

180421_April_Advance_Saturday_Afternoon

Randy Joy Conference on Becoming Healthier, And A More Mindful Human Being

[Recording begins in mid-sentence]

RANDI: There has got to be a better solution. So that's where I started doing this and I started finding out there *IS* a better solution(s). They had all just been hidden in this matrix like everything else because that's part of becoming more aware is staying healthy. Because really, if we come down to it, the ascension it is about what? If you can name one thing that is really here to say "that's what it is?"

AUDIENCE: Consciousness,
Neutrality,
Wellness,
Balance.

RANDI: So balance, neutrality, right? And then there is something that comes with that? I would say that is the baseline.

AUDIENCE: Harmony?

RANDI: Harmony. Vibration. Right? It's vibration. If we were to raise our frequencies by raising our vibration, you can do all these things to raise your vibration like meditate all day long, but if you're sick and you're miserable, is it easy to hold that vibration?

AUDIENCE: Hell no.

RANDI: It becomes really, really difficult. Right?

AUDIENCE: Impossible.

RANDI: Almost impossible, yeah. And as a matter of fact, you have to usually realize other people's vibrations a lot of times, just to help you make it through the day. And so that's kind of where I was. I was in this space where I couldn't even go to work because I was so miserable. And I had to learn because that started to help me learn about vibration and I realized that I can't be effective in this life at all if I am sick all the time. And I'd rather be dead than that.

So I just started learning this stuff where I kind of got on this journey and that's where I realized, it's really about learning balance in the body as well. As long as the body is balanced, it is at ease. Anything that throws it out of balance, it becomes at dis-ease. Needing something then to put it at ease.

So we talk about things that put the body at ease, or what causes dis-ease. Some people can handle more levels of things that cause dis-ease than others. I have brothers, they can drink soda for breakfast with a candy bar, and that's what they do, and they go and they are just fine. Like literally their bodies can handle it. If I did that, I would be dead on the couch that day because it would throw me out of balance so much.

Now that doesn't mean that that constantly over and over and that chronic isn't going to develop something later on, which is what he doesn't look at. I say, you may not feel that now, but eventually

those things will catch up to you. We live in a world that until there it is a problem, a lot of times we don't like to address it. Right? We just keep living with our old programs and going, and you know what? I did have a grandpa who lived to be 96 years old that smoked an entire pack of cigarettes every day, that ate whatever the crap he wanted that is completely unhealthy, and did everything that was completely unhealthy, but he was just fine.

So everybody has their own level of what imbalance they can handle. That is for you to figure out.

RITA: Everybody's constitution is different.

RANDI: Everybody is different. Absolutely.

AUDIENCE: He had good genes.

RANDI: He must have! So there is that level that we each have. But for us to do it, to say, "Okay, what level can I handle?" And if I am at dis-ease, figure out why. If it's emotional, if it's physical, whatever. Whatever is causing this dis-ease, we're talking about the physical in this session, but you know, there is the emotional dis-ease, and all these things that usually are also related to our physical dis-ease. Okay?

So this is a class I normally teach in a two-hour PowerPoint, so I am just going to reduce it significantly, so we can just kind of have more of a discussion with it for this atmosphere.

A lot of you think "I already have a lot of insight on this, and I have kind of been on this journey and have kind of had my own experiences with it," so I am certainly open to the sharing and what you found that works for you, and whatever. So I am just going to kind of guide the discussion in it. But feel free to say, "You know what? I did this and this, and this worked amazing for me." Or, "I did this, and this didn't work amazingly for me. This caused me to feel worse."

In that way, it is kind of talking about this alleged, and sometimes we have to try what doesn't work, to say, "Okay, that's not really certain that's going to work." Like trying the medicine the doctors gave me. "I tried that. It's just, I thought it just didn't serve my highest good, so I looked for something different another way."

And that's kind of what we do in this reality, right? We look at all the possibilities, we might try them, we might say, "This makes sense. I'm going to try this."

AUDIENCE: Ruling things out.

RANDI: Yeah. Ruling things out. Most people, they just keep going back to the doctor and I just want to say, "Why are you doing this? You are not getting any better."

I had this one guy that his wife called me. She asked me to do this protocol. So I did this whole protocol for him and she said, "He doesn't want to do any of that."

I said, "Why not?"

"Because he doesn't understand it."

I said, “Well that’s a good reason not to do it.” You know?

[Laughter]

He is literally dying of cancer. They told him that nothing is going to work that they can do, and still, he is not willing to do something different. Even if it doesn’t work. Right?

But that is the mindset of where he is stuck in this old program that doctors know, and because of like, “Well, what are her qualifications? She is self-taught, she taught herself from the Health Food Store, then read stuff on the internet later...” You know what I mean? Like that is not enough to say “Maybe there is something to it.”

Am I qualified to do that? Am I? I don’t know. That’s just what I do, because it helps the people that are ready to be helped? Yes. Is it going to help people who are not ready to be helped? No.

AUDIENCE: Another situation that I have run into in trying to help people ...

[fumbling with microphone...silence, then sound returns]

Okay, then I just want to share a different aspect of trying to help people that had done nothing but go to doctors, and they are sick, and they are sick, and they are sick. And so, I give them some information maybe that I have gotten off of the Internet, or that I have tried and found it successful, and they said, “Oh, thank you. I’ll take this to my doctor and see what he says.”

[Laughter]

Well, you might as well throw it out the window. That’s my opinion [Laughing].

RANDI: And that’s true, but I have advice that legally I should be reading to you my disclaimer before I start.

[Laughter]

But [inaudible] with this group holds a vibrational level, then I don’t have to read it to you.

This is for informational purposes only and is not intended to diagnose, treat, or substitute for professional medical advice. Always seek the advice under guidance of a doctor or a licensed healthcare professional with any questions you may have regarding a medical condition.

So this is what I have to read every time I do an actual presentation because of all this bull. Okay, so there is my disclaimer. What I tell you is all bullshit and just believe your doctor.

[Laughter]

Okay, you can choose that or not. This is your choice to choose whatever resonates with you. And with everything in here and everything else. There is a time when I think doctors have an absolute place and they have had miracles and I am very grateful for all that they have done. So I see the balance in that as well. And I honor what they do and where they are needed.

JAMES: Especially for broken bones; they can set it.

RANDI: Exactly. My son broke his elbow and the guy did amazing work for us.

AUDIENCE: They saved my life in a critical situation.

They saved my daughter's life.

[Audience verbally agrees]

They made me walk.

RANDI: There you go! Exactly. Yes.

RITA: Kryon said a person asked, "Should we go to doctors." He said, "Absolutely! Because God is in them too! And that God goes in there and if he's got gangrene in his leg, and they've got to take it off, the surgeons are," you know, he did get his leg back on, he can walk again with an artificial one, and so he said, "Yes, God is in them. But..." he says, "this with them handing all these pills out and all that, a lot of them may not be exercising the God in them. It's money."

[Audience agrees.] "That's exactly right."

RANDI: That's a good point. And with everything, it's about following your heart, right? If your heart says, "You know what, for this situation, I feel like I need to talk to this doctor. For this situation, I want to look at this." So listen to your heart.

I tell this to my clients all the time. I say, "Ask that the answers will come to you." They might come in the most amazing, surprising form. I said, "I might have a piece of what you need for your journey. That doesn't mean I have all the answers for everything you need for your healing." I said, "You might be driving down the street, and there is a billboard that you drive by that for some reason speaks something to you that has an answer that you are looking for in there."

Right? So everything is just about following the heart. But when you follow your heart and seek answers for something, you'll find them. There is always a way, unless your path is just to be miserable in this life and be sick all the time, which I don't think that is the path for most people. Now I am not to judge, and maybe that is someone's path. Maybe that's what they came here to experience—is illness. It's not for me to say that it's not. And so, I can only show up in the capacity that I am able to show up for people and allow the Universe to give them whatever experience is right for them. Right? Does that make sense?

[Audience agrees.]

Okay. So that's the standpoint I come from. I am not saying this is the only answers and that there isn't different answers for everyone. Because everyone has something different that they are looking for and that they need.

Okay, so, I want to relate this as much to this group as possible, and not necessarily how I always share it. So, I want basically to talk about general things that cause dis-ease in most people. So, the things you may not realize might be putting your body at dis-ease and then what we do to help balance those

things, and then from there, we will just take it to the level of whatever anybody wants to talk about. And if you have some news that, “You know what, I tried this and this really helps me.” Feel free to share those things.

So I want to look at is what’s causing the issue? Is pain an opioid deficiency?

[Audience disagrees.]

No, it’s not, right?

Is cardiovascular disease a statin deficiency?

[Audience disagrees.] “No”

Is depression a Prozac deficiency?

[Laughter from audience] NO!

Right? I mean, obviously these are all insanities, right? We don’t have a lot of Prozac in our life. We don’t have a lot of statin drugs in our life. That is not what is causing our bodies to be out of balance. So does it make sense to treat that imbalance with a statin drug, per se? You know, is that really a common sense approach to that. What would be a more common sense approach to that?

AUDIENCE: Find out what’s wrong?

RANDI: Right? Finding out what is the cause initially, right?

[Audience agrees.]

So that’s what sounds right, find the cause initially.

So if this is the symptom of something, what is the cause? If that’s the cause, how do we balance that? How do we heal that? Okay? Really, that’s what the cause of disease is anyway, the imbalance. Right? That’s where the dis-ease starts. Okay.

So, let’s talk about what causes typical dis-ease. Diet probably is definitely number one. Diet is number one.

AUDIENCE: Thinking. Your thoughts can cause your illness.

RANDI: Absolutely.

AUDIENCE: Like Louise Hay, I always mention her, and she says when people have a bad heart, it is because they have closed their heart. And then, she has mantras to change that. And diabetes, what causes that? Because that person thinks there is no sweetness left in life. And that’s what I had, see? And at some point, I was thinking that. Now I know what I know now, I wouldn’t have thought that. See? Because what I didn’t know is that was what was causing my disease.

AUDIENCE: Listen before to what she was saying about Louise Hay is that depending on the location, the location of the dis-ease. So if it is the head, having a vision, that could be the third eye. Right? I like the way Louise Hay puts it in kind of like a street version, you know? You think you are judging people too much or something of that nature, and that is where it is causing in that blockage.

AUDIENCE: And also, this can bring up in an area of trauma, like the throat was a definite area of trauma for me. In the world of not being ever able to speak my truth, and plus some physical things that did happen in my throat. So that's right now where the thyroid took it, and I am actual healing, is showing up. And if you are raped or something, you often get cancer in some feminine area.

RANDI: I love how you say that "I am healing." You didn't say that "I am sick with it." You said that "I am healing." So that was good.

AUDIENCE: I'm very careful, right?

RANDI: Yes!

AUDIENCE: And they did, they said, "Well how about?" They said, "We have to schedule you for an appointment so we can cut out a piece of your thyroid." I said, "Oh, thank you."

[Laughter] All talking at once and inaudible.

AUDIENCE: I think fear can also cause insecurity, that you are not secure.

Emotional distress.

Stress.

RANDI: Stress throws off the body's pH, it throws off everything in the body instantly.

AUDIENCE: So all of those emotions actually...it's not fear that causes the disease, it's the impact on the immune system.

RANDI: It's the vibration.

AUDIENCE: Yes. So the emotion of fear or the vibration of fear creates an interruption in the immune system doing its job. So I am pretty sure that any kind of illness originates within a defective immune system or the immune system that is not operating optimally. So, when we repair the immune system, like Linda did. If you see what she did for... do you mind if I share?

LINDA: Sure.

AUDIENCE: Good, because I was going to do it anyway. No, I'm just kidding.

Anyway, so, what she did to repair her immune system to change her physical wellness, you can see that whatever supports your immune system will change some things... you know what I'm talking about... physically for you.

RANDI: Yeah. Absolutely. And really, that comes down to vibration, right? Food carries vibration, and when you put foods in your body that resonate with your vibration that you are resonating with, they actually bring more wellness to you. When you put foods in your body that are low vibration that bring you down, it lowers your vibration. You can bring that vibration right back up and balance it again.

Other people, they are so sensitive to the energy that those foods immediately draw them out of balance. This is about knowing yourself and your own vibration. And you know, maybe some people can handle a single piece of ... um ... cake, what was that we had today?

AUDIENCE: Cornbread. [Laughter]

RANDI: I couldn't handle one bite of that. Well, I had a whole piece and a half today, because I could handle it now. But still, I have to be careful and still always watch that balance. If I eat too much of that, it would throw me out of balance.

AUDIENCE: I infused it with love.

RANDI: There you go! And maybe that's why today, I could eat the whole thing! Because that's vibration, right?

[Laughter, audience talking all at once, inaudible]

AUDIENCE: I'd like to share what has happened to me. When I got into some real spiritual development and teaching classes on how to develop and how to love yourself, and all that stuff, I realized that the medical profession was not really healing very many people. So I put out, now I want to do something to heal these people that the medical profession is not.

So, I was told, telepathically, that 98% of the problem that people have are irrational problems, because there is no logical reason for them in this lifetime. Like fear of water, and never having had a drowning incident in this life. They said 98% of that is caused by past life traumas that got locked into the subconscious and carries on having breathing problems. And carried lifetime after lifetime. So we are going to teach you how to regress people.

For sure, I knew absolutely nothing about regression and back then, in those olden days, people didn't even talk about their dreams. I mean, I'm talking a long time ago. And I said, "Well, all right, I'll try it." And so they did. They put me through exercises and meditations and no hypnosis, absolutely no hypnosis, and by golly, it's working now.

I do have a book about it, and the experiences and testimonials and everything, and after about 20 years of doing the work, I realized, "Gee, don't really have to know the cause of a problem. All they have to do is recognize they have a problem first, and get over it!" Well, I would tell people that and they didn't like it. But I said, if the roof is torn off of your house because of a hurricane, do you have to know what caused the hurricane before you'll fix the roof? Of course not! You fix the roof and move on. And so those are just a few things that I wanted to share. Thank you.

AUDIENCE: I have one thing that I—cause I've got the mike—[someone talking in background]. Okay. Just real quick. That entire lifestyle is another reason—sedentary—so I practice mind over matter. I don't know if anybody practices that in here. But my husband most of the time I can make

that work. Occasionally, if the stress is really high, it's harder, it's more difficult. If I'm under a lot of stress. But I usually can overcome almost anything by believing I can overcome it. Would you agree with that, that I do that? Okay, yeah.

RANDI: Anyone can. You all have the potential to do it. It's just a matter of having the belief in the fact that you can.

AUDIENCE: I wanted to say to piggyback on what you said before about the immune system. The problem with that too is that we are taxing the heck out of our immune system with all of the toxins in the environment. So the immune system is actually attacking our body trying to attack all the stuff that's in it that shouldn't be there. So the poor immune system in many cases is not broken, it is working the heck out of itself, but there is just too much for it to try to get rid of.

RANDI: That is very true. That is the imbalance. Right? It can only handle so much before the immune system doesn't have enough support.

AUDIENCE: You know, having a negative lifestyle, right? Thinking negative all the time, this is going to show up in all kinds of places because of the consciousness of the person. So it is not always external. It's internal.

RANDI: It almost always starts that way, and that's where being accountable and responsible for yourself, and being willing to ask the hard questions. Like, is there something that I am doing or is there emotion that I keep feeling that is contributing to this dis-ease?

You have to really ask those hard questions. A lot of people don't want to be accountable for what is showing up. They are like, "Well, because of this, or it's because I'm not able to sleep, or it's because I'm not able to eat right, because of this."

You know, if they start making excuses, when really it's because they just don't want to take accountability for it. You really don't want to be responsible. You want to be a victim, and a victim needs somebody else to heal, and I just say that's really how it is. You know, it's like that's a hard thing, but coming out of that and being accountable says, "Okay, I created this dis-ease in my body."

And you have to take responsibility as the creator of it because if you can't take responsibility as the creator of it, you can't change it because you believe you are a victim and you are just stuck in that situation. But saying, "I am accountable, I am responsible," then you can start finding the solution. Start finding what it is that is causing your dis-ease so you can find the solution to balance that.

JoAnna and I had this conversation earlier today, right? This is the perfect time to bring up, don't you think? That you view this in the world. We talk about all the problems in the world, with everything going on, blah, blah, blah, and it's just like, "Yeah, we can see the problem." This is what I love about these runs for cancer. Cancer awareness. We are all very aware that there is cancer out there. If anyone isn't aware, you kind of aren't living in this reality? Right? We don't need to run and send billions of dollars to these organizations that are helping us to be more aware.

[Laughter]

Well, you need to find a solution!

AUDIENCE: They don't want to find a cure anyway.

RANDI: Exactly. You need to find a solution. Are they pushing for a solution?

AUDIENCE: Not at all.

RANDI: Well, there are lots of cures, they're just not interested in those.

AUDIENCE: Every time a cure comes up, they suppress it.

Or make it illegal.

Absolutely.

RANDI: So now we have the awareness that this exists, what comes next? A solution, right? We start to look for "How do I balance this? How do I heal it?" So if your dis-eases comes from all these emotions, we are going to talk in the next session about healing the emotional aspect and dealing with those problems. So start looking for answers in that. Start finding out how you are going to deal with these emotional problems.

If it's the food I'm eating every single day for breakfast, for lunch, and for dinner—make a change there. Make a shift. Right? Start eating differently. Start doing your homework on what really your body needs. Everybody is going to be different. There are certain things that everybody should avoid. Too much sugar. I still hardly eat any sugar anymore. Dairy. Dairy is one that throws a lot of people out, especially like milk and ice cream, stuff like that will really throw you out quickly. Okay?

Yeah, even cheese and stuff. A lot of people can handle cheese or they can handle like a glass of milk, but still, some people can't handle either one.

AUDIENCE: Randi, Can I say something? When you start seeing those things that we grew up with, it's kind of like, "Oh, my gosh, that's like, I'm at the end now, right?" You know, some people show alternatives. You know, slowly. The habits of food is like the number one thing that we love even though it's killing us.

AUDIENCE: The reason why is it's processed, it's really not the milk and not the cheese, it's the way it's being manufactured, the way they are treating the animals. So the difference is not, in my opinion, this is my experience. If you buy really natural stuff, it feels right, it feels better to the body.

RANDI: Right. You have to realize, humans weren't designed to drink cow's milk. You know? That milk is produced for the calf.

Now I'm not saying that that is a bad thing or stuff, but coming to a new level of awareness is, is it serving our highest good anymore to do this? Think about how the cows are treated. What is going on there. It's just asking enough questions and I'm not saying that everybody is ready for different levels. I still have yogurt. You know what I mean? That's why I still have to decide, I haven't left that yet. I'm not at that level. I'm thinking maybe that is something I will let go of too. And just like I said, it's finding alternatives, making shifts, whatever. Everyone is at a different level. But, you know, if we all stop drinking milk next week, would the dairy industry be abusing as many cows?

AUDIENCE: No...

RANDI: So that's the level where we can each start to consider. If that's a problem that we see? Now do we want to go along and say, "Everybody stop drinking milk, you're killing all the cows. You're evil." But no. Just start showing, this is what brought my awareness. I did not now that they would rip the calves away and then make all this abuse going on.

You know, that was like, "Oh, wow, I I didn't know they did that." That's raising the awareness. That's showing the problem. There's nothing wrong with seeing the problems for what they are. Then okay, then what's the solution? Look at how many alternatives to milk there are now. There is almond milk, coconut milk, hemp seed milk, rice milk, there's all these different milk alternatives that have come because we started to see it like, "This isn't working for us anymore." A lot of our bodies starting rejecting it.

AUDIENCE: Also, goat's milk is better for infants. Because it's almost like [everyone talking at once – inaudible]

This was 30 years ago, I was buying goat's milk for my son.

Well, cows have four stomachs. [All talking at once – inaudible] and humans have a different digestive system.

Our bodies are not designed to drink cow's milk.

Something nobody is talking about either is what's in there. Just like, cows that comes out of these things that operate all night long. There's always pus and blood in the milk. That's it. That's what you digest.

[Inaudible] And what the cows are eating, too. What are they putting into the cows.

Think about all the things that are in there, like pus and blood and other stuff in there.

[Inaudible—all talking at once.]

And the emotional state of the cows when they rip the baby away.

Vibration. Vibration.

Pollution in and pollution out. I mean that's how so many of these other diseases, I mean, through the animals.

RANDI: And this isn't to make people feel bad. This is just to come to a neutrality about it. I feel neutral about it and I don't say "Oh they are an evil person because they drink milk." Because I just want people to see that it is still hurting the environment and it's still hurting animals. I take accountability for it and responsibility, so I can start making more shifts in my life for something better. Right? That's all we are doing is just coming to this new awareness of are we causing dis-eases within ourselves? Within our planet? Within everything by the choices we are making? And if so, what are options for something better.

If sugar is causing us, dis-ease, maybe Stevia is a better answer for you. Maybe honey. Maybe maple syrup. You know? Think of different alternatives that support where you are going now with your health.

AUDIENCE: What do you think about moderation in not all things now? That could mean adultery too. I used to say that in church. It means, moderation in all *good* things is really the scripture. But they get mixed up. So I bring that up in Sunday School, we have a class. “Oh, Rita! What did you say?” I say, “Well that’s true. If it’s moderation in all things, you can have adultery in moderation too.”

[Laughter]

RANDI: Anything of moderation, things that we perceive as not good. You know. Is it bad to have a brownie once in a while? Is it bad to have a doughnut once in a while? You know what I mean? But if that is prefaced to every single warning, maybe that’s not the moderation you are looking for.

And if you are sick, if you are in a space of dis-ease right now, you need to be more conscientious of that, right? So just be conscious of your own body and where your own body is at, and that’s the main thing, right? Even with your emotional state, with whatever.

Some people can handle a stressful, high-stress job, and they do just fine with it, and some people operate really well at that. Some people can handle traffic. Those are the things I just kind of tend to avoid because I don’t like the vibration that they give me. And I know it is causing dis-ease in my body, so I just try to avoid those things. You know?

And if that is something that you like? Great.

I am not a judge of whatever, I am just saying be accountable for yourself and responsible for yourself, and notice it and pass it along to others around you. Just like, we are talking about the same today. We look at all the possibilities. We try different things. We say okay. Is this affecting the weather? Is it hurting Mother Earth or our bodies or whatever, and then start to look for other solutions. And that’s really what it is all about.

So with help, we talked about macro, micro, and quantum. Same thing. Right? Your body has those same things to tell you. You know, what is happening in the micro is also happening on the macro. You know, so if we are causing dis-ease and imbalance here, we are going to see it in our around us. We are going to see it manifest in different ways. Our emotions are a quantum level of the same thing. Because it is the vibrational frequency. Food vibration is a quantum level of food and choices. So all the same things that we have talked about over and over again.

AUDIENCE: I think that a lot of us, let’s put it this way... in my personal journey, and I feel extremely healthy. And yet, I keep going for the next level, because I know there is that going on, and there are a couple of little things going on. So, I am always going to the next level. But it was always...what I saw is that there was never that one thing, so we, in our society, say, “Okay, I’ll just do this. I’ll get rid of them.” And it’s all handled.

But, [inaudible] there is this multitude of things, like probably most of us, if we looked at that list, have anywhere from 5 to 10, even up to 20 things on our list. So, we can’t expect that when we alter one thing, everything is going to work perfect. So, it’s a process. And I think I have been in the process for probably 15-20 years. And each time it’s like bringing me to that higher level of hope.

RANDI: Gluten is another one too.

AUDIENCE: The beauty of this is that you have taken personal responsibility. You are not putting the responsibility on the health care system, or on the doctor system...

On the sick care system.

...right? Which is futile, right? I call it health care but is it really health?

Sick care.

Sick maintenance.

So we have to look at it from not only our individual consciousness which, you know, has evolved into being, and we are looking at the small future and from a planetary perspective. Right?

RANDI: Yeah. Well, talking about health care, talking about our messed up system, is our healthcare system working? Is that something that needs to be adjusted? In a word, do you see it shifting? Because people are saying, this is not working anymore. We need to find something better. It sounds like more and more people are starting to go more natural, cut out dairy, cut out gluten, cut out sugar, because they are realizing these are what are causing our imbalances. It's not an opioid deficiency that is causing their rheumatoid arthritis, or their fibromyalgia, or whatever. It's all of these things causing inflammation in their body that they are eating and that they are believing, and their emotions, and whatever.

AUDIENCE: And utilizing [inaudible] pharmacy more.

RANDI: Absolutely.

[Everyone talking over each other – inaudible]

AUDIENCE: [Inaudible] when you start off, and you get different drugs, and then you have side effects from that, and on the average you have about seven side effects. Then they give you drugs for those side effects. And at the end [inaudible].

[Inaudible] if you want to help, help your arthritis, go out and ground yourself in the grass for at least 15 minutes a day. And if you have snow, like we have in Utah, hug a tree. And it will heal your arthritis and that is because of the [inaudible].

RANDI: Grounding and electrolytes are two huge things for healing the body. All of this EMF work we are supposed to go to, and none of us are getting the vitamin D because we are not outside enough, we are working indoors, in cubicles, and whatever—we are like the free range chickens, you know. It's like, you are inside all day. We'll give you 5 minutes outside.

AUDIENCE: [Group talking over each other...inaudible]

Laughing.

We are the chickens.

We know that there is pollution in the air to block out the sun which gives us vitamin D. So a lot of people have a deficiency in vitamin D. And vitamin D helps us to go to sleep. It helps our melatonin cycle, so if we are not outside, it is going to affect your insomnia. It's just a ton of things that affect us when we are not being out in nature. But still, there is pollution, chem trails, and all the other things that have been, so to produce these illnesses and impediments which fuel the economy. Right?

RANDI: And those are called prooxidant. You know, prooxidant versus antioxidant? Sorry, go ahead.

AUDIENCE: I was going to say, I live in California. Right? Real problem. But I go to doctors regularly, and I don't get enough vitamin D, so I have to go and get vitamin D gummies to have more, you know, balance.

[talking over each other...inaudible]

I'm outside in nature all the time and I'm still not getting enough vitamin D. You know what I mean? So there is still more times that you need to find alternatives.

"Don't use sun screen."

"Organic, organic [inaudible]"

There are chemicals, you know, chemical warfare going on. They are literally trying to [inaudible] block us up.

[All talking at once—inaudible]

They are trying to stop us from evolving, not just kill us..."

They are not only blocking the sun. When I was driving here, I was just outside of Phoenix and I stopped at one of those little gas stations, and the ladies behind the desk were talking about a neurotoxin that was going around the schools. I had to zip my mouth because I knew they would think I was a crazy person, but I am thinking, "No, it's not just from the school," and I wanted to tell them, "You are getting neurotoxins because they are spraying them in the air and they are trying to kill people and they are trying to make people sick..."

"They are injecting them..." [inaudible].

And I knew that, you know that well, they'll learn about that soon enough, but neurotoxins. So yes, and they are, and I am not spending as much time outside as I would like, because it's always a heavy haze... and.

RANDI: So here's the thing with that, it's like anything else, right? Yes, there is pollution going on in the air. But, you can counteract all that. You have the power within you. Nothing they do can stop this from happening and stop your health. So, and the more you believe that, my kids, oh I was so upset when I saw there are chem trails... I was so upset when I saw those chem trails up there. "Kids, come inside." You know? Then it's like, I would have my kids inside every fricking day now almost if I was still trying to keep them out of it, inside while the chem trails are going on.

So I said, “You know what? We are just going to start doing everything on our end. We can neutralize this. It’s all about neutralizing. So what do you think are the prooxidants? So if you have a certain amount of prooxidant, what do you need to challenge that?”

AUDIENCE: Antioxidants.

RANDI: Antioxidants. Antioxidants have a chemical sense to balance the prooxidants and if you get enough antioxidants, it doesn’t matter what [fumbling noise near microphone—inaudible] it will move right through. There is nothing to be concerned about, just make sure of how to get enough antioxidants in your body on a daily basis, and your kids, and whatever. And it will be just fine. Talk about kids, their bodies produce a ton of antioxidants typically. So they can usually handle quite a bit and they’ll stay in perfect balance.

AUDIENCE: Because they’re young.

RANDI: Yeah.

AUDIENCE: And they are not deficient in their bodies.

RANDI: It’s all about that balance. So I don’t even worry about the chem trails anymore. I don’t worry about all the food toxins. I stay away from the food toxins as much as possible. I stay away from the chemicals and toxins as much as possible, but let’s face it. You can’t go anywhere without having toxins all around you. Right? And literally in 3D we are loaded here. So let’s just neutralize it.

JAMES: The Ascended Masters constantly keep telling us it is all about vibration. So if we continue to raise our vibrations when we are in those higher vibrations, all of these things that we are talking about cannot hurt us anyway.

RANDI: Exactly!

JAMES: Especially if you believe that they can’t. So the chem trails, the vaccines, well, don’t take vaccines anyway, but the chem trails you can’t do anything about. So we can just deal with how we deal with them. And some of the other things that are going on, we just have to keep working on our vibration, raising them, and they keep saying, when we are up the higher fourth and into the fifth dimension, none of this stuff is going to matter anyway. You know, everything, all of this stuff we are talking about. It matters now only if you believe it matters now. That’s what they are trying to tell us. They are telling us.

[talking all at once, inaudible.]

AUDIENCE: And, as we spoke of before, if the body is sick, it’s difficult to keep a high vibration.

RANDI: Exactly.

AUDIENCE: What is the remedy?

RANDI: The idea is this. It’s a balance.

AUDIENCE: Yeah. It’s a balance.

RANDI: So it's like if you need more antioxidants, more good stuff, that's what you are going to have to do. You have a choice. If those chem trails are really affecting you, then you need to make sure you are doing more meditation, more grounding, all of the things that you can do, do everything you can do, stop doing everything you can do that is causing dis-ease, right? And you will, I promise you, your Higher Self will guide you to a space where you will find balance in it. It will happen. Regardless of what you think, right now... if you will be open to the possibility that balance can be found, that you can heal, the way will be shown. And this is all part of it, and always in everything, I always try to avoid things that are putting me in dis-ease. You know, but some things you can't. Like there are situations in life, you cannot avoid the stress. Sometimes I *HAVE* I have to drive home in rush-hour traffic, you know what I mean? Even in those moments, I can be more aware of that and say, "Okay, I'm not going to stress. I'm going to find a way to enjoy this time." So I stay in balance.

AUDIENCE: You are finding a way to adjust.

RANDI: Right, exactly.

AUDIENCE: When you are in something you don't like that is situational, in that situation, ask yourself what can I do? Find something on the radio that is nice.

Music.

Music, yes! You know, hum. Do a mantra. Do a chant.

It's all about raising your vibration.

It's your reality.

Positive attitude.

The immune system has a vibration. Every organ in your body has a vibration. It has a sound or vibration. So for example, if you need something to balance your body and to alter the vibration of your immune system, like an herb or something like that, one has to do the research and understand their body and try things that will re-balance those things and bring it back to its vibration. It's not just about...I mean, it's about mentally raising your own vibration and making an emotional choice to play music versus get mad at the traffic, but things that you put in your body change the vibration of your organs.

There is a town in Alaska that is its own little experiment to prove that grounding really works, and the doctor there is no longer needed but he stays because he loves the people. So that is like an hour-long video on the internet, so if you are interested, you can Goggle that. I just Googled "the grounding video in Alaska."

The documentary is called "Earthing" I believe.

RANDI: Another thing I want to talk about is healthy fats versus unhealthy fats. That is another big one. There is sugar, dairy, gluten, salt, and fat. So I want to talk about salt and fat, because there is salt that your body can handle very well typically. Most people can handle Himalayan salt very well, or

salt from like Salt Lake, things like that. But then, a lot of processed salts cause a lot of dis-ease. So that is an easy switch to make. Just use healthier salts. That will reduce a lot of inflammation.

AUDIENCE: Is iodized salt processed salt?

RANDI: Yes. You don't want to use iodized salt. Most sea salts are good. [much discussion is lost as everyone is talking at once and it is inaudible].

For fats. So what you want to avoid especially is hydrogenated oils. Hydrogenated oils will cause immediate inflammation in the body. So fats are very, very essential in the 80s, 90s, whatever, start giving fats like this huge bad rap. Like everything was fat-free, avoid fats... did that work out well for us? Did that heal all of our fat issues?

AUDIENCE: No.

RANDI: That was never the problem. It wasn't the fat. There was sugar in all the fats and the hydrogenated oils... do you know what a hydrogenated oil is?

AUDIENCE: It is chemically altered.

RANDI: It is chemically altered or processed at a high flash point that turns it into a prooxidant, is what it does. But natural fats like coconut oil in its natural state, olive oil... but be careful with olive oil, because olive oil has a very low flash point meaning if you heat it up just a little bit, it becomes a hydrogenated oil. You only want to use olive oil for like salads and things like that that you are having cold.

AUDIENCE: Also, if you buy the olive oil in a plastic bottle, don't do that, because sunlight oxidizes the olive oil.

RANDI: And you have to be really particular about your brands of olive oil because they have found that like 80% of them were changed into hydrogenated oil.

AUDIENCE: And it is mostly the olive oils that comes from Italy, yes? Because in Italy, the whole olive oil industry is run by the Mafia.

RANDI: Yes.

AUDIENCE: And some of them, they is no olive oil in it. They add color to it, green color and it is horrible. I would be really careful when you... Dr. Mark Hyman, I don't know if you are familiar with him, he is wonderful. You can find his podcast or whatever on which oils are healthy and which ones to avoid. But they are also have had tests done on Italian olive oils. That sometimes they put it in a beautiful bottle, sell for a lot of money and it is the worst. So check on that. Because a lot of these very well-known ones are really dangerous.

RANDI: There you go. So I personally don't even buy olive oil anymore because of that. Because I don't even want to mess with all that, so I switched now to avocado oil. I haven't heard anything bad about it yet. I love avocado oil, it has a high flash point so I do a lot of my cooking with it, that or coconut oil. And I just stick with those two because I feel comfortable using them. Coconut oil, there is some flavor, it tastes like coconut, and you can also buy it that doesn't have the flavor if you don't

want eggs that taste like coconut oil, you can use the kind without the flavor. Or you can just use avocado oil. So that is an easy shift to make. Now Costco sells it.

AUDIENCE: It's important to get organic.

[Everyone is talking at once and audio is inaudible]

RANDI: You can use cold-pressed olive oil.

AUDIENCE: For baking, the grape-seed oil is very good.

RANDI: Grape seed has a very high flash-point as well. The only thing about grape seed oil is it does go rancid faster, but as long as you are using it fast enough or refrigerate it, it should be fine.

AUDIENCE: But stay away from all vegetable oils [all talking at once, inaudible] safflower oil, canola oil, sesame oil you can use once in a while, but sesame oil not on a regular basis.

JAMES: Remember now, I don't think they can hear when you are kind of just talking all at once.

AUDIENCE: Oh, I see. On the vegetable oils, down in the islands and so on, and they come in these huge containers. And that's all they use is cheap vegetable oil.

RANDI: Yep. That's really what causes heart disease, or any of those inflammatory conditions, those are the dairies, the oils, the salt, the sugars, glutens, those are your big causes of most chronic disease. So if you were going to change anything, those are the things you are going to want to look at.

AUDIENCE: [Inaudible] barbecue.

RANDI: Barbecues, yes.

AUDIENCE: A lot of barbecue meats [inaudible].

Basically with the hot coals, it's the black coals that are very bad.

Charcoal.

Animal fat.

RANDI: Okay, so there is that level of awareness that typically most people can handle animal fats. In fact, some people actually do well with some animal fat, but you know, I would be careful of my sources, because of the vibrational frequency. I am a big believer in thanking the animal for its sacrifice if you are going to eat it. And not supporting these big farmers and buying it from a local person who is taking care of their cows. If that is a choice you want to make.

If you are ready to go to the next level of vegetarianism, that's great too. Just do that with the awareness, making sure that you are bringing in what your body needs to keep those balances as well. That's my belief on it. And I know some people are more like vegetarian all the way, which I completely respect that system. And that's kind of where we talk about these shifts, moving in those directions. That is the direction I am moving in, more and more, I am going more and more vegetarian.

That's just where I feel like if I am looking at for what is the highest good for myself and others, that is the energy I am shifting. I have not shifted all the way there yet, but I am moving in that direction.

AUDIENCE: I wanted to mention a little bit on the Kosher and the halal meat. It is hard to just turn off the switch and go full vegetarian if that is where we should be. In the meantime, a good middle of the road are the Kosher and the halal meat. The Jewish tried, for example, they had a specific guidance on thanking the animal, praying for it, and making sure that they slaughtered the animal in the least painful manner, and then draining the blood. Because all those energies, you know, the trauma is stuck in the blood. And so by draining the blood, you don't take that into your body or it will eventually turn into more anger, more cancer, and then we have the teachings of Yeshua and that was lost. It was also reminded to us by Mohammed, then they actually whisper in the ear of the animal a prayer, the same thing. They execute it, and they slaughter it in the most humane way and let the blood drain. And so, it has worked well for me.

RANDI: That's vibration again, right? It's really coming down to the vibrational frequency of the animal that you are eating.

AUDIENCE: Well, aren't they still alive when you bleed them to death?

No.

Because you see the blood has to circulate still.

What they do is they slaughter the animal [everyone talking at once-inaudible].

RANDI: This is a good, better, best thing, right? We are just all making shifts at the level we are ready to go to, and so, I think, if you are going to do that versus have them hanging by their legs, staying alive squealing in fear, that's the worst level. It's just a matter of at least being in the awareness and making choices from that awareness. And whatever level feels right for you, that is not for any of us to judge, and those animal, I do believe, just like we came into our reality knowing they we're coming here for a specific reason, those animals did come in knowing this, but they also came in knowing that it is for us to learn from them too. To learn that maybe together, we can decide if there is a better way, and a better way, and we keep evolving. Right? Isn't that Ascension? It is an evolutionary process to making better choices all around for all of us.

AUDIENCE: Another thing is they shoot them full of hormones. Like turkeys, they shoot them in the neck and they get them on the market for Thanksgiving real quick. That's why they do it. They fatten them real quick, grow them up. And then, I noticed when I was in nutrition more, that at Thanksgiving and then by Christmas, my children were getting the flu and all this stuff, and I found out, year after year, I watched it, but they got sick from that turkey with the hormones that was going into them. Then I asked around, and Halloween is another one. Eating all that candy.

RANDI: Overeating in general, and all those things.

So I forgot to say, so what foods would have antioxidants? If we need more antioxidants, where would we get them?

AUDIENCE: Berries.

But berries have to be organic because of the pesticides.

We have a lot of veggies.

Green tea.

Herbs.

Herbs are fantastic for antioxidants.

What kind of herbs?

RANDI: Any herbs. But like cilantro, basil, oregano, paprika, but oregano is not one you want to eat any large doses of. It is more of a medicinal herb, like if you are sick. I wouldn't consider supplementing with oregano on a regular basis. It's more like a healing herb.

Something like ginger root in the tea that you drink every day that has antioxidants. [Inaudible] tea is a great tea. Ginger root, [inaudible] tea are great antioxidants you can drink every day. More variety is good because every antioxidant will neutralize a specific prooxidant. So the more variety you have, the more it is going to neutralize the prooxidant.

AUDIENCE: [Inaudible-coughing, far away voices] herbs, they have been around for thousands of years.

Powerhouses.

RANDI: If you just put them in your water and just let it infuse into the water, it makes amazing deliciously infused with water.

AUDIENCE: [Inaudible] will take care of the [inaudible].

What?

You have three of those [inaudible] and you grow them organic because you can buy them organic as well, and it makes the taste of your soup better. [Inaudible]

So you use that crappy potting soil stuff, Miracle Grow or [inaudible].

Which herbs do you put in your water?

RANDI: You can put cilantro in your water, you can put any berries in your water, you can put basil in your water, you can put ginger in your water, [inaudible] you can put lemon in your water.

AUDIENCE: Fruits and dark chocolates were listed.

RANDI: Dark chocolate, yes. [conversation drowned out by all talking at once].

AUDIENCE: We just have to worry about the hydrogenated oil.

I'm talking about chocolate bars.

Walnuts, pecans, cranberries.

RANDI: Let's talk about nuts for a second. That's another group. Nuts, seeds, anything that you are eating, you need to soak first, because if you don't soak them, they will pull the nutrition from your body, trying sprout inside of you. If you want to sprout them ahead of time in like for instance, overnight soak them in some water, then they will become an antioxidant to you instead of a prooxidant.

AUDIENCE: You can keep them in the frig. You can soak nuts for 12 hours, seeds for 4 hours. And then like the Brazil nuts, for instance and stuff that are bigger sizes, you soak for 24 hours sometimes. Then you rinse them well. Put them in some water, I put them on sheets, I dry them in the sun too. Go through it with your fingers, because they don't stick on the thing, and in a few days when they are completely dry, in Colorado it is so dry that you just leave them out. [inaudible].

RANDI: And I don't even redry them, because I eat them when they are still wet. You can also just eat them wet if you don't want to dry them again. I eat mine straight from being soaked, and just rinse them.

[background conversation inaudible]

AUDIENCE: Well think about it. For the season they lay there on the ground. They lay there for years if it doesn't rain. The moment it rains, it's like [inaudible].

[background conversation inaudible]

RANDI: That's the compression point. That's what releases the nutrients out.

AUDIENCE: And let's put it on the pan and soak it a little bit?

[inaudible]

I put a little bit of coconut oil on the pan and just drop them. You can do that.

What kind of nuts are we talking about doing this with?

Almonds!

[Inaudible]

Cashews you don't have to soak.

RANDI: But they taste delicious if you do. It's because cashews come with a harder shell. So they are not trying to break down the outer shell that has the tannin. [inaudible]

AUDIENCE: What about sunflower seeds?

Sunflower seeds, I still find that you have to soak those.

For 24 hours.

The pumpkin seeds [inaudible].

RANDI: Okay, we'd better move on. We are getting down to, our hour is not over.

Water now is a big one. So your body is 70% water, right? So does it make sense if you are putting in your city's poisonous toxins, loaded-with-chemical water? And that is your drinking water. But that is a super easy one to do, and one I like to do is we just have an under-the-sink filter that is reverse osmosis and it will take those things out. We want to be sure that you are getting enough minerals in your water, otherwise it is going to strip your body of minerals. So you don't want to drink distilled water for long periods of time. Short-term, it could actually do some great detoxing. Over a longer period, it can actually strip your body of essential minerals.

So, my input is to put the minerals back in, but you have to be careful that you are not putting too much calcium in and calcium calcifies the arteries. That includes supplemental calcium because calcium is the number one supplement people use that is actually making them more sick.

AUDIENCE: It can cause kidney stones.

RANDI: It can cause kidney failure. Really if you need more calcium, eat more broccoli. Most of it, even the stuff that they say like extra K isn't necessary. If you need more calcium, eat more broccoli, that has all the balance, you'll get all the calcium you need, and you won't have to worry about supplements. You'll get plenty of it.

AUDIENCE: I have been making the alkaline water with a quarter teaspoon of coral calcium every day.

Coral calcium is not good for you. Think about it.

RANDI: And even alkaline water, you want to be careful, do you have an alkalizer you make it with?

AUDIENCE: No, I use backing soda... a really good quality salt, and the coral calcium, a quarter teaspoon of each plus lemon.

RANDI: Okay. You can use backing soda, as far as I am aware, lemon is fine, but that calcium is not.

AUDIENCE: Okay I'll take that out.

What about the water bottles, not the water bottles, but when you bring the water bottles to purify that they sell you, alkaline water.

RANDI: Okay, so alkaline water is one that you want to kind of use common sense with, because your gut is acidic. So anytime you are putting in high alkaline water through your gut, then that is neutralizing that acidity within your gut which is what keeps the bacteria in your gut active and healthy and digesting and doing all that. So you really want your water to be about pH balanced, about 7.4, really if anything you want to be slightly acidic, not alkaline or too alkaline. You would rather it be a little bit too acidic than a little bit too alkaline.

JAMES: Also, you have to remember or know that a lot of the bottled water that everybody buys is nothing more than just tap water that they are putting into a bottle. I'm not sure which ones are, but all the main ones that most people buy are not what they say they are.

AUDIENCE: Is there a way to test it?

They could be adding fluoride.

RANDI: When we talk about how you can actually energetically change your water very quickly, so you can just use water. That's tomorrow. So we will go over a little bit more on water at that point. Generally anything that has the metal fillings, there is a lot that comes with that. So a lot of disease, a lot of heart disease is actually caused by root canals and things like that. Cancer can be caused by that. So if you can avoid at all cost to not get root canals, if you already have them, that is a situation. Some people go and have them removed. If you do, then you will have to realize that you are going to have to have more antioxidants on a regular basis to neutralize those things.

Fluoride is in your toothpaste, it is in your water, and in all these places, and of course, the purpose in that is to calcify your pineal gland, right? Because it keeps you from awareness and a lot of other things too. A lot of thyroid problems are caused from that. So, there is no reason anymore to buy this crappy toothpastes that are loaded with fluoride. There are way too many fantastic alternatives. If nothing else, brush your teeth with some baking soda, rinse it out with a coconut swish, with a little peppermint or something, and call it good.

JAMES: By the way, that was an Edgar Casey remedy back in the forties. This is the first time I had ever seen backing soda. That was how I learned about baking soda and water and you mix it up and you make a little paste out of it and then use that for toothpaste. He was the first one that said that.

AUDIENCE: That's what we started out on when I was a kid. We always had baking soda.

JAMES: Baking soda is put into toothpaste.

AUDIENCE: Talking about the use of fluoride, they were giving it to the [inaudible].

Actually they were causing premature aging and all types of health issues.

They were killing people with it.

I know I am giving away my age here, but at wartime, we had to brush with baking soda. I hated it. When you are young, you don't like that baking soda.

There was a recent channeled message that had proven effects of... they lifted all the skulls of the ancient ones that they found and they didn't have any cavities. They discovered that they were vegetarian, so they didn't even use toothbrushes. What is interesting is how our diet has a lot to do with our dental care.

RANDI: You can heal cavities too. It is a false belief that your teeth can't heal from cavities. If you have cavities, start brushing your teeth with baking soda mixed with activated charcoal and earth clay, like bentonite clay or something like that. Brush your teeth with that on a regular basis and swish with

coconut oil. If you have any small cavities forming, it will kill itself very, very quickly. Even major ones will start to heal very quickly. So we have done this with my son who was getting cavities and it healed them right up. It was strange to see because it was black and after I started doing it, within a week the cavity was gone.

It is backing soda mixed with bentonite clay and activated charcoal. Those three ingredients, just mix it together, and this is how I use it, I just have my toothbrush which is wet, and I dip it right in there and brush with it just like that. You will notice it heals cavities so quickly. Then swish it and after you spit it all out, then take coconut oil, rinse real good with coconut oil, spit it out. And if you want to, if you will brush one more time after swishing with the coconut oil, that will make sure you get ever bit of everything off at the end. So if you don't do that, that's fine, you can just swish and be done with it, but the coconut oil, if you brush with it just a little, it will really help remove any extra plaque there. And there is no bad stuff in it. It is as simple as it can be and cheap. It is not expensive to make it.

AUDIENCE: You mix it a third, a third, a third, or do you use more?

RANDI: You can mix a third, a third, and a third, and you will be great. And you have to use less of the activated charcoal because it is so black. That is the only thing about it, that it will get all over your sink and make a big mess, so I use lots of that. Maybe try doing like a third of a cup of ... actually less. Hang on. Use more bentonite clay than anything. So maybe use two-thirds bentonite clay and one sixth of each of the activated charcoal and baking soda.

AUDIENCE: Where do you get bentonite clay?

RANDI: You can just order it online. You can probably get it on Amazon or any healthy food store that sells it. It's a pretty common thing to buy. Activated charcoal is easy to find now. You want to get coconut-activated charcoal.

JAMES: The other thing that my wife, JoAnna does is when she has a toothache, she doesn't go to a dentist or anything like that. And she does something that I have no idea how she could possibly stand it, but she takes oregano oil and puts it back in there and I don't understand how she could possibly do that.

JOANNA: Yep. I use clove oil too. Not only the clove oil helps it, but the cause, the bacteria, but it is a great pain neutralizer. It will immediately take the pain out of any toothache.

AUDIENCE: That's what they use on that baby stuff for their gums, that clove oil.

JOANNA: Yeah. My kids had a tooth pulled and they were freaking out and I went straight to the health food store and so I bought some clove oil. Then they were like, "No, not that." I said, "Hold still for one second." After one drop of that clove oil on that tooth that was pulled and she was perfectly fine.

AUDIENCE: What kind of oil are you saying?

RANDI: C-L-O-V-E.

I use the clove oil for the pain. It stops the pain.

AUDIENCE: [Inaudible]

RANDI: I don't know about clove and dogs. You have to be careful what you give your pets. You could brush their teeth with it, yeah.

If he has severe pain you could use clove oil, but I would research that before you did it, because there are a lot of things they cannot have that we can.

AUDIENCE: One of those studies that was done on populations in the world where they were older, like 130, 120, they were measuring what was different about them. Almost every one that went past 100, 110, had their own teeth. And part of when a tooth is pulled, the meridian that that tooth is attached to is damaged, and damages the vibration of the body, so pulling teeth—if you can avoid having your teeth pulled...

RANDI: I absolutely agree. Even wisdom teeth, if you don't have to have them pulled, try to avoid it.

AUDIENCE: Too late for that.

[Inaudible]

RANDI: Again, its all about vibration, right? If you have had them pulled, don't stress about it, just keep those energies balanced, and you are fine.

AUDIENCE: That's right. So we have the med beds for that.

RANDI: There we go. And if we have it right here, we can heal it right now. So... exactly.

JAMES: I looked one time at one of my front teeth, top front teeth, and it was chipped. I mean, it was actually chipped and I don't know how I did it, what I did to it, or anything like that. But shortly after that, I looked at it, and it was no longer chipped. So it had filled back in. So that tells me that we have the power, the ability to heal just about anything. If we can put enamel back in the tooth, just by thinking about it...so.

AUDIENCE: Can we include our telephone audience in this? They have said almost nothing. Could we give some time to our telephone audience?

But you haven't given them much time. You've got to give them a minute to chime in.

RANDI: Would anyone on the phones like to share anything? Or have any questions?

AUDIENCE: Are they unmuted?

Are they there?

Okay, I just heard somebody.

RANDI: All right, perfect. We are going to keep moving on. Okay, next is sleep. Sleep is very important. You can sleep 6 hours minimum, 8 hours at the most, but if you are not sleepy, figure out

what that imbalance is. If you get to bed at the right time, I recommend it because that is a big thing with health.

Sunlight, EMF frequencies. I use the Shungite to kind of block whatever frequencies. I put a frequency blocker on my phone. Do things to neutralize it and most important is to ground as well. And don't have it right by your head.

AUDIENCE: If you don't get the sun, sunset and sunrise helps your pineal gland.

Sungazing.

Be careful now.

RANDI: Sun gazing. Be very, very careful.

AUDIENCE: Be conscious, but that helps you, helps the cones to help you get the melatonin so you can go to sleep.

RANDI: If you are going to do that, be very, very careful because a lot of people burn their retinas, even doing this supposedly at the right times of the day.

AUDIENCE: Thirty seconds, or something like that, you know.

JAMES: Especially in the Phoenix desert, be really careful.

RANDI: I agree that there are healing potentials, but be very, very careful with that because I personally know people that have destroyed their eyes thinking they were doing something good.

So pH balance is really all the things we talk about, but things you can do to immediately balance your pH, disease won't thrive in a pH balanced environment. The reason you die from disease is not because of bacteria or anything else actually kills you, it is because it throws off the pH of your blood.

AUDIENCE: Too acidic.

RANDI: Yeah. You become too acidic. Your blood has to maintain a 7.4, right about there, almost exactly pH. This is going to pull all the minerals, it's going to do everything from your body, and it will take everything it can to keep that pH level at 7.4 so you don't die. During that time, you might be stripping all your bones of all the nutrients and causing all these other problems, which is why you end up with like weak bones, cancers and everything else, but eventually you will die of the pH imbalance. So if you want to keep your pH balance, the quickest way to do it with apple cider vinegar and baking soda.

AUDIENCE: For the apple cider vinegar, it is a teaspoon of apple cider vinegar and a glass of water.

RANDI: I do more. I use a fourth of a cup, but go ahead.

AUDIENCE: [Inaudible] I do it twice a day.

The formula that I use is I make it, it is a cup of apple cider vinegar, a cup of honey, garlic, but I don't use garlic because it doesn't do anything to help my body, ginger, and a little bit of pepper, and you mix that up and you take 2 tsp of that in the morning in 8 ounces of water, and I always put lemon in it.

But I thought we were not to alkalize our body.

RANDI: Apple cider vinegar is acidic, it is not an alkaline base. It is about balancing the pH, not about making up... in fact, if you were to test the pH of apple cider vinegar, it is very acidic.

AUDIENCE: There are two types. You have to get the type with "mother" in it. [a certified organic apple cider vinegar (which contains the "mother") made by Bragg and one made by Omega Nutrition.]

Okay, so that is not alkalizing it, but it is adjusting your pH.

RANDI: It is adjusting your pH. Even though it is an acid, it actually makes the blood more alkaline while keeping the gut more acidic. So that puts your pH levels where they are supposed to be at in the body, it restores the pH. Lemon will do that as well. Typically we need more lemon, so for me, lemon isn't strong enough. What I do now is what I will be teaching you tomorrow and that is putting the frequencies in my water. I don't even have to drink them anymore. We'll talk about that tomorrow.

AUDIENCE: How much, I still didn't get. For a glass of water, to put in there.

RANDI: I do a fourth of a cup of apple cider vinegar in a teaspoon of baking soda.

AUDIENCE: And then you would put that in water?

RANDI: And then, I filled up the rest of the glass up and then I drink it. So the rest of it is water. It's gross, it tastes disgusting.

AUDIENCE: A fourth of a cup of water changes the pH of the water to 8. So you are really like drinking ...

RANDI: No, because it is apple cider vinegar. It neutralizes the pH. It's really not about the pH of that, it is about the chemical make up of it. So it neutralizes the specific antioxidants and prooxidants in your body. But in your water, you can do it. I just put it in my water.

JAMES: I have mentioned this before many times. Some of you may not have heard it on the phone though. We are talking about baking soda especially, and one of the things I do and my wife will attest to this. As soon as I get any kind of a cough or anything at all, stomach issue, and that kind of thing... I immediately go and take just a quarter teaspoon of baking soda in about 6-8 ounces of water and it almost immediately has an effect on keeping anything from getting a hold or anything like that.

AUDIENCE: Also, heartburn. I know I take baking soda and lemon in it.

Yep.

Well lemon water in the morning is a wonderful liver cleanser.

It really is.

RANDI: First thing in the morning, before I eat or drink anything, I drink lemon water because it is great for your liver.

AUDIENCE: You can do a lot more things.

Is it better to have it warm or cold or what is better.

Tap water, room temperature.

RANDI: Anyway, these are the basics. I am not going to go into all the details. There are a lot of forms of imbalance.

Hormonal imbalance is a huge, huge issue, but that is a whole other hour discussion in how to balance all that. So I am not going to go into any of that. You are welcome to talk to me afterwards if anyone is interested in the hormonal balancing part. Because if your goals are weight loss or anything else like that, hormone balance is essential. A lot of that comes back to the diet again. So, progesterone creating and things like that can be beneficial and helpful.

Typically, you don't ever get artificial hormones though. Don't ever use synthetics or whatever those hormones are. There is where a lot of hormonal cancer comes from and a lot of other issues, so there are tons of great ways to get your hormones balanced naturally. Even just like red clover flour and things like that are fantastic for naturally increasing estrogen, if you are menopausal, and you lack estrogen. Typically people are estrogen dominant and they need less estrogen. So they need like a trimethylglycine to help reduce the estrogen glut on their body and then you also want to increase your progesterone level.

This is mainly for women, but for men also become estrogen dominant when they get older that ends up causing the gut to develop, man boobs, things like that. It is all estrogenic because we are exposed to so many estrogens, so if you find that you eat super healthy, things aren't changing, you're not losing the weight you want, it is typically an estrogen issue.

So it is reducing that estrogenic load and what happens is your body has only so many receptors for hormones. I know I said I wasn't going to talk about it, but here we go, okay.

Does anybody want to talk about this? Or do you want me to end it? You tell me.

On the phone, do you guys want to hear this? Or no?

AUDIENCE: Yes. Yes. Yes. Yes. Yes.

RANDI: It's about 5 minutes. Do you want me to keep going?

AUDIENCE: Yep, go ahead.

RANDI: There are so many receptors for hormones. The same receptors are for testosterone, progesterone, or estrogen. Right? And there are only so many receptors. So your body is producing all these hormones. You know the more you are active the more you do things like that, the more

testosterone you produce. Women are obviously producing more estrogen than testosterone, and progesterone is kind of the precursor to both of those.

So what happens is eventually as women get older, they start producing less and less hormones. Right? And you might actually start losing weight when this happens because you start using up the hormones. Younger, you are actually producing lots of hormones. Usually too much hormones. And when there is too much hormones, what happens is these receptors are all full and your body doesn't like to let go of the hormones, so it starts storing them. And guess where it likes to store them? Fat cells.

And so when those fat cells become full of estrogen, what does the body do? It makes more fat cells. And then more fat cells. It keeps storing more and more estrogen because your body knows at some point, you are going to be lowering the production of estrogen, so that is where all of those reserves come from. It comes from the fat cells. Right? Which is good. That is kind of the natural way that your bodies do that. And that happens, but the good thing is that if you can understand what is happening, you can actually keep decreasing the estrogen levels by taking things like trimethylglycine that is going to lower the estrogen because trimethylglycine, called three methyl groups, that's why it is tri-meth or tri-methyl, right? It will actually adhere to these estrogens and methylate them, it is called, and reduce the estrogen load on the body so it is not storing so much excess estrogen. And then, when you get menopausal, if you want to add more estrogen, then you can do things like the red clover and things like that. And then you don't have the excessive weight that comes with it, and all the problems that estrogen ends up causing.

So for younger, trimethylglycine is amazing. For kids who get acne, boys and girls with really bad hormonal issues as far as things like that go, acne, difficult periods, whatever, trimethylglycine is a lifesaver. Use that along with progesterone. And what happens is if you increase the progesterone, then the progesterone takes some of those open receptors and progesterone sends a signal to yourself to start burning fat. So the more progesterone on those receptors, the faster your body is burning fat. The more estrogen, the more it will be storing it.

And testosterone, of course, as well, it will tell the body to burn fat, to build muscles, to do things like that. For increased testosterone, you want to be doing more exercise, weight-lifting, things like that and it will create testosterone. But if you are low on hormones in general, your body won't increase testosterone. So progesterone will be that precursor to testosterone and then your body will turn that progesterone into testosterone.

Now for men, what will happen is they are producing all this testosterone but they get to the point where they stop using it, maybe they become more sedentary, they are not working out as much, and they are not doing things that they normally do. Well, some of them have this extra testosterone. Well, your body can't really store it as testosterone, but guess what it does? It inverts it to estrogen and is stored in the fat cells. And so men literally start becoming more like women because of converting all that testosterone into estrogen. And it causes prostate cancer and all these other things. Yeah. So, that is your quick hormone, so for men, that is where trimethylglycine and things like that that are derived from sulfur and beets, is where you will find that methyl donors. Trimethylglycine is obtained from beets. So these things will help limit that testosterone, will help balance that.

AUDIENCE: You get progesterone from yams.

RANDI: I have heard that there is one on Amazon called Progesterelle that comes in an oil, that is my very favorite. I have had the most success with that one. I absolutely love it. And I am telling you, I put it on my belly, and I just watch it shrink using it. I'm not kidding.

Use it on days you are going to be working out because the more you work out and are doing weightlifting and things like that, it is going to convert it into that testosterone and really just melts away at that belly fat. If you are just putting on hormone and not utilizing it, it will do the same thing. It will turn into estrogen and then go back into your fat cells. So you will have to have all that, it is all about understanding how it is working.

AUDIENCE: Will yoga work as a workout or not?

RANDI: Probably not enough. Unless it is a high end type of yoga. If it is just this easy stuff? No. It has to be more of an intense workout, like a jog or stair step and actually building muscle and things like that. Not out walking. If you are walking pretty intensely for enough time, then yes. If it's just like a stroll around the block, probably not.

AUDIENCE: I walk for like 40 minutes.

RANDI: Yes. That is probably great, yeah.

AUDIENCE: How do you spell that?

RANDI: P-R-O-G-E-S-T-E-R-E-L-L-E.

AUDIENCE: Another important thing I wanted to say is that especially for the women, but also for the men, the plastics in the environment specifically mimic the female hormones and so a lot of us, if you are experiencing profuse bleeding over time, for like months or weeks, or whatever, that is actually rooted to the plastic and women, many of us are having our insides ripped out because of the plastics, and the doctors think that's normal to just take a woman's insides and just rip it out.

RANDI: I was having the same problem, and stress hormones. Stress hormones are filling up these same receptors. So if you are in a constant state of stress, all of your receptors are filled with stress hormones. And these are signals to yourself. What does that signal sending to yourself? Constant fight or flight mode. Right? Which is a low vibration energy.

AUDIENCE: Women live with that anyway.

RANDI: Yes, and so now their body isn't able to get these new great hormones it is producing. All of them are just going to be stored as fat and all their cells are filled up with that stress hormone, which is another reason to relieve stress. Astragalus root is a fantastic herb for reducing stress hormones. We call it the chill pill. When we get high stress in our house, I say "Go take a chill pill." And it is astragalus root. Astragalus is spelled a-s-t-r-a-g-a-l-u-s root.

AUDIENCE: She is totally right about the chemicals in the household. Could that also be all the chemical household cleaners? Laundry detergents and so on?

RANDI: Yes.

AUDIENCE: Don't use the regular shit. Get it at the health food store. It is huge. Especially for men too because this is what causes the highest ... [all talking at once] and the breast cancer.

AUDIENCE: Mindful eating. So, when you bring your awareness, your awareness is actually your Divine One within. It has got all of your gifts, talents, and abilities within it, like I was saying, lifetime after lifetime after lifetime. That Divine One within is the same thing as your awareness. So, if you are drinking water and you drink it just to hydrate yourself, that is cool. You are hydrated. But if you drink it and bring your awareness to it, and really taste the water and feel the water go down your esophagus into your stomach, then you are actually nourishing your spirit. And so this is why mindful eating is so important.

I eat slower than everybody and it drives everybody crazy, and I had a quick story is that I taught a pain and self-management program that only incorporated mindfulness. And we had them at some point once we gained their trust, to put their hand out and we put a raisin in their hand and we had them pop it in their mouth and it was a 20-minute, we got this from Full Capacity Living from _____ Inn, and we had them pop it in their mouth and not even chew it, but move it around their mouth and taste it, feel the wrinkles and all of that, then really slowly bite into it, and feel the juice and taste the juice, and then swallow the juice, and we had them breathe in through their nose and then out through their mouth, and really experience this.

[Laughter]

For 20 minutes?

This was a 20-minute deal. Yeah.

Wow! Torture.

And you know what? It was torturous, but all of a sudden, people started eating mindfully.

Really?

Yes.

Dr. Wayne Dyer does that.

Their eyes were rolling back.

Really?

Yes. So, anyway, mindful eating is incredibly important and the way that the zen masters do it is they eat mindfully and they literally see if they are eating peas, for instance, they literally imagine a pea is growing and imagine them harvesting the peas, and taking the peas to the farmer's market, and that is how a zen master does. It's tough to live that way but the bottom line is that if you can eat mindfully, meaning bringing your awareness with your spirit to the food, you nourish your spirit.

AUDIENCE: [chopping sound in background drowning out voices] Now I have to chew slower and I kind of like it. I could never do it otherwise.

RANDI: I love the aspect of mindful eating. Even if it is just a little because it is like [inaudible] you are being mindful of other things like bringing your awareness into everything. So that is a great place to start. So how am I going to start raising my awareness? Start right there. Try that.

AUDIENCE: The thing about it is, is that you can eat and most Americans can't do this without watching TV, or without reading, or even better than that, eating and being in nature. Or if you can't do that, eating looking out of a window. Then you will see the benefits. You will actually experience the benefits, and you'll experience the food coming from a gourmet cook.

[Inaudible—all talking at once]

RANDI: And you will experience a gratitude state, which is a higher vibration. If you are thinking about everything that came through a pea before you eat it, think of the gratitude that you are raising in your food right there just by placing your gratitude there. Of course, that is more healing to your soul too.

AUDIENCE: Another thing is to think about how many chews we make. [inaudible]

AUDIENCE: Yes, that comes naturally. It makes you aware. When you are tasting of the food, you just don't chew fast. You don't eat fast.

And water, for another thing is the more water you drink, the more light you put in your body.

IF you are aware. If you bring your awareness to it, then you are putting more light into your body.

So Peter, pat of that, it's not just about eating your food in nature or slowly, it's about the effects of that experience. Because it is an exponential effect by eating slowly, by meditating on your food, like the zen masters do, etc., that creates a sensitivity of you. I mean, you become sensitive to more experiences.

That's right.

So your body becomes more aware of everything. It's not just about the food, the exercise of eating the food, because some people might be thinking, "Maybe I don't really want to do that. Maybe I want to watch TV while I'm eating and this is all bullshit." It depends on what we are thinking. Right? But that experience carries through to your entire experience of your life.

Absolutely, exactly. Exactly!

You know, I have studied a couple of times at the Zen Center in Rhode Island, and when they eat, they don't talk. And I loved it because everybody was bald there.

[Laughter]

Do you know what an excellent exercise to really learn mindfulness, and this is amazing, amazing, amazing. And you may not think so when I tell you this, but the result is amazing. You could learn a positive meditation, it is a 10-day fast retreat and the first 3 days, you spend meditating on your upper lip. Three days meditating on your upper lip.

[Laughter]

However, the result you get out of it is unbelievable, because you learn things about yourself, your body...

That's mindfulness, I mean, wow.

I have a sensitive thing I want to say that is almost a change of subject, but I did hear how you eat the food and how you digest it and how your energy feels to digest the food, it is all consciousness. And I forget it, I heard it, and it's like, okay, so I practice it, but I'm not feeling it consistently because it was on that same topic. But I heard a recent channeled message from the eagles. You were talking about eagles earlier, and it is aligned with the chemicals that we use—household products.

They do not want us to continue to use and take some challenges for us to stop using detergents for washing our clothes because it goes into the ecosystem and affects all the animals that they have for food.

Just really quick.

It was very sensitive, they said, "Please, please find another alternative to washing your clothes because of those chemicals affects what we eat."

Those worms and everything else, and we have to find other kinds of animals that are clean and it is affecting everybody and they are really like saying, "Please humans, if you can do something to affect Gaia, us, the animals, because it is affecting the whole ecosystem."

And I said, "Oh my gosh. That is huge."

What can you use then to wash your clothes?

So that's something that we can find consciously if we think about. I just said, find another alternative. And one of the masters said, "We don't have to use all of these chemicals." They mentioned it. There will be alternatives that they will release the technologies for us that will be better for the animals, because the chemicals that we use are really affecting everything. So, we are going to use other things besides water, the recycled water that is affecting everything. We will have the technology. There are things that you can try to do if you look for them.

I just wanted to say that. I don't have any answers but I just wanted to say that for the animals.

The way I took it and heard it was all this hurts us, organic or not.

No, no.

It is the detergents going in the ecosystem that are affecting the animals.

What do you mean by detergents? Do you mean any detergent, biodegradable. [Inaudible—all talking at once.]

I apologize, I am not scientific enough to give specifics. Some of us are conscious enough to know there are alternatives to everything and that is all I'm saying, that the animal community is affected by what we use on a regular basis being unconscious of.

I'm just trying to get the information so I can do...

I just don't have anything else.

Just get a natural one, get an organic. [All talking at once]

RANDI: I think we are going to, wait, wait, I'm going to say one more thing and two more comments before we close.

AUDIENCE: I'm sorry if I'm saying too much, but we keep talking about it, you know that often there are those things you put in the dryer [all talking at once], the cabal actually is doing all this to hurt us in some ways.

Of course.

But I stopped using it. I loved those [inaudible.]

I just want to say that when we are eating especially in America I've seen it, people drink a lot of water and then water with ice in it. You know, drink your water until a half an hour before the meal or not until 2 or 3 hour after the meal, because the more you drink, the more you dilute your digestive enzymes, they cannot digest the food anymore.

RANDI: Well, it's a very good point.

AUDIENCE: In general, if you drink water, leave the ice out, if you can.

RANDI: That is the best thing for food, if you are going to drink with food especially at that point, leave out the ice. Thank you for that point.

AUDIENCE: One more. This is back on the water and with the animal situation. Consider that anything that you throw or flush down the toilet or pour down the sink is going to end up in the water system and it is just going to add to that. So think about all of these pills that you end up taking that somebody else has consumed and then expelled.

RANDI: Just be more aware in general of everything. This is all about awareness too. So that's all we are going to discuss today. There is a lot more learning you can do on your own, and those of you in the class, and I can email those of you who aren't here, the notes from today if you would like those. They are just my notes that I use when I do my presentations, but I just kind of shared them with you. And also in your pamphlets there are some additional notes here that are just things that might be beneficial for you to think about.

Anyway, that's all.

So, thank you so much for joining us.

JAMES: I just wanted to say thank you so much Randi, that was awesome. We are going to end up for now and back with us for 8 o'clock and we'll be ready to go again. That's it. Thank you for joining us.