. Before, for instance, I don't know what it is.

01:07:14.000 --> 01:07:23.000

I mean, maybe because I love my mom so much. And whatever she's going through. She doesn't tell me.

01:07:23.000 --> 01:07:32.000

But what about me? How I'm How I feel what's going on with her life and my new life.

01:07:32.000 --> 01:07:38.000

But I'm not where I supposed to be or who knows where I supposed to be. Do you understand me?

01:07:38.000 --> 01:07:39.000

Yes, I do. And, Hi.

01:07:39.000 --> 01:07:45.000

I don't know what to do like. This is another thing, Mr. Duncan, this.

01:07:45.000 --> 01:07:53.000

This is really important. I feel that. Like she told me, okay, I thought you were in your class and I go.

01:07:53.000 --> 01:07:58.000

Wow, like, yeah, but I called you, you know, this is a Hispanic thing.

01:07:58.000 --> 01:08:08.000

My mom's Hispanic, my dad was a white man. So they're really like different Hispanics are really like What do you mean this in that?

01:08:08.000 --> 01:08:09.000

Okay.

01:08:09.000 --> 01:08:14.000

I don't know what to do with my mom. This is all I have my mom and I love her so much.

01:08:14.000 --> 01:08:19.000

Maybe give her space or what do you recommend? Or I need help.

01:08:19.000 --> 01:08:25.000

Okay.

01:08:25.000 --> 01:08:26.000

Okay.

01:08:26.000 --> 01:08:32.000

I would say read the rest of the book. Stay tuned. Some of those items will come up that may have some skills for you I'm not, I'm not giving advice on.

01:08:32.000 --> 01:08:34.000

On this presentation.

01:08:34.000 --> 01:08:37.000

Okay.

01:08:37.000 --> 01:08:40.000

Okay. Anybody else? We got just couple more minutes. If you question and you don't want to.

01:08:40.000 --> 01:08:45.000

Okay.

01:08:45.000 --> 01:08:49.000

Okay.

01:08:49.000 --> 01:08:50.000

Wow.

01:08:50.000 --> 01:08:53.000

Show your face or present it. I'll put it in the chat because I'm through the chat and answer questions.

01:08:53.000 --> 01:09:03.000

In the email that haven't been answered here. What I'm going to be doing. So you'll be getting an email from me afterwards.

01:09:03.000 --> 01:09:10.000

Once I've got that together, might not be right away. But it will be certainly before the next one.

01:09:10.000 --> 01:09:19.000

And then I encourage you to read the next one before. Before we meet again next Wednesday. I certainly am happy that all of you came.

01:09:19.000 --> 01:09:30.000

The one last thing that I wanna say to you is Good. You are here for a reason?

01:09:30.000 --> 01:09:33.000

Okay.

01:09:33.000 --> 01:09:34.000

Okay.

01:09:34.000 --> 01:09:37.000

You are here in this meeting in this group for a reason. Just like I'm convinced that I'm here for a reason.

01:09:37.000 --> 01:09:44.000

And we will figure this out and why and how we grow together in this. And so I'm.

01:09:44.000 --> 01:09:54.000

I love all of you because. I'm trying not to have anybody on my don't love list.

01:09:54.000 --> 01:10:05.000

And so you're certainly in there too. So thank you and. I'm going to conclude with this here unless someone has a final comment that like to make.

01:10:05.000 --> 01:10:07.000

Anybody else? You can.

01:10:07.000 --> 01:10:12.000

Thank you so much, Duncan. This has been wonderful.

01:10:12.000 --> 01:10:16.000
Oh yeah, Julio, go ahead, Julio.

01:10:16.000 --> 01:10:17.000
Julia, Julio. William.

01:10:17.000 --> 01:10:22.000
It's Julio with a like San Jose. Okay. And I wanted to thank you.

01:10:22.000 --> 01:10:34.000
I know I speak probably for everyone in this group. Thank you for doing what you're doing. You're a wise man and you are sharing your wisdom with all of us.

01:10:34.000 --> 01:10:40.000
And we appreciate it very much. And lastly, I wanted to say I'm Hispanic too, but I'm not like that.

01:10:40.000 --> 01:10:43.000
Yeah. Thanks.

01:10:43.000 --> 01:10:47.000
Not all hispanics are like that. Some are, but you know. And that's it.

01:10:47.000 --> 01:10:48.000
Thank you very much.

01:10:48.000 --> 01:10:56.000
Right, great. So, so my desire is to share what I know, but I don't know everything.

01:10:56.000 --> 01:11:02.000
And so I'm, I want to grow and listen with you too. And so I'm looking forward to next time.

01:11:02.000 --> 01:11:13.000
If there's anybody you know who you would like to invite. Just tell them where to find this Where to find the page that you know you got to.

01:11:13.000 --> 01:11:22.000
Because it has a sign up on it as well and they can catch up. This 1st session, which I'm going to put there as soon as I get the recording.

01:11:22.000 --> 01:11:26.000
And the summary that I'll put.

01:11:26.000 --> 01:11:27.000

Thank you all and have a wonderful week.

01:11:27.000 --> 01:11:30.000

Thank you so much.

01:11:30.000 --> 01:11:32.000

It's pretty good for hitting it right on an hour. Thank you.

01:11:32.000 --> 01:11:34.000

Thank you.

01:11:34.000 --> 01:11:36.000

Thank you. Thank you.

01:11:36.000 --> 01:11:37.000

Bye.

01:11:37.000 --> 01:11:38.000

Bye.

01:11:38.000 --> 01:11:39.000

Thank you.

01:11:39.000 --> 01:11:52.000

Bye.

01:11:52.000 --> 01:11:57.000

Bye, you.

01:11:57.000 --> 01:12:01.000

Okay.

01:12:01.000 --> 01:12:05.000

Thank you for coming.

01:12:05.000 --> 01:12:11.000

Okay, Eva, don't forget the.

01:12:11.000 --> 01:12:12.000

Okay.

01:12:12.000 --> 01:12:15.000

Thank you so much.

01:12:15.000 --> 01:12:16.000

Yeah.

01:12:16.000 --> 01:12:20.000

Oh, I have a certificate. Okay. I already have one job save transcript. I'm not I am computer a little bit.

01:12:20.000 --> 01:12:24.000

Duh. I think we've done. I did. I saved it.

01:12:24.000 --> 01:12:26.000

I've seen it just in case. Oh, it says show and find her. Just leave it there.

01:12:26.000 --> 01:12:27.000

Yeah, should. No, take it down to your desktop.

01:12:27.000 --> 01:12:33.000

I'm gonna take a look. No, not now. I don't have room. Okay, it's in there.

01:12:33.000 --> 01:12:39.000

Yeah. Okay, bye, Julio. Bye, Maria.

01:12:39.000 --> 01:12:45.000

Bye guys, see you next week.