Speaker 1 ([00:02](https://www.rev.com/transcript-editor/shared/NJ0X2sxAVllkMFlEOKG7NIhMz9PBviOl8YHAouWmT-KubmwRJ5pV5Zv4E3cSvuTCp_Lbcgg1oJpHRmZVF8OnEYgrbm8?loadFrom=DocumentDeeplink&ts=2.49)):

Hi everyone, and welcome to this episode of Ask a Death Doula. Today we have Ron Damico and I am going to have a great conversation with him. So Ron has been supporting people in the field of holistic health for more than 20 years and has provided spiritual and life guidance to thousands of people around the world. Ron's passion is to facilitate awakening for those who wish to achieve and evolve and expand and achieve, I guess, right, and energize their health and change their lives at a core level. I could go on and on about your bio, but I want to jump in and talk to you. Many people who follow Ask a Death doula know that we talk about end of life because I am a former hospice nurse and oncology nurse. But I also will start out by saying that when we talk about end of life, we're talking about life, they're not exclusive of one another, and that end of life can teach us everything about how to live if we would just pay attention and listen. So Ron, welcome. I'm so glad to have this conversation with you.

Speaker 2 ([01:08](https://www.rev.com/transcript-editor/shared/G4V-A943dzRBs89i0JBvP_gX2mBl-ToxqRVUon5XhUP-2T4oMv9qDtc1HGrcALl2Em9uGy0_r_GeE-AwjVrGwE_VFmE?loadFrom=DocumentDeeplink&ts=68.64)):

Thank you so much for having me. I've been looking forward to this from the moment you reached out, so thank you.

Speaker 1 ([01:13](https://www.rev.com/transcript-editor/shared/ww0AogAtmORa-aHhbdHvpmYH0vQGNKdkmA6_JpGTwBmEzurXeJPvcbpIou1yHTOUX8HOhH0UT-GhysFvIqKfoFf7FFA?loadFrom=DocumentDeeplink&ts=73.02)):

Yay. Yeah, so you popped up on my feed. I was telling you, and I don't think at all, obviously I do think, but I follow, I follow. I don't want anyone to misread what I just said there, but I have to tell you, and I tell this story a lot, is that when I became a hospice nurse, there was a calling of my heart and I was a nurse. I had no end of life experience, and I kept hearing go to hospice, and I was like, why am I hearing that? I have no end of life experience. It makes no sense. And I finally followed it because every time I thought about being a hospice nurse, I felt this connection and something that I had never felt before. And the very first day that I went out with hospice patients, I said, I'm in the exact place I'm supposed to be in my life.

([01:55](https://www.rev.com/transcript-editor/shared/295uY_hxbwRmiZ2JL4QmLA2lWEws5u9Jgn7ZpqE7rTml4XBHejamyZ0eFRMIqgrEMBJHazk7zCDnkRBuDzRyygjStwY?loadFrom=DocumentDeeplink&ts=115.53)):

And I said, that's how this works. And when I'm doing that, that's how this bigger picture. So when you popped on my feed and I listened to you had some beautiful couple minute tutorials, I was like, I mean, sometimes I do things even before I, and I was emailing and saying, would you like to be a guest? Because this is more of what we need in the world. We need this education and conversation. And I feel like we are at that place. And I think you could agree where there is a big calling of a shift where people are being asked to grow. I mean, there's a facilitated energy that's out here to grow, but also asked to really, and I think people really want to know more. What is this life's journey about? How can I make it the most and how can I contribute on bigger on part of the whole? So let's start out with this question, Ron. How did you start on this path of being a healer and intuitive and holistic? Where did that show up?

Speaker 2 ([03:01](https://www.rev.com/transcript-editor/shared/ovvg-_sbpNTgK7SZmQXFtCNOSEV8FvqXJNNAH-bQzQkx1ECq66au0m4Og15ZvlHXVOwF6BhwtHiQ_H2VYbpuvY8TPs0?loadFrom=DocumentDeeplink&ts=181.96)):

That journey began when it really began when a friend of mine gave me Dan Millman's way of the Peaceful Warrior. And when I read that, it helped me put together all of the dots of what I knew were real within the story. It's a story. It's his embellishment of a story and his life's journey. And as I was reading that, everything in me just started waking up and I started to realize what my journey was from the moment I was born. Through that point, I could feel it didn't know how to make sense of it, but I could feel it and I didn't know what to do with it, so I just kind of put it on the side and I just kept living in my life. And I was a personal fitness trainer, and I did a lot of post rehab work for chiropractors and the like.

([03:50](https://www.rev.com/transcript-editor/shared/6HzJzaO3NYgqMZtrp-ME8y5LzjLuIQPQgtZtcz4S4nzKbaOEMLerXs1DYgMxIE_7xWDJKzkAzCX8SUFLF6P4_IO8UKs?loadFrom=DocumentDeeplink&ts=230.35)):

And I was at a chiropractor office one day and it said healer as an individual, the Phil off a pogo stick. And I'm like, okay, what's a healer? I had no idea. So he told me what he did and I said, I want to see you. So I went and saw him, sat down. The moment he started asking me a question. He says, what do you? And I said, everything and anything. And I didn't even let him finish asking the question. And he said, do you want me to finish? I said, sure. He says, what are you willing to do in order to heal? What are you willing to let go of in order to heal? And I said, everything and anything. And I saw the next five years flash before my eyes. I knew my life was going to go in a completely different direction.

([04:30](https://www.rev.com/transcript-editor/shared/3ub5DJCl0WPUrPA2nySNxFv3GoS63xw5vt3d_gb8BTx-13oYBo7okh_MwFb837gXNLLUO2a8tKEzjxUeI_g6gPdKXSI?loadFrom=DocumentDeeplink&ts=270.28)):

I had no idea what it was going to look like or what it meant. And then it just progressively opened up. I kept working with him. I worked with some shamanic practitioners, and they said to me one day, you're an innate healer. I said, okay, what is innate? And I said, I know what a healer is. I said, but I can't see myself doing that. And they said, do you want to open up the channels? I said, sure. I didn't know. So I went back working with the chiropractic patients and physical therapy patients, and I'm like, huh. I'd just be hanging out with them and I just ask a question and they would go through an emotional release and I'd see the body straighten out and I just want to touch a certain part of the body. Things started moving

Speaker 1 ([05:13](https://www.rev.com/transcript-editor/shared/TwS604w4gW3xTeMdFtfL2u_v4mrbppT6bK7NrkOJ31szX4xU4i3_OC9ip3SugfJYNj6evExj7IAax_2ZOYuthjyVlsw?loadFrom=DocumentDeeplink&ts=313.72)):

And

Speaker 2 ([05:13](https://www.rev.com/transcript-editor/shared/I00w1eLP25UjS0egmiRgYrUwiLUT6Ms0QGlYjUvwPJXpgpEJPzGXT38YUKYKI9SxR1cNJ9PQwycsiF14hDIpj5DJlXI?loadFrom=DocumentDeeplink&ts=313.72)):

It just progressively went from there. So my whole life started moving in that direction systematically.

Speaker 1 ([05:20](https://www.rev.com/transcript-editor/shared/_c7IWXRNmms0lVj2iH8GEijVbTtO5F4WXmhPE92yFrw-eVtaiKHQsZXTBMrn-Eg79dN9bnslLy0AWotaLFbjAZTnXwE?loadFrom=DocumentDeeplink&ts=320.77)):

When you got the book, how old were you? Read the

Speaker 2 ([05:24](https://www.rev.com/transcript-editor/shared/J5z1syUnKkRnZLjeR8aNUWmUKkm-gMb0hdDhZr2TmKgqbdpjSNvZr4z2hjDxkErmh1vv3CUAv6Vn3AQ8EoB9uytw7XY?loadFrom=DocumentDeeplink&ts=324.61)):

Book. I was 19 when I got the book. Yeah. Okay.

Speaker 1 ([05:30](https://www.rev.com/transcript-editor/shared/0C38RHWXefB_tfSzYRpoaNWR3TpN_dWsVZVsTZ_T1Zz-bq53cvQLN4VZfHeIobuji7aZ47fY5ta8XbZOri10NpzeMJU?loadFrom=DocumentDeeplink&ts=330.15)):

And when you were young, very young, do you remember as a child having a connection to Yeah,

Speaker 2 ([05:37](https://www.rev.com/transcript-editor/shared/jno-GgNBs6dau9L3M2whBM_wePD1PnVolsLkRZQ1CSA15bBKzjDz3Qy7ZuOQagCmGR3Gji6AXf4Pqrv_bpd1288tkMg?loadFrom=DocumentDeeplink&ts=337.06)):

That's an easy one. I literally could feel the energy in a room and I could feel what was going on, and I just knew how to adjust myself to adjust the energetics. If somebody was in a bad mood, I could just shift myself and that would shift. And nature was my friend. I loved nature. Nature is the best. I was fortunate. We had swamps and ponds and I would collect snakes, and I had a blast. I mean, they did boy stuff, but I loved it. And it's when it felt the most complete. I never really made sense of people. They didn't make sense to me because I was raised Lutheran and the pastor would be saying something, I'm going, and I just innocently, you said this over here, but this applied over here, so they're contradicting each other. I didn't even know what contradiction was. I said, but they don't make sense.

Speaker 1 ([06:31](https://www.rev.com/transcript-editor/shared/m21jjGFvuhoV2hxKbpCMJ2m6IV8_9o3FhgR7GoOd6XvrjbtP3HXhD6lVIlZeL4C9HCEysd7pIP3LWRS7uPu3nRNzWVo?loadFrom=DocumentDeeplink&ts=391.07)):

Oh my gosh, that was me in a Catholic school because they contradicted and look all love out here, but you just contradicted yourself. And my hand would be going up, and I know that the nuns were just like, no, not another question, but yeah. Yeah. It's interesting about the children because those babies that come in from the energy, and if you really look at it, and animals are the same way. They are responding all to energy, but the babies, sometimes you'll find them looking and laughing at things that you can't necessarily see. Maybe some people who are intuitive can. And then we tend to lose connection with that energetic frequency and then hopefully we find our way back. But I love you said these human beings, I don't relate to them like what's going on here? And it's very funny. I often will talk about from my end of life experience where, so we're holistic beings.

([07:26](https://www.rev.com/transcript-editor/shared/-vjp0TaLdJdRLyk6Xj4NnAbBgdC2QRow-K_UWfxZKSew1sgsM5hjJVnUL-9tFx-VRC419yoG6D92G4aKnhHRvj9jYCA?loadFrom=DocumentDeeplink&ts=446.45)):

We know that, right? We're physical, mental, emotional, and spiritual. At the end of life, when the physical body is diminishing, the spiritual body's growing. I mean, you see it. It is the most beautiful thing. And people literally, they reach a point where they have one foot in this world, one foot in the next where they get their spiritual wisdom or spiritual eyes and they have all this new information and it's just life changing. And the fact that we've removed end of life and have it be the number one fear right now in our world is really directly relating to the chaos that we have. But there's nothing to be afraid. And in fact, it should be revered. But we have those experiences and it is just amazing to see coming back. So I love that you talked about as a child, I love relating to nature because we're all connected and going on that trusting journey of just following your heart, and that's beautiful. So then what did you do and where were you at the time when you were, so you were doing a physical therapy, but a healer at the same time?

Speaker 2 ([08:32](https://www.rev.com/transcript-editor/shared/gW3eaMcc1OeQvvKpvci94Av7khaHsVxCce7EUAqBAM1bzTaMqMWBrKy9FQsCgf06TDH_pk8htjs6B543uOZdWlPvEHE?loadFrom=DocumentDeeplink&ts=512.36)):

Well, what happened was I started really funny because I started my path and I became a healthier individual. And the marriage I was in at the time, she didn't want me to become a healthier man because I started seeing where my imbalances were and I began to correct them. So it just wasn't working out. So I had a personal fitness training business, and I progressively moved that into just it down. I wanted to do more of the energy work. After about six months of doing the energy work, I knew I wasn't ready, so I just walked away from it. I ended up getting a divorce and then my life just started falling apart. I couldn't get a job, nothing. Everything was collapsing. I literally was at a point where I was going to become homeless. I ran off my credit card and then I got a phone call from Home Depot. So I started working at Home Depot, one of the single greatest gifts that ever occurred because it gave me the opportunity to promise myself I'm going to be who I am in that environment no matter what. I literally lived and breathed everything I was opening up to in that environment.

([09:41](https://www.rev.com/transcript-editor/shared/PPv99dIfTeXA-eYLO4_O01ws_QAL6vW9wsuiDwJuxRA9ke0v9aVxpy-oepXvEL9J86BN6iiTmzGM_1D5OTbLRAIb-mw?loadFrom=DocumentDeeplink&ts=581.64)):

And just through talking with people, people says, after talking with you, I feel so much better. Do you do any work? What kind of work are you're talking about? It feels so incredibly healing

Speaker 1 ([09:52](https://www.rev.com/transcript-editor/shared/8-MVjYAUTR5WNQa5jriaWo_jZRIoRFS0nRdQSFGLJmrz8GhQGCuDYxSRDTQTvTnKk45Yx-JrwxGcvH8HcmXH8HhK0ls?loadFrom=DocumentDeeplink&ts=592.38)):

Beautiful,

Speaker 2 ([09:53](https://www.rev.com/transcript-editor/shared/ZGihbrb-UKLfo-aILJ6wfDbX_a5pL9Ldq3tMbo-EVck-kZcRUxN3LOqJM7fj-8XydRYjMlG2SbERky20slnxs0X4EUo?loadFrom=DocumentDeeplink&ts=593.34)):

And it just started moving in that direction. So I knew at that point I was ready and I began to open up a practice, and I was in Maine at the time. Nobody wanted to go deep in Maine, I am rubber meets the road. It's like, let's get real. Let's get into heart and soul of what it is. Let's cry, let's laugh, let's do whatever we have to do. So who you are and what I see in you can come out and play and everything just progressively moved in that direction. So for 23 years at this point, I've just been working with people nonstop and I've loved every second of it.

Speaker 1 ([10:31](https://www.rev.com/transcript-editor/shared/nN4Q4cDOm5pJ5dCq-fuHmrNs5tAJneNgTnVx75SdvgBQn5LxRgFYRPCQYlsNY5nGE7SLYYtgGk18qo7S63_S1ws2lkE?loadFrom=DocumentDeeplink&ts=631.08)):

I love that. Ron, let's talk a minute and hang on to when things seemingly fall apart.

Speaker 2 ([10:38](https://www.rev.com/transcript-editor/shared/gDfcs8UsPK9w081C1wNgqOkkOJse3zp0Ngq-06hYVxmc5zHs1nn342IcfOGyqA2Iaw8OB058r0RYrk6LmNdWHycFiiI?loadFrom=DocumentDeeplink&ts=638.58)):

Oh yeah.

Speaker 1 ([10:39](https://www.rev.com/transcript-editor/shared/bWYat8etnoQd1ZN0ADNr4dJBTb41RtByZ4VGToSkZhKQUlLDY5LFYCOEYkIM_vwNFlwWh87mKVeaaq9lPrtbwpVukAU?loadFrom=DocumentDeeplink&ts=639.3)):

Because it's a very challenging thing and I think that our lives, look, everyone has things that go on in our lives and they're hard and they're really challenging. What is the gift behind the experience? And I'm not diminishing the pain, and I'm not saying that it doesn't hurt and it's not scary and the whole thing, but I know that the universe is always working on our behalf. And so if you can just trust, if you can just hold on, what is the gift there? And we know that things need to fall apart so that the rebuild can be there. So I just want people to have faith and hold on that if things are moving in a direction that doesn't seem like it's in your favor, just hang on and have faith because it could be leveling you up. And it is, I believe this to your purpose and what you're supposed to be doing. Not saying it's not challenging and painful, but it's beautiful, but that's beautiful, so I love that.

Speaker 2 ([11:37](https://www.rev.com/transcript-editor/shared/GmjkzfaAzDRsYLe_WPPKyEBdG2fpTXgGx6kJHNNWNWED85vQ8TDELicUBiTEngQGvBDidne536XCPIzOPOYXoUA8ijs?loadFrom=DocumentDeeplink&ts=697.2)):

Well, what you're talking about is because I've walked a number of people through the dying process and their families over years, and I've grown to realize that if we can recognize that we are beings of momentary creation,

([11:57](https://www.rev.com/transcript-editor/shared/86w_KnOK5tBrKxWdsf8agsUMKhtrFI2pqd6ZtGyMK0HgqoKDTluv927rxSirP1i83iruMRTQ7W8SJ9dHbZs1rkvipQI?loadFrom=DocumentDeeplink&ts=717.85)):

We are a series of moments expressing itself. We have a life that is a moment, we have the collective life that is a moment. We have individuated moments, that we experience ourselves in a unique way throughout our entire physical life. If we can recognize that every moment is a birth, a life, and a death. By the time we get to the end of this physical life, we have a regard reverence and a gratitude or appreciation for life that is beyond compare within those moments of difficulty. It's not that I'm not interested in them ending, it's that I've grown to realize that if I can take in everything I am feeling and everything that's going on and I'm not in rejection of anyone, anything or any aspect of myself within that, that I then can drink that moment in completely. And I

Speaker 1 ([12:54](https://www.rev.com/transcript-editor/shared/vau8k6hQbQ3aCZ__XcU_o3HJO5oEWIVFPux9rGEfRjhAQor7cqMiD2HvznOfZUDaSl7ZTyvBTb9zVg1XljZr92LfUBg?loadFrom=DocumentDeeplink&ts=774.19)):

Change

Speaker 2 ([12:55](https://www.rev.com/transcript-editor/shared/JMj0b2u_h0FyEkUJK1riO7pRpeRDrHn5Q04E8_W4BirOS3YAuqlWozD_NouRJvPNSOS08wbzqaRrlHJ8mgj2pjFd_xk?loadFrom=DocumentDeeplink&ts=775.99)):

Evolve as a result of every single moment. If we can take it in without rejecting it or compartmentalizing it, go ahead. So maybe

Speaker 1 ([13:07](https://www.rev.com/transcript-editor/shared/0Po2Juca7qPOIVS1-VfN7ldjyTzLNEBNQeEERu5enzSXn622-CqOBtSurQOF9IOuunTuwwPt0sk1kTUq_YXKq3egv4o?loadFrom=DocumentDeeplink&ts=787.18)):

Often a lot of our teachings and doula givers and the platform is all about really not judging one another, meeting each other exactly where we are. We're all on our journey. I know there's people that are struggling and I know people are not showing up as their highest self and that's perfectly where they're supposed to be. Not judging 'em, we don't condone bad behavior obviously, but we have to know that we're all on this journey together. And when you share that the non-judgment and showing up and taking, so what if we could meet up these moments in our lives that are seemingly like what's happening? Asking, what's the gift here? What is this wanting to reveal to me and to show me? Because I will say to people that I've seen, and I believe that a level of growth is sometimes directly related to the level of hardship or pain that people go through and can go through it to get to that other side

Speaker 2 ([14:09](https://www.rev.com/transcript-editor/shared/5fwjrmQ_2z6YoEejvYpOxP3UvoWWx7WBawHLiC34IsAWy0tqurq7VPc2Cc5X86ODcGumyYN0Yz03psQOfRRDc3cAQQ0?loadFrom=DocumentDeeplink&ts=849.46)):

Is how we do it. Now I feel that we're moving beyond that need to go through that type of pain. What I have found is one simple thing, can you accept yourself in all that you've felt in that moment? That what you are experiencing is a gift. You may not see it right now, but can you accept that this is what is.

([14:35](https://www.rev.com/transcript-editor/shared/fv06EYgODSZN32og_foaZLKhChZRxpfGrpHMHy32JC76prGIoDUujeelGyGjwy_Vh08aAmgzuP7TNm-WKiJmbKjExn8?loadFrom=DocumentDeeplink&ts=875.41)):

And if somebody can breathe in that moment, their heart begins to open and then people will say, my heart is breaking. No, your heart is breaking open. So more of your love can come out and you can receive more love. And if people were to respect what they feel, no matter what it is, it doesn't matter to me what extreme it is on that spectrum of expressive feelings. If we can do that, we then automatically begin to have a reverence from every experience we have ever had that we push aside. And even when we push ourselves aside or others aside, it's like you said, I don't agree with the behavior. I still respect that that's your choice. But I also respect that I love myself enough not to be in an abusive environment, not to be in a position of being neglected. So I'm grateful for this opportunity to be with you to the best that I can right now. I wish you well on your journey and I'm going to go play over here.

([15:35](https://www.rev.com/transcript-editor/shared/H83nHN5KjxsFUPSRuOETkEDgPOSpCoMLEdzydrR9tptohN08BMwfvgYkdlDCMi-f_gGWVnzpxSzKYrMdQu1FpCXpesg?loadFrom=DocumentDeeplink&ts=935.36)):

When we do that, we are in that state of love. And the more we do it with the simple things in life, we realize that everything has a finite expression. Nothing we go through is eternal. Our existence is eternal. The fact that we are experiential beings is an eternal facet of all that we are. But nothing lasts more than the moment. And the moment we shift is the moment that instance comes to closure, the moment we embrace ourselves within it is the moment we can put it to rest and transcend it and move into another way of being with it, even if it continues. Because there can be battles, there can be wars, there can be difficulties in life, and there

Speaker 1 ([16:18](https://www.rev.com/transcript-editor/shared/WyJkjio60ilb0ncNRHSLZkDiv0nvAwmX9LPydRJpNORXlZnJt04754JdhpxQIW7z77uJJZT8nK46uCo-mC6QZqUhwOg?loadFrom=DocumentDeeplink&ts=978.59)):

Will be. Yeah. And there are,

Speaker 2 ([16:21](https://www.rev.com/transcript-editor/shared/V9UnXv-d7j2Nu4gIp5VMMrgLFnf2Z-4U0RAQr2B0Eq5S7l0_mkt_aKNvw3NbXJq9PYty4RrNRfln7rLEwF4IoI-Z6Ys?loadFrom=DocumentDeeplink&ts=981.71)):

Right?

Speaker 1 ([16:22](https://www.rev.com/transcript-editor/shared/GIxDCxj3JpjVU0CiMPTc9F-0TzMDqZ-YGK_64op7ojXcMBPeMdYPCPGWBzPbQQhK_pk2aRnlkUOwjMIPAT3eTxMb-tw?loadFrom=DocumentDeeplink&ts=982.37)):

So what you said, and I love this, is that, and this is what I believe as well, is that there are things going on and they're always going to, what we are in control of is changing our perspective to it and changing the energetic attachment. And you can do that within seconds.

Speaker 2 ([16:40](https://www.rev.com/transcript-editor/shared/N5qtpohIGHY03_PXEuO1U6fkGSGu-cK3Cp83w4GC5P-Y57BIxk90RBL3PE1wCzba7gbJ7kP1o4QiPoav92EIiWUjDfw?loadFrom=DocumentDeeplink&ts=1000.04)):

Absolutely.

Speaker 1 ([16:40](https://www.rev.com/transcript-editor/shared/mvbuWimdrxoITaM5XOYGD6aEK4vNGURtRVo2-y5QNCOy0HIxeN_hDM2OomdQTZZnN4Fcqqe8WjnxZJH8tJleRSqxeCo?loadFrom=DocumentDeeplink&ts=1000.31)):

So when you said the pain and the suffering going through something, right? So if I choose to look at this circumstance, and again, I'm not diminishing and there's no right or wrong here for anyone. However, if I choose to say, okay, this whole thing is happening, I'm going to look at it like I'm going to put my trust and my heart and expand and say, I'm going to be open to what the gift is here, I have now released suffering and pain attached to that and that block that just might be full of resentment. And that leads me to the next thing that I want to talk about is about releasing and letting go. Because you had mentioned this earlier here, and this is again for end of life and also just for life. So we think of ourselves as an energetic frequency. So we are all connected, and that's what my end of life patients say, which is so magical as well before they leave.

([17:32](https://www.rev.com/transcript-editor/shared/QGZI6O2weydiG3eO4hypfyLw4dGrtitDgVGoUGX1dwRluOeN80jmZttLKNdm3eoSJ-FM3kNhoUm8Rj3O9fL4QORQc3E?loadFrom=DocumentDeeplink&ts=1052.48)):

But it's really true. We're all part of this nature. Animals each other, we'd have a lot more compassion and respect for everything which we need to bring back that awareness. But when we know that I'm putting out a signal all the time, like you said, I'm putting out, and if I'm holding on to resentment and guilt and anger and shame or whatever, or the story, the story of my past, well that's just going to keep looping me in the same over and over. And I'm like, but I want a different life, but I wanted different life. But I keep saying, well, this happened and I can't. I'm a victim. I'm putting out that signal that's keeping me. And if I can let that go, if I can let those energies go, I can open up to my being part that is limitless and unconditionally loving and full of wisdom. And talk more about that, if you will.

Speaker 2 ([18:29](https://www.rev.com/transcript-editor/shared/Fa0Zp2pfGqDr5yBuX_tQQVYAvP52fDZqcKilTg4y8moY5WGvkWdfeDEzN6d3305Yff5Rg2uyYRZD8RoBabUHPCTIjBw?loadFrom=DocumentDeeplink&ts=1109.34)):

This is a fun one. I'll explain it this way. If you can realize that a moment is only as long as it is, if you're resisting what's occurring, if you are not honoring what is and how you feel, you create that suffering because you create a congestion of fluid eternity. And when the biology locks that energy up, it creates an inflammation of the biology because the energy pathways get congested. If the energy pathways are congested, the biology starts to show that in some ways. So if we can surrender just to the fact that I feel as I feel notice I didn't say anything about labeling it because the labels create a imprisonment for most people. It's either it turns into a shrine or a prison, either one of the two. But if we can just say, I honor that. I feel as I feel I love and embrace and accept myself within this moment, right here, right now to the best of my ability. I breathe in the essence of God, source divinity into my heart so I can remember who I am. If they were to do that, you begin to line up with a clarity of your heart, your mind surrenders and everything begins to move through with more grace and ease. You still may feel what you feel, but the resistance and the amplitude of it begins to drop because the moment we let go, I love the term, let go, let God, okay, yeah,

([20:10](https://www.rev.com/transcript-editor/shared/_lsRwhCKyez9sUFCFIeG_-r4vy-4FiUqXTdA9lqlZrNI13d1R4iq29baFqJIMSsq0X2r1Jt2-mzz3LI-gisFT8MHsvo?loadFrom=DocumentDeeplink&ts=1210.34)):

Let go. And when I say let God, that means you step into your fluid spirit self and you allow yourself to be all that you are.

Speaker 1 ([20:18](https://www.rev.com/transcript-editor/shared/0t9YYNmSHOmYZjVxQGCx3rSGyFEGMUoicuyFWdj2kRc5NLc1kaAZ8BbfST9fFWpiyrxTAS-rFUI84sA2PhATLAQZuwI?loadFrom=DocumentDeeplink&ts=1218.78)):

Yeah.

Speaker 2 ([20:19](https://www.rev.com/transcript-editor/shared/kHgg98XDOY1zLKw4lOL63ZTf81rWZQCxE9nmxd3EQbkgKF_vcoGazEygoUBZcGGjPbTvTg1YkcOz1Jf52LEkaHkmFTs?loadFrom=DocumentDeeplink&ts=1219.53)):

That means everything starts moving through and you begin to realize that it hit its apex and now it's on its way down. And eventually it gets to that termination point. And if we honor what is that moment is complete, and then we can birth a new moment and we can walk into it very differently. We may have residue to play with, but we're not the same. So how we see and feel and experience is changed. It's a gift of a new beginning.

Speaker 1 ([20:48](https://www.rev.com/transcript-editor/shared/fbSSiB3kcnJSCnpxCnmwUewKmN5aUpuXJqRHZsAnEtPnTsJ9IV_mXb9I445Pprifl4xB-qEZf8yZ5OIJLb0uYyBR7pY?loadFrom=DocumentDeeplink&ts=1248.04)):

Yeah, I love that. So would then it be appropriate to say really always trying to be in the present moment

Speaker 2 ([20:56](https://www.rev.com/transcript-editor/shared/yBYZxuBpAVwOSLmftiar75lRfaOWqMYRXs0HM6zlxXHGFRnVw6kFqTEWX4HRU4884N-kew4wy7HLTgB8O10L9MRwEts?loadFrom=DocumentDeeplink&ts=1256.24)):

As much as you can,

Speaker 1 ([20:57](https://www.rev.com/transcript-editor/shared/cUFqA_26AE6MqgzVy0q1zwOI3a40PLiRDkfllmoCMH4Yx1y5qy65mqEjC11ij_1e3vIoMDgv54v8kpb_AIgUaGPI7tU?loadFrom=DocumentDeeplink&ts=1257.68)):

As much as you can, and that's a practice and a discipline just coming back to that present moment. Yeah.

Speaker 2 ([21:03](https://www.rev.com/transcript-editor/shared/eQiJMubnmj9qn4blAyrLaUB57pBPPFG3a8BLgWI9NN7faCCNW80rTUE6z-HyNd9pUD1_6PW1Col6imkhLhIRuRblpEs?loadFrom=DocumentDeeplink&ts=1263.91)):

And one of the things I love talking with people about is realizing your breath is not just the exchange of gases. Your breath is your connection with source itself,

Speaker 1 ([21:15](https://www.rev.com/transcript-editor/shared/lSTPqTe3pvow9v14HFxR087b4tAfTawMxH31IKTQxCt8pzuvtvF3XGG7X1LX0xvZ2s9jG_WEOSLDMLVWL_3vY_T5AUo?loadFrom=DocumentDeeplink&ts=1275.79)):

And you

Speaker 2 ([21:16](https://www.rev.com/transcript-editor/shared/FCJ7Fr10wFfGo2piuwYfwqe6Q_w752MyjcqCCIVBkiWFManp2pyuknl7IOmxlQZkRa9yVrFb9rgO2j0ClUnfXXJWxvY?loadFrom=DocumentDeeplink&ts=1276.63)):

Recognize that source is breathing into you, everything you require to live your full life every moment and you're receiving it, how could you ever be alone?

Speaker 1 ([21:27](https://www.rev.com/transcript-editor/shared/mTg2LgkWZUNVOvwxAvXNDUVZyYfkA9_XJn-Z3Svc3C2rgW66g_X35acG42mdMn3BusxRMWEKza6BuyEqRn2FA4Oh-KY?loadFrom=DocumentDeeplink&ts=1287.55)):

Right? Well, you're not

Speaker 2 ([21:29](https://www.rev.com/transcript-editor/shared/5IJHqMtH6zkrAl1ZGt4MZV6G7E_WgkDRRuQoOFXG2qIEoI3op_013vh9oeAGVV_Qc-Z8vFURnVxXW0ABWnkqQmVCNSc?loadFrom=DocumentDeeplink&ts=1289.71)):

Right. You're not. But when you begin to feel that and you put it into animated form, it makes it more real for people.

Speaker 1 ([21:37](https://www.rev.com/transcript-editor/shared/-XVhFo416nRR8E2Yb1dtCwOMHbw9dlMOT9s01nET0rGzjRTx7enYongkICA_hfAXAu3Z9u7bn5_cNstX2iDtNGE915M?loadFrom=DocumentDeeplink&ts=1297.33)):

And also just the magnificence of that. And this is when I was in nursing school and studying biology. I mean, I would be running home and talking to my family about all of this excitement. I'm like, the body is so amazing. I mean gluconeogenesis, that you can make glucose out of proteins and different things. And they were just like, oh my gosh. She's like, but it's such a magnificent vehicle and gift that we've been given and usually we're very hard on it, negative talk and look, we're all part of that, but what if we, again, change the perspective of that? But it really is, the whole thing is really magnificent, which I love. So thank you for highlighting that. And yeah, being in the present moment, I often think of us as having these two gears being a human being. And I'll make this really little joke about how we were given the riddle, the answer at the very beginning, you're a human being. There's really two parts to you, and it's for us to understand that we're in this human body having this experience, but we're really beings and that are eternal. And there's these two major, you want to integrate them and you want to be able to understand them so that you can follow and the one that's trust. So I love that. So talk to me about if you would be so kind. Frequency healing.

Speaker 2 ([22:57](https://www.rev.com/transcript-editor/shared/uwqN3QXgpFMWcqsiikinczi4pw11zdd7L8vcY58nEbX4We89JDsq44oDJsSpsTN1yVyyuk4auXFESyxoAWYlYKXADpE?loadFrom=DocumentDeeplink&ts=1377.4)):

Yeah, frequency healing is the act of allowing yourself to recognize that life exists because of consciousness. And consciousness is nothing more than a matrix of energy, creates subtle energy systems and fields and frequencies to make manifest nothing into form, no thing, no matter into a matter based reality. So if you realize with atoms, they're splitting atoms, smashing atoms, and what happens when they collide? They've run 'em through a collider, a release of massive amounts of energy. So matter is actually a concentration of energetics to create a density that we perceive and can measure as matter. Now, if we realize that everything has a frequency, and if we align our frequency, meaning we surrender our human identity, our persona, give the energy that we command to our spirit, then we begin to live a spirit having a physical experience and we begin to feel that our biology is our spirit expressing itself and there's no separation. If you cease to feel the separation, you cease to feel alone. And when you start feeling alone, it's easier to navigate through the life experiences because you know that you're walking with others and they're there holding a space for you to feel your capacities because they see the truth of who you are. You may have forgotten, but they hold the memory of it as they show you. They're emanating the frequencies that they see you are to you. So you can remember that and then breathe it into active expression.

Speaker 1 ([24:51](https://www.rev.com/transcript-editor/shared/oMZ3GPR1jAt_vU0lhAVSfMoNBe6D0MoPfpi3eoqDM9IzmPFiS3p-mWOlHybk7Y-4gNN7nx4PzWdpZWZkbLjaYAqG-jI?loadFrom=DocumentDeeplink&ts=1491.89)):

The magic. Yeah, it's magical

Speaker 2 ([24:54](https://www.rev.com/transcript-editor/shared/GAPnjJzZHZPmG8QEZmHQQfe1PONj-J6dC5WSoxYVyGhuaJqfezB2gkS0md2mnm-Y0ohVMERmcgCho5SDIBIO0mSoKSg?loadFrom=DocumentDeeplink&ts=1494.62)):

And the intent is everything because your intent is your spirit, the energetics and the frequencies. And with frequency work, if you see where the imbalances are, you find where the origins are. You tap where the energy is congested because frequency imbalances, because something's gotten stuck in space and time and you tap it and a person is willing to draw in that experience too. Closure. You're not only free, but every person that was associated with that moment now is free as well. What they do with it is up to them, but you free the energy up and all associated with it throughout eternity.

Speaker 1 ([25:33](https://www.rev.com/transcript-editor/shared/zm-PjjRmHEpeiDVtsLFwS6SSpPRHESlwrdVR_56MLDrlmitrSn8k6RbVhQWe4_dte6xrYLx5u1j8srOHh66U8YNpiXc?loadFrom=DocumentDeeplink&ts=1533.68)):

I don't want to lose people and go too deep into this, but I'd love that you just said it heals all aspects. And I think that there's just so much beauty in this journey, but when you heal, you heal a lineage, you heal the world. When we individually do our and listen, it is work, we have to say, I'm going to show up and maybe I'm going to get a little uncomfortable because, but you know what? It's really, it's empowering because we live in, I call it a lot of times with no judgment, runners are numbers. So a lot of times people are running and trying to again, avoid feeling or being present had we don't want to go there or numbing with substances and things, and that doesn't work either, in fact. And then things develop into disease and all that, and there's no judgment. But when you do step into it and do our work, that's how we heal the world. Because now, yeah, you're raising urine and you're shining your light and you're healing that lineage and it's, wow, it's magical.

Speaker 2 ([26:34](https://www.rev.com/transcript-editor/shared/81xOUrrFYU5jGB-Uwbjhu5MqOPL8AKhxm41pUorbLfuUdMbcmbR8eapn44qmkqoSWqTKSFR2Z7ehFUYQ1yDw8NaKaCQ?loadFrom=DocumentDeeplink&ts=1594.16)):

I also want to bring this up. Everybody realize one simple thing, everyone, no matter how they present themselves in this world, all people are finding their way back to their origins. Everybody is, no matter how extreme they're living in the world, their behavior is so they can break their own cycle.

Speaker 1 ([26:56](https://www.rev.com/transcript-editor/shared/0U0OwOHnqWBKTuTNYKBoTyCOIaoqpoGip80B03LKjU8crYzE5QMPDhqVhi7JcW87aLybioFZXJXdtGTXRpNFUE-jI3I?loadFrom=DocumentDeeplink&ts=1616.04)):

Yeah, yeah, yeah.

Speaker 2 ([26:57](https://www.rev.com/transcript-editor/shared/LAXPH17CcClrPYjfgG5vAaClOSEWw3bsvHnj0uKTdKjqtuntrZcLJbGxNCkx-v2cPTzwqX1xS_TEcHfjW9sOEKbndNY?loadFrom=DocumentDeeplink&ts=1617.78)):

Seen it time and time again. So when you see something, you can still say, you're not doing it in my backyard, but I bless you for what you're going through. I know the feeling of my own personal torment, my own personal torture, discomfort, shame, whatever it may be. I respect what you're going through and I wish you well on your journey. And then you let them do that. But by bringing your true self into it, you create an eminence of your essence into the field of life that begins to create that wave of movement. And the more that way, the more we see that wave of change.

Speaker 1 ([27:36](https://www.rev.com/transcript-editor/shared/RduZphd050gmIcahwSsSQtkHvswABuu7y9JpLhU1rR7IFXxGLVjlX9qn5KS6VEVo6MdWUbe2G2mjvZ-PAl6zEMrO-34?loadFrom=DocumentDeeplink&ts=1656.81)):

Yeah, I often will think the more that you, and it's really sad because we've all been there to a degree and we've all seen it happen, but the further away that you get from your being part, which I also call the pilot light, it can never go out, but it can be very dimm at times. It can be. You see people feeling so removed and isolated and all that, but it can never go completely out. And it's just really beautiful blessing people on their way and just allowing compassion, having compassion. And that's what we also want to share with people is that when we see people look a certain way or do an action, we don't know their story and we don't have a right to judge them and we can bless them. We don't have to be part of it in the whole thing, but we can bless 'em and be on our way.

([28:25](https://www.rev.com/transcript-editor/shared/23VwdqavisrzB_Cw7wgA7q_EI3D_xj0vXpmMNQBnwV6K_4IsxQpD4GE8_ed1WUGREEuLKEYexqrR9Th3jycbckSF5kM?loadFrom=DocumentDeeplink&ts=1705.95)):

And I often think the more you get removed from the being part of you, the more that the universe God source is trying to give you opportunities to find your way back. And I think those lessons become harder and harder. It's trying to wave you down and say, no, now we really want to give you something that you can't deny. It could be an illness, it could be a tragedy. So looking for just holding that space of that light in there. Okay. What do you think is the purpose of this human journey, if you could share or any of it

Speaker 2 ([28:59](https://www.rev.com/transcript-editor/shared/mDE1xNpHQOd7HUgl7Lgnzgf2akUd39vN1eWBl7IAb793I5awYVhZxhdTslxEbgV7xvvHYGiXhfsOLtkVdal_xqpI7Wo?loadFrom=DocumentDeeplink&ts=1739.82)):

To experience Really simple. To experience. To experience taking the infinite being and bringing it to a finite experience and getting clear on how to bring as much of that into this physical form as we can so we can actually live what we've heard over and over again so we can live heaven as earth.

([29:26](https://www.rev.com/transcript-editor/shared/d-Y-g-5zKu3Buqkdagotv9kWULPvVCRLW5oOW-F13CY1PR0a1jUs5dszpBnodH3ymTHQId_O-W75NKezLihG43pTOPQ?loadFrom=DocumentDeeplink&ts=1766.46)):

It's this is not an earth school. There's nothing to learn there. Really. This is about experience. Experience creates wisdom. Wisdom creates opportunities. And with innocence, which is just the will and the ability to see what is, to see yourself as you are, share as you are, allow another to do that. That's innocence. And the wisdom is how do we want to come together and play? We can realize that's what life is and we can begin to feel that we will make choices to appreciate every single experience we have. And we're not talking about experiencing to avoid. We're talking about experiencing to enrich and bring more in

Speaker 1 ([30:11](https://www.rev.com/transcript-editor/shared/uq5al9vmHWxPuSODfrKmrLoCA1AVoJYbW22I6DClmyqhbyIi1XjrBlsTuYjIgq7ZIkE3I6ZLl3c2aCC9Ltbqde3cEi4?loadFrom=DocumentDeeplink&ts=1811.5)):

To expand almost. And it almost seems like we're here to remember.

Speaker 2 ([30:16](https://www.rev.com/transcript-editor/shared/8RneUUEvF7JdE8SG_SRO4DxdE479c1Xn3OfZYBYNOZiLoT91LULAvH4O0rt9qrOnAl7cg2LYFzf0e0Rs6tTD6ckSvPg?loadFrom=DocumentDeeplink&ts=1816.03)):

Absolutely.

Speaker 1 ([30:17](https://www.rev.com/transcript-editor/shared/PxM56FrM4bvVI_k7Ji4PHBgyv-KRS1CV05sEaERdbh0tkp5jq2Zf3KBoZOItrcKfUsP5OxION4u5EXfBS8sbTuOoKjA?loadFrom=DocumentDeeplink&ts=1817.14)):

Yeah.

Speaker 2 ([30:18](https://www.rev.com/transcript-editor/shared/nexe2hpnYkWU2StRoH11gQwmE7elGvfUGM39UbXHmSNugFiKFJL2NKzSGOHQ-Vqw0B1e2PgKwNXDsTOS4HqvNH84eH4?loadFrom=DocumentDeeplink&ts=1818.04)):

It's a way of, and I love the term remember, because remember is reintegrating that which has been disintegrated. So it's a reintegrated process of bringing your spirit in as all there is and the way that you see yourself, life and others.

Speaker 1 ([30:35](https://www.rev.com/transcript-editor/shared/70JkSbsNfzx5xOmCiCidy5K-Bl7HxR89NiOU--I1luKN90WyYBB6HNQybYAnwupmAne-5HAtEgrQHT_jO0qAlBaXq4g?loadFrom=DocumentDeeplink&ts=1835.62)):

Exactly.

Speaker 2 ([30:36](https://www.rev.com/transcript-editor/shared/X4qp76YxAkLYkqzxowJkJDaCyNp19rYGvjpy7ykVN-s640qD71UxxvX1IEgiA5TvidxzagtkEE0vVtYIMP7rrfKT4EY?loadFrom=DocumentDeeplink&ts=1836.58)):

Transforms everything.

Speaker 1 ([30:37](https://www.rev.com/transcript-editor/shared/f-IlqqTZxCXyUOlcyE7F1QRuiRSGx8Kx-7cBXJz8L-z4XemKfmabJ1TnzQoqI6VksBjGxiCkFy7lYqRvOlYZHLX2VZY?loadFrom=DocumentDeeplink&ts=1837.9)):

I love it. Do you think that there's something energetically happening at this time or time is really a concept, but at this moment in our human experience, because I see a very rapid shift in growth happening, and I think, could you share your perspective on that?

Speaker 2 ([30:59](https://www.rev.com/transcript-editor/shared/N6JY6E_WBqIYJRaK58NVudseTCwiM69BG6E3ooEU7HqXK9RD04FUFe7tWqGvhU_lxSif6AOaXjki3VrqBI-1oL4pS2E?loadFrom=DocumentDeeplink&ts=1859.11)):

There are enough of us that have chosen over the past probably 300 years actively, but we've been playing with this from the beginning. We are looking to remember who we are, we truly are, and that is quickening. Time is so much more rapid than it was. People say it's because of technology. Technology is because we've opened up to be able to take what we are and bring it in physical form more cleanly. That's the only reason we have technology the way we do because there is nothing we create technologically that isn't who we are. We just put it into physical form. And because that rate of expression is increasing and because there are so many more people that want to know what life is from the heart and soul of who we are, that we are literally shifting the matrix of this social platform to move in that direction. All conflicts that are occurring right now are to break the cycle of the old survival,

([32:00](https://www.rev.com/transcript-editor/shared/-K-TUTb6bduxiWBcWStnysm9KWEKNTce256kQmb6CHJTbH84qg7JnYi1ypuZ_H1UTn_T0dcHLyOeqjJCFmjPeblq1ow?loadFrom=DocumentDeeplink&ts=1920.7)):

Thriving. We have shifted from people are tired of surviving, they're done. That whole paradigm is closing down as this new paradigm of what is it like to thrive and what is it like to realize that if I thrive, others are going to thrive. And if they thrive, it helps me thrive. And if I thrive, it helps them thrive. So the better I do, the better they do, the better it gets, the better it gets. The more love there is, the more love there is. So that's the dynamic that we're in. And it doesn't matter to me what I see out here, I always see that it is helping shift things because it's bringing people into their truth and helping them process through what they're carrying.

Speaker 1 ([32:42](https://www.rev.com/transcript-editor/shared/sD_DiU5laGOwfBfFANSffS1roxOy0wAVqOKXR8utrOV0k8VAS_X5glTZ2mvuFyRuaWnUSrTEm68CQsr2ZELbxSBNLy4?loadFrom=DocumentDeeplink&ts=1962.14)):

I agree. It's like letting go of the ego. Exactly. And trusting. And I think that you're right. People are just like, this isn't working. We've been running this show with ego for this is, look, how's it working out for everybody? Not very good. And then if we go into our hearts and just allow that all of a sudden, like you said, healing and more love and more abundance and all of it for everybody, including the planet, the animals, the whole thing, it's a win across the board.

Speaker 2 ([33:13](https://www.rev.com/transcript-editor/shared/rtuFlGG7M7M2dx1b9ZRLtK20lPjd7fsI4JQUCwaD0NhVE__vHs-8BNNJxWfjSM3h92MIxt6mMocs5e02EUkyAoC-SQ0?loadFrom=DocumentDeeplink&ts=1993.88)):

Well, the beauty of it is as we step into who we are, the metrics and the matrix of the globe changes and it can change that fast. Lay the platform for this world. And people realize when enough of us get together with that clarity of intent, the world itself.

Speaker 1 ([33:35](https://www.rev.com/transcript-editor/shared/nGPQqHsvdKD3_0GZcW6-DdCQJa2AXethbcr38JEG3raxiMS-miY_OuphjuotYIQDRTUAMsQ_fxWJATF9cogzdsQ2nNM?loadFrom=DocumentDeeplink&ts=2015.79)):

Yeah. So it's wonderful because have you heard of downward causation? It says if you change that 1% at the top, it changes all. And that's really true. And again, just want to reiterate what you just said. When we heal, we heal the world. And it's through intention because this is all about free will and a choice. So if I'm going to choose to just even not even do but to be love, not to do something, but I choose love, if I just make set that intention, then I'm just going to be in my heart and let my heart dictate. We've just changed the whole matrix.

Speaker 2 ([34:12](https://www.rev.com/transcript-editor/shared/uidpgk0-nMuijYD-M5HDlfLEAXIuxmBx5B3u83-09CtpjYMhuAruwCB4K6MVPQzrVOBeQokx-Rg65ehnZIaGqN0nllA?loadFrom=DocumentDeeplink&ts=2052.53)):

Exactly.

Speaker 1 ([34:13](https://www.rev.com/transcript-editor/shared/NXEdutQf6M4dj8aGlksroJ5SikN3uag65ZBu62u9YIJB3M5Mtz1wN6wlET8RtyI8FM9bh3G9GSVmHKSkkKS8jH-snk8?loadFrom=DocumentDeeplink&ts=2053.55)):

Yeah. So great, Ron. I love it. We could go on for hours. How can people find out more about you and your classes and the wonderful work you're doing?

Speaker 2 ([34:22](https://www.rev.com/transcript-editor/shared/3wxaTNYhLEaaBfSbdglBbqiGFE01KWoPg2ECzLhzuZy-l-p8ZY4Aa5qiJ3ihJ2rTaRKiI_nlTuYudUYfqacOEbqQN1M?loadFrom=DocumentDeeplink&ts=2062.76)):

You can find me Instagram. It's Ron DCO on the internet. And it's Ron D dco. Yeah, Ron D'Amico. D A M I C o.com. That's my website. That's the easiest way to get in touch with me.

Speaker 1 ([34:37](https://www.rev.com/transcript-editor/shared/pOWxhp39zOQkLYbBxxc_HmdOSR4cH6GS6-1yXKMLCHoMiCCByl5lDWqq8uKucVikSAbF8AWlX5NayJamEstlIIPgvCE?loadFrom=DocumentDeeplink&ts=2077.58)):

And it's a beautiful website. I love it. I'm going to put those links down below, so if you didn't catch that, we got them right down below. Ron, I want to thank you so much for the work that you're doing and for just the vibration you're holding in the world. And thank you for being a guest on our show. I know that you've brought a lot that people can heal from, can learn from, can be inspired by. And that's what we're here to do. So thank you so very much.

Speaker 2 ([35:01](https://www.rev.com/transcript-editor/shared/lcaUTZiY_JZtOdXncNyAMGyYPkALbarEXnBHaAj208BoUvzbn5m25t09r57kBd2eMafm9OS7_y-9wLJr1-D6hflO5i4?loadFrom=DocumentDeeplink&ts=2101.7)):

You're welcome. And thank you for everything you're doing because the essence of what you're doing is providing people with the opportunity to appreciate the entire life cycle, and in that we change the world. So thank you. Thank you so

Speaker 1 ([35:17](https://www.rev.com/transcript-editor/shared/Fyz1mjZu-IFnRQLWXUIjB3fbceGlqnidBlOHmzXz5BGRv2e8qZ3o8hQ_xAS3Nq0ql-U8W7rcHo-_aJehqdl9WET835U?loadFrom=DocumentDeeplink&ts=2117.16)):

Very much.

Speaker 2 ([35:18](https://www.rev.com/transcript-editor/shared/QEnipyqoUB4cWUGNOdKihl32NFXS03AtVRuUsn-Mh1V3wKVPlRcJczB6kM9PfbEYP2Wzz4Ni-Q_4sOK352rcfPjy81M?loadFrom=DocumentDeeplink&ts=2118.62)):

Take dental care.

Speaker 1 ([35:19](https://www.rev.com/transcript-editor/shared/amkzvW1YtJB4J90VcmX75fTh2JXB95Q4sdVmmi7DEGZLQZFPwrjGxhqk0qA2r59hWfMNAs4U3Dwmcj8XnFfPgZHJsLc?loadFrom=DocumentDeeplink&ts=2119.91)):

Alright, thank you everyone. And again, this was Ask a Death Doula. We'll see you in the next episode.