***Transcription file of the podcast***

***Chuck***

***Mr. Boris Thomas:*** Yeah, it should be working. Also, here we go, one, two, three, yeah, it's also working. Only to make sure that we have [interrupted]

***Mr. Chuck Spezzano:*** How long are we going to go?

***Mr. Boris Thomas:*** I don't know. 20 minutes, 30 minutes, I don't know, the whole night. So, are you ready?

***Mr. Chuck Spezzano:*** I'm ready.

***Mr. Boris Thomas:*** Okay, once again, we have had a chance to talk to Chuck Spezzano. I think it was one year ago, nearly one year ago, in summer last year, we have had a talk and a podcast together, especially about what's going on around the world and all the crisis we have to go through at the moment, it seems to. We have war, we have inflation, recession. Chuck, after one year, what is your viewpoint about the world? What's going on around the world at the moment? Is it crazy or do you think it's in the flow? Is there hope? What is your viewpoint?

***Mr. Chuck Spezzano:*** Well, I think there's hope.

***Mr. Boris Thomas:*** Oh, that's good.

***Mr. Chuck Spezzano:*** I believe there's hope. It's like there are some danger zones. Over 30 years ago, my sense was the biggest flashpoint for World War III was China and Taiwan, U.S. It seems to be heating up, that problem. But, actually there's just in this last couple of months, some little shoots of hope, some things about there being a bridge. I'm on the board of the Zhou Enlai Peace Institute. I work with a couple, she's Chinese, he's American. It's all about bridging and finding a way where our two cultures. If we fail in that flashpoint, what happens is there's a thousand years of devastation, especially the next 30. But if we succeed, it's a thousand years of prosperity. We've taken two opposite things and found a way to find the best of both to really make a bridge. And so, that's a real sign of hope. It seems that we're going through a transition. I can feel myself going through a transition. I look out at the world, and the world is going through a transition. I have a close friend of mine, he has cancer, inoperable cancer, a tumor close to his heart and things like this. And it's just in the last few days and everything's a metaphor, everything's a signal if you know how to read it. And just in the last few days, I saw signs where he was turning back toward life, turning toward health. And I once worked under a submarine captain, and he said he could look at the ocean and know exactly by looking at the floats and the jets and exactly know all the currents. And so, since the '70s, I've been just looking at the signals. What's going on? So, it seems a mess, and it may seem a mess for a couple months more, but this month coming up is a month of transition, where things can turn around, where things can move in an opposite direction, which means that in the long run, and I've written this in my newsletter every month, what's going on is people who've been really independent could now actually really go for partnership, for interdependence. And people who really have partnership can actually really turn toward radical dependence, which is the radical feminine, is spirituality, because they just know that this world is a dream, and let's have a happy dream, and then let's transcend the dream. So, that's pretty radical. Just listen within.

***Mr. Boris Thomas:*** So, it sounds great on the one side, but when I hear it, I can feel that there's a lot of people who are losing hope at the moment, they are losing trust. And when they hear, "Oh, there's hope," you say, "Oh, there's a little bit of hope at the moment." I realize that a lot of people will say, "Oh, no, Chuck, come on. There's no hope in this world. It's going down. It's going down forever. We are in a mess. There's war, there's recession, there's inflation." You know, at the moment, I feel when I talk to people, they are so nervous. I think in my lifetime, I never saw a time where people are so nervous and so stressed out and at the end, maybe a little bit hopeless, a little bit like giving up, living like, "Okay, let me go to a cave and tell me when it's over." You know, it's like this idea. So, what is your answer to this idea of hopelessness, of, I don't know, let's give up.

***Mr. Chuck Spezzano:*** Okay, so there's at least three major points we’ll speak today. The first is in the '70s, I was working, I think it might have been 1975 or '76, and I was working with a young man, and he began talking about how it was all over, nuclear winter is coming, we've lost it all, and, you know, we were sitting there. And after about 30, 40 minutes, I began to realize this guy was majorly, suicidally depressed. Nothing else on the surface but just his experience. See, when we look at the outside, we're actually reading the inside. And by changing the inside, you can change the outside. Let me give you one thing about hopelessness, about despair. That would be that what I found is that when you're in despair, when you're just hopeless, there's somebody that needs your help, and maybe many people. So, if you realize, like if I ask you, "Who's the person in your life that's most in despair?"

***Mr. Boris Thomas:*** At the moment, my dad.

***Mr. Chuck Spezzano:*** And imagine that despair and imagine you're feeling helpless and hopeless to help him. Imagine that was a ring of fire around him. You know, how tall is the fire?

***Mr. Boris Thomas:*** I don't know, 100 meters? It's tall. Yeah, it's taller than me.

***Mr. Chuck Spezzano:*** But would you, in that situation, not do everything you could for him? Would you not rush through, and its emotional fire. Would you not rush through that emotional fire to embrace him, to free him?

***Mr. Boris Thomas:*** For sure. Everything I could take, yeah.

***Mr. Chuck Spezzano:*** So, imagine you doing that.

***Mr. Boris Thomas:*** Oh, yeah. That feels great.

***Mr. Chuck Spezzano:*** Yeah. And when you do that, and sometimes you're the one on the inside, and the people you need to help are on the outside. Would you help them?

***Mr. Boris Thomas:*** Yeah, for sure.

***Mr. Chuck Spezzano:*** For once, your son or your daughter.

***Mr. Boris Thomas:*** Yeah, everyone.

***Mr. Chuck Spezzano:*** Yeah, everyone. And what that does, what I found, is it creates kind of a transcendent aspect, it creates a birth. And something new develops. It might be vision, it might be a psychic gift, it might be a healing gift, it might be an artistic gift. But whatever it is, it's a vehicle that brings the light. It's a vehicle that helps you see a new way. So, that's a part of the mind. And it opens that a lot of times that despair is coming out of the unconscious mind. And we've all been totally frightened of that. Probably six years ago, seven years ago, I was writing about how the unconscious is coming to the surface. And what helps you with that is partnership. Because if you have somebody guarding your back, that means everything.

***Mr. Boris Thomas:*** Especially in this time.

***Mr. Chuck Spezzano:*** Especially in this time, it's a time of transition. And faith, hope and trust are really crucial. But I'll get back to that point. So, to having that partnership, is there some person, a friend, your wife, one of your children, your mother, somebody that you're just in partnership and you're doing everything to build that. And then, when I worked with the Marines, their highest compliment was, "I would want you in my foxhole".

***Mr. Boris Thomas:*** Oh yeah, that's really deep.

***Mr. Chuck Spezzano:*** Because what they're saying is, "Nobody would get to my back unless you're gone".

***Mr. Boris Thomas:*** Yeah, it makes me cry a little bit. It's very, very deep. For sure.

***Mr. Chuck Spezzano:*** How many people, I mean, when you see these cop movies, Lethal Weapon, all those movies, it's the partnership of those two men that really is what gets you, what makes you return to the series.

***Mr. Boris Thomas:*** Yeah, true.

***Mr. Chuck Spezzano:*** Is the man who won't give up. I remember it was one of those early movies.

***Mr. Boris Thomas:*** I know?

***Mr. Chuck Spezzano:*** Yeah, you know it.

***Mr. Boris Thomas:*** Yeah, for sure. But I don't know what title you mean.

***Mr. Chuck Spezzano:*** Who's the movie star who just recently retired because he was starting to lose.

***Mr. Boris Thomas:*** Oh, it's.

***Mr. Chuck Spezzano:*** Die Hard.

***Mr. Boris Thomas:*** Die Hard, yeah, Bruce Willis.

***Mr. Chuck Spezzano:*** Bruce Willis, yeah. Get to my age and you'll be ready for it.

***Mr. Boris Thomas:*** In our age, Bruce Willis, for sure. Die Hard, yeah.

***Mr. Chuck Spezzano:*** And there's one thing where he's with the terrorists that's going to wipe out the whole eastern seaboard of the things and he's there with the guy and before he gets there, the hacker who's going to help him save everything, they say, "Why are you here just a cop?". He goes, "I'm the one." Yeah. "I'm the one that sees what's happening. I'm the one that can do it." And he did it. You know, at the end, he got the terrorist gun and shot himself so that through him, the terrorist got killed.

***Mr. Boris Thomas:*** Yeah, I remember the scene. Yeah, yeah, yeah.

***Mr. Chuck Spezzano:*** But it's like there's a line in the Course in Miracles, it says, "Everyone is called if you choose to listen."

***Mr. Boris Thomas:*** I know this line, yeah.

***Mr. Chuck Spezzano:*** Yeah. "Will you be that one that answers the call?"

***Mr. Boris Thomas:*** I think that's very important at the moment, this message is really important.

***Mr. Chuck Spezzano:*** And you don't have to know what to do or say. Just listen for the inspiration and follow it step by step. That's one of the reasons how you get out of the dead zone also. It's like, you know, because heavens on our side. It's that creative force, that loving force, and it's within us and it's around us. And that's the thing that really helps people when you paint yourself into a corner, look up. You know, there's a way out.

***Mr. Boris Thomas:*** Yeah. So wonderful.

***Mr. Chuck Spezzano:*** Yeah, so let's talk about trust.

***Mr. Boris Thomas:*** Oh, yeah. We've had this talk one week ago when we sit together by a very good steak, by the way. We've had a talk about trust. Yeah, that's very important.

***Mr. Chuck Spezzano:*** Yeah, because people don't realize that they have a choice between faith and fear, trust and fear. And you don't realize because we're making moment by moment those choices, and most of them are subconscious. But it's like if you make a number of choices in a positive direction, that becomes an attitude. And the same way with a negative attitude. And we can feel helpless, but that's not what we're here for. You know, it's like, since the 70s and 80s, you know, it's watching what's happening in the world. And it seems to me that we're here at a time of transition. Let me give you an example. In the early 90s, the best psychics in the US and in the world were saying by 1998, there's major cataclysm.

***Mr. Boris Thomas:*** I've heard about it this time yet.

***Mr. Chuck Spezzano:*** And, you know, for me, it felt like what I'm here for is to say not in my house.

***Mr. Boris Thomas:*** Yeah. Yeah.

***Mr. Chuck Spezzano:*** You know, this is the time to really, you know, just do whatever I'm called to do. It's like next week on Sunday, I get on Wednesday, next week on Sunday, I fly to China to do a five-day workshop and a day of coaching. And it seems like that's a really good time to help build that bridge between China and the US.

***Mr. Boris Thomas:*** Oh, it's good. I will be in August also in China for one week.

***Mr. Chuck Spezzano:*** So, it's a crucial time. Things are happening that are positive things where there are little shoots of hope coming up. And what we can do to make it better makes everything. But let's go back to faith, let's go back to trust. See, in a time of transition, it's like you can have the faith to go, I'm going forward. And then, you hit a certain part where you're getting turned upside down.

***Mr. Boris Thomas:*** Yeah. I know that exactly what you mean.

***Mr. Chuck Spezzano:*** WTF? What's going on? You know, and that's a crucial time to have faith, to keep your eye on the ball, you know, to see the light. And the light is not just at the end of the tunnel and it's not a train. The light is in you. And so, if you realize that and you go for it, if you spend time inward, just a few minutes every day, where you can take time out for all the stress you're handling, all the emergencies and just get centered, it's like you and heaven, you got this. You know, when you know heaven is there, you got this.

***Mr. Boris Thomas:*** Yeah. So, especially with trust, I think when I speak to people over the last months, people don't trust government, they don't trust the economic situation, they don't trust big companies, they don't trust the world at all. So, beside of hopelessness, there's also that people are losing trust in the future, in the people, in the government, whatever. Is there anything that you can say about what can some do? You're talking about going to center and so, is there something more what people can do to build up trust again? You know, because sometimes I feel like, I feel the pain of the people because people, with trust, you can do anything. But if you lose your trust, it's like, oh my goodness, forget it, I will die in the second. It's better than go on.

***Mr. Chuck Spezzano:*** And there's no problem trust wouldn't heal. So, trust, faith, confidence, they all come under that category of, oh, so good, maybe I can handle this, you know. There's something to handle. But if you don't have trust, it's like, this is hell.

***Mr. Boris Thomas:*** Yeah, that's hell.

**Mr. Chuck Spezzano:** It looks so wrong. But people don't realize that they're choosing between heaven and hell. They don't realize that they're choosing between the light and the darkness. And if you can have that light inside you. Okay, so now here's another aspect. So, imagine a situation that you don't trust.

***Mr. Boris Thomas:*** At the moment, the trust in the government.

***Mr. Chuck Spezzano:*** Trust in the government. So, by the way, when you don't have trust, you have power struggle, you have control. So, your mind is in conflict.

***Mr. Boris Thomas:*** Yeah, for sure.

***Mr. Chuck Spezzano:*** And the government represents a part of your own mind. So, it's like how to come together with that. So, let's do this first. Okay, can you come into the here and now? Just be now. Let go of the past. And when you let go of the past, how does it feel?

***Mr. Boris Thomas:*** It feels like more freedom, and it feels joyful and everything.

***Mr. Chuck Spezzano:*** And how does the future look?

***Mr. Boris Thomas:*** More brighter. It's like more open up, so a lot of opportunities and everything.

***Mr. Chuck Spezzano:*** And could you now choose trust, choose faith?

***Mr. Boris Thomas:*** Yeah, in the present it's very easy. For sure.

***Mr. Chuck Spezzano:*** See, basically what I found by working in the subconscious and unconscious is that, you know, basically all pain, all fear, all darkness, it comes from the past. And so, if you can let go of the past or heal the past, as I work to do all the time, as you do that, then there's openings. And I know you love openings.

***Mr. Boris Thomas:*** For sure, we both.

***Mr. Chuck Spezzano:*** Yeah. Love a way forward. Love a way into a new vision.

***Mr. Boris Thomas:*** Yeah, for sure. It sounds so easy, you know. At the end, people are talking about trust and everything and faith and everything in the last month a lot. So, they feel that this is the main point which they're missing. When you're looking at a survey, what people are looking for, you find trust, faith, what they are missing is hope, the vision. They're looking for the great vision. Where should we go in the next 10 years, 20 years? And at the end, I think, when I stand it in the right way, what you're talking about is come to your center, go with him and go for it and trust it.

***Mr. Chuck Spezzano:*** I studied vision. My doctoral dissertation in counseling psychology is on poetry. Because poets have written about being on the cutting edge and finding vision. And actually, it's a feminine aspect. Because you offer yourself up, you offer your mind up, you get present. And then, the creative force comes through, you're a lightning rod. And are you willing to be used for the world's sake, for heaven's sake, you know, to see a better way, to see a new way. But it's like to be open like a woman in love, to receive that creative force, because it's the positive vision is the positive future, changing the now, and to build toward that.

***Mr. Boris Thomas:*** Chicken skin with his words. It's great. Yeah, it's wonderful. Wow, that's deep stuff.

***Mr. Chuck Spezzano:*** And it's giving everything to be that open. And when it comes in, when you see it, when you feel it, then you paint it or write it or share it. And that may even be the harder part to, you know, what have they done with visionaries?

***Mr. Boris Thomas:*** They killed them at the end most of the time.

***Mr. Chuck Spezzano:*** There's a whole spiritual tradition about angels coming to help out and immediately getting slaughtered.

***Mr. Boris Thomas:*** Yeah, absolutely. Starting with Jesus and maybe before and later on.

***Mr. Chuck Spezzano:*** Yeah, they were just so innocent. People felt judged.

***Mr. Boris Thomas:*** Yeah, yeah, absolutely.

***Mr. Chuck Spezzano:*** The people who carry the light, they don't judge. You know, they just see people calling for help. You know, you can judge, but then what happens is it, first of all, it attacks yourself. It makes you fearful. And it also hides the judgment, the guilt inside that you're going, this person needs to be punished. You know, without them, the world would be better. No, they're representing a part of our mind. So, we have the Putins and the Trumps.

***Mr. Boris Thomas:*** We have them all in us.

***Mr. Chuck Spezzano:*** We do. And so, when you get over the Putin and Trump and you, you just see a call for help. Your compassion comes out and you don't get stopped by it. Because when you judge, the guilt gets stronger. So, it's like super glue and you're stuck.

***Mr. Boris Thomas:*** I can feel it. It's so important what you're talking about. I think this is a talk for everyone outside in the world, everyone, because it's so important at the moment and I'm with you. It's a very crucial time at the moment and we are right at the edge where to go and find a way. What I also feel that all the stuff we are talking about, the whole business, don't have trust anymore, whatever, you see it as a reflection also in our families. So, there are a lot of families under stress at the moment, a lot of relationships under stress, whole families break up because of the stress. We've had COVID, everyone is locked down in their houses, whatever.

***Mr. Chuck Spezzano:*** Pressure cooker.

***Mr. Boris Thomas:*** Yeah, absolutely.

***Mr. Chuck Spezzano:*** My wife and I had a three-and-a-half-year date. What do you use it for?

***Mr. Boris Thomas:*** Yeah, yeah, that's the point. But you see, also you see the reflection in families at the moment. There's a lot of stress and hopelessness and do it make any sense to have a family at all or whatever? Is there any hope for it? What's your idea at the moment to handle it? If someone's sitting there in front of a speaker and listen to our voice, especially to your voice and your words and then, okay, come on, in my family it's hopelessness. Everyone is fighting, everyone is stressed, people don't come closer, they go far away and more far away. What's your answer to this idea that there's no hope for families?

***Mr. Chuck Spezzano:*** Well, families are crucial because they're the foundation of a country. So, the stronger the families are, the stronger your relationship will be and the stronger the whole country will be. And then the country can make its contribution to. I mean, as Buckminster Fuller said, we're on spaceship Earth. We're all here together in this spaceship and let's learn to get along. And so, the family conspiracy, and what I mean by conspiracy is a trap set up so good by the ego, it looks like there's no way out. But of course, I found this close to 25, 30 years ago and then began studying. Of course, there's a way out because that's heaven's will for us, that we don't get stuck. But it's like, so what's going on with the conspiracy? The number one dynamic is that people are afraid of their purpose. So, most of our traumas are this thing about our purpose, which is so great. It's like your ego says, "Boris, you have this great purpose." And that's true.

***Mr. Boris Thomas:*** But I think that at the same moment I said, "Okay, not me, not me."

***Mr. Chuck Spezzano:*** And then, it says, "And you can't possibly do it."

***Mr. Boris Thomas:*** And then, the next idea was, "Oh no, not me. It's too big."

***Mr. Chuck Spezzano:*** Exactly. And the ego says, "You can't do it. You can't do your purpose. But what about you and Buddha? What about you and Christ?". It's like you can't do your purpose, but it's like heaven will do your purpose through you. Back in the late '70s, after doing this healing work for almost 10 years, I discovered that any trauma, any major event like the blow-up or shattering of a family or a relationship or the death of someone, all of this and the pain was still inside people. But every time they healed it, they took a giant step toward their purpose. Now, on the other side of it, every time they got trapped, it was painful. So, you have this pain, and where there's pain, there's separation and need. So basically, we have one core problem, and its separation. And so, what changes that is joining, is unity, is friendship. So, you know, it's like years ago, it was back in the '80s, and I was looking out at the world going, "Oh, fuck, what's going on?" It was like a prayer. "What's going on in the world?"

***Mr. Boris Thomas:*** I ask this prayer every day at the moment.

***Mr. Chuck Spezzano:*** And I heard the voice. And when you hear the voice, you tend to listen.

***Mr. Boris Thomas:*** Okay, the voice, okay.

***Mr. Chuck Spezzano:*** And the voice says, I said, "What's going to help the world?" It said, "An idea." I said, "What idea is going to help the world?" And the voice said, "An idea that everybody could get behind". And I said, "What idea? What's the one idea in the world that everybody could get behind?" And the words came in, "Friends helping."

***Mr. Boris Thomas:*** Oh, yes. Okay, the old slogan, wonderful. I really love it.

***Mr. Chuck Spezzano:*** And then, you see that a person, a stranger is just a friend you haven't met. And what wouldn't you do for your best friend?

***Mr. Boris Thomas:*** Everything. I would do everything, for sure.

***Mr. Chuck Spezzano:*** Right. And would you be a friend to the earth?

***Mr. Boris Thomas:*** Yeah, sure.

**Mr. Chuck Spezzano:** Yeah, just do your part. That's all your answer, do your part. Because if you shine that light, all the other lights get inspired and shine their light. So, that was the main thing, but also, what's underneath, your purpose. And I did this hundreds of thousands of times with people in trauma, in the worst situations of their life, and all of a sudden, light began to come through as they took the step. And just basically said, "Yes, whatever it is, use me." So, the other thing hiding underneath it is we were willing to suffer to run away from our purpose, but also to be independent, to do things our way.

***Mr. Boris Thomas:*** Yeah, do it my way or highway. What's the saying for you, right? Do it my way or highway. I still remember this good saying.

***Mr. Chuck Spezzano:*** And so, it's like, what does that do in relationships to be independent rather than to be in partnership? And basically, partnership is what takes you out of the dead zone. If you give yourself 100% to your work, to your life, to your wife, to your friends, to whatever, it's like it opens ease. I mean, it's a paradox. And it opens freedom. And so, you feel this sense of this liberty and it makes then success, it creates flow. So, when you're in the flow, I mean, you know, on the basketball court, when you're in the flow [interrupted]

***Mr. Boris Thomas:*** Oh, yeah. Then you can do anything as we call it.

***Mr. Chuck Spezzano:*** When the hole loves you, it's like, then you're your best self. And as you're your best self, it inspires other people to be their best selves.

***Mr. Boris Thomas:*** Wonderful. That's good, I really can feel it. So, what I see in the future, if we have any chance to go in the flow again, as a country around the world, wherever we go and create new flow, new vision, and new hope at the end and trust and everything. So, that's wonderful.

***Mr. Chuck Spezzano:*** Let's go back to family. So, what was the worst time you had growing up for your family? What was the worst time?

***Mr. Boris Thomas:*** I think around three years old. Yeah.

***Mr. Chuck Spezzano:*** Now, that's a time where people, they have a choice. Do I want high level success and my purpose and my vision? Or do I want a good excuse?

***Mr. Boris Thomas:*** I didn't tell you for the excuses.

***Mr. Chuck Spezzano:*** What I found, because if you do this like hundreds of thousands of times, the biggest trauma age in our generation, our 40 years, is three years old.

***Mr. Boris Thomas:*** Yeah, I can feel it.

***Mr. Chuck Spezzano:*** And it's a heartbreaking age. That's the alternative to saying yes. And so, you're not as wholehearted. So, now let's go back there and let's ask Mother Mary. She's one of my favorites in Asia, more it's Guanyin and Buddha.

***Mr. Boris Thomas:*** Mother Mary is back.

***Mr. Chuck Spezzano:*** So, ask her to bring holy family bonding into your family.

***Mr. Boris Thomas:*** Yeah, I can feel it.

***Mr. Chuck Spezzano:*** And see, it bonds everyone's mind, where they're in conflict, and then naturally it bonds them with the people around. And then, there's a unity, a wholeness.

***Mr. Boris Thomas:*** I can feel it, it's right. You know, there's like a crack in the decision point, and it fills this crack up, and so everything is whole again. Yeah, I can feel it.

***Mr. Chuck Spezzano:*** And now, can you think of a time in your family now, with your ex-wife and your kids, things like this, where you have lost bonding, where there was great pain?

***Mr. Boris Thomas:*** Oh, yeah, five, six years ago.

***Mr. Chuck Spezzano:*** Okay, so would you ask Mother Mary to bring in holy family bonding once more?

***Mr. Boris Thomas:*** Oh, yeah, it makes me cry. Yeah, I can feel it.

***Mr. Chuck Spezzano:*** And then, can you ask her to bring you back to heaven's path? Because five, six years ago you got on the ego's path, and that heads for, you know, it doesn't go around the trees, it goes into the trees.

***Mr. Boris Thomas:*** I can feel it. There's a lot of fighting at this time and everything.

***Mr. Chuck Spezzano:*** But we can change that. We can change the past in the here and now. This is the place of power. And basically, what was happening back there was a misinterpretation. I found that all painful.

***Mr. Boris Thomas:*** Yeah, for sure, I can see it. There was a misinterpretation.

***Mr. Chuck Spezzano:*** But when the truth comes in or when you have understanding, which comes with bonding, then it's like, oh, you know, when people are acting out, you go, "Poor baby, they're just bombing. They need me." But if you're wounded, then you're just, what are they doing that for?

***Mr. Boris Thomas:*** It's like an attack against me and everything, you know.

***Mr. Chuck Spezzano:*** So, if you can give up the independence, which, see, when you don't have bonding, you go for specialness. It's all about me, you know, and then there's trouble because you're calling for attention. You want everybody to take care of you.

***Mr. Boris Thomas:*** Wonderful, yeah, I can see it. I can feel it, really.

***Mr. Chuck Spezzano:*** When you're in a relationship, we usually project that on our partner. Yeah, because we're the weaker sex, you know, fragile and things like that.

***Mr. Boris Thomas:*** For sure, for sure. Thanks a lot, Chuck. That's really helpful. I think that's also for the people around the world. At the moment, I think everything is helpful, which shows the people a new way to the future.

***Mr. Chuck Spezzano:*** Unity is the answer, that's the answer. And so, the things we're doing for fights, okay, and we'll get to that in a moment. But imagine now, at three and five and six years ago that you just asked Mother Mary to carry you to heaven's path with your original family and your family then.

***Mr. Boris Thomas:*** A lot of fun. It's playful. Everyone is having a good time.

***Mr. Chuck Spezzano:*** Right, and then from time to time, different layers, different memories come up. And, you know, working in the unconscious, sometimes past-like patterns come up, whether they exist or not. You know, when you change the pattern, the person's pain is gone, and that's what counts. And then, ancestral patterns are passed down, and there's ways to heal that. Back in the '70s, I found a way to heal that. I can tell you a quick story. Besides being a counselor and running groups in therapy, I was also teaching at the training school. So, they would have Marines and sailors come in to learn counseling skills, and then they would send them out to different places and things like this. So, I got assigned to me a guy I really liked. He was 6'6", and he was a 6-degree black belt in karate. He had done three tours in Vietnam. He kept signing up again. And his karate teacher in Okinawa, you know, he said: "I could go into the dojo any time of the night or day. I'd sneak in at 3 in the morning or come up through the floor, come in through the ceiling, come in through the window. And as soon as I put one foot on the mat, my teacher would say, 'Welcome.'" You know, and he said he had that level of awareness. And he said: "You know, when you fight, you're aware of what's going on with you, and you're aware of what's going on with your opponent, but you're not yet aware of what's going on in the world and how it affects the world". And when he went out on patrol, you know, the sergeant is the most important person in the group, not the officer because they don't know diddly about being in an offensive situation. He could smell booby traps. He could feel minefields. So, he was the one, and he knew about ambushes. He could just smell them, you know. So, he, you know, the point man is one who's 10 to 70 yards ahead of the rest of the group, keeping everything safe. He wouldn't let anybody else do that job because he knew that "I got this". But he came to me, and I had just talked about ancestral healing. And that day in the therapy group and how it affects people, he says, "You know," he says, "all during your talk," he said, "my heart was pounding." He said, "I'm going on leave for the weekend, and my wife is going to divorce me." He said, "And this is the problem." He said, "Can you help me?" I looked at my watch, I said, "I have a really important meeting in 10 minutes. Let's go for it."

***Mr. Boris Thomas:*** 10 minutes to take everything.

***Mr. Chuck Spezzano:*** I said, "Obviously, whose side of the family it began on?" He said, "Yeah, my father's." I said, "What happened?" I said, 'How many generations ago?'" He said, "Seven." I've taught people to use their intuition because we have the answers inside. So, seven generations ago, his ancestor had been an officer at Valley Forge. In the history of the U.S., this is a time where they have no provisions, no rations. They talked about the blood in the snow, people wrapping their feet in rags because they just poor army. He felt, "I'm the officer. I've got to get going." So, he just became even tougher. That got passed down through the family until four generations later, which is three generations above him, the father died. At 12 years old, the boy had to support the whole family, and he became doubly hard. Then it got passed down. He said, "I just inherited being a Marine." He said, "I'm a tough guy. My wife can't feel me". Then, we went back, and we showed a different form of leadership, one that was inspirational rather than demanding, which was what the men needed was the balance. Then, we brought that gift down through each generation. And then, in the mind's eye, that parent didn't die. So, that bonding just kept flowing down and flowing into him. He said, "Thank you so much. I can feel my heart again". That was a Friday afternoon, I had to go to my meeting. Monday morning, he was waiting for me at the top of the stairs. He just lifted me up, my wife and I are going home again.

***Mr. Boris Thomas:*** Oh, yeah. Wonderful. I think it's a good message also for the world today to have more inspirational leadership for the world. Isn't it also a message for the world at the moment? Because I feel there's a lot of leadership from the old ways, like demanding people should do this, do this. There's a lot of rules, a lot of regulations, whatever. But the inspirational, natural leadership, I think this is also a very important topic, what I feel, for the world.

***Mr. Chuck Spezzano:*** Yeah. But the only thing that will inspire people is what inspires you. So, it's like if you open your heart, if you're willing to give your heart to your company or your group or your wife or your children, it's like then they'll respond.

***Mr. Boris Thomas:*** Wonderful. Thank you so much, Chuck.

***Mr. Chuck Spezzano:*** You're so welcome.

***Mr. Boris Thomas:*** It was really a pleasure. I could talk to you for hours because it's so interesting, all your stories and your messages and whatever. So, I want to really thank you so much for your time and your openness to answer this question and give this message to the world. And I hope a lot of people will hear it, so I will send it out through the Internet, so that we have a next step and a next chance to go for hope and trust and everything.

***Mr. Chuck Spezzano:*** I've written 53 books, but we did a family book called "Glimpses of Home."

***Mr. Boris Thomas:*** "Glimpses of Home," that's a good title.

***Mr. Chuck Spezzano:*** My wife wrote stories, and I wrote stories and poetry, the things that I did. But that was the one book that wasn't problem-solving. It was like what inspired me, what touched my heart, what has me moving forward.

***Mr. Boris Thomas:*** Wow, wonderful. That's a good idea also to buy this book and take a look for inspiration and the vision. I think that's so important.

***Mr. Chuck Spezzano:*** And it's in German and English.

***Mr. Boris Thomas:*** Oh, it's in German also. Oh, that's good news, that's great. I will put it on the notes for this podcast and I'll put it where to find this book.

***Mr. Chuck Spezzano:*** I'll tell you one really quick story.

***Mr. Boris Thomas:*** Sure, we have time.

***Mr. Chuck Spezzano:*** So, there's a big storm and this guy looks out at the beach and there's a kid picking up thousands of starfish. He's picking up starfish one by one and throwing them into the ocean. And the guy goes up to him and he goes, "What are you doing? You can't help. Look, it's huge. You can't make a difference." And the kid just doesn't stop. He just goes on to the next starfish, picks it up, throws it into the ocean, said, "Made a difference to that one."

***Mr. Boris Thomas:*** Oh, yeah, for sure. That's a point. Step by step, people by people. Thanks a lot. So, by the way, we have to mention if the people who are listening to this podcast want to read something from you, there will be a magazine coming out in the next weeks, Fact One. There's an article from our last podcast. We put together an article so you can read a little bit more about Chuck. And there are also on your site a lot of information. I think there will be some online workshops and also a huge workshop, I think, in next summer or so in Germany.

***Mr. Chuck Spezzano:*** Yeah.

***Mr. Boris Thomas:*** And there will be also workshops with you in Hawaii. For sure, I have to go next time to Hawaii, so be back again in Hawaii. And also, we're talking about one week ago about my new book, which came out in the beginning of the next year, about trust. And you say you want to write the foreword for it. But I really appreciate it and I'm so lucky about it that you promised to write some lines and some pages as a foreword for the very important topic of trust. So, there will be a new book of mine. Thanks a lot, Chuck. It was an honor to speak with you. Thanks a lot for your openness and your time here. And thanks a lot. And see you next time in Germany and maybe next summer or maybe before, we will see. But hopefully the world will make it and go in the right direction.

***Mr. Chuck Spezzano:*** Just one last thing, who's back are you called to cover so that they're safe? You know, it's like who's the one calling right now?

***Mr. Boris Thomas:*** At the moment? My kids.

***Mr. Chuck Spezzano:*** Yeah. So, you'll be there, and you don't have to say anything. It's like dad jokes.

***Mr. Boris Thomas:*** I have really dirty dad jokes. They hate me for that.

***Mr. Chuck Spezzano:*** They're a different generation. But it's like with my wife, I guard her back and I guard her front.

***Mr. Boris Thomas:*** I know.

***Mr. Chuck Spezzano:*** And it's like to just keep going towards someone because then more friendship opens up, intimacy opens up. And when you join anyone, this grace comes through, this power comes through.

***Mr. Boris Thomas:*** Wonderful. Thank you so much, it was a pleasure. Thank you, my friend. So, and we will see for the next, maybe next year we have another chance for a podcast.

***Mr. Chuck Spezzano:*** Sounds great.

***Mr. Boris Thomas:*** Thank you so much. So, it stops. Thank you so much, it was great. Wonderful. We made it. Maybe this is really started tradition.