

# 2017 Re-Boot Camp

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## #4 Conflict REVOLUTION 101 With Special Guest Leslie Stewart

Good morning. It is Sunday, April 23rd, 2017. I am Barbara With. We are here with the Party. Partyof12.com is where you can find all things Einsteinian from beyond the grave, news from the Party of 12, and of course information about Conflict REVOLUTION, our imagined Einstein's miraculous process for world peace, one person at a time, starting with you—or me. I'll start with me, and you can start with you.

Today we are broadcasting from Denver, Colorado. I have several things I want to talk about before we get to our special guest today, my friend Leslie Stewart, a psychic channel and author of *Trust and Allow the Process of Life, In-Joy!* This is a book of knowledge that she has published from her talks with Orion, her collective voice of guidance. We'll hear how she became a channel, and then I want to access her thoughts on some ideas about joy. I named this "The Politics of Joy," because I myself am often a skeptic. When I get in my worst conditions, I am skeptical about joy, especially in these increasingly dangerous times. I think we can shed some light on how we can move through for our highest good.

I'll also update about last month's show. We had some very interesting revs, and I particularly have been having a wild ride through one that I named "Miscommunications and Assumptions." As I predicted at the time, this revolution is going to be with me for a very long time. It's quite similar to the revolution I had in 2002, where my sound bite was, "She is a liar," which turned into "I am a liar," which turned into sort of a mantra. We can so easily lie to ourselves, and we can so easily believe those lies. "Miscommunications and Assumptions" has already changed my life, and I'll share about how I am making different decisions and how it is leading to very compassionate outcomes.

Earlier this week, Debbie sent me a link to a video of some old footage of Albert Einstein. It was so wonderful to see that video. (It's posted on Partyof12.com.) We'll listen to it, because I want you all to hear his voice. I don't know what year they were recorded, but I encourage you to watch that video. I don't know why it affected me, it's not like I haven't been channeling Einstein all these years, and I love Einstein, but when she sent that to me, what struck me so was his voice. The message is also important, but this is his voice:

"We should strive not to use violence in fighting for our cause, but by non-participation in anything we believe is evil. We are concerned not merely with the technical problem of securing and maintaining peace, but also with the important tasks of education and enlightenment. Without such freedom, there would have been no Shakespeare, no Goethe, no Newton, no Faraday, no Pasteur, and no Lister. [Science has provided the possibility of liberation for human beings from hard labor.] When the ideas of humanity are war and conquest, those tools become as dangerous as a razor in the hands of a child of three. We must not condemn man's inventiveness and patient conquest of the forces of nature because they are being used wrongly. The fate of humanity is entirely dependent upon its moral development."

"The fate of humanity is entirely dependent upon its moral development." I brought this forward today first of all because when I started channeling in 1987, the voice that came through me had a very heavy, very particular, peculiar accent. Try as I would, I could never

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duplicate it when I wasn't channeling. In 1994, after hearing a woman on television speak with the same accent, I found out that she was [speaking in] Yiddish. So OK, there's one more reveal of Einstein. But that was several years before he stepped out and identified himself, in 1998.

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So hearing this voice the other day was like that old voice. Since then, all of you who have been listening to me channel will agree that the voice has changed, it's very much a collective of different voices. My voice is sometimes stronger; it's not quite the same. But I got nostalgic when I heard that. And more importantly, listening to his voice from the past and hearing the things he said back then gave me chills, because these ideas we are working with here with our imagined Einstein are certainly a continuation of his words in life, his mission in life. That video brought home that he's still a visionary. The last time I had a book signing here in Denver, a young woman, perhaps 20, came up, and said, "I love Albert Einstein!" He is enduring through the ages. Yesterday someone said, "I heard that video on Facebook." So he's getting around on his own, and I'm happy, because there's so much that we can bring forward to help with the fate of humanity and its moral development.

Before I get into talking about "Miscommunications and Assumptions," I want to let you know that I have been sneaking off and being on the radio. I found a blog that allowed me to apply, so to speak, to be a guest on radio shows. It was quite an extensive application. They sent it out to the nine categories that I picked, and I immediately began to get invitations to be on radio shows. I have done three or four; some have aired, some have not. I'll get my website up to date. The one that is the most curious that I want us as our little group to follow specifically is Mack Maloney's Military X-Files. It's not just Mack Maloney but also his two co-hosts Juan-Juan and Commander Cobra. They broadcast on military networks online. They just picked up the Inception Radio Network in the UK that reaches about half a million people—a big reach.

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These guys are hilarious. Mack is a published author, with many futuristic science fiction-fantasy books about saving the world. He also has a book entitled *UFOs During Wartime*, which I downloaded and have been reading. I'm fascinated by the research that has been done on sightings of UFOs during wartime and why they come at wartime. (I'll post links.) I've been binge-listening to get up to date, because they've asked me to be a regular guest on the show. I've been on twice so far. One of the things they've been talking about is that Juan-Juan and Commander Cobra apparently have some conflict, and they need some help. So I'm looking forward to seeing what can be done when I next am on the show about exploring their conflict. I secretly think their conflict is quite dramatic, for the radio, but it's interesting to have a triad of men.

And they talk like girls. They do. Now, they're all men, and they're military guys, so they don't want their identities to be revealed because they are still in the military. I am in a small quandary about ending up—I know it's no accident that I ended up here, but here we are with the warmakers. They're lovely, wonderful people. But they are the ones who pull the triggers. So that will be an interesting conversation for the future as we move forward.

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I want to give you an update about "Miscommunications and Assumptions." If you remember, I had had a conflict—and it doesn't even matter what all the details are—where my sound bite

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was, “She is not communicating well, and she is making assumptions.” So of course I revolved that around to “I make assumptions,” and I immediately set to work to see where I make assumptions. It was a daunting observation because the world is based on assumptions. Once I started watching myself, I learned two very important things: I make assumptions all of the time, and mostly they’re wrong.

I had my conflict and got my revolution and started watching in Charleston, and then I went to New Orleans to meet one of my dearest friends, an integrity activist. She’s just lovely. I know she sometimes gets a little dramatic, so I thought, “I’ll go to New Orleans, I’ll get my own room.” We met the first night, and it was wonderful. We hadn’t seen each other in several years. We went on the ghost tour. She’s a ghost tour operator. We planned our next day. Her boyfriend had to go in the hospital and get some day surgery, but after that she was going to take me to a graveyard.

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I texted her in the morning, and I never heard back. She never returned any of my texts. I had decided that, well, you never know. My mind started to say, “Maybe she’s codependent. Maybe she’s avoiding me”—all assumptions. I decided that this was important enough to be some kind of demonstration that I was not going to make assumptions. I had a beautiful day. I had to get up early the next day to go to the airport. And I never heard from her. She never answered any of my texts.

I got to Corpus, and I thought, “I’ll try her on Facebook.” She told me she had called me and texted me several times and was so sorry we couldn’t connect. This began a very intense observation process of me not making assumptions, because clearly there were no calls on my phone.

I opened myself up to the universe and said, “Show me what’s really going on. I’m not going to assume one thing.” And as I went about my day, in a typical ConRev fashion, where we ask to universe to show us, I started to get images. One was of her and me standing in the street in New Orleans and me showing her a text I had texted to her last summer when her phone was stolen that said, “Do you know whose phone you stole? We’re a bunch of witches! We’re going to cast spells!”

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In the discovery process, it came to me: did I block her? Her phone had been stolen, and I had just written that text. Sure enough, I had had her blocked since August! That was a huge hit on my part of all the assumptions I had made for six months about my friend who never calls me back, who never texts me, does she not like me any more? The next part was that I was having trouble getting hold of my friend in Charleston with whom I’d had the conflict with the original sound bite about assumptions. I had called her, left a message, I wanted to highlight her on the show, and I never heard back from her. She finally emailed me and said, “My friend never got her reading link.” I said, “I’ve been calling her.” I gave her the number I called, and there was her voice, but it was a different number. It was confusing.

I assumed—I assumed!—that I had been hacked. I scrubbed my phone, and when I restored it, there were six months of messages from my friend in New Orleans. Six months! Text, messages!

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Every month, October, November, December. I was at Standing Rock. She was calling. I never returned her calls. What must she have assumed?

The moral of the story is to really pay attention to the assumptions we make. When we go into thinking, "I'm not going to have any assumptions, I'm just going to let the universe show me what the answer is before I confirm it," you know when the truth is there. There was the truth. I had blocked her for months! A very powerful rev that will be with me forever. Now I say, "I'm pretty sure that—" "Oh! Am I making an assumption?" And it's really changing my life. It's changing how I respond to people. You know how you get when you assume that someone doesn't like you, you get a little edgy? It's reducing all of that and making my relationships and working through other conflicts I have much easier. It's so much easier to get to the outcome that's for the good of all.

So be careful what you assume!

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To introduce Leslie, I want to tell you one more story.

I heard it on *This American Life*, called "In Defense of Ignorance." If you know *This American Life*, you know that they take a topic and expand upon it in three or four acts with different substories. The substory was that the reporter, Lulu Wang, of Chinese descent, had found out that her 80-year-old grandmother, who lives in China, was diagnosed with stage four lung cancer. Apparently she only had three months to live. Lulu's great-aunt, who lived below her grandmother and took care of her, made the decision not to tell Grandma the diagnosis. Lulu was very upset with this. She felt like this was deception and that people should know and should be told so that they could get their affairs in order. But the great-aunt was very clear. "We are not telling her." No one in the family was allowed to tell her.

They decided to hold a party for the whole huge extended family, to come to China and see Grandma Neenee for the last time. Neenee's first-born son had just gotten married in Japan. He had been planning to come to China in a year and have a big party to celebrate his marriage, so he moved that up a year. That was the excuse that they were giving for keeping this from Neenee. And not just keeping it, but the whole family's coming, and they have to pretend that she doesn't have only three months to live and that this is really a happy party to celebrate her son's marriage.

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Lulu flies over to the party. (You can listen to the whole episode.) It's truly fascinating how the family dealt with having to be at this party pretending to be happy looking at Mom or Grandma and knowing she was going to pass away in just a few months.

The long and the short of it was, the Chinese have a belief called "chongxi," meaning "to rinse out joy," the belief that you can wash away pain and suffering with joy. During the course of this trip, Lulu discovers that Neenee had had a mastectomy and had been wearing a prosthetic breast, and she never told anybody, because she didn't want to burden them with the worry. That was the whole idea behind the lie they were telling her: that they weren't going to burden her, especially if she was sick, with the worry. If it was to happen, it would. To give away the end of the story, Neenee's still alive, three years later. Apparently at her last checkup, she got the

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same diagnosis, and her sister, Lulu's great-aunt, decided to tell her that had she lost the findings, but they were the same as last time.

I'm glad we have a doctor in the audience, because my philosophy has always been that if you don't tell me that I'm sick and then define what will happen, I have a better chance of manifesting a different outcome. Hearing this story was enlightening. It was all about the idea of "chongxi," that joy can wash away misfortune.

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This is probably a good time to introduce my friend Leslie Stewart, who is in Ohio today. We'll talk about her book, which I had the honor of helping her with. Good morning, Leslie! Welcome to our show!

**Leslie:** Good morning, Barbara, how are you?

**Barbara:** I'm excellent.

**Leslie:** I love the story you just spoke of. In many ways, that's how I've lived my life, through what some people would say is ignoring diagnosis, ignoring the outcome of something that could be tragic. I reframe it, put it in my framework where I believe that what is best for myself is looking at things in a positive manner. If someone gives me a diagnosis of something, I process it and I let it go through me, and then I say, "But this doesn't have to own me." I'm putting ownership and responsibility on myself as to how I see myself processing all of it.

**Barbara:** That is so insightful. I have to say that when I was working on your book with you, I was getting a little frustrated because I've been working on conflict, and it's almost the opposite, where when you have to go into a conflict you don't want to be ignorant of certain things. But from what I see in your writing and from listening to your channeling from the website and reading your Facebook posts, you are always very positive. Orion always seems to be in joy. I'm so enamored of that.

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**Leslie:** Yes. Orion teaches that above and beyond all else, always be true to yourself. If you're being true to yourself, no matter what that is, whatever is true for you, make that your M.O. If I'm being true to myself and being positive is being true to myself, then so be it. If you're one who is involved with other things outside of self, whether it be politics, medicine, whatever it is, being true to yourself in that realm of your experience is what's important. And it doesn't matter to me or to anyone else how you deal with it as long as you feel that it is coming from your heart space, from who you believe to be you. That is the message that Orion's always giving out. Be true to yourself. However you come into that, own it and be it.

**Barbara:** That would answer the next question I had! (laughs) You must be psychic! Lately, I would say since we've been doing this Re-boot, I have experienced more real joy than I've had maybe ever. There are some days when I am so happy, it's like I'm ADHD with happiness. It's not because of an external circumstance, because there certainly still are all the external circumstances that are threatening the world that Einstein is concerned about. But like you said, it comes because I am being true to myself. I didn't frame it that way, but it was about being so

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darn happy because I am true to myself. I live a life in which I strive to be. It changes your relationship to everything, good or bad, that's happening outside of you.

**Leslie:** It really does. Oftentimes I can find myself getting caught up in what's happening on the outside. Then I have to bring myself back into that space and ask, "What do I want here? I am reacting to something outside of myself. How will I deal with this?" I can either get into being wrapped up and caught up in all of that negativity outside of myself, or I can bring myself back into that space where I believe I can find the truth within me, the truth of reconnection, however I want to reconnect, to that which gives me joy.

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**Leslie:** Oftentimes I'll find myself reconnecting with nature, because nature always brings me back into a space of joy, whether it be taking a beautiful walk and enjoying the beautiful blooms and the trees and the flowers, listening to water lap up against a shore—whatever it is that can bring me back into that place where I can find peace and joy. That's where I go. Then I cannot allow all of the stuff going on outside of myself to interfere with that joyful place. Sometimes it does take practice to get there.

**Barbara:** How would you define "joy"?

**Leslie:** Being at peace with wherever you are and whatever gets you that joy, whatever gives you happiness, whatever gives you that peace or tranquility. It's an individual thing. Everyone has their own concept and belief about what joy is. For me, it's a place where I find complete and utter elation, ecstasy, bliss. That's what it is for me.

**Barbara:** Do you ever experience what I would metaphorically call "survivor's guilt"? Not you personally as much as the question I have about being joyful. In the activist community, in which I was very, very engaged for several years, we had a saying. We were running ourselves ragged, making ourselves sick, trying to fight the rise of fascism within our government. It was exhausting and depleting and depressing. None of us got much sleep. The saying was, "Sleep is for those with rights." I am still a bit conflicted. I have not found a place completely where I can say, "Oh, yes, I'm so happy to be finding my bliss," as I know that other people are suffering.

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**Leslie:** I understand what you're talking about, because I am very empathetic as well as far as what's going on in the world, all the things that most people call injustices. But the more that you find that you're pushing against something, the more you're saying, "This is not right, I have to fight," it'll just make it bigger and bigger rather than stepping away from it and saying, "It's going to work out. It really is going to unfold." Those who are interested in the fight, in bringing justice to the forefront, and I do applaud those who are doing what they believe is being true to themselves, for myself, I find that if I'm pushing against something, it puts you into a place where you're not feeling very good about you or anything around you or what's going on in the world. It all seems to be unfair.

**Leslie:** How do I, a person living here on the planet who sees all this going on, accept that I don't have to be a part of that which is fighting, but I can be the one who is being peace, living peace, trusting that if I live and breathe and know in my heart of hearts that if I feel that peace is the answer, if joy is the answer, if being happy, being full of all of those things that I know are at the

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core of each and every person on the planet, that if I can see that every person really is wanting to be in touch with that place of joy, with that place of peace, however they can come to terms with that and feel it and know that it is truly at the core of their being, that how ever they want to participate with life, it is their choice?

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**Leslie:** For me, when I find myself getting caught up in any sort of politics or anything that I believe is an injustice, it depletes my energy and makes me feel alone and lost and angry. Those are things that I don't want to allow into my being because I want to feel alive and happy. If I'm doing that, if I'm being true to myself, I have to reframe those things that I feel are injustices and know that in each individual at the core of the self, there is indeed that place of peace. So I have to say to myself, "To be peaceful I must live peace. To be joyful, I must live joy." And so on.

**Barbara:** So you're saying that it's almost our duty—again metaphorically—if we want to influence the rest of the world, saying, the bombing in Syria, which was heartbreaking, and bombing anywhere breaks my heart, even though I have high metaphysical ideals, it's hard for me to think, "Those people are choosing to have their children killed by chemical weapons." But like you said, the bigger challenge of what my belief system is on a bigger scale means that it's almost my duty to be that peace, to hold that peaceful space, to not buy into as horrible as I'm sure that experience is so that they can maybe have a chance that supports them spiritually or energetically much more than if I get into the fray and I'm judging. It doesn't mean I can't feel their pain or have empathy for them, but it's much more powerful if we can stay in our peace and in our joy and hold that space and make our energetic space that way. That makes sense to me.

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**Barbara:** I have a question I'm asking for my sister who isn't here and didn't ask me to ask it, but I wonder about—she lost her only son and only child to a brutal murder. I have been with her helping and we've been talking to him from beyond the grave and she's been rebuilding her life. That was in 2012, so it's been five years. Through that time she has questioned, "How do you find joy and happiness and meaning in life when something so terribly tragic takes place?"

**Leslie:** Indeed. And she through you already knows that he is with her and he is now being more at peace than what he was when he was living on the earth plane. He is now more being peace and enjoying peace. There was a part of him that had a lot of confusion with life. He was a happy-go-lucky guy, but there was still some confusion as to how he wanted to participate in changing the world, changing his own reality. To change his reality, he did change it in a drastic way, and it brought a lot of attention to his being. In bringing that attention to who he is and who he continues to be now is much different than where he was before. Now he is a pioneer in a way of how he brought about lots of change within the whole family dynamic, people talking more, having open conversation about people being murdered, about the crimes.

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**Leslie:** It brought a lot of attention also in a positive way where people can see that even through his experience of bring that attention and that spotlight on how he lived his life, it is indeed changing people along his path, even still, even now. There is lots more openness and communication than there was before. He is bringing lots of wonderful things to the forefront through that experience.

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**Barbara:** It's very, very true. Our entire family dynamic changed greatly to be much more loving and compassionate—not that we still don't, we four sisters, have our squabbles. She has changed and is still changing. Again, it seems to get back to, it challenges our belief system of life, which is maybe why she was telling me a while back that she's searching for the meaning of life. I kept thinking, isn't it what we make it? Isn't it what—we get to decide what our life means, so that's very true. I'm excited about moving forward with hopefully more healing.

**Barbara:** In your book, you cover a lot of different topics. Tell us how you came to be a psychic channel.

**Leslie:** I remember at a very early age having very extreme dreams. Oftentimes I would wake up and wonder, "Who were the people in that dream? Why was it so intense? How does it affect who I am right now?" That started me on this search of reincarnation and Ruth Montgomery and Edgar Cayce. It snowballed from there. It opened up many doors and many things that felt that they were true to me. As I was doing my self-discovery work, I was sitting in a beautiful little hotel in Cocoa Beach, Florida, near the Cape, and Ken, my spiritual partner, and I were reading *Ask and It Is Given* by Esther Hicks. She translates for Abraham. Ken asked me, "What would you like to do? What is it you see yourself doing?" I said, "I really would enjoy getting this message out to more people, by allowing myself to translate for a collective consciousness."

**Leslie:** Being near the Cape, I launched my own rocket of desire that day, in 2005. I started meditating and journaling more frequently. I got automatic writing, and in that writing, as we all know, we need labels for things, so I asked them, "Who am I speaking to?" They said to me, "We are Orion." I really didn't know anything about Orion except that it was a beautiful constellation and I always enjoyed looking at the constellations as a young child. They said they were Orion. Over time, I felt such peace. When they're with me, as they are right now, they are always giving me love and peace. Whenever anyone has any sort of reading or a session with Orion, when they walk away, they always say, "They exude love and peace." That, I think, is a part of who Leslie is, and Leslie and Orion are interconnected, of course, as everyone is interconnected with their soul selves.

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**Leslie:** Everyone has the potential to connect and have that intuitive ability. It's just a matter of paying attention, listening to your inner guidance, that intuition that is always with you. A lot of times we just poo-poo it. We say, "I'm not sure why I'm thinking this or why I should do this, but what the hell? I'm just going to do it." I go with it. That's paying attention. Oftentimes you'll find yourself synchronized with things that you are thinking about and want an answer to, and suddenly it seemingly just appears, but it's you being guided by your own intuition. I think everyone has that potential and the ability to do that.

**Barbara:** Do you find your channeling to be more seamless consciousness than trance channel? I feel like they've been talking through you all morning.

**Leslie:** They have, yes.

**Barbara:** (laughs) Not to call them out on their shenanigans, but there they are. As you were describing them, I'm seeing a circle of souls gathered around, and I literally saw stars in a circle,

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as if the heavens had come down to create this circle with stars and that love emanating from it. It's a very peaceful, loving, supportive energy that you bring.

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**Barbara:** Because you've been channeling in giving us these answers, could we ask Orion—the question I'd like to ask is, of course, global. You may have answered it. When Einstein was on his deathbed, he and Bertrand Russell were working on their last manifesto. It was all about a plea for nations to find new ways to resolve their conflicts other than fighting. I believe this work of mine, of ours, has sprung from that. As I look at days going by and North Korea threatening with thermonuclear war and crazy Donald Trump—and believe me, I don't blame him, because this is a system of war that has been ingrained probably since this civilization has come forward—as we look forward, can they give us some advice about how to approach these very real possibilities?

**Leslie:** It is a difficult situation for most people to get a handle on how we can deal with all of the warmongering that is going on throughout the planet. How do I as an individual become more inner-directed and stay in a place where I believe that I live in a safe universe? If I'm believing that I'm living in a safe universe, that in my reality, in my realm of understanding of my reality, how do I express and live in a place where I can continue to live in peace and joy and harmony? That again comes down to living it, being it, trusting that as I live my life with those beliefs, if I can live the life of peace and harmony and continue with spreading that to each individual at a time, whether it be just being in a store, smiling at someone, having a short conversation with someone, that person then goes to another person, they're in a better place, feeling a little bit better about themselves, feeling a little kick in their heart, feeling that, "Life isn't so bad. Life isn't horrible." That continues to snowball like the ripples in a pond. As you throw a stone into the pond, the ripples continue to grow and expand. So do love, joy, happiness. It has to start with each individual.

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**Leslie:** If I'm going to live my life that way, I must believe that me being here on the planet at this time must mean something. If that means something to me, what do I want it to mean to me? What we want to share with everyone is that it starts with the individual. As it starts with the individual, it continues to grow and expand. It influences the world as a whole. The more of you who are with this teaching, with this belief that I as a human being on the planet right now, living my life, how do I want to live it? How do I want to express myself as this being right now?

**Leslie:** Being here, right now, all of you listening in as well, how do you want to express yourselves? How do you want to live your life? In fear? In a place where you're allowing outside circumstances to interfere with your peace of mind? You can do that, if that gets you what makes you feel good. But we believe that there are more of you out there who want to see the world as coming together as a world that believes in diversity, that believes that there is indeed a powerful place where we can all join our hands and circle around and know that as we continue to grow and expand with our love and the acceptance of all, it does indeed conquer those things that feel like they are invading our peace.

**Leslie:** So rather than pushing and fighting, we see that it's our expression and our wanting for all of you to be the best that you can be and to allow yourselves to continue with expressing and enjoying one another and enjoying each and every individual as an individual and knowing that

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in that individuality there are differences, and that is what makes the world go around. It's all of everyone being an individual and allowing them to have their individuality and to not fight and to not argue, but to be understanding and really wanting to understand how other individuals see their lives, and to allow them to live it the way they want to. It doesn't mean it has to interfere with the well-being of yourself.

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**Barbara:** As you were talking, Orion, much like my nephew's murder, I would not wish that kind of suffering on any human. I would not wish the suffering of North Korea dropping an atomic bomb on anyone. However, because it did happen, because he was murdered, as you so accurately described, love came from it. We could be—and I don't speak for my sister, but anyone in that situation could be very resentful for the rest of one's life for having your child taken from you. Is it possible that that's similar to the macrocosm of all of these terrifying threats and possibilities that are pushing us more into understanding how important it is to love one another?

**Leslie:** Yes, indeed. That is why it is happening right now on the planet: for everyone to get that there are differences and there are many things that are going on outside of yourself that seem to be troubling and disturbing. But it doesn't have to interfere with my own well-being. How do I continue with loving and living life when all of this destruction and war and hatred go on outside of myself? That is, again, bringing yourself back into, "What do I want? How do I want to see my reality? What is my pool looking like, my ripples of my life? How are they spreading out? What do I see those ripples? Where do I see those ripples going?" As you see the ripples of your life spreading forward, how do you want that to be? Love, self-acceptance, nurturing of self. There are so many people who are in need of nurturing, of self-nurturing, self-love, and nurturing each other. It is something that has been missing from quite some time in many people's lives. Now more than ever, it's important for you all to be more understanding and more nurturing and loving.

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**Barbara:** Yes. I'm getting inspired by this conversation, because having been through deep activism and giving up my life for this resistance of a cause and then stepping back into this new service, for me, not that my channeling or my work is new, but I realized that what we're doing, you and I and all of us who are practicing Conflict REVOLUTION and Cassandra bringing these ideas into her practice as a doctor and Debbie bringing them to the children, that these ripples you're talking about extend very far. I thank you for those answers, because it reaffirms and says in a new way to me that we can only do so much in a day. I don't mean to limit our energy, but it's true. I can't stop what happens in North Korea by going directly at it. I couldn't stop what was happening in the Wisconsin legislature by going directly at it. Once I backed off and started to do all those things that you were talking about—self-nurturing, self-love, detaching from the struggle—then things started to manifest differently, in individuals coming together, not institutions.

**Barbara:** So while we couldn't, for example, stop the mining bill, we could inspire thousands and thousands of people who live in our area to start to stand up and voice and make a difference and stand up for the water. It was quite a learning experience. I'm very grateful for you coming this morning and sharing your talents and your gifts and this information. I'm jazzed now to get

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out in the day! I'm going to go to the grocery store and be nice to people! (laughs) It sounds so silly, but it's so fulfilling, to be kind and gentle.

**Leslie:** And thank you so much. It's been a pleasure to be with you. We look forward to meeting up with you in the grocery store today.

**Barbara:** (laughs) And I'm excited, because I've asked your spiritual partner Ken to come on next month and talk about the blessings of autism and Alzheimer's, the gifts, his book, and explore how your work and mine interface with people who are dealing with these kinds of amazing conditions in their physical bodies. But before we go, hold on, I see Debbie has a question.

**Debbie:** I don't have a question, I just wanted to reiterate how inspirational and freeing you've been. Thank you for sharing your message so beautifully of being peace, being what we want to see outside of ourselves. That's a huge message for us to have in our hearts. I want to thank you. And thank you, Barbara, you, too, are always an inspiration.

**Barbara:** Oh, thank you, Debbie, you, too! Debbie has worked very hard on Conflict REVOLUTION and was in fact a coach to me through some of my hardest times. I'm always grateful to see you here. Everyone else, thank you so much. We will be posting this on the website within the week and sharing it with you. So please have a nice day. And all you'll have to do is watch and be amazed. Namaste.

**Debbie:** Thank you.