



Reclaim your Personal Power

David Challenor is a Spiritual Teacher of 28 years who shares his inspirational wisdom and teaches us how to take back control of our lives and regain our self-worth

INTRO: Hello listeners and welcome back to the victim to victor podcast. My name is Anu and I am your host. Now in today's podcast episode, I've invited Reiki Master David Challenor onto my show, David carried out my achievements to remember Reiki Master training. He's a spiritual teacher, a medium, a tarot card reader. It's been the last 28 years healing and helping people to overcome their own pain and suffering. David's journey has not been easy, as he has survived a series of relationship breakdowns which could have destroyed him though, he continued to thrive on his journey through adversity enlightenment, the knowledge that he has to share will inspire you all. And I'm really excited for you to learn some of the key skills which you can apply as of today, as it will lead you to take control of your own power and sexuality. Listen on to get inspired.

Anu: Hi David, lovely to have you on my show. How are you doing today?

David: I'm fine Anu. Thank you.

Anu: Oh, perfect. So thank you very much for joining me today. You've got a beautiful story to share with us. Yeah, and I'd love to find out more starting from when you were born to where you are today?

David: Right. I was born in 1960. What else would you like to know? To know about my family background?

Anu: Please, yeah. That's more about your family.

David: Yeah. Well, my mom's Italian, my dad's English. They met in the forces when it was actually stationed in Italy. My family law come to England with that five children and I'm piggy in the middle.

Anu: I saw your brother and sister.

David: Yeah, I've got two brothers and two sisters. Unfortunately, I got an English name. My older brother and sister got Italian names.

Anu: Okay, what are their names?

David: Anna Marisa

Anu: Oh wow, fantastic. So you brought up in a multicultural family?

David: Yes. I had a lot of Italian influence and probably still today, I feel more Italian than I do English. But it's my brothers and sisters neither here nor there.

Anu: Okay, what is it about the Italian roots that you have?

David: Personality, their outlook to life. They enjoy us, they're happy. And they're just like fun. And they just value good things, good quality food, good quality material and they do value Italian goods as if it's the best they saw value in them.

Anu: Yeah, that's true. Because all the Italian furniture that we order, it's all mega expensive but it's the best quality.

David: Yes. I mean, they may drink but they only drink the best. Obviously, there's always people that drink more, but they're more refined there. I'd rather have a really good quality wine rather than drinking 10 bottles of wine. So I think that side of it is relevant to me in my life anyway.

Anu: Quality over quantity.

David: Yeah, of course, I feel the Italian way and I've attracted lots of Italian friends in my life. So I do feel my personality, my persona, has attracted that energy in my life.

Anu: Okay. It's a beautiful energy. I mean, I can sense you're now just very pure and you're very spiritual.

David: Yeah. and as we speak, I can feel my energy is changing inside. My voice may even change at some point. I get a sense when I'm actually talking, at some point, something actually changes and blinks over. And I feel it's my spirit, my soul, my essence that actually is answering questions maybe before I can think about it.

Anu: Wow. How'd you actually get to that?

David: I thought everybody could do it, I just trusted that it was all for the right reason. Before I knew where I was, I was trying to teach people how I felt, how I saw spirituality? And in a lot of ways, it actually was difficult, because they didn't have that ability that I have, a feeling of what it is that I need to say. I never took a class for three years, and I never had a lesson plan in three years. My lesson plan was soon as I got into my car, and I will drive into the meditation, I have an image of the meditation that I perform in the evening. As long as I didn't actually go into the meditation, I could then almost like channel my energy, as if it was actually being said for the very, very first time. And I just don't know how it's going to work out but don't really worry about how it's going to work out. Because when it comes through, it's as a divine purpose for everybody in that room. And I feel that if the right energy is coming through, the right people in that room will get the right meditation, it just is a matter of flowing. And luckily, it was about me learning about when you've got things inside you sometimes you don't realize, how can I put this over? How can I portray this feeling? And then you realize your feelings are unique as everyone's feelings are. But it's actually trying to bring that tool out to experience their tool, my tool and how it can work into a group. So it was more of a learning curve for me to be put into a teaching environment where I can help others.

Anu: So your journey up until where you are today, with your spiritual teaching. I mean, it's not been all that plain sailing, is it?

David: No, my spirituality and my teaching was started from disastrous situations in my life you know, things are falling apart - relationships and marriages. And it was only when that actually happened. I decided to search for a deeper purpose and meaning. And searching and searching, I started to try to understand what it was that I was emanating to the world? What sort of vision am I putting out, and what lessons do I have in this lifetime? And so it was about me searching and I started doing Reiki, it was a case that I was in a situation where I was in a bad place and somebody helped me. I mean, in a bad place. The anger was real because I had found out that my wife was being unfaithful. A lady then helped me and I thought well, I don't mind someone helping me. It was just nice to think that somebody cared. I didn't care how well...anyway, 20 minutes later, the anger had gone.

Anu: Wow, that fast.

David: And I thought, this can't be real. But at night, I went home I thought, my goodness. Now I need to explore it. Now I need to investigate, right. You do not take health lightly, you have to start to decide what that truth is. I knew the truth because I knew that the anger

could not possibly go anywhere other than you know, maybe in a physical way. So for someone to actually do that and spend time, I actually researched into it. And then I said to the lady at the time I says, I want to do this. She says you can't do it, I want to do so why do you want to do it? I said because if you've done that to me, I will rescue my life, I'll rescue my wife and I'll heal her. She said fine, so I attempted to actually do it first. The first achievement, yeah it was me going wild, have I, haven't I? Because I always have discernment in me. I'm somebody that you know, as friend said to me before "David, if it had been anybody else, we thought it was a load of rubbish but because you are the type of person you are and you have to sort of sit back and listen". So that was quite interesting. So anyway, on my second attunement, I started to build different. I was almost like talking as if I was somebody different, and I was actually reaching out and people will come into the salon because being a hairdresser, I'm only me at my salon. I started to get people to come to the salon that need help. And they would just start talking about angels and I started to heal people in the chair and they started to cry or they started to laugh. And then the owner of the shop was looking a bit worried because people crying in the shop and...

Anu: Not fit for business.

David: I thought Reiki, there's something going on here. And it was only then that I thought, wow. So there was another lady that actually, it was my epiphany where you know, sometimes you think you've learned something, and is it real? Is it in my mind? And this lady had lost a child and I said, can I help? She says, yeah, come round. So I went to the house and being somebody who has not really ever experienced a miracle. But as soon as I walked in, I don't know what they call them you know, these things that the ball...

Anu: Oh yeah, like a timer thing.

David: As soon as I walked in, this started to move. And the lady said "Oh my God, that's not moved since my son passed".

Anu: Right, wow, all right.

David: So it's interesting. So then I'll start to do some healing on her. And then she had two cats, and they tried to get into my clothes. They were all over the place. After the healing, she actually said to me, she says, what's going on with the cats because I can't get your cat. I said, I'm trying to get into my body. She said that cats would kill anybody other than Lloyd. So I can't believe that he went near you. So I felt that his energy was around me, it's been an experience that was amazing, she never went out of the house for three days, she left for about an hour while I was there, and when I finished I told her to chill out and relax. Maybe life and all the things you need to do sort of like, let go. Then she just laughed at me like a lunatic for an hour and she didn't get to work for three days. But afterwards, the miracle happened for her, she came.

Anu: She was healed.

David: Yes. So that was a nice thing for somebody that is taking on something like that energy and I felt that I was being truly gifted or signed that you know, there was a pathway here. There was definitely a pathway.

Anu: Do you think you were like a medium?

David: Well, I never actually, I never really liked the word medium. Because I find medium and I find it confusing and quite irritating. I mean, I've never really met a medium that actually hasn't been generic. Okay, but I'm not saying that it doesn't happen. I just try to think and feel in a positive way that it could be, if you're given a message, why is it going to be generic? And why can't it be the man with the second name? I see colors, I feel energy, I feel spirit. But now if I was to say to somebody, is that your grandmother or somebody

you love? Or is it an echo of what you're thinking about in your aura, there's not much difference between spirit world and the auric path that we hold between us. Between us now, you've got memory of everything you've loved in your life. So you're emanating that energy, whether I pick over energy from you as an echo of what that means to you, because your love brings that energy. That's not saying it doesn't exist, it means we interpret it. Most people interpreted as being factual, but I actually interpret it doesn't really matter because there's energy. Now, if you're emanating love, and God is love and the angels are love, then my energy is love but we don't have to put a name to it. Now, that's when I find it difficult. So what I like to try to be I like to try to feel that energy is complete. All inspiring your love, because you're sitting right here to me and I can feel it now. Okay, that we're all part of that because we are connected. What we are connected to we don't know. Does it have to be a spirit or does it have to be something bigger? Does it really matter? So what I'm more concerned about is, how it affects our lives? How do we develop with that? I feel that living in on this planet is far more painful, far more difficult. I feel that they've actually gone there and that are looking down there. They've left their earthly, heavy body in order to help us or guide us in what way?

Anu: Wow. Yeah, that's an interesting concept. I like that one. I've kind of fought already that being in the physical form, it might even be a punishment.

David: It might be heaven that might be hell. But how do we differentiate? So if you try to put parameters and ideals, or names to things, we are limiting our mind. Okay, soon as we limit our mind, we can't work completely. And I've always said this about Tarot, as I've done Tarot as you know you can, and in two weeks I've learned the whole Tarot. I did distance readings with somebody that only left one word, and we exchanged letters. With spirituality, if you have a tendency, if you've got a scenario of the lady or the man who's doing the reading who has a problem with relationships, and you're doing a reading, you can flavor that with your own feelings. So to be completely avoid of it, that's when you've actually got it. So by not connecting to what's out there, just lay in what comes in? Lay in your own energy field, work with that. That is the way don't put a name to it.

Anu: Okay, now I like that. I mean your life obviously, the amazing man that you are today, you have overcome a lot of adversity. And I'm really interested to find out how you overcame this adversity and what was it about the energy that transformed you?

David: To be fair, my life has been quite a good life. I had good parents, good home bringing. I've been a solitary animal. I could be a wolf. I don't actually need anybody but I like people. But the thing I failed in my life is caring and loving relationships that have lasted. We've always wanted the family. I've always wanted to be loved but I've always lost that in my life. And the only way that I actually overcome my first real grief, which was heartbreaking because it's actually involved children two times in my life. Families break you know, and I love both my wives dearly, is not one part of me. In fact, it's probably a part of that still there now. But that's the person I am. I don't know why I hold on to things. But I don't have like hatred or these feelings that make people feel sad and depressed and all the things that make people bad. And my first lesson to myself to overcome this, is that in my mind in meditation, I stripped everything away in my life. I tried to imagine at a time when I wasn't happy, when I was happy. When it didn't involve another lady, a woman and I was on my own. I went back to a time and age where I was happy walking in the woods because we used to live in the back of hill so common, and I was with nature. I was happy. So then I put the test to be well, okay, I was happy without a person. So if I lost my house, my wife, my children, my car, could I still be happy? So when you strip everything away and your mind in meditation, you can almost say like okay, the cars are gone, I get a bike.

If the bike goes, I can walk because I've got good health you know, if I've got nothing, if I don't live anywhere, maybe somebody will make me a nice meal, you put on the positives. And from a very early age, I stripped everything away, I thought I was happy without another person, without a human being. I was happy. I can remember the times when I spent hours in the woods and I was very in touch with the birds. I love birds. I've got a whole Shed of birds. And it gives me a sense of I don't know, whether it is whether it's joy, it's light, freedom.

Anu: So what changed with your energy then in relationships? I mean, the only reason I'm asking this is because you know, when there's a partner in an abusive relationship, they're stripped away of the basic needs which aren't made of love and connection. And because of that, the energy shifts to a more darker stage and I just think, what did you do to get away from that to become more pure? I mean, you mentioned about the Reiki, but what advice could you give to people?

David: Well, for me, you have to understand what it is that you're attracting in your life. And I understood from an early age, but being here as an empathic person, you draw people to a light. Now the hardest thing for somebody is to decipher which worm is going to be the one that's going to turn into the butterfly. Unfortunately, what I was attracted to in people was the fact they were hurt. I understood that when people are hurt, they are honest, they are open. They believe their heart, that's so beautiful. It's embarrassing to spirituality. So I've always felt that a spiritual person becomes more spiritual when they've had trauma in their life. Maybe it was my lesson in life to be a healer. It's that broken birth syndrome you know, most of them are to move on and it's barians like themselves. So my way of looking at it is, there was a purpose by having children with this wife and that wife and what have you. So that is the product of your life, you can take that as a positive, or you can take it as a negative. But I have actually had an input to their lives. But I also know that I've attracted these people and lessons in my life for a reason. I think my lessons starting to become complete. I'm starting to understand that to give, to give, to give is not very good, because you've given it away. I've started to realize that being a giver, the winner within a world like we are in now, as material as it is, we give it away and we finish up with nothing.

Anu: Yeah, powerless

David: But the one thing I have got, I've got a belief that my purpose is great. I have a belief that there will always be somebody there that will need, whether it's my job, whether it's whatever it is I have, I attract people. So I put positives in my life. I tried to put a reason for why something happened. A reason for why it didn't happen anymore. And in my situation, it's always been the broken bird syndrome, because I've actually attracted wounded people, which I find attractive. It's shame, because there's such beauty and somebody that's on this. I mean, you get somebody that's gone through trauma, they can sit there and they can cry, or they can tell you that life goes on, how lovely is that? Once they become healed, they sort of land this hard exterior that comes out again and it's a shame.

Anu: Do you think this is because, you were born to be a rescuer or saver?

David: Yeah, I don't like to think that that's all my purpose is, but it does. It does cross my mind sometimes that I've been told spiritual people very rarely find true, long lasting relationships in their life because they have work, but I don't really want to believe that, but sometimes you do think that.

Anu: So what is your views about abusers and why they abuse?

David: Well, abusers have been probably abused themselves. They're powerless people that need to control. You find that somebody that can't control somebody, and it'll either bring out their aggressive tendencies or possessive tendencies. And basically, they're misguided about law. Love is about being able to let something go, not holding on to it. It's not a possession. I mean, I feel the society is definitely misguided about love and passion. I have a major thing when I speak to somebody I really like that might be, can you tell me the difference between love and being in love? Love in this world that we live in, is a word we say like, I can like the picture on that wall but I can't be in love with that picture. I can like my car. I can like the garden but I can't be in love with the garden. I can appreciate it, to be in love, the chemistry has to be right. Where you feel completely at one with that person that everything about that person just makes you feel complete.

Anu: Wow, I can only imagine that.

David: Yeah, well.

Anu: Yeah, that sounds really special. Do you feel that you were in abusive relationships?

David: I was abused in a way. And I feel that my good nature was taken but in a way I abused myself, because I'm a giver. And sometimes when you give it, you give it away. And as much as my good nature. I've got to decide that I can't keep giving it away. I love pleasing people. You know, they asked me to do something. And if I love the artist, do anything to actually do it, because that's what gives me pleasure. It is not always the right thing.

Anu: We have to be a bit more selfish to fit in with society.

David: Yeah, but you don't want to change as a person because by changing, you lose a sense of who you are. Who you are is so important. Who you are is what you will attract eventually, hopefully in your life.

Anu: Yeah, absolutely. So what do you think is your greatest lesson to date?

David: Well, my greatest lesson is trying to understand who I am? What my purpose is? And if I think about my life, it's always been about learning about who I am. I think the greatest lesson for any human being is to understand what makes them happy? What makes them feel complete? Is it the fact that you're with somebody that makes you feel complete. I don't really feel it is. I feel that it's almost like a distraction. It makes you feel good. It's a bit like wearing a new set of clothes. It makes you feel good. But feeling completely happy, it lives inside your heart.

Anu: Yeah, I was gonna ask what exactly is the feeling of happiness? Because you know people say, just be happy, but what is happiness? Because the way that I describe it is more fulfillment.

David: Well okay, this is quite to be fulfilled, it might be achievements. But sometimes achievements become mundane. It's like having the most wonderful jobs once you've had it. It's like you've always wanted the beautiful car that looks fantastic. So 10 days on, it actually drives very similar to the one you just got rid of. So fulfilment is about how you feel about yourself. And self-preservation is about you, how you feel about who you are, and that's important. It's really important because if you are not complete as a soul, as a human being, you will never ever make anybody else happy. Never in your lifetime. You'll get happiness in your lifetime, but because you're not happy, you will not make anybody else happy. Because you're searching for things to fill the gaps and void.

Anu: I think this is the trap that many of us fall in, especially when we haven't really developed ourselves spiritually and mentally. Because I know majority of my life, I was the same, I was looking for somebody to fix me.

David: Yeah. I mean, not everybody feels that they're spiritual, not everybody understands what being spiritual is? What is it?

Anu: Can you not describe it yourself?

David: For me, being spiritual is about owning your own, owning yourself on something yourself, everything around you actually benefits from it. You know whether you're out in the country, you don't have to do anything other than absolutely observe and enjoy what it is, whether you have a thing about saving trees or wildlife or whether it's just being out in the wind, and nobody there. That's about feeding your soul. It's about you feeling what makes you feel good, not anybody else. Not one person in this world can make you feel spiritual, it's how you feel inside. But you do have to look for it. That's the key if you can begin to know how to look for it. I looked through it through trauma. But I always knew even before I looked for it, I had it. I was always into astrology, I was always into people's ways and how their body moves and their eyes and I can read people, but I didn't realize I was doing it. And later on obviously, that skill came back.

Anu: Okay. And because I know a lot of people struggle to spend time alone in silence. I think even that that will be a victory for people to just sit there in silence.

David: Well, I've done that for quite a few years. So for me, I don't mind my own face. But I do like to have somebody that I really love and care for, to share that space. But not anybody, somebody that understands my space. Somebody that understands and appreciates what that is to me. It's like being with somebody but feeling free. If you feel that you've got handcuffs on you, as soon as you meet someone, and then you're not free, you actually belong to that person. You never belong to anybody. You only share that person for a moment in time and you enjoy it. And when they go out, or when they come back, you're so happy that they've come back. But you still enjoy the fact that went out on good, you've got to still enjoy the fact that they are asking for us back that they like that in order for it to be so good when they come back.

Anu: We spoke about grooming.

David: Grooming is an awful thing. And it's sometimes born in families. Obviously, their peers, their parents, whether it's in grandparents that they learned this condition, because it's a way of keeping control. And then you got to understand in ancient times, and not that far back and lets say you go back 50 years, the one that was the provider. He had to try to be in control. He may not have been in control. But if he wasn't shown to be in control, how did you buy a house? How can you have a family? The male is in control and if he wasn't shown to be in control, he was classed as weak.

Anu: Yeah, and I think a lot of women, probably men as well, are currently in relationships where they're being groomed, and they don't even realize it because it's just part of the way that we are in society.

David: And certain societies and certain beliefs are worse than others. And it's changing gradually, the world's trying to change. But it's about you've got to feel that change. It's like saying to somebody where you can't say a racist word, but you might start from within the racist word, but you've got to feel that it's not right to use that racist word. That's the whole point. You can tell somebody 'that's wrong' but you've got to feel it's wrong. Otherwise you never learn.

Anu: True and also another big issue that we have in the moment is because of the COVID lockdown, there's been a lot more cases of domestic violence linked to suicide, child abuse. What's your thoughts on that?

David: Well, I think really, it's showing the flaws and the characters of people when they're together. They've got their distractions when they go to work. I mean, lots of men you know, they've got the distractions and they go to work, and they leave the wives to look after the children and home or what have you and they don't hardly see each other. If

you put them in an environment where they're together all the time, it will show the cracks. And quite frankly, it's like mom or dad when they were together or when they retired, it was like he was always still look, he was always going to work. So she had to carry on the way it was, he learned how to do nothing. But he did it for seven days a week instead of four or five. So it's a form of, we're all conditioned and we're all groomed in a certain way. But when people want to groom somebody it's because they want to control them. Because their fear of losing them is so great. If they belittle them and keep them down, it makes them feel in control. And unfortunately, a lot of people take on that because if you're in a situation where you've got children, home and family, you might remember that to be the most important thing that you wanted all your life and then you realise that your partner is cruel. And losing a family situation is hard.

Anu: That's difficult.

David: Yeah. But you know these lessons, they're never gonna go away, then I have a whole life of misery for somebody to connect with.

Anu: I feel a lot more people are coming to their senses, a lot more empowerment amongst women now as they're able to leave their partners because they're already successful in their jobs, and they don't need the man. So times really are changing.

David: And they are changing, and it's changing almost the other way sometimes. You know, the girl power is where they're fighting back. But you've got us minority that will always feel trodden on. It sometimes happens in certain belief systems, it's more prominent.

Anu: Absolutely. So what advice do you give to anyone, who is currently in a violent or an abusive relationship?

David: Firstly, find a way out and start to value yourself. Because if you're thinking 'how am I going to cope without my home?', what you've got to understand is that if your children are living in that environment, it must be hard for them, and they're actually being educated to accept that term. So you've got to break the mold, and it's not an easy situation. We need to find some strength about yourself now and kind of find a purpose beyond that, whether it's a marriage or a relationship. And it's not easy by any means. But you have to find a reason for moving on. And normally children are the reason. More strong women have sorted a bad relationship out because their children have given them the strength.

Anu: Wow, really?

David: That's the power, that's the power of the mother's power, you will never get a stronger power than a mother's love. As they think they're not powerful but I tell you what, if the abuse starts to go on to the children, they would do murder to save their children. And they don't think they're powerful. They are more powerful than they think.

Anu: Yeah, I think that about children, that they're sent to us from God and for a purpose.

David: Yeah, I mean, everybody in our lives have been sent for a reason. So, if you actually see whatever lesson you're trying to learn, if you believe in the spiritual path, everybody is here for a lesson. If you were with an abusive partner and you left them you will most likely just go onto the next partner who is also abusive. You are emanating a pattern that attracts like for like, right. So, until you start healing yourself, you will attract somebody else that thinks 'Oh she's an easy pushover' 'I can control her'. You need to change the pattern. The patterns are so important. We have to change the concept.

Anu: That will start from within. And I know that for myself and many other child abuse survivors, the ego plays a big part in defending us, especially when it comes to relationships you know, it's difficult for us to show our vulnerability in a relationship which

can obviously impact how we're able to have relationships? Again, what advice do you give to people like myself?

David: In an ego situation or the vulnerable side?

Anu: Both

David: Well, I don't see you as a vulnerable person at all.

Anu: No?

David: No, I see you as a as a Shiva. You just think you're not. I don't think the strongest power for anybody, a woman, is the fact that they are the strongest. Women give men the gift of children. There's power in a woman.

Anu: Wow. Yeah, hear that ladies, I like this man.

David: Definitely and what you got to understand is that men are intimidated when women become strong and powerful because, okay, we could have an argument now. And if you're winning the argument verbally, a bad man obviously, would have to resort to something violent and then he has to look at himself, that it makes him feel bad. So, the power of actually making somebody feel bad, if you know how to turn it, is a fantastic tool. As much as you might think that men that lash out, they do not like themselves. Why do they say 'you made me do it, you pushed me to it'?

Anu: Yes. Oh, my goodness.

David: Why? Because they feel so guilty, because they feel low in themselves as a human being. It might be an abusive person. But it's still got a soul that triggers his consciousness and says 'that was wrong'. So they tried to justify that it was right 'because you pushed me to it'.

Anu: The amount of times I've had that with my alcoholic and druggie exes saying 'it's because of you that I've turned to drink' 'It's because of you that I can't give up my smoke' and I get the blame all of the time.

David: Yeah, but when you point one finger, there's always three fingers pointing back. So you find that people that lay blame, blame lies with them. This is what they need to be empowered with. When people start to blame you, it's because they are not right themselves. They have more issues than you but they just need to justify it.

Anu: It is true. And whatever they're saying, they say to other people, it's a reflection upon how they feel about themselves really?

David: Yes.

Anu: Absolutely.

David: They need to blame somebody. Maybe it's not the person that they'll blame. No, they will bring in that their father used to hate them which is nonsense really.

Anu: Absolutely.

David: Because we can elevate beyond that, we can be better than that, we can actually go the other way. So, I was saying that 'I never ever want to ever be like that'. 'My dad was like that'. 'I don't want to be like that'. You've got the choice.

Anu: Yeah, and it's just taking responsibility for your own actions you know, that's a sign of maturity and so many people still lack that.

David: Most people are mature, but they're not mature in any kind of relationships. Now, I still think they should have exams before they get married. They should sit down and say, this is what marriage is because it's not going to be a bed of roses. And when you have children, it's gonna be Hell. And you're both gonna get no sleep, and you're both gonna feel really bad. And then you're gonna feel like your life's falling apart. And then five years

later, things start to get better. Let's show the child. But it is hard work. It's not easy. So you have to be low before you even get to that stage.

Anu: Yeah, very true, so how do you show vulnerability then when you're so defended from childhood trauma?

David: Okay. Well, that all comes about understanding yourself. Lots of people in this whole world, they get taken up too early for my liking. They haven't developed emotionally, they get hurt, and it affects them and they get damaged and that affects who they are. I do think that people really need to find out who they are early on to establish that strength because once you go into relationship, it's like, this is the analogy I see. It's like you're in a relationship, and the only relationship you've had that's added any controller was your parents. And all of a sudden you have a boyfriend that also now you feel a feeling that if you've got ideas and he wanted to try to control you, it's almost like he's become the parent, right. So once you allow that to happen, there's no reason why a man should become a parent to anybody. You've got to own your own state of being. It's important, we need to understand what that identity is.

Anu: And that should start from a young age

David: I think as soon as people start thinking about relationships, you need to establish that identity before you even go into it.

Anu: That's true.

David: It has to be started from them. Because otherwise you know, they just take over. And then if you're a weak person, or if you are somebody that needs a man, they'll follow up on that as support and it feels so lovely. Because when it's love, it's love, and when it's not love, you think, oh my goodness, I'm really hurt but he still has to have a sense of who you are in everything. It all comes back to you in everything, in life, in spirituality. So definitely it's about ourselves.

Anu: To you think more could be done at schools to help educate our children?

David: I think children are getting more streetwise. I think there was a stage where children got promiscuous an early age. But now I think there's streetwise coming in. I think more debate is happening and multimedia can almost harm as well. But it's because it's so readily available. But I do think we are getting stronger because people are talking about it. Your book is talking about it. You know, everything that we do in our life is educating young people to become stronger, more aware. Women need to be aware of their own power. I keep saying that about power, because I feel women have got more power than any man.

Anu: That's liberating to hear.

David: Yes. I just need to know how to use it. I just needs to know how to manipulate it.

Anu: Yeah, it all comes down to your own sense of security and just your own belief about yourself.

David: It's very attractive for a woman to have an opinion and it's strong. It's almost like very reassuring. It's not an offer. So if anybody's out there who feels that you've got to be submissive, do not do it. Have an opinion. You have an argument, you have debate. You don't have to debate your point of view. You learn how to articulate what you really feel. Arguments are bad, debate is healthy.

Anu: Okay, I love that 'shouting' is bad.

David: Yes, shouting is somebody that's lost control or lost the argument. So, in this, somebody has to assert their power & control again. Raising their voice to create fear is because they've lost control. So when somebody has been abusive, anybody listening, you'll realize

that when they raise and they show their authority, they've lost their authority, they need to raise it in order to make you feel they're in control.

Anu: That makes a lot of sense. I'm relating this back to my own experiences.

David: Yes, who shouts the loudest and then eventually, but you imagine if you actually said 'No, I'm not putting up with that. I'm going to go out. I'll come back in 10 minutes and we'll see if we can talk about this'. Imagine the energy would change without actually getting aggressive and by saying 'No, that's not acceptable' - a man's got nowhere to go. Most men are used to being in the playground fighting and so you take that weapon away from them and they have nothing.

Anu: Wow, this is so empowering.

David: Yeah, they've got nothing.

Anu: Wow, the power of words.

David: Words are the most powerful thing to articulate how you feel. But without it, vulgarity has to be educated, it has to mean something precise you know. To say to somebody, that's not acceptable. And just look, where did they go? You haven't swore, you haven't been angry. You just say it's not acceptable. And I will not accept that. Thank you.

Anu: I've thought about raising our own standards.

David: Yeah.

Anu: About having your boundaries what you are willing to accept and not accept.

David: Yes, definitely

Anu: Again yeah, it's quite easy to lose those boundaries when we're wanting to give ourselves to somebody so much.

David: Yes, and that's the thing. We lose our identity again, we go back to our identity. And this is why people that are searching for spirituality, because they lost their identity. They need something to give them a reason for everything. So they don't go back, whether they go into religion, whether they go into spirituality, or they go in wild water swimming, it's all about them trying to find out what makes them happy. It's the most important thing.

Anu: Yeah, it's brilliant. Thank you, I love that. So let's go back to you now. What are your ultimate goals in your life?

David: My ultimate goal now has changed obviously. But I still dream of happy union with somebody that understands, and have that passion and understanding about my spiritual nature. I don't think I've ever met anybody apart from you, but you're as a friend. And people like you as friends. But in a relationship, it's quite difficult. As somebody who understands what it is that I am, instead of always being there for them, and helping them through their life, I want somebody to come on board and to be with me, and maybe take this spiritual journey to the next level. I've got good health, good fitness, a good mentality. I have a home. I've got everything other than the fact that to have some, maybe it might be a bit dreamy, by a soul mate, or even a twin soul, it exists if you're out there.

Anu: So you are thinking about your life. What is the one thing that you would never do again?

David: Oh, that's interesting.

Anu: Put you on the spot.

David: Because I wouldn't change anything, because everything I'm doing in my life has enriched my experiences. I've never ever looked at my life as being a regret because we just don't know that is a knock on effect here. Because I wouldn't have done the things I've done. I wouldn't be a spiritual person if I hadn't had the knocks in my life.

Anu: Yeah, it's true.

David: I needed to be not in order to become better. So because I feel better, I feel healthier. I feel, you know, that I have great hobbies and interests in my life. So everything in my life is good.

Anu: Yeah, absolutely. And what's the one greatest thing that you've done in your life?

David: The greatest things I've done in my life, there's more than one. But it's always about achieving something. I think actually achieving a spiritual level of understanding of myself. Because I've got lots of hobbies, for others I've achieved a high level. Since I've achieved it. I've moved on with it and got bored with it. But with spirituality, it's a lifelong ambition to actually understand oneself, understand others, and also appreciate the fact that it can be taken away from me as quickly as it's come. You have to have that armor. But as many things I've enjoyed in my life, I wouldn't say that. I think my spiritual growth has been the most tasking difficult one. Because there's times you don't get help. It's all about you getting little snippets of information, and sometimes you think 'Oh God, now it's like doing readings for myself'. It never worked for myself. I can do somebody that I've never met in Australia that sent me a text and they were really like 'spot on'. It's almost like you're not allowed to be so. How can I say? You're not allowed to be sort of knowing so much about yourself as they don't want to tell you it's not appropriate or it's not ethical. It's almost like you're prying or trying to feel something without actually any effort. I don't know how that works.

Anu: And what advice would you give to people who are looking to start on their spiritual journey?

David: Meditate, first thing. Find out who you are. Try to be yourself still, start to listen, hang around people that are like minded, and then help you. See, spiritual people, they think they are born and gifted. Everyone is gifted. Now certain people I think, are old souls. And they have brought with them a lot of tools. But everybody can find a spiritual way. You just need to learn how to listen. And it's like, when you think of the old ways of spirituality when it was always spooky and dark and they sat near that. I never talked about that. I do not believe in darkness. I do not believe in protection. Because the greatest power is the power of good and enlight and love. Now if you're telling me that God is weaker than saint, and then it's not true. So why would I be worried about the dark?

Anu: Yeah, sure.

David: Because if light is more powerful, there's nothing to worry about. The power is in the heart that you believe it. So your other little thing, the advice I would give, is always go to somebody that is full of light and joy and hope. If you ever go to anybody, if it was a reading that brings doom and gloom and darkness, because they are filled with the same energy, all they're going to do is instill you with fear, doubt, and you'll have grey periods in your life. You do not want that. When I do reading, there's never anything but light. Because even in death, there's rebirth. So here is how you articulate your words. I can see what's going on, but I can actually with mastering words, I can actually bring it to a positive conclusion. You know, you can always flavor it with a positive. Without a very negative, there's a positive.

Anu: Yeah, always and it's like, if you are thinking negatively, you're going to attract negative back to you. So you have to be thinking positive.

David: Exactly, and this is what people don't realize. It's a bit like what's going on in the world with the God you know. The negativity in the media is doing more damage to people's mental health than any COVID. Because I see people all the time and they are a shadow of themselves.

Anu: Yeah, it's terrible. So can listeners contact you if they're looking for some guidance on their spiritual journey?

David: Certainly anybody can contact me

Anu: Okay.

David: If they feel that just want to talk you know. Email, anything, it doesn't matter.

Anu: You want to give your email address.

David: It's: daveangelo@talktalk.net

Anu: Okay, brilliant. I'll add that in my profile as well.

David: And anybody could actually contact me for any guidance and feel free. It's good to help. And it's good to know that people want help and to search for something else. I searched for it. I was helped. So I like to give back because when they will give it to you, it's good to give it back. That is how I feel in my heart when I'm actually giving.

Anu: That's beautiful. It's been such an honor to have you on David, it's just been such an inspiration to myself and my listeners. You just have so much that you can share with the world and I'm sure people are going to really benefit from your teachings.

David: Thank you, I hope so.

Anu: Wonderful, thank you so much.

David: Thank you.

Anu: And yeah, we'll see you again.

CLOSING: And while this episode comes to an end, do you may want to check out my book of “**Victim to Victor**”, now available on audio and where I have shared my journey of evolving through self-help and a determination to cast off my damaging past. My goal is to reach out to fellow survivors of abuse and provide hope and motivation in their lives. I hope that I can help victors transform their lives and achieve amelioration in the process of discovering the true self. I also have a 12 week self-development plan which is absolutely free and it aims to guide you on your journey to recovery. You can find the link in the description below. Please like this podcast and tag or share it with somebody whom you know is going through a similar situation and may need help. I will be back with another podcast soon until then take care and stay empowered.

