

# RAISING YOUR CONSCIOUSNESS HOW TO LIVE YOUR HIGHEST AND BEST LIFE



WRITTEN BY  
**MICHAEL JACO & JAY CAMPBELL**



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Michael Jaco and Jay Campbell share very deeply resonant insights from the teachings of Dr. David Hawkins and other great wisdom teachers.

# Disease of the Physical Body

**Jay:**

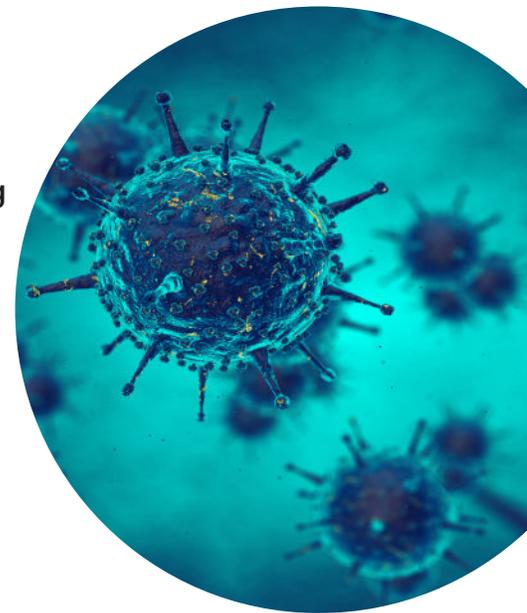
So, early life experiences, which can be sexual trauma or physical abuse, lead to shame and often warp the personality for life. This leads to unconscious guilt, which leads to psychosomatic and physiologically manifested disease. What does that mean to you, Michael?

**Michael:**

When trauma happens in our lives, many people get stuck in a very low level of consciousness. Until we learn to focus on letting it go, it will determine our consciousness level and what we achieve versus not achieving in life. Learning how to uncover our collective traumas such as 9/11, the World Wars, Vietnam. All of these have created traumatic experiences in our consciousness. If we learn how to focus on bringing our consciousness up, as Dr Hawkins talks about, we can discover ways to increase the love in our lives while simultaneously decreasing anger and fear.

**Jay:**

After being in the optimized health space for two decades now, it is my awareness, any physical disease or illness is our consciousness calling attention to something that needs to be looked at. Something that we are feeling guilty, fearful, or some other negative emotion, like shame or apathy, about. We are attached to a belief system that must be let go of and canceled. We know we're living in the physical body, the avatar body, as an experiment for consciousness for all of life to learn and grow. If one learns to recognize this Michael, they really can't be subject to a belief system of disease.



**Jay:**

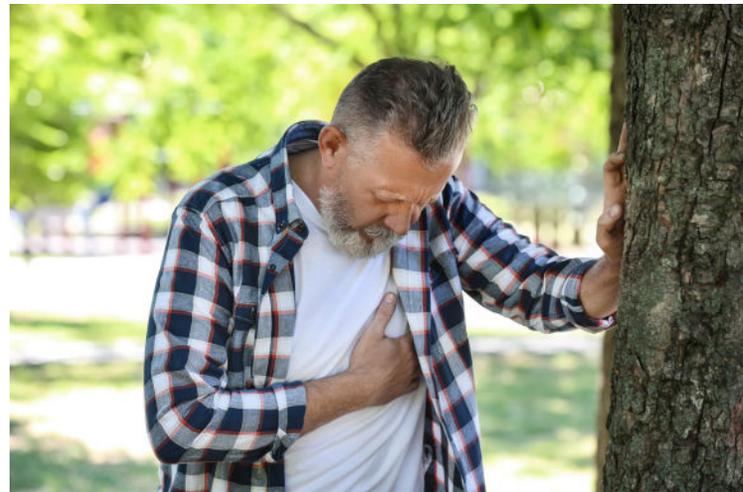
So raising your vibration, raising it to a state of, if we're going to use the vibrational scale, somewhere between 450 and 500, and recognizing if you live a clean lifestyle, you exercise, you do cardiovascular training, you eat a clean diet, you avoid alcohol and sugar, you can't get a disease because it's not possible. Your avatar body is imagined. The only thing real is your spirit. Understanding this contextually, how does a spirit get a disease? It can't. I always say to people, "Man, just work on raising your consciousness, raising your vibration, because that is going to render you immune from a disease state more than anything else."

**Michael:**

Yeah. I've seen this a lot overseas. I see people get sick and the reason why, it's because they're in combat zones, or they're depressed, and they have lots of stress/cortisol coming in activating their parasympathetic nervous system and different hormones. They create negative effects in our bodies. As long as we remain in those fear states, they're going to cause trauma. What I learned to do, even in combat zones, is work out. I had gyms that were named after me 'The Jaco Gym' because they ordered equipment for everybody while I was working at the CIA. There were gyms all over the world named the 'Jaco gyms'. I learned early on it was very important to regularly exercise to destress and improve biological system performance.

**Jay:**

So this is perfectly correlated to COVID-19. Disease takes on an epidemic form when television and popular media push it into the ether. When prominent people share an illness with the public, there's a massive jump in the incidence of the illness. Michael, remember when Tom Hanks was the first major actor to tell everybody, back in the early part of 2020 he had COVID? The dark side knows how to manipulate the wave form fields. They know how to create disease for people. And they know how to spread this 'biological weapon' whatever you want to call COVID as it is, into the mass consciousness so more people are in fear of it, which then ultimately renders them manifesting it into their own bio-fields (life experience)



**Michael:**

Yeah. Tom Hanks, like you said, Sleepless in Seattle. Seattle happened to be where COVID was first reported. So, yeah, there's a lot of similarities. But I can tell you 've seen this stuff. If you look at the book Think and Grow Rich, Napoleon Hill talks about how they focused on a friend of theirs as a test to see if this concept could be proven. They kept telling their friend (who was not sick), he was sick all day long. And eventually he had to check out and leave for home early because he experienced 'feeling sick'. They kept working on his conscience, instilling the idea he was ill. I've seen this stuff throughout time, how the deep state will come in and infiltrate the news media and tell them what they're going to put out. I've seen this in a lot of different places. Yes, a person can be completely free of negativity, but the thought form idea of 'illness' can be inserted through social media, through news media to make them think they're sick, which will ultimately lower their immune system until they physically become sick.

**Jay:**

I'll just add, and again, Napoleon Hill is a great example as is Earl Nightingale. There's a lot of self improvement folks who have said this, but you really cannot have a disease as long as you have a powerful mindset. Because the physical obeys the mind every time. If one feels sick, as you just said, it's imperative one changes their mindset. Because if you say "I am healthy, whole, and complete," you create that resonant field around your physical avatar being due to your conscious belief. It's like placing a force field around your spirit. Having a resonant mindset of powerful and healthy renders the physical body free of disease and poor health.

**Michael:**

Yes. Those mantras are very powerful. You find something that's very powerful, something that speaks to you. You feel like it raises your consciousness, your vibration, like we're talking about, and you just keep repeating it until you imprint it onto your consciousness. Repeating something for 21 days creates a habit, and then eventually it gets to the point where it's just part of your consciousness. So repeating mantras are ideal things to do.

**Jay:**

That's beautiful, Michael. Just to finalize this topic, there is truly only one way to increase our health, happiness, and success, and that is to increase our level of consciousness, to raise our vibration. Working together we're making our own mantra, but it's absolutely true. You don't gain anything in this world until you, as an individual person choose to raise your own vibration. By doing so, you ultimately help to raise the collective vibration of humanity. And that's another important step Michael. When a person with a raised vibration walks into a room they have the ability to raise the vibration of everyone around them. Correct?

**Michael:**

Absolutely. I can walk into any room and be super energetic, lighting up the room. I immediately see the people in the room that are down and depressed. This also works the opposite way, where we can be in a room and we can feel something negative pulling at us. We'll turn, and we'll see somebody giving us the stink eye. Energetic vibrations and thoughts are tangible. If you come into an environment that doesn't feel right, it is smart to get out of there. Or you can choose to raise your own vibration and light up the room even more. Both options are available to you.

**Jay:**

Well said. I'm going to discuss self healing and you just respond. The first step is letting go of resisting the actual sensory experience of the trauma. If you were raped or beaten, traumatized, however it was, it's letting go of that memory. But talk about that.

**Michael:**

This is a part of neuro-linguistic programming. So, neuro being the mind, linguistic being the words, just like we were talking about before, and programming. You're programming yourself to overcome these sensory experiences that have changed you. Experiences that have put you into a negative linguistic program. As we have discussed, these often come from the media and are reinforced by loved ones. Relatives, friends and loved ones have good intentions for us, but oftentimes they program us with negativity. And then we have to learn to decode these sensory experiences. Why we're feeling a certain way. And a lot of times, it will be through words that have come in and infiltrated our minds to program us in a negative way. Overcoming these negative thoughts with positive words of affirmation, to create positive feelings and an improved outlook on life. These change our sensory experiences of the world.

**Jay:**

I'll just add, you literally replace all of the negative experiences, feelings, mind memories with this statement, "I no longer believe in that. I am an infinite being, and I am not subject to that," which again, whatever it is that happened to you. "I am only subject to what I now hold in mind, and I am an infinite being who's abundant and prosperous." These are the types of statements one has to put into their mind. And then, of course, our favorite, choosing the energy field of love.

**Michael:**

Definitely.

**Jay:**

Let me give you this comment and I want you to respond. This is a profound statement from Dr Hawkins.

"All that ever is or was, without exception, radiates forth a frequency and vibration as a permanent imprint in the field of consciousness."

**Michael:**

So, tapping into that statement, you can't access that infinite, beautiful experience unless your mind state is able to attain those levels of consciousness. This is another motivation for you to learn to go into this intuitive state of consciousness where one is connecting with the field of source energy moving through all things. You can only connect with these higher states through practice via meditation, contemplation, introspection, grounding in nature etc. Becoming still or achieving mind silence through mindful practice will allow you to focus your consciousness above negativity and fear states.



# Being Kind, Considerate, Forgiving and Compassionate

**Jay:**

Beautiful, man. One of David Hawkins's most powerful statements is

“The best way to impact the world at large is to make a gift of your life and lift all mankind by being kind, considerate, forgiving, and compassionate at all times, in all places, and under all conditions, with everyone, and most importantly, yourSELF, that is the greatest gift anyone can give.”

So, Michael, this is essentially the crux of what you and I talk about. Be Love. Send love and have no enemies. Choose to serve the greater good of humanity. What defines success is serving the majority, being able to create something that serves an infinite number of people. This is what you and I are building now together with The Optimized Tribe. We are choosing to help as many people as we can. It really is an easy and simple choice to serve the collective.

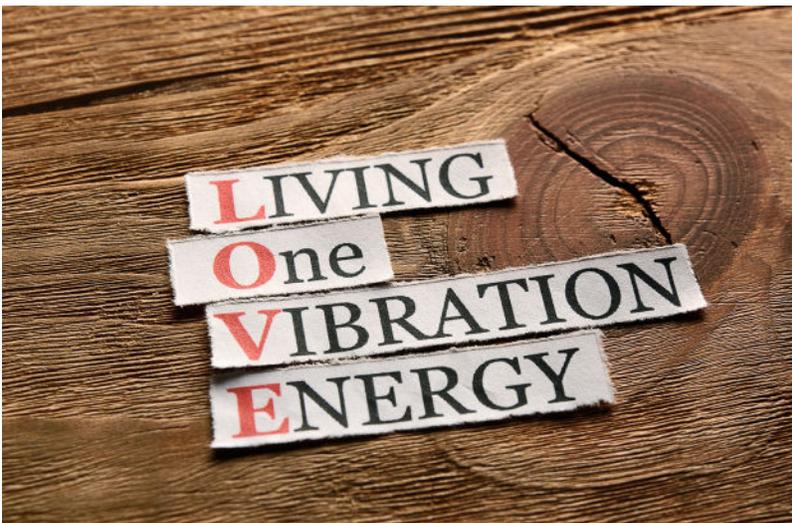
**Michael:**

Yes. We've heard the stories of vampires and evil beings that link into our energetic fields. A lot of these fables are true. When we learn to recognize the parasitic and vampiric among us, we can immediately disarm them by choosing to send them love. Most people get angry with them and mix energy fields which leads one to hold onto that anger. Carrying that anger with you impacts your whole life.

**Michael:**

I often work with people to teach them how to send love to the beings trying to manipulate, control, and vampire them. And it always works. It never fails. It works when you focus on loving them in a positive way and not with the intention of causing them harm. You're just loving them. Just like Dr. Hawkins said, you're kind, you're considerate, forgiving, and compassionate, and that's just the way you run your life. And it may seem very simple but most

people have a hard time with this. Like, “I can not, I can not, be kind or compassionate.” Then you will carry that hate and that anger with you. Doing so ultimately impacts the health of your body and your consciousness. As long as you hold those negative thoughts, you're leading a life that can be vamped easily where people can take advantage of you.



**Jay:**

It goes back to the Jesus/Yeshua comment stating that you're not going to lay down. But at the same time, you're going to show compassion and forgiveness. It works, like you said, every single time. Go up to the worst, meanest looking person on the entire planet and look them in the eye and shake their hand and say, "Hey, Brother! How are you doing today?" And be enthusiastic. Confer positive energy in your statement. And even if that person is a demon, they're probably going to say back to you, "Hey, man. Not bad. Thanks for asking." Because again, it's the energy of love. It's the attractor field of a 540 LOC resonant frequency that instantly disables the lower vibration, dissonant field of anger. In my life experience, every single time, it works.

**Michael:**

Whatever field of consciousness you hold, whether you're in apathy, despair, anger, fear, love, peace, tranquility, you're going to attract more of it. And when you're convinced that you need to go low to meet low, you're destroying your life when you lower your own vibration to do that.

**Jay:**

Total agreement, I want you to respond to this statement.

"Greatness comes from within, but it's the courage to change one's SELF. As you, we, or I change, the world's changed along with it."

**Michael:**

One of the things I've noticed over time (in the SEAL teams and in the CIA) was when guys made that internal change. I could see when someone shifted. Whether it was when I was running hell weeks as an instructor, or whether I was running the hand-to-hand program, I could see the guys that made that internal shift. Choosing to make an internal shift allowed access to the higher states of consciousness where they could achieve greatness. Those that decided not to, or couldn't make the shift didn't become Navy SEALs. They didn't pass my hand-to-hand course. They didn't become a great fighter, an uncommonly unbelievable fighter, because they didn't make that internal shift.

**Jay:**

One more quote. This is my favorite quote ever from Hawkins.

"Love is the silent power that inspires, heals, uplifts, encourages, and improves everything. And because love is a radiation within the interconnected energy of the universe, which is obviously nonlocal and nonlinear, we make an impact wherever we are, no matter what we are doing. To love any single piece of life is to love all life, for everything is interconnected."

**Michael:**

Yeah, absolutely. I would teach the opposite of fear is love. The guys who were in fear, hate, and anger, I noticed over time, were the soldiers who died in combat. Those of us striving to keep our center of balance with the courage to regularly go within, lived in a higher state of consciousness, ie love energy. It was a pleasure and an honor to be around those people, because we achieved incredibly impossible things together. That's one of the greatest things you can focus on, and Dr. Hawkins energy emanates from that statement alone.



**Jay:**

You don't have to have any money. You don't have to have anything of a material nature. You just have to choose the resonant frequency of love.

Let's shift a little bit to discuss what you and I often talk about. We're obviously talking about a world that's upside down. We just had a US Presidential election stolen. Donald Trump had likely 75-100 million people vote for him. And THEY(Dark Forces) (at this current time) are still attempting to steal the election.

Hawkins is famous for talking about how 85% of the world, (the population of the world) calibrates below what he calls the line of integrity, right? Which is 200 on the Level of Consciousness Scale, (175 is pride). When you get to 200, again the line of integrity, you now have courage. Michael, Dr Hawkins' quote was "becoming courageous marks the shift from negative to positive energy."

**Jay:**

Think about that for a moment. Until one gets to a 200 level of consciousness, their energy is negative. In everything that they do and say, they're negative. They carry a negative vibe. They complain and carry a victim mindset. It's never their fault. For one person, just to get to 175 (LOC), (Pride) is a huge move. There are a ton of college graduates and high level minds (who are all about reason and deductive logic), unable to get to the level of courage in their life. They are stuck in service to self. (S2S)

The majority of folks who don't see things for the way they are, are stuck at this 175 number. Michael, what's it going to take for these people to wake up? To actually have the courage to see things for the way they are and not for the way they've imagined them to be?

**Michael:**

Yeah, that's a good term right there. One must have the courage to go to that level. Most people don't want to go there. They don't want to face their internal demons. So they decide to dwell at the 175 level of consciousness. It keeps them stuck in a low vibration. As long as their consciousness is low, they can't take it up. They have to have something that stirs them to rise above that 175 field. In my opinion, they have to change their internal dialogue.

It is important to understand one individual at the level of love can counterbalance 750,000 people in lower consciousness. That's the power of the love vibration (500 LOC). It only takes a few of us in higher frequency of love to bring up massive amounts of humanity.

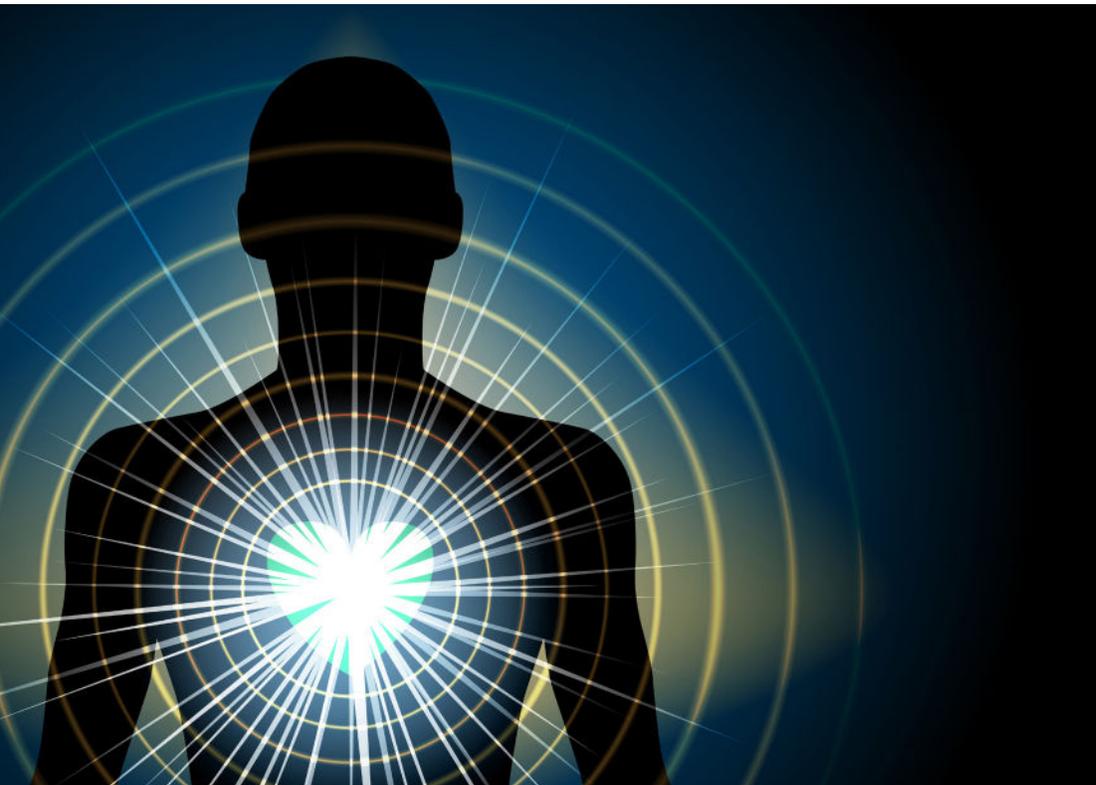
I used to focus LOVE in combat zones. Whenever I used love energy, I didn't have any problems. I was never attacked, my teams were never attacked. My groups were never attacked.

I'm firmly convinced it was because I was sending out the thought energy of love. It's very, very powerful.

**Jay:**

Amazing. And because it bears repeating, when one is in the low vibratory fields of grief, apathy, guilt, shame, blame, humiliation, despair, they are choosing to hate themselves. When you hate yourself, you hate the people that are positive and serving others in an

uplifting fashion. People of a resonant frequency. It's critically important, Michael, for people of a high vibration to attempt to avoid the energy fields of people stuck in low vibrational fields of self hating and victim mentality. The highest and best choice is to send them energetic love from afar.



# SENDING LOVE BUBBLES

**Jay:**

Michael, you talk about love bubbles, but how many people on a day-in day-out basis, even in well-intentioned, well-meaning people, get stuck in the low vibratory fields of those in dissonance? This can easily happen whenever one attempts to debate or argue, or even have a conversation.

And guess what? It's the law of attraction. It's the law of resonance. You get sucked into their low energy field. Even as a high vibrational person, you can be pulled into lower vibration attractor fields. It's incredibly important, Michael, to be cognizant of your energy field at all times.

IT IS a much better practice to send them love energetically rather than getting into a conversation or spending time around them. Please talk about that.

**Michael:**

For sure. When I do demolitions, I put a blasting cap in the demolition, and then I have a time fuse that gives me whatever time I need. I light the time fuse and click it. It's lit. It starts to go. It gives me time to get away. Then it hits that blasting cap, and the blasting cap goes off and it sympathetically detonates the charge. When you sympathize with someone that is negative, you're blowing yourself up. Think of it that way. Don't let them pull you in. Don't have sympathy, have compassion for them.

This means pulling yourself away, and having compassion for your and their thoughts. I have compassion for your thinking, but I'm not going to sympathize with you. I'm not going to let my energy co-mingle with your energy and get pulled into that field of consciousness. The wise and vibrationally aware person is not going to allow this to happen.

**Jay:**

Incredibly well put Brother. Everything is energy and frequency. Everything. Everything is consciousness. So you're right, if you allow yourself to be entrained or pulled into a lower frequency, even as a high vibrational being, you can literally shift to the negative. Because again, it's an attractor field. Like you said, become sympathetic and you sympathize with that lower energy field, and before you know it, you're now fighting an uphill battle to get out of it. It's so important. Even to talk about that lower vibrational field, all they see is negative, right? They don't see positivity. They don't see love. They only vibrate in pure dissonance. The universe is the cosmic mirror, right? What you are attracting is what you're giving off and putting out.

**Jay:**

If you're putting out fear, self-hatred and victimhood, that's all that comes back into your field. It's critically important as a resonant, loving person to attempt to avoid those in dissonance. And Michael, it's a perfect time to talk about it, because so many are being lied to about COVID-19/ and the '2nd Wave'. Now people are being told to separate from family and all of these other things. You have so many scared of dying from a disease that statistically provides a lesser risk of dying than from a great white shark attack. Imagine that fact and yet people have been so brainwashed to fear COVID-19. It's very, very important to recognize you can love your family and love your neighbor and love your friends, but you can do it energetically from afar.

**Michael:**

Well said Jay. I've always admired people throughout my life that could be faced with people screaming at them. We see this with the police a lot, but many still maintain their cool. I was like,

“How do they do that?” Then eventually I got to the point where I could do that too. I've had people literally screaming at me and people trying to blow me up, shooting at me, mortaring me and so forth, and I still love them. I still love them because I knew they were being sympathetically pulled in a

negative direction and they presume I was also negative.

Even you and I Jay, are sharing freely tips for people to raise their consciousness and help themselves. But there are going to be people that read this PDF and hate us because we're trying to inform and help other people.



# The Law of Resonance | Quantum Physics

**Jay:**

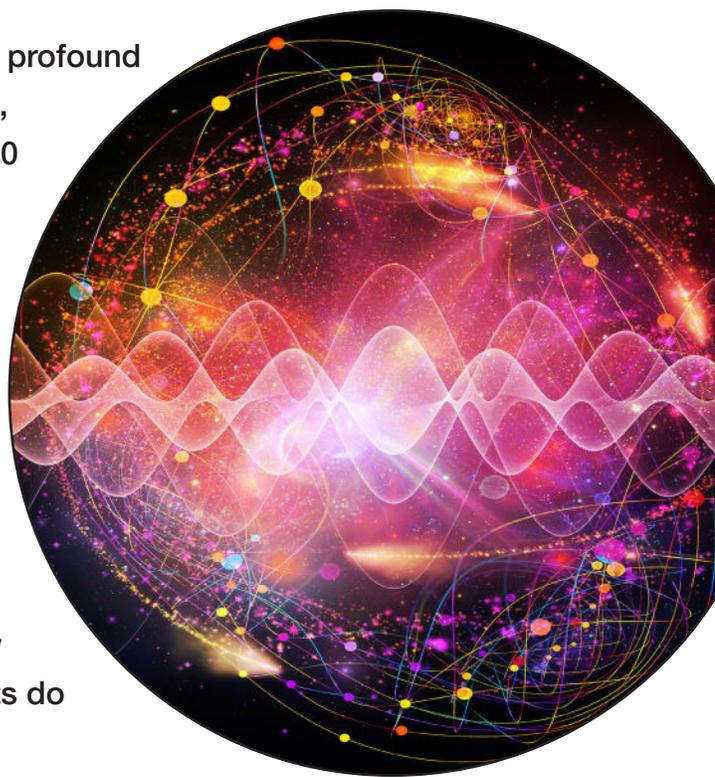
Exactly. It's just a different frequency. Okay. Let's talk a little bit about quantum physics. I'm going to bring up the Heisenberg principle, which is, to define it for everybody, when you observe something, you automatically change the outcome because you've introduced the impact of consciousness upon the observed thing itself.

The level of consciousness of the observer has a profound effect on what is being observed. For example, Michael, when a person who normally stays between 450 and 500 LOC (on the level of consciousness scale), and an average person, (below the line of integrity) both observe something, the likelihood the other person felt something 100% opposite of Michael is 99%, because of the effect of each observer's consciousness.

The higher the consciousness of the observer, the more likely you are to have actually a positive, resonant effect on the thing being observed. I want you to talk a little bit about these principles. How important is it for people to recognize that their thoughts do become things?

**Michael:**

This is one of my favorite subjects. I love quantum physics. I loved it all the way back in high school and was one of the top students in my city of Columbia, South Carolina. We built hovercrafts. We worked with lasers, back when lasers were a new thing. In all these different things, we applied the laws of quantum physics. I then started applying quantum physics to everything in my life. Your level of consciousness, as I found out, (what we've been talking about) when I would come into combat zones, I knew that my level of consciousness and my thought energy (as I sent it out) would influence the environment. Just like you're talking about with the Heisenberg principle. The Heisenberg principle is absolute. I've witnessed it. I've talked about it. I talked about it in my books. I talk about in my work.



**Michael:**

It's real. Your consciousness, your thoughts do become things. We've heard of prayer groups healing people miraculously. These are the things we all have the ability to learn to do. These amazing abilities are real. As Jesus said, "these things I do, you will do even better". I believe that, as I have done a lot of these things. But if one has doubt, it removes you from those capabilities. But believing as a seed of a mustard seed, you can move a mountain and so it will be moved. I have moved mountains, not literally, but I have done amazing, absolutely phenomenal things. Everyone has that capability intuitively. It's learning how to raise your vibration and harnessing these God given intuitive gifts.

**Jay:**

YES. I want to add. The innate beauty of quantum physics proves it's the one precept a student of consciousness must learn and aspire to when walking the seekers path. But as you know, the majority of people focus on what they don't have. Let me take a step back to paint a bigger picture. If you want something, focusing on what you don't have, will never give you what you want. The great majority often focuses on why they don't have what they want.



Their energy is placed on their failures or their shortcomings, rather than on the concept of achieving what is desired. It's amazing how many people spend the majority of their day thinking about what they don't have, instead of creating a plan to get what they truly want.

**Jay:**

The perfect example is always just to talk about a better economic life. "I don't have enough money, things, whatever." Most sit there (instead of coming up with a plan on how they can get there), focusing on the reasons why they don't have enough. The law of attraction, the law of resonance, the law of quantum physics proves what one focuses upon, tends to manifest. The very thing that you don't want, which is a lack of money becomes even more prevalent in your life. Then most sit there and don't understand why its happening to them. They ask "How is this so?"

**Michael:**

Yeah. My mom was great in this aspect. She told me this over and over again until I started to believe it. Those things that you believe that you can achieve, you will achieve. As a little boy, I wanted to be a Navy Seal. As a young teenager, when the James Bond movies came out, I was like, "I want to be in the CIA, and do the things they, did in the CIA. Probably did more things with James Bond ever would've thought of. Then as a little boy, I also wanted to have a successful business. Da-da, successful business. I know how to focus my attention on the things that I want to achieve. Like you're talking about Jay, when you focus on the things you don't want, you instantly shift to thinking negative because that's where you've placed your focus. Where your focus goes is what the universe is going to deliver to you.

# How Fear Controls Society & Why Eliminating It is the Key

**Jay:**

100%. Beautiful.

Let's talk about fear. Being honest, you and I have zero fear. We can not be who we are to have any fear in our lives. I'll give you an example. Fear runs the world, right? Right now, look around. Fear of COVID-19, fear of enemies. The fear of death, that's the biggest one. We'll talk about that. Fear of rejection, and then the millions of social fears that are created by social media. The majority of people, in addition to focusing on what they don't have and never focusing on what they want, also are literally living their life in premeditated fear. They're just in total fear consciousness, which leads to poverty, lack and scarcity. It's incredible how fear controls their thoughts about the world.

**Jay:**

I'll just say this and I want your thoughts. It wasn't until I overcame the fear of death that my life changed. Overcoming the fear of death is simple once one raises their consciousness to a vibrational level where death is understood to be merely a change of focus. Upon reaching this point, one realizes the physical avatar body is imagined. Our soul, our higher self, our spirit form lives forever until we learn our lessons for source aka God.

God is the only thing that is real, and God is allowing us as spirits to experience physical existence in order to also learn through our individual experiences. I don't want to go deeper down that rabbit hole, but the ultimate awareness as a man or a woman, is overcoming the fear of physical body death. It is important to understand our physical body avatars have limitations. They're going to expire or wear out at some point. Maybe you and I are going to live to 200, maybe longer, who knows. But at some point our physical bodies will expire, and that's okay because that's not what's alive. The spirit that inhabits Michael Jaco and Jay Campbell is what's alive.

**Jay:**

Once you can recognize your physical body is not who you are or what defines you, you achieve a totally different state of being. Knowing your are a spirit in a physical body, having a physical experience, allows you to overcome the fear of death, which is really just the finite aspect of being alive. Reaching this level of consciousness allows you to completely and freely roam the dimensions and to live what I call a level 10 life. What are your thoughts on that?

**Michael:**

I love that. As you said, overcoming the fear of death in combat and so forth. Over my years in the Seal teams, I did a lot of training missions, saw guys die because they got stuck. Because fear will give you tunnel vision and drop your consciousness extremely low. You don't have access to creativity. If I hit a situation where, and I've been in many of these, my parachute is not coming out, or seeing people turn the muzzles of their gun where they shouldn't be turning them, and stopping before I get shot. When I stop and think about it, I've experienced all kinds of crazy things over the years. When I look back on all of those instances, if I had just been an automaton and kept going only to get stuck thinking, "This is not working, this is not working. Why isn't it working?"

I am dead. Gone.

**Michael:**

Instead my solution , "It doesn't work, so what do I, how do I overcome this?" That was what I learned very early on, how to work around fear. I taught this in the Navy Seal hand-to-hand combat program. Anyone that got stuck in fear, was overwhelmed in our fights, very rapidly. Those that didn't dwell there, due to what I taught, became Superhuman fighters. It was amazing and I could tell when someone clicked into these states of consciousness.

I've had conversations about this with people and done interviews, where people would come in and talk about how fear is a gift. Fear is not a gift. Fear locks down your state of consciousness.

If you think fear is good (as many are conditioned to believe) because it motivates you, that's like saying your home burning motivates you to call the fire department. That's extremely stupid when we examine that belief.

You don't want to be in fear at any time. Absolutely ever. If you feel that tension come on, you let it go. This is what I taught in the hand-in-hand course. You let that tension go. You become relaxed and you go wide angle. You start to breathe. You start to observe. You start to think about how to overcome things. You let the information flow and it's amazing. Fear is never, ever good in life. Let it go.



**Jay:**

Beautiful. Fear is anything that comes from the NWO deep state programming. They want us to be in fear constantly because they literally feed off of those low vibrational energies. It is why they create made up stories and statements and memes to keep people in a fear state. It's obvious. That's just the world that we live in. People that read their internet newsfeeds or watch the headlines when they come out are conditioned and programmed to be in a fear state. It's your choice to stop reading and consuming the news, and obviously Michael and I are giving you guys strategies to remove fear programming from your life.

We all have friends that talk about, "Well, if I die, who's going to take care of so-and-so? Who's going to help my mom? Who's going to pay for my sister? Who's going to pay for so-and-so's funeral?" And I always say to these friends claiming these things: "No man, as a soul, we're all sovereign. We all chose to be here. We're all living our own lives out of free will, and you only have to worry about yourself." I know as a father, we're both fathers, as a husband, were both husbands, we want to think as providers, "Oh my God, I got to take care of everybody." But that's just the ego. The soul is only responsible for the soul.

**Michael:**

Fear is a mind war. Love emanates from the heart. They've actually done studies on it through heart mapping, where they can look at the resonant field of the heart when it's in the love vibration. And it goes out farther than the emanations from the mind by far. The electromagnetic field of the heart is a thousand times more powerful. The love vibration is way stronger than fear. It lets you come up with solutions and answer the problems you have in your life. Fear consciousness basically locks you, like I was talking about. I would see soliders unfortunately have parachute malfunctions and they got stuck on that malfunction instead of working through the situation which often lead to their demise. Even in people that are highly trained, when you get locked in fear, it's going to be debilitating. And worst case it's going to take your life.

**Jay:**

100%. Can you react to this statement about change? "To change one must hit bottom. Unless the painful lessons of life are transformed through humility, into gateways of growth and development, they're wasted."

**Michael:**

So unless you evolve your conscience and go to these higher states of consciousness, you don't advance, because we come here as human beings to advance our consciousness. Every time we come here, whether you believe in past lives or not, is to truly raise your consciousness. Very few people do this. It's a very small percentage of us that break free from the controls that keep us..

locked down into these fear and negativity states.

So it takes a lot of drive and a lot of determination. It takes a powerful mind and the heart of a warrior to focus yourself, to have the courage to rise above the fray. One must have the courage to rise above in order to reach these levels of consciousness that will enable you to completely transform your life.

**Jay:**

Beautiful. Another Hawkins statement, "A 500 level of consciousness is a love that is unconditional, unchanging and permanent." Obviously you already said this. I've said this.

As we've already said, loving is a state of being. So many people in the consciousness/new age community talk about love and light. And they don't really know what love for everyone or everything really means. And the statement my wife (Monica) always said to me, 'loving is a state of being'. IT IS what people must understand when they say, "love and light". IT IS the recognition all of life as conscious, sentient and deserving of giving and receiving love.

Even the bugs on the ground, the rocks, the trees, the branches, everything that is alive has consciousness. It is essential to have respect and a divine reverence for all life, in order to BE love as a state of being. Talk about that Michael.

**Michael:**

Yeah. I remember this statement by the Dalai Lama one time. They asked him if he ever had any regrets at not being forgiving and loving to all creatures and so forth, and he said, there was one time where I killed a bug and I was like, wow, I killed a bug.

So I really took that on. And I remember doing the Pacific Crest Trail where black ants would come into my tent and I'm like, oh little ants, because black ants I think are cool, they don't bite normally. So I would get them out of my tent. Spiders, I did my best to get them out of my tent, but sometimes I'm not going to sleep with a spider, so sorry. I might've broke the Dalai Lama's rule.

I have loving energy I'm always sending out, even to plants. The plants in my home normally do extremely well, because I'm sending them love. Flowers last longer in my house because I send them love. They actually did a study where they took flowers and they had people go to a flower and just send it anger and hate. And then there was another flower that was given love. You could probably guess what happened to the one that got all the anger, it wilted and died very quickly. The one with all the love lasted for the entire time that they had the conference, which was seven days.

**Michael:**

So it does make a difference, to maintain an energy and focus, that everything on earth has value. Except maybe mosquitoes biting you, but I'm being funny. I do my best to extend that respect to everyone and everything, even those people(terrorists) trying to kill me. I would send them love. I always sent terrorists love and gave them the option of going to the love vibration or staying in their negative field. All the terrorists that I sent love who chose to stay negative are now gone from the world.

So that's how powerful the love vibration is. And I give it to everything. Some things don't respond well to love because they're not in that vibration and they choose not to be. And then it weakens them and they leave the earth.

# Everything is Happening On It's Own and Nothing is Being Caused by Anything Else

**Jay:**

Awesome Brother. I'm going to give you a statement from Hawkins that is truly profound.

"Everything is happening of its own. Nothing is being caused by anything else. All phenomena are the automatic consequence of the infinite field. The field is all encompassing, infinite and omnipotent in power. It is exquisitely gentle and exquisitely powerful. From a state of pure consciousness, one witnesses that all things are happening spontaneously by virtue of the infinite power of the field of divinity." What are your thoughts on that statement Michael?

**Michael:**

I remember reading a book where the author was talking about a doctor that worked on this field of consciousness called Ho'oponopono. And it was defined as taking responsibility, for all things in their consciousness field. (as we know, most people don't want to take responsibility for things in their life). So what he taught was the Ho'oponopono.

**Jay:**

Right.

**Michael:**

So you're saying, I'm sorry for any problems, any issues that you, your soul or your higher SELF, (your energy field) has caused. In other words, "Please forgive me". You're asking for forgiveness, which basically is releasing your energetic connection to it. And then you say, I'm sorry, forgive me, I love you, and then thank them. In essence one is basically sending love energy and then thanking the universe for that experience.



**Michael:**

This doctor (a psychologist in Hawaii) was working in a mental institute for criminals who had committed murder and all kinds of horrific acts. They had started to build a new wing for the criminals that were extremely violent. The Doctor would take their files and just focus on them during the day doing the Ho'oponopono. And every one of those criminals were able to change their state of being.

The Ho'oponopono worked so well in changing the criminals mindset. they had to close the wing down as it was no longer needed. The power of tapping into that field of energy, taking responsibility for everything that happens in your life and sending it love, it's a very powerful thing.

So that's what we have been talking about, this field of love energy and tapping into its vibration to change your environment. It is amazingly powerful.



**Jay:**

Amazing. As you were talking, I walked away to get this book Return Of The Children Of Light, which I bought in the bookstore below Machu Picchu in July of 2019. I've read it like three or four times. There is an entire chapter in the book about Ho'oponopono. It's also called 'Ayni', which in the Mayan culture is defined as divine reciprocity. Ayni is the mutual admiration and respect for everyone else. And again, it's obviously generating a field of completely unconditional love. If everything is happening on its own as God/Source intends it, then guys like you and I have to catch and even check ourselves when we get mad when things don't happen the way we want them to.

I'll give a perfect example for right now. It doesn't matter if Donald Trump becomes the President.

Because even if he doesn't become the President in this duality political system, he's had such a profound effect on helping to raise the collective consciousness (because of who he is as a being and the people supporting him (galactics,

angelics, whomever), he'll be a catalyzing agent in helping to unravel the matrix and the deep state control system for good. Because of this energetic field he's helped to create, along with the hundreds of millions of earth humans supporting him as a leader, the dark side's energetic field will collapse.

**Jay:**

We have to be cognizant that it's okay, if he isn't President for a second term. Because the universe, as a divine aspect of God, ensures things happen exactly as they're supposed to.

We have to be okay with however it happens, and not be attached to the outcome. And the outcome, regardless of how it is, is going to happen as it is. And there's nothing that you and I can do about it. Because the only thing we have control over is our consciousness and vibration. That's all. We don't have control over anything else in the universe. We are only the master of ourSELF and our spirit form.

**Jay:**

IT IS a great lesson to not be attached to what we want, or what we expect, or what we hope for. And most importantly to be perfectly okay with that idea. Dr Hawkin's had a favorite saying that perfectly and eloquently conveys this message, "Everyone is rowing their own canoe".

**Michael:**

Yeah, absolutely. So you're focused on yourself, like we just talked about, you take responsibility for everything and just forgive everything and send it love, and thank it for the experience it provides. And it's going to turn out, like you said, the way its supposed to.

**Jay:**

Exactly. Another statement is, "One must completely surrender to the reality that all things are happening by the will of God".

**Michael:**

Mm-hmm (affirmative).

**Jay:**

If you think like that, Michael... And again, it's not easy because you and I can jump on a podcast in an hour and start talking about the deep state and all the BS. But then in the background we have to be able to sleep at night by understanding it is happening exactly as it's supposed to and to be okay with it.

And again, that's the whole surrender component. And one of my greatest spiritual mentors Michael, told me four years ago that my gifts would be way better expressed if I surrendered fully. And if surrendering fully meant becoming more devotional, ie saying a prayer a couple of times a day, or reading a specific book or meditating on a frequency or a concept, it was to learn you are not the master of your domain, God is. And if you just accept that reality, your consciousness will naturally increase.

**Michael:**

Yeah. So, I've noticed that as well. Like we've been talking about, if you focus on the negative, you don't want the negative happening, you're pulling that into context. And so you have to focus on the divine outcome, the highest and best outcome for all things, that's what's going to happen.

# How To Define True Success

**Jay:**

Okay. So let's spend another 10 or 15 minutes. We'll talk about success. And this is going to be really great for people's businesses. I'll read these statements together and you comment. "Human life is karmically fair, completely and totally".

Everyone (as I already said) is steering their own canoe. As love is the ultimate law of the universe, each person is born into the circumstances of maximal spiritual benefit. All experiences in the world are an opportunity to spiritually evolve.

And again, all events, no matter what happens to you present learning opportunities. And I'll just say for me Michael, I've had two major dark nights of the soul. Going to jail and being stripped of my identity (ego self), and then attempting suicide.

If I was a guy who didn't say "WOW, these were the greatest things that ever happened to me, because I was able to learn and process and grow from them. But if I wasn't that guy, I could just have bottomed out, be dead, imprisoned. And I'm just using me as an example, but you have your own dark nights of the soul, but all of us have the opportunity to learn, evolve and grow from the contrast, from the struggle.

But so many Michael, don't learn, evolve and grow from the struggle. They stay attached to the fight and struggle, staying in those low vibratory fields. One must take responsibility for their actions and look at everything that happens to them as an opportunity to learn and grow from it. What are your thoughts on that?

**Michael:**

Yeah, absolutely. You're going to do what you must to grow. I can give you some simple things. For example, I wanted to go timeless because I heard that was one of those things that you do to advance your consciousness. So I started dwelling on going timeless, not fully realizing what that was going to entail.



## Michael:

I had this beautiful Cartier watch that was gone. It disappeared, somebody stole it or I lost it or whatever, it was gone. And then I had this dive watch that I spent a lot of money on as well, the battery died on it. And I was like, I just changed the battery on that. And then I was like, oh, okay. So I filed that away as a major learning experience. And I had another watch and I looked at it and I'm like, I don't want to ruin that watch. So I didn't put it on. And it's funny because I came back to that watch, and that watch had stopped. So just to focus on that, put that watch into turn off mode, I guess.

So here I am. I'm in the Navy seal team, I am a chief, a high ranking enlisted petty officer that's in charge of all kinds of stuff. And I have to be on time to almost the second. And if I'm not, then everything, my whole life is ruined. For one year I went timeless. I got up when I needed to get up, I got to work on time. I had all my meetings on time. I had all the things that I was teaching and sharing with people, all the classes that I was teaching, all the evolutions that I was running. And I can tell you, they were extensive and very detailed. I was on time for a whole year for everything. It was amazing.



When you start to learn you're going to pull into your consciousness the things you need to evolve and grow from. When I go back to where I was in the CIA, I was seeing I needed to leave a bad place. So I'd been working there for 11 years doing amazing things, but I saw an evil presence. I'm doing good, I'm making all this money. And I was living the high life, and I was like, I can't give this up.

Well, I got jettisoned out. I lost everything. I was hiking the Pacific Crest Trail with just a tent on my back and that's all I had. Just enough money to feed myself. That was it. So during that timeframe, the dark night of my soul, (like you're talking about) is where I learned to basically let go and let God. And then I got the ideas for the business I have going on now with you. These are amazing things we're doing and sharing as we serve so many with our information. And I wouldn't have any of this.

I would not be here right now if I hadn't gone through that. So karmically, you're going to attract what it is you need to evolve.

And sometimes that's not always good, but when you notice it and you quit resisting it, like I've done a lot of times in my life, like a lot of us do, then it's not as hard. But if you resist then the universe is going to have to step in and really give you a little smack. So, that hurts. So learn how to notice these things when...

... it's time for you to grow and evolve. Let everything and anything come in and learn from it and then move on.

**Jay:**

That is so beautiful, brother. I love you, man. I got touched listening to that. This is to echo what you just said. The best way to contribute to the evolution of your consciousness is by going within and not focusing on the external. Don't focus on the external things and qualities of your life, but go deep within. Become self reflective and introspective, learn to meditate and ground in nature.

Work on your mindfulness training, become a more loving, kind, and compassionate person. If you just do those three things, Michael, while focusing on your inner game, the world is your oyster. Everything will fall into place.

**Michael:**

Totally. Totally. Absolutely, Without question.

**Jay:**

I mean, that's it. IT IS literally a choice to work on your inner game. You don't have to force yourself to meditate. There's no such thing. It's being silent, going into nature, going somewhere where you don't have the drunk monkey in your head, technology, on your phone, whatever. It's just literally choosing to listen to that inner voice, which is your intuition, your higherSELF.. It's the God inside you. And then letting that be your source of inspiration in how you go through life. Both of us had to lose the material things, drop the ego, stop resisting, stop fighting with our self, right?

Something that you've said that I want to go back to, which is so profound. Until you lose it all, which we both did (both of us were millionaires)...you don't have a respect of how you actually gained it. So you almost have to lose it. That's why you hear so many stories of people that are highly successful, and driven, and ambitious, and make all this money. Michael, they lose it all multiple times, until they finally have an appreciation for what matters. And it's not the money, it's not the cars, or the houses, or the material things. It's the respect for self. Again, the surrender, as you said, to let go and let God. The knowing, the pure cosmic awareness that everything is happening perfectly as it is. If you just allow it into your life and drop any and all resistance, everything just flows into your life, brother. Pure and simply.



**Michael:**

Every time I've resisted, I've received the smackdown. It's hard. So when you learn to let go, like you're talking about, letting life happen as it's supposed to, facing the dark nights with respect, because they're there to teach you something. And don't get stuck on, like we talked about, on the, "Why me? Why me? Woe is me? Woe is me?" Fear, anger, apathy. You're stuck. You're going to stay there until you power out of that. And some people stay there for years, and the rest of their lives in fact. It's sad to me.

**Jay:**

True. Throughout multiple lives.

**Michael:**

It's so easy to overcome by focusing your mind to raise your consciousness, like we talked about.

**Jay:**

Well said. I mean multiple lives, they get stuck there.

Because, really thoughts are things, right? They're

energy patterns. Okay, so I want to end the show, last 10 minutes, with maybe the most important thing that we talked about here today, and that's to really define what makes a successful life, right? So true success, okay? So, I'm going to give you some statements and I want you to respond, and then I'll add my stuff to it, but true success does not come by overcoming] our perceived enemies, but by nurturing the success in our self, and everyone around us. It comes from being aligned with the energy of life. Your thoughts?

**Michael:**

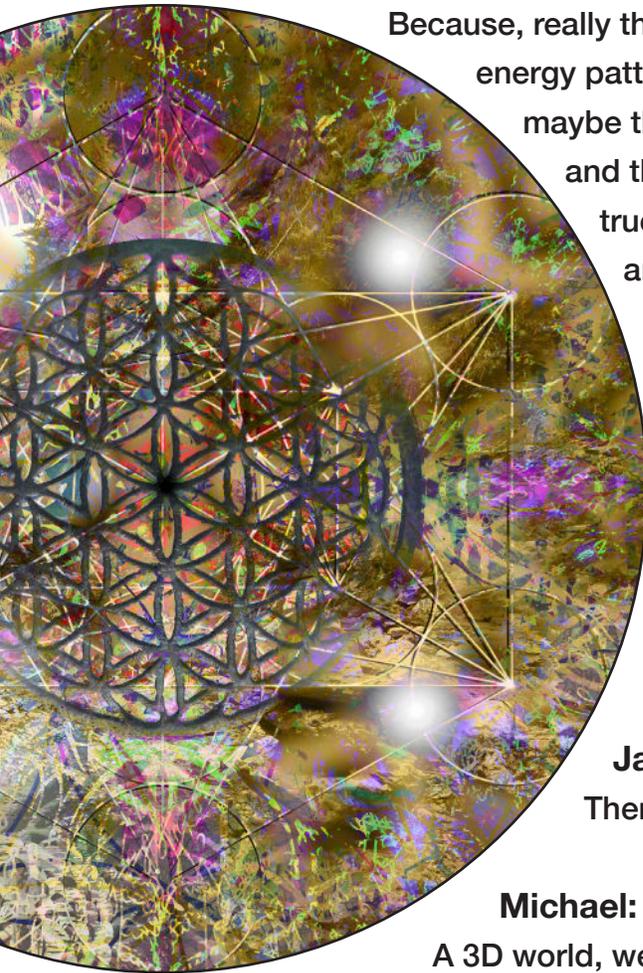
So, true about success. This is the difference between 3D and 5D.

**Jay:**

There you go.

**Michael:**

A 3D world, we think that we have to undercut and make others that are above us look bad. We see this all the time. We've experienced this...



**Michael:**

All of us have experienced this in different ways, where people attack us because they feel they have to make us look bad to make themselves look good. That's 3D mentality. In a 5D world, we know that we have success within us. The things that we love to do, the things that come natural for us, are things that we can share easily. These are the things that we can give to others, and it helps us evolve. Right? So, being aligned with the energy of life, as it comes to you, as it inspires you, it's going to keep you in the 5D consciousness and help you break free. Because I see other people be successful, I love that, because that's inspiration for me.

**Jay:**

Exactly.

**Michael:**

It's not, "Oh, I'm so jealous." You hear that all the time. "I'm so jealous." "What? Stop feeling jealous. Achieve what I achieve. It's okay. You can do that. There's plenty. There's many mansions in our Father's house, and he will give you a mansion." It's not like I have imagined, and you can't have a mansion because I have one. No. There's many mansions. There's... mansion for everyone. There's success for everyone. And there's no stopping abundance. There's no stopping love. Love exists in the universe in unlimited capacities. Stay focused on love and be loving to others when they have success. Love yourself when you have success and feel worthy. Money is surely not the root of all evil. It's "the love of money" and its constant pursuit that causes issue.

It's not the money itself. Money is basically energy that comes to you for doing good things for others, and sharing. Treat it as energetic currency to be shared.

**Jay:**

Beautiful, bro. A couple more things, and we can both react to them. Let me relate it to the current world right now. A lot of people who are wage slaves working for the man, they're all complaining right now on social media and sending us stuff. "Jay, Michael, what if my employer forces me to get the vaccine,"? And you and I say, "Absolutely not. Quit your job." You're not forced by anything. You as a higher self sovereign souled being, always gets to choose. But this is a perfect example. If you have a service and an attitude that helps others achieve their goals, you can do thousands of things to earn a great living.

If you're a skilled wage slave, you've been working for the man for 15, 20 years... Michael, you worked for the United States government for 30-plus years, and you took your skills that you acquired working for the man, into the entrepreneur world, and now you're teaching people, intuition and consciousness and all the other things that you and I are doing. Anyone listening...

...to this, or reading this PDF, can do the same thing.

You first have to change your mindset and get out of that mental box, that sandbox you are pigeonholed into right now by your employer, or whatever it is holding you back. If you focus on shifting your mindset, and KNOW you have the ability to do anything you want with your unique skills and gifts. Because everyone has skills and gifts. I don't care who you are, you have unique, definable skills and gifts, you can share with the world. But you have to remove your limiting beliefs and your poverty mindset, keeping you in that sandbox.

Because Michael, I've had many people reach out to me and say, "Jay, it's easy for you, man, because you're an entrepreneur." But I always say back to them, "No man, it's easy for you too, but you have to change your mindset." So the reality is, if you have a purpose and a vision

allowing you to make the world a better place, anyone and everyone can subscribe to it. And it's a perfect example of the group that you and I just created, right?

We are absolutely giving out way more value than what we charge, and because of that, we have thousands coming to us, wanting to share in the expression of abundance we're putting back into the universe. And so again, my comment and I want you to respond, is to stop limiting your mindset. You absolutely have more to give the universe than whatever your current job is.



### **Michael:**

So, that limiting consciousness, I can give thousands and thousands of examples. When I was a BUD/S instructor in charge of first phase... It's basically where most people quit. Let's say we have 100 people come into SEAL training. There's only going to be about 20 to 30 of those that make it all the way through training, and sometimes even less. And why is that?

Because, the other candidates decided they didn't have what it takes. They decided. So everyone has what it takes. And I've seen guys, myself included, that probably had injuries that probably would have taken them out, but they focus so much on achieving (I taught this to others) what they wanted, they were able to carry themselves through extreme difficulties. If you have a lack mentality, you don't achieve. Period. You can't achieve. It's not coming to you. But if you believe, like we've been talking about, if you have that love for yourself, love for the divine spirit inside you, then you will achieve absolutely amazing things. And I've seen the impossible my whole life. I don't have the impossible mentality anymore...

**Michael:**

I just gave it up long ago. In fact, I look at things now and think, “do most people think that’s impossible”? That’s what I know I an going to do.” Once you have that mentality, nothing is unattainable or out of your reach.

**Jay:**

It’s choosing to realize that you control... again, quantum physics... your reality, and you don’t have to say, “I will be,” or, “At some point I’ll get there,” it’s claiming to be that being, in that state, right now.

**Michael:**

Yes. Beautiful. I always saw myself as a Navy SEAL, even as a five-year-old. So it was obvious that I was going to be a Navy SEAL. Period. And it happened. And not only a Navy SEAL, but I reached the pinnacle. I did the most amazing things my whole career, incredible things, that when I write a resume for myself now, I don’t put everything down. Because most people, SEALS included, will look at it and say, “That’s bullshit. There’s no way you did all this stuff.” And I’m not even putting everything down. So it’s the mentality of just, “I wanted to accomplish this. What’s the next thing?” Even when I’m in a group that regularly achieves the impossible, I wanted to achieve even beyond that.

**Jay:**

Beautiful. So the last two statements, and then we’re done, and this is so profound, God is guiding us, brother.

I see so many people that screw this up, but the way to truly be a success, is to do what you love to do.

**Michael:**

Duh.

**Jay:**

To truly enjoy what you do, and naturally do it to the best of your abilities, while experiencing the joy that comes from giving that ultimate best that you have. And we all have it. Don’t think you don’t have it. Everyone has it in them. Your reputation as a being, attracts and builds your success, without any time, energy or effort. So again, whoever you are, reading this or listening to this, you have to choose what it is that you enjoy doing, and then you have to stop, if you’re in a job you do not enjoy.

**Jay:**

Michael, you know this. Even if you're making \$400,000 a year, if you don't wake up every morning, loving that you're doing it, quit!.

We are now heading into the fifth dimensional golden age, a state of life, where if you are not happy, then that's at your own choosing. You can choose to be happy. Find what it is you truly enjoy doing. It could literally be painting hubcaps. It doesn't matter what it is. Find something that you genuinely enjoy, and then do it to the best of your ability. And I guarantee you, the universe will ensure that you are handsomely rewarded. It might not just be financial abundance, it might be pure happiness and joy. As you and I have learned, if you do not wake up in the morning with a smile on your face, it doesn't matter how much money you make. Your life is going to be drudgery. So just figure out what you enjoy doing, and then go do it. That's pretty much all I got, brother.

**Michael:**

That's true. You just keep doing it until there's no more joy there. And that's what I've done. The SEAL teams, kept doing it until they said I couldn't play anymore. So I was, "Okay, what's next?" Then I left. I did the CIA, and I kept doing that until there was no more fun. And now I'm doing this online business, and I'm going to keep doing it until it isn't fun and enjoyable. I will keep finding avenues from my creative endeavors of being an entrepreneur. Just, like meeting you Jay, and doing more and more things.

That is what gives me pleasure. The creativity, the link with divine energy and being able to create, and share, and have people come to me and say, "That stuff that you just shared, is transforming my life." And when you get feedback like that, you've aligned with the energy of source."

**Jay:**

If you are coming from the heart, which is the divine creative energy of Source, you never have to worry about anything. It automatically transforms your life so that you have financial abundance, you have beautiful relationships, you have joy. You essentially are carrying out the principles of divine truth, Michael.



**Michael:**

Exactly.

**Jay:**

I mean, you and I right now, have always been truth-tellers.

We've always been walking a path during this matrix of third dimensional existence, (not the higher vibrational fifth dimensional world we are now entering), where it was hard. It was difficult to be who we were. We were looked at as nutjobs and conspiracy theorists. And now the fruit of the resonant universe, the higher vibrational fields, the fifth dimensional state of being, is upon us. The people like you and me, and there are thousands of us, the Laura Eisenhowers, the Robert David Steeles, the Charlie Wards. I mean, there are tons of us now, reaping the universal golden energy, because we have been there, and now as the light of truth starts to shine upon us, we have the ability to make an even greater impact.

**Jay:**

Michael, every morning I wake up, I'm so excited. I literally live to be able to share with you, to share with these amazing, great minds, and these loving hearted humans, who are now making themselves available to so many. And Michael, it's a blessing. It's such a humble honor, man. Like I said, when you and I first met about eight or nine months ago and I said, „Brother, we're going to work together. I have no idea how we're going to do it, but our energy is so profound and so powerful together that everyone who comes into our energy field benefits. And now, here we are. It took two months for us to create this business, and now I can't even imagine how amazing it's going to be and how many it will ultimately serve. It is all happening now because we're putting into the universe a loving service for everyone who connects with us.

**Michael:**

Over deliver. Everything that I've ever done, I put more energy into it than I ever got back. And that was because I did it out of love, because I love what I do. I love the things that I could share with other people. It's not always completely appreciated, but that's okay. I know that I'm doing good things, and as long as you're in that state of consciousness, it doesn't matter. The universe is going to shine down on you, and you're going to succeed in unbelievable ways, as we move forward in these higher vibrational fields. And everyone that joins The Optimized Tribe as we move into these higher states of consciousness, going to massively raise their consciousness too. It's just amazing.

**Jay:**

Beautiful, brother. I love you, man. Phenomenal words. This is going to help a lot of people. I can't wait to see how it turns out.

**Michael:**

Absolutely. This PDF will help hundreds of thousands, if not millions of people.