



Regain Your Personal Power

Regain 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.

Anu: Hello Dave, and welcome back to the 'Victim2Victor'podcast show. How are you today?

Dave: I'm fine. Thank you, Anu. Good to see you again.

Anu: Yeah, thank you very much for returning, because we had quite a good turnout after the last talk a very, you know, high turnover in terms of a lot of people listening. And there's been a lot of requests to actually go more into some of the healing techniques and to talk more about, you know, topics like cord cutting, removing blocks, healing your inner child letting go of the past, addiction, and so much more. So, this is part one of a series with a Dave Challenor. He is a returning guests. And yeah, I just hope you enjoy the show. So let's begin. Okay, so there's been a lot of talk about actually learning how to live a healing life. So would you like to expand on that David?

Dave: It's difficult because so many people have an idea what a healing life is. It's not just one technique, it's a whole way of living his lives with inside you. And somehow you need to find what that is inside. That adoptable spirit needs to come out and explore and become who it really wants to be. And sometimes, people talk about it, you read about it, but there's no help or aid in how to achieve it. And I would like with this talk, and this, there's 12 subjects here, to try and bring some healing techniques that help people rather than talking, and actually putting nothing into practice, I'd like to offer something that lives inside me, it needs to come out. And I need to express it for the world to feel something. And if it's just one person that benefits, I will be more than happy.

Anu: It's amazing. Thank you so much for sharing your wisdom. Because as you all probably know, Dave does have 28 years of teaching in healing and Reiki and he's been helping so many people survive from a grief and sorrow and just the traumas of their past. So I'd like to start off with just probably understanding a bit more about the universal law.

Dave: Universal Law. Well, what we put out, we get back. Now, there are sort of people that think that universal law is like the 10 commandments. It can be if you see it that way. But if you put it down into layman's terms, how we feel how we treat people, how we look after society environment, it all comes back to a universal law of achievement within oneself, and how we can actually help others to understand and find it precious, and look after it. So we need to start to take we need to start looking at ourselves. And what we actually do in order to change that. And universal law is I don't like to try and look at Universal Law in a way that you can't do this, you can't do that, you just got to know that, you know, attract attracts like now, you know what we put out that's karma that will come back, but it's a big subject. So that subject really needs to be broken down.

Otherwise it you know, we're going to get lost into sort of a lot of dogma. And I feel that the universal law is more for people that have gone through the podcast. And then they can start to discern how they want to actually put that into their life. So for me, universal law is a little bit later on. Okay, but it's so important, but it's not. It's not the most important at this moment in time. And as people struggling to even sort of like live. So by going through their own abuse going through depression going through them what the world is actually putting out at the moment. We've got to actually started looking at how we can start up from grassroots.

Anu: Okay, it's interesting. Thank you, and what would be your views on the inner child because there's a lot of work out there about healing the inner child. So just wanting to know what your takes on that?

Dave: Well it's funny because I was thinking about this the other day. I may have mentioned it to you. People talk about the inner child, but they don't actually explain what that is. You know, what is he for me, when I actually, I don't actually read, as I told you, I don't actually regurgitate somebody else's theory. And I feel that the reason why I haven't done that, whatever I feel and speak about is new, it's, it's my way, it's my thoughts. If I hear somebody else's story might be sort of like, tempted to listen to their story, and it becomes my story, and it's not my story. So for me, inner child, the inner child is, in my opinion, is your soul. It's that inner beauty that love that creative side of you that every human being has got. Now, when we do inner child work, we actually try to find out what happens your inner child. So for example, when we are young, maybe at the age of eight, we're gonna use the age of eight, it's a prime sort of, like age for children to actually go through problems. And we have trauma, what we do is that we grow up too quickly, maybe we've had some abuse, and we have to survive. So we leave our inner child, we stop being a child, we stop living, we stop being who we are. And sometimes we grow so quick, and the bitterness, we sort of forget how to play and how to be who you are. And when we do inner child work, we have to re-ignite with your inner child, and you will all have a different age. And that age will be significant to everybody. And you will know that time that you've had trouble in your life was the time that things started to go wrong, then you will then open up and heal in the child without going too much into the technique because that's one of the techniques are really, really want to do. And I shall do it in like a meditation. It may have a little bit of hypnotherapy because somebody, some people think I use a bit of hypnotherapy without realizing it doesn't really matter. The thing is it the energy is coming out and it's pure. And it will help you reconnect your inner child. And you will actually without giving too much away, you will feel that you can bring that inner child back to the present day.

Anu: Okay, yeah, that was pretty extraordinary. Because I know that a lot of us when we have been abused at a young age for myself, it was from the age of three, I knew that you know, I still had to go back to my three year old self and just comfort her and nurture her because she was damaged, you know, and I think she obviously felt that she can interest anybody and, you know, her, like innocence had been taken away from her. So I think in a child work is vital for any child abuse survivor. And I'm really looking forward to obviously go more into that meditation to help my listeners.

Dave: So yeah, it's a brilliant one. And you'll find I don't think there's anybody that will not benefit from it. Well, I will say everything that I do, when I do go into meditation, is it's channeled energy that comes from me. And even of our speaking now I've got a pair to hear my stomach and my voice starts to change, okay? Because I know that truth coming out, okay. So when people listen to this, they are getting, you know, when you want to call it spiritual guide knowledge guide. It's, it's coming from within. So the healing from that will actually help whoever's listening, and you can listen to it 1000 times, and you can use it in a practical way.

Anu: Okay, okay. Yeah. No, thank you very much. Because you mentioned about the solar plexus, could you go more into...

Dave: Wait, you got a chakras, you got seven major chakras. Each chakra processes are part of our life. Our base chakra is red, and which is between our legs. And it comes with the sense of smell. So they have also the senses of sight, smell, taste that so all your chakras have a sense that come with it. So your base chakra is about being secure, or lack of security. And this will actually bring on things like irritation, skin irritations, you could have gambling addictions, you could have drug addictions smoking, and what this does, when you feel insecure, you try to fill it with things that make you feel good, okay? And it's like people that overeat or they speed things so what I'm gonna make myself feel better and that's what they do. So that's base chakra problem. And in severe cases, you can actually have skin problems. Okay. So skin, eczema, irritation of that sort, may actually come out into your skin. And what's the purpose of that because as a healer, I can there help people understand that their base chakra, there's a problem which comes now I've been told that the medic meditation is about understanding the chakras in in what I say. So, that's what's coming through now. So that will come through in a minute. And now I know what I need to actually say. So your Sacral Chakra is about your, it's in your domain, it's orange. It's about sexuality. It's about it's about the things that are physical. Okay. So it's not actual spiritual law. It's physical. Okay. And that comes with the sense of taste, but in your domain, isn't it? Yeah. Okay. So this actually processes a lot of energy, like hate, jealousy, physical love, and be. So you'll say cruel, because it's your relationship with yourself, okay? It's your relationship with yourself and how you feel the world feels about you. Okay? This is why people that have cycle problems, sometimes overeat, and they stay, they'll just obviously bear safe, we'll just go, right? They have, obviously digestive problems. It can affect people's you know, bladder, the gallbladder, it's all connected, you know, so you'll begin testing small intestine. So it can actually affect that security because you're harboring and holding energy, that's not good for the body needs to be released. Okay. This is why when people go through an accident shock, they that whole stomach clams up, and then they won't let you out until you've actually been to the toilet because it's dangerous, because shark can actually make the muscles constrict. And it's really very bad.

Anu: Yeah. Okay, that's interesting. I suppose again, you spoke about the overeating. I know, that's quite a big symptom of childhood abuse survivors.

Dave: Yeah, and they do, because some people, I know that I know this myself. I know that people that have been abused, they, they, they do it in different ways. Some people actually decide that they're not going to be hyper sexual. They're going to be, you know, an alternative sexual. Yeah. Because they're disillusioned. Yeah, and some people do because they don't want to be sexually attracted to anybody because it was painful. Some people overeat, because they think, well, if I look like there's no one's going to actually make me feel sexual again, and abused me, is an awful thing that people do. But we actually do it to ourselves. It's a form of protection. Going back to your inner child, it's something that some people do not everybody does. Yeah, some people do the other way they fight and they showed the show the world that they're in control, but it's different way of processing emotions and we've all got different emotions

Anu: It's indeed yeah, and I think again, with the chakras is, again, a huge topic of its own, which you know, we can cover again in a whole episode, but how about the auric field? Because I know that, you know, it's important to protect your auric field from any negative energies. And I know that again, it's very important when it comes to Reiki healing.

Dave: So I'm glad you brought that up, because I don't believe in it. Never, never have protection. Now. I don't decry anybody that does. It's that way. But for me, if the God or the power of God is the most powerful force in the world, the negativity it's got no chance. If you believe that good, is stronger than evil, and there's nothing there that can actually alter heart, in my opinion, right. So

in my mind, I am so positive that God is stronger than evil. There's no way it's going to get anywhere near my aura, right. Now, manifestation, we can actually bring fear by the very thought of needing protection. That's interesting. Okay. Now, I'm not going to I'm not going to upset too many people out there, but there are certain teachings that it's almost like you have to protect yourself. Well, if you believe that the higher mighty or the universe is far greater than anything else. What we need to be protected against.

Anu: Interesting. So how about people who are just walking on the street and they get an attacked?

Dave: Maybe they're not evolved enough? Or maybe they've got issues of the Roman? I mean, let's get an example here. And this is a really good example about how the Oregon mill works, right? There's seven layers of physical auric field. Beyond that this chakras above And beyond the universe, which create their own auric field, okay, but the main ones that we need as a physical human being are the seven layers that actually affect our well-being in this lifetime. Okay, each layer come from our chakras. So, obviously your base is you read, and then it goes, aren't they, and then green or pink, and then blue, purple, or Indigo. And then you've got your white or you or your own violet colors. So if you look at the rainbow, the warm colors are the earthly energies, it's a closest part to our body form. And as they become lighter, and more spiritual, they become lighter, and lighter and lighter. Think about it. White has every color. Yeah, it possesses every color in the prism method. So it's just a vibration. So okay, now this is where I'm going to bring your question him in here, because it's very important. When we have an auric field that's healthy, vibrant, we're happy, and our lives are just work. Okay? Nothing enters our auric field, you go into a poor man, how there could be one person in there on cocaine, weed, or Okay, what actually happens is, is their auric field go so far from their body, that they become paranoid, because they're all revealed is in everybody else's auric field. So they're feeling all the paranoia from everybody in that pool. And needless to say, they've all been drinking or taking substances, not all of them. So their paranoia is made bigger, larger, by the fact that they're blown. They're all around because it's made them so real. They're sort of like blowing air or energy out, and they're actually experiencing other people's fear, their paranoia, they're picking up on their hate. So when we think about ourselves, you have to think about how our auric field have been healthy. And that is the most important thing. Right? So it's all about oneself. But it goes a little bit more with that, which is me. It's a fantastic subject because, okay, chakras, they open and close. It's an addiction word. And they open and close, like we breathe air. Chakras need to breathe energy. So while they're open, they're healthy. When we have trauma, they close. It's a form of protection, right? That's fine, because they tend to open. But some people tend to keep them closed for a long time because they can't process that they are at their loss. They're losing their job or their loved ones. And they, they hold it in and that personality can't comprehend. Okay, the longer your chakras close, eventually, it can actually create illness within our body because our chakras integrate. If we didn't breathe air, we will die. Right? Our factors become stifled because there's not that light going through your chakras. And then this is where the healing comes in opening. And obviously keeping them open is a most important. Yeah, so going back to this subjects are learning how to live a healing life, you need to understand how your body works, how your life works, how you as a person works. We're not just people, we are something more we are spiritual living organism that may or may not have contact with previous entities lives, what have you. We don't know if that's a question that we are so complex, we need to understand that complexity has to be something that we understand to our best knowledge and all we can do is look up our physical form.

Anu: It's interesting, because you mentioned about the chakras being blogs, I mean, when I had postnatal depression, I did actually go and see a healer. And she did know that all of my chapters were blog and I was going through a real tough time and it took a while for them to be open. So I

understand them when their blogs, you are closed and nothing completely new energy can flow. And I mean, so what would you recommend? You know, if somebody might kind of you know, be in that position now, what would you recommend that they go and do?

Dave: The need to know that life-force comes from the planet and from the heavens? Okay, so your chakra system you have one base chakra, which is one pointing downwards. And that's our connection to the earth. Because it's why people hope trees to get grounded. Yes, lots of people use the word grounded. Nobody understands what it is. So hugging a tree is feeling grounded or walking through a stream of water makes you feel connected. Yeah, fine. But we need to have a way of actually grounding our energy. Okay, so when we actually close our base chakra, and we close our crown chakra, there's no cosmic force coming through and out into the earth. Okay, so it's like taking an electric current. So the shock was the current chakras opening up base is not equal, all that energy coming in did not go anywhere, without being grounded. Okay, so it's about annual find that people feel sick and dizzy if they're really, really ungrounded. So, meditation techniques of grounding. Meditation, okay, we're going to need really need hours.

Anu: So that will be another episode of its own. Yeah, perfect. No, that fantastic. Thank you so much. So you know, obviously, there's a lot of people who are currently holding on to their past. And again, there's been a lot of talks about the ego, and, you know, and how do we let go of the past?

Dave: You have to let go the past in a way that it makes your future because nothing bad in our lives, that isn't reborn in something beautiful and new. While we focus on our past, we're not looking at going forward, we're only thinking about the horrors, and then we start pointing fingers about that person said that all that happened, and that's why my life's not happy. And that's why we're not moving forward. But we change the energy. Okay, we start to think, okay, that person was right for me. So the universe has shown me there's some a better, and that job wasn't clearly what I enjoy it. So maybe the universe is showing me something much better. And criteria were the one I might be living in a different country and I live in a different house, I might have the most beautiful wife or husband in the future with a fantastic family, that we create a positive energy. Because life, the fact that we are breathing and living, we are positive in the fact that we can actually achieve something.

Anu: That's beautiful. Okay, so it's basically just trying to work on the mindset shift. And how about spiritually, because there's a method called cord cutting, which you do in your healing techniques. So could you just go more into that please?

Dave: Yeah, I obviously did Reiki and cord cutting was a ceremony there'll be actually did during our training and I've had it done to myself numerous times. But the most important thing is, is when you've actually gone through a cycle of life, where you feel that you've, you've done that energy cord cutting cuts, the cords of discord that is not connected to love. If there's any love, it will not touch, but it's not God's way. Okay. So when I cut the cords, as a ceremony, and the angels come in with Michael St. Germaine, and the angels divided via right that that was strange, because they the angels divided by the way the court wanted to call me for St. Germaine, because my mind was actually trying to dictate which one would come in. And they were trying to come in first, okay, the ceremony is a trinity of three. And it's a cord cutting ceremony where Michael the Archangel cuts the courts and the courts between whatever it is, whether it's a job, and the new job or whether it's a person that you love, it will cut the cords between whoever it is, and then three times you fill the void with something really good. Can you find that what it does, it gives you a new slate, a new time to maybe look forward and you leave that that negativity behind? Get me wrong, if you haven't got it over with and you go back to him next week, or then call it go back right there. Okay, so you can't just that cord cut in and then sleep with them next week, because it's all connected to the sacred chord is a terrible one because it goes in deep sexual chords are

so deep, because you've shared so much. Okay, the cord that you don't like it, because that work is okay. So noise, but when we actually share our lives, actually, it is really deep. It's very personal. And it's something sacred that we have actually allowed somebody in our space to get so close to they're the ones that are difficult to let go.

Anu: Yeah, I found that because I had a cord cutting technique from yourself, you know, with my axe and it was yeah, it took a few times because The first time around. I was just too attached to sales. So and again, it would be good to kind of have a live session on that.

Dave: Yeah and it will, it will work once you realize that you're ready to let go and release and become free. And once you're free, you can actually walk forward into that light. Okay, as beautiful as it may it's come to some barrels, by the way.

Anu: Now I love that. Yeah, thank you. So I just wanted to maybe just touch upon you know, attachment styles?

Dave: And attachment what, in material ways?

Anu: No, is probably you know, from obviously, someone who has been abused you know, as they grow older, they struggle with, you know, secure attachments

Dave: Well, that comes down to security or lack of security, which is all based chakra, and sacral. So basically, people that need to hang on to something which is bad, it's because they don't really actually value themselves. And the person they're with is a lesson. So they will actually be in their lives to teach them either to change. And it's when they break that link, they start to then relive, but it's so easy to say that, but some of these techniques, I mean, obviously understanding unit, sorry, how to learn how to live lean in live is not just about when you're in a crisis, you go for a healing session, it's actually starting to think, okay, I'll give you an example. What is it I can actually do to change? Yeah, okay. It happened to me. Okay, happened to me, I was in a crisis, somebody helped me a day late. My wasn't really into all this, you know, on you know, quite high at the time to convince, but she helped me and I thought, Oh my goodness, she's helped me not feel so much better. So I'm going to explore it. So I started to explore it. And then I started to feel I was looking at things in a spiritual way and starting to realize that there was a connection between my life and what's actually happening in my life, rather than actually pointing the finger in, you know, blaming everybody else. I started to look, okay. Example, my first why everyone said, but he was so good to get you the perfect. And I said, Well, it wasn't a clearly was not perfect, otherwise, they wouldn't be there would be here now. So that's when I started to look at myself. I said, No, I'm not going to listen to that. I am broken somewhere. I'm broken. So I'm going to find out when he hits smile. And that's when I started to search. And that's when I started to do Tarot and started to Reiki, I started medium ship, I started doing color therapy, all these things started to develop, okay, because I was fed up of blaming everybody else, there was something broken in males, I'm gonna find out what it is. Yeah. And that's how I dealt with it. It's different for everybody. Okay, and that's why there's healers out there can actually help people individually.

Anu: Oh yeah, no, absolutely. I mean, not something that I've been looking into, it's about taking responsibility for your own actions, and just taking the blame for everything, you know, we are accountable. There's nobody else who is to blame, it's us.

Dave: True, and we got to realize we're quite powerful when we do not need to blame. And it's, it comes from a child, your childhood really where you may or make excuses or what have you, and it builds up, it's a form of protection, because we don't really feel in control. But you know as a child, we've heard that there are things that we can actually understand why they do it. Because when we start becoming a child as an adult, and we keep doing it, we're going to create the same mistakes and then you're going to attract childlike behavior in say the opposite sex that do it to you and you go into a trap by energy, you need to break the link you need to break that cycle so that you understand the cue that can change your life. If you don't know where you live in you move house

yeah, okay. You know it it's as simple as that it might not be straight away or you don't like the person you're where do you find somebody that you do like me that like the person that got bad traits and energy you find somebody that suits your energy you know, you don't have to stay with somebody just because it's you're afraid of being on your own. In fact, being on your own is it can be a bonus I've been on the game for ages. Well, yeah, it's surrendering to the universe and I enjoy it and maybe sort of accepting the fact that as my friend He's saying I've got pictures but one person in it all the all the way to maybe are created my I've created that energy myself. But um, yeah, but it's been happy with who you are first.

Anu: Okay. And because defence mechanisms, so a lot of us have those. And I know a lot of that is a visual of trauma and you know, the ego.

Dave: So your defence mechanism, what do you want you trying to which I will be working on?

Anu: Yeah. So I know that you know, as I've been becoming more self-aware, especially when it comes to, you know, intimate relationships, I've always struggled with being vulnerable. And I know that that's because I've got a defence mechanism, because I don't want to be hurt. And it's trying to let go of that ego to want to let go of that barrier, and just trying to let somebody in but it's so difficult as well, to gain somebody's trust.

Dave: Well, first of all, you got to understand that you, ultimately are in control. So do you think you're not in control, the other person will have control, and you will attract people that want to control you? I know that Anu, as a very, very strong willed person that can write books and talk about her life, there's nothing where you're not in control are. Now what you're talking about, is your sexuality and your femininity how people use it. Now, unfortunately, you're a very attractive young lady, and you go into a trap lots of lessons. Okay. So now you need to start discerning which lessons you want in your life, right? When you don't feel comfortable about a lesson, you does pass it by a maybe your lesson, you haven't met the right lesson yet that you need. So what are you attracting what you attract is what you think you need. And you do not need, and you do not want, you've got to experience something which is free giving and perfect in love. And not a demand or a control.

Anu: Yeah.

Dave: Control your own destiny. Yeah. Even if you're in a situation where it might be intimate, you still have the control. Don't forget, you can do as much damage to them as they can do to you. A feminine woman can twist the man in bits, just by the fact that they are feminine. And that can be beautiful. Their words, their actions. I mean, you imagine somebody is going on to you thinks he is like an Adonis. And you play the game and all of a sudden you say thank you, oh, wow, you don't actually have the ingredients I want in my life. It's really take your power back you control that person has to prove to you that He is worthy of you. So don't think because you're attracting somebody made sure they are worthy of you. They're in a test as much as you're testing is now you do not let them test you. Make sure you turn the tables though your energy is testing them and their self-worth.

Anu: Absolutely. And I think that leads us on to the next topic one night, Stan, because in our Western culture modes we all know, you know, it seems to be quite a common thing that people have been doing for the last few decades, because it's just an instant gratification for the night. And but there's a lot more deeper meaning to one night stands, which we have spoken about before and it'd be good to share that with my listeners.

Dave: First of all, you need to know why a person needs a one night stand is not normally successful. Most one night stands afterwards. Person bills terrible maybe they don't see that person again. They feel degraded, they feel dirty, they feel what have you because then need to be loved was an instant of pleasure. Not an instant of lifetime experience. Okay, so their lifetime experience with ended in as long as it talk for gay that person has got no feeling to that person. They've got

no history to that person. So why would they feel any armour or anything nice about that person? Yeah, so both people go away thinking what was all okay, so it's a very go coming back to the base chakra again. It's a very insecure chakra, it's the, this accepted this chakra that actually processes insecurity or lack of security. Okay, so you're trying to fulfil your masculine, your feminine, you're trying to feel fulfilled sexually, and it never works until you feel love. There's only one type of love and that is love during sex. Okay, if you haven't got that you're always going to be looking for something more in love. Yeah, my problem is I've always looked for love, and then sex. Oh, so I go deep into it. And by that time I can't get out. It's like, because I've committed myself, it's like, oh, well, I love that person. Most people show the way around. Yeah. And then it gets complicated. And then it ruins people's lives because they go away, and they hate it. They don't feel good about themselves, and they just don't know why they've done it and yeah, so I don't recommend it.

Anu: No, just under No, because now nowadays, you know, we have technology or phones, and a lot of people are getting the dopamine fix just from, you know, reading messages. I mean, I guess it's the same type of high, right?

Dave: Well, society has become very materialistic, and social media has made it more so. And there's more people hiding behind their feelings because a push of a button, they can actually do a lot of harm. You've got it with all these Twitter, and what have you. Okay, these people who are on these platforms? Yeah, so they've opened themselves out. But it's also created a bad side, it's actually made people become cowards, basically, because a lot of stuff they will do, they wouldn't do it to someone's face. So you know, and it's created a side of society, the cowardly side of society, that doesn't really care, or they're not actually thinking about it, because it's one of their sisters or one. So it was their mother. That would be horrified. So when you're doing these things always say, well, it could be my sister, or a good mother, mother, or it could be somebody I know in the family, and then you completely change the energy. But they're not seeing it that way. They're the same as it's just that tribal horrible part of life where they just use a platform to hurt people.

Anu: That's quite sad. Me. shadow side, does that link to shadow side at all?

Dave: Well, if you see if you're talking about shadow side, there are obviously a lot of people they say that aid, which is the dark side, I mean, everyone's got a dark and the lights night. And I just think that it's bit like white and black, Yang and Yang. Yeah. Anger and law, you can't have one without the other night without day. Yeah. So basically, life is about balance, masculine, feminine, spiritually, a spiritual man is in connection with his feminine side is my disease musket inside, if you've got one side of dominance, you'll find that that they will actually portray energy, which is out of control something which is not really nice to anybody, because they're not actually in touch with both sides. So if you get your masculine feminine side, in a man, you'll find that you'll be more connected, you'll feel happy, the fact that you're a man, you'll be fat that your creative is you know, as a man as well. And likewise with a woman. So that is something that spiritual people try to obtain, they try to obtain something which is balance. So the shadow side is a little bit, we're going to say an excuse, because sometimes they do it when they're drunk, or they're on other substances. And then there's always blame that and that they're not taking responsibility for themselves. Oh, it wasn't my fault. I was speeding. And I run somebody over because at the end of the day, you have to take responsibility, you know, and responsible people have to understand what is responsible and what is not. So, shadow side is a way of actually ducking and diving. Okay. Yeah, I think we've all got one because we've all got anger. Don't get me wrong. I don't like anger, or very rarely get angry, angry, but if I do, there must be some serious and I hate it afterwards. I hate that feeling where you feel that you're angry at something that makes you feel you know,

I've almost like, devalued who I am. Okay, so I don't like that feeling. But because I don't like it. I can put it into check. Is there another one that sign?

Anu: Yeah, absolutely. Yeah, and I just want to talk about kind of just dealing with you know, things like grief and addiction and physical abuse. We'll start off with grief. Because I think especially in this day and age now, you know, there might have been a few deaths because of the COVID. So what what's your techniques for that generally?

Dave: Grief is a really difficult one, because there's grief, obviously, with ages and there's children that you'd never really get over. And you try to put a label on it. But it's about living your lives. And we there are misfortunate people in this world and it's absolutely dreadful. Try to understand and help somebody understand losing a child is virtually impossible. You'd have to try to help that person find a way of becoming strong through healing techniques where they can actually understand with alien unless you find what it is that you're harboring, it will never go. Okay? So rather than say, somebody splits off in a relationship, and they can't let go, it's only when you actually find out what it is in them that makes them hold on to that energy, they will not let it go. And you'll find that with grief of any type of grief, if you hold on to something, and you don't know what it is, this is why I feel that healing doesn't actually it's not a magic one, when I heal, I actually heal. And I've tried to go into the problem and actually annihilate the problem. So you actually see the problems, you have to work with the problem and then let go. So then you let go, because you understand where it come from the origin is that goes back to the child, because you understand the origin where it started. So then you can start to build and heal that. So grief, it might be somebody that's lost people throughout their lives, whether it's relationships, or family, or what have you, and there's this thing that are gone. And they're actually letting it absorb them because that depression is going in, you have to find a way of actually looking at some of them as being positive. Okay, so it might be a case of having another child, it may be a case of actually trying to help people that have gone through loss. Some people go through counselling, some people just do a lot of things to help society, they try to understand, by understanding your own problems through other people's problems, it's a way of helping, giving is a far greater thing than people realize. And it doesn't cost anything Time, time, vocal time, doesn't cost anything. You see somebody that's going through it, just give them time, don't just listen to the fact that they want to wallow in it, have suggestions of how to help that situation, whether it's going for a walk, whether it's having a holiday, whether it's getting family members together to rejoice in loss or grief, whether it's something that you all need to come together and speak talk in is healing. Most people that are engraved, can't articulate or talk and get it out of their system. When I'm engrave the whole world knows, oh, my God, my customers, they have a foot. But by God, I got out my way of processing apps and their dog in connecting to people, finding friends like minded friends, he needs a support group that helps you can't just do on your own, whether it's going to a doctor, whether it's going to a counsellor, whether it's you need somebody that's fine, do not sort of like think it's a witness.

Anu: Oh God, absolutely not. And it's Yeah, because I've had a, I've actually done a talk on depression. And one of the main key elements for happiness is to have a community of people around you, it's so important is it just helps to create that belongingness you know, whether you know some people if they are on their own, and then they might be artists or creative beings you know, that there might be musicians. And this is why Laura the best musicians that we know, you know, they're the ones who are the independent ones.

Dave: And they tell the best story because they've gone through it, they've experienced it. These are people that share their pain through songs, writing books, they actually get it out. People that thought like it may get it out. There's some people that can't talk be some people are quiet, the liver hermit type lives that they can't express themselves. We need to find them and try and drag

them out and try to show them that there are interesting things, you know, there are things out there that stick things out there, but you just got to want to do it. And it's hard to make everyone see there is a way it will work.

Anu: Yeah, something which helps me is the fact that you know, whenever I do feel like I'm on my own, I just think wow, I could have been it been a tree you know, I have this amazing gift of life. Why am I depressed? You know, why am I feeling so low? I should be happy. Obviously, it's not an instant fix but I think it just helps you to be grounded. So just

Dave: That's interesting though because, okay, being a tree, why am I depressed? Okay so, depression is something that we use a lot, okay. But you are yearning for Spiritual answers that do not are not fed by our material world. I know people that are absolutely multimillionaires, but they still feel loss. So it's not a bad case of what you've got? No, it's what you've failed, certain stages of your life is B go through seven year cycles, you'll find that eight seven year cycle, you'll find that you need to actually obtain something new. Which makes you look into yourself, look for that spiritual purpose. What is the meaning? And not everyone? Does it they just exist? But spiritual people are the ones that find it difficult, because they tried to find meaning or what they are here for? Why is it happen? Because inside, there's something burning in you, that knows there's something more than just living and creating lie, getting married. It there's something there that's missing. And it's normally that spiritual spark that most of us have. When we try to look for it, it feels like it's miles away, we can't reach it can't touch it, we were looking for it. We actually labeled it with depression, we get depressed, it's like you know.

Anu: It is, it is and obviously you know, these days, a lot of people will just go to see their GP and they'll just be prescribed pharmaceutical drugs, which is, for me, that's the least kind of thing that you should be prescribed, you should be doing other techniques such as meditation, and you know, talking therapy. So, I also wanted to go into addiction because I know in this day and age now with a lot of people who've been working from home, addiction to technology as just been not on the rise.

Dave: Well, it's all down to actually base chakra again, base chakra store, actually, is where addictions live, lack of security, lack of lack of self-worth, lack of belief in oneself. So they need something to actually fix their addiction. And you know, that's where you need to be working on your core, but your base chakra, your base chakra is where you process that level of addiction. Okay, so when you feel insecure, when you feel unsafe, when you feel that you're not competent, when you feel all these things, you will actually find something to replace it, whether it's drugs, and most people that are not confident will find something like that. And they try it once and that's it all of a sudden that good feel that follows, right through their life because they felt it once and it taught me agile.

Anu: Okay, so it's all down to the chakras. So how about dealing with physical abuse for domestic abuse survivors?

Dave: Well, you need to understand the pattern with abuse, I mean, if it's just more than one person, okay? If it goes back to a family member, that's obviously what as a child, you you're almost like trapped until you get to a point where you can be self-sufficient but you'll find that when I when I look at people may save rhogam and say, mothers or fathers abused children, you normally find that they were abused children. So it's actually gone through the pattern of abuse where they think are, well, that is the pattern. And they've learnt it, and they're almost like mimicking what they think is correct. Okay. So if you look at the reason why you were abused, and then you look at your, your parents or the people in your life and think, okay, it's because they didn't have the support. They didn't have the knowledge. Sometimes it doesn't take away the fact you've been abused, but it don't make you think, Okay, well, society believe culture can play a big part. And it doesn't excuse it, it does helps you understand it, you have to understand the problem. It's like when you see somebody that is a wife batterer, and then you look at their energy and you think,

okay, so control is, he's not got any self-worth in himself. And he, why does he need to instill that sort of Mad power, because the only way you can instill that power is to put it through fear. And while they're afraid, they hold on to it. It is a weakness. But the only way you can actually change that is by becoming stronger, and becoming stronger in yourself so you can take care of you. And then you try to learn what it is that you can do to help people in that situation like you're doing yourself. So there's people that actually do things that actually can help, you know, build that strength, build that commitment, you need to understand the path This, what we understand is not something we live with, we need to let the past go is only a period of our time of learning. From that point on has no purpose. All it is a reference point in our life, we need to go forward. We need to understand what it is we can do to change it. And by changing yourself changes that outcome, because you will be a different parent where your, your children, and then when you're a grandma will be the same or you will be impairing that knowledge. So in effect, that's your positive thought, that when I grow up, I'm going to do this and I'm going to bring my children I'm going to have this and I'm going to be careful about how they see things in life. He said, you can change it, you can change it, because you can make it positive.

Anu: Okay yeah, there's so much present around us. I mean, I see it and I just think, wow, that's a lot of bad energy to carry around, you know, resent from things that happen years ago.

Dave: People live in the past, then don't ever see the future anyway, maybe live in the past, only blame the past, because they can't look at themselves. If you can't look at yourself and say that you had some responsibility to that, at some point in your life, then you will never actually heal from it. You know, I mean, you know, you've got to take control of what we do in our lives. And that's the only the only thing you can do spiritually is to understand you can't do it for everybody else, you have to understand who you are. So resentment will only eat away. And then it will close your chakras and then you'll finish your being ill. And then you'll find that sort of people not 10 years older than they are in it when they're about 40. And, you know, and if they don't learn, and then they have a life of no disharmony, we're not going to be happy. I just spend the most of the time making other people unhappy because they can't see their resentment. They can't see their faults, they can't see their flaws.

Anu: Yeah, yeah. And it's another topic of discussion, which I've been looking into recently, in the topic of judgment, the fact that we so easily judge people as well as ourselves, we're so hard on ourselves. We'd like our most difficult critics. And that's what leads to a lot of low self-esteem issues.

Dave: No, I criticize myself the worst because I'm a Virgo moon, and they always do anyways, you've got no chance emotionally, I am a perfectionist within myself. So I don't need anyone to criticize me. I've only got to look in the mirror. If I don't feel right. I don't feel fair. I don't go dress right. I'll criticize it. And I'll do something about it. That's the good thing about it. But when we judge somebody is normally because we don't like the way we are ourselves. We find that people that judge is jealousy. There's judgment. There's me see somebody really attractive. And you say, Oh, you don't get not many people go and save a euro. Gorgeous. Oh, I do. But they look at me like I'm a weirdo. But he goes to say, God, you look really nice today. And they're not used to it, then oh my god, he's going on to me, because he was so pathetic. I truly thought he looked gorgeous.

Anu: To people by hating on them. So probably you know, just not even commenting on them and just talking something negative, right?

Dave: Well, it's all about spiritually being processed. So you process you live so you feel better about who you are. This is not everybody on the planet is otherwise the planet will be a perfect place. Yeah, I'll be I'll be floating around like the angels been our way. I mean, there's so many people need help.

Anu: Wow. So honestly, today's just been fantastic. Thank you so much. We've covered so much, and we are coming to the end of the show. And I again, I really thank you for your wisdom and 28 years of experience that you're sharing with us. I feel so privileged to have you on the show. Are there any last words you have for my listeners?

Dave: For your listeners, I would like you now after hearing what we've spoken about, and our now our healing techniques, what you feel is going to be most appropriate and helpful to you guys. Because when it comes through, it's going to be special. So it's your, you're listening. It's your healing process. So any input would be absolutely brilliant so that I can help the people that need to be helped. And you'll feel when I actually start talking in a meditation is a completely different energy in animal. So hopefully you'll get a lot from it. But input is great, but does have a good happy life. Yeah, and thank you very much.

CLOSING: It's beautiful. Thank you. So my listeners, as you know, you know, this is a podcast show, which is broadcasted on all their podcast channels. And you can contact me via my website, which is victim2victor.net. And you may also email me and new victim2victor.net. Again, I would add my details on the profile, and you may follow me on my social media ads. And please do rate this podcast, please do share it with anybody who may need it and write a review. And please do feed us back on what it is that you require right now. Because I have a Dave who is wanting to share his techniques with you, again, 28 years of healing techniques that he would like to share with you. And we will do a lot more episodes, which will involve around the different meditations and healing techniques, cord cutting, and I'm so excited to share that with you guys. Thank you again, so much for your time today. Thank you, Dave, you've been amazing. And I shall see you on the next show. Take care everybody. Number 30. Oh boy. And while this episode comes to an end, do you may want to check out my book 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 their 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.

