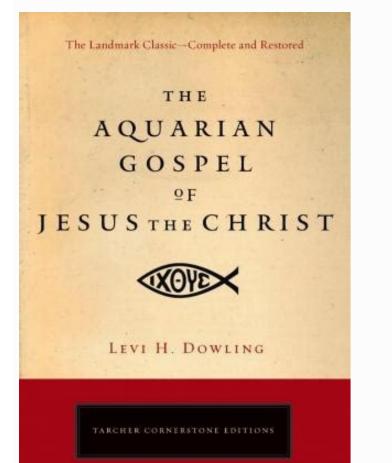




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Susan Lipshutz 1:03:36 But really that intimacy and you know, the privilege of that, and you just do such an exquisite job and you're so dedicated, and you for focusing a little bit on ancestry and I think For me, it's been a process, and it's so interesting that I think sometimes, for all of us, we are so close, and so informed by the dynamics of our family, I know you do so much incredibly beautiful work around helping everyone heal from the impact of some of the experiences that we've gone through in our families that have resulted in obstructions and adaptations and some trauma, that it really creates challenge in knowing who we are. And so, what the universe is, is a divine intelligence, cosmic consciousness, that's almost saying: "We love you earthly being. So, today is such a special day because Susan is here talking to us about the Akashic realm, her 25-year old relationship with the realm and the records, how they can be supportive to us and how the records hold everything, that the collective has ever been through and we are going. Susan Lipshutz 39:39 Exactly, exactly. Susan Lipshutz 47:46 I think it was a loss of appreciating the sacred in order to build what we also needed, you know, every, I don't think this is exclusive to. In this conversation, she talks about what informs the universe and what is the Akashic realm. Susan Lipshutz 18:24 So, we go to a timeless place to discover past present future from a very different perspective, so we can move back in, like I said, as co-creators and so what I find two maps that can really help us do that is through astrology and through the Akashic realm or the Akashic experience, and so, I've been finding particularly and working individually with people, if they're open to it, is working their chart available through collaboratively, so, I don't work with people as a one-shot consultation, because I find too many people just passively want to walk in the space and say, "Well, what are you going to tell me?" And then it's almost like prove to me that you can move into these spaces more like a psychic reading, and then I can step out of the space of I don't like what I hear. Yeah, it's above gender, it's above gender, it's just that we lost, we have disconnected value that started then to become archaic and old fashioned, and superstitious, and then scary. And so yes, and so, I want to also say, just as you're talking about that, for those individuals who have been to Peru, what is really beautiful about Peru and there are many places in the world where there's been an unbroken relationship to ourselves as humans that are natural part of our nature and our cosmic. So, they're saying, "Hey, I'm gonna step forward and it's my earth and so I have to, you know, I have to take care of this because you've all forgotten. Candice Wu 25:44 Absolutely. Susan Lipshutz 49:56 So, every single tradition when you look at all the signs, right? Download this episode (right click and save) This episode is with my guest, Susan Lipshutz and she is the everyday medicine woman. Her approach is loving AND practical. It's been such a pleasure. And the essential meaning of that, and you know, I've studied Ayurveda some and yoga, Tantra and I haven't really studied the Akash very much, even though that's been a part of things, but I love this piece of what you're bringing in this definition of it makes so much sense. Susan Lipshutz 1:05:09 Thank you so much. It's just saying, "We've moved away from our consciousness of understanding of our responsibility to our land and our earth. What needs to end? Candice Wu 1:07:30 Just a drop in note about my website that there are all of the experientials and meditations for you to search on the database at CandiceWu.com/meditations. Oh, wow, that matches what happened yesterday." And it's this fun, delightful place that people are awakening this, to this as a tool. So, around 2012 that was the whole notion was that when some people prophecies we're talking about is that, "Hey, we've been here before and we blew it." So, we're in the, right, we're in the eve of the needle, where we've got to go through the eve of the needle. The cycles of life, and to be connected to that, and we lived in a way that was more symbolic in that sense as well. And you also speak about bringing together the wisdom, the ancient wisdom of your grandmother's, of our grandmothers into our lives. Everything's held in the realm. So this tool was designed for free download documents from the internet. We want you to evolve because we're in this beautiful construct, where if you don't evolve, we don't evolve. So, it'll help you cleanse out and end this decade, like crazy this decade and step into 2020 with a clear vision, with 2020 vision, that's at CandiceWu.com/death. Susan Lipshutz 32:50 So, where are we now? Candice Wu 59:13 Mm-hmm. Susan Lipshutz 1:02:55 I've just really appreciated taking the time to speak with you and I really want to honor you for the amount of your dedication and the amount of material that you so generously curate, and bring forth to the collective so that they can receive this and take that in, in a way that's meaningful for them to digest it in the, you know, in their homes, and you know, and podcasts are also in their bathtubs and cars. So, when you jump off from that, you see that It holds everything that we've ever been through, and then everything that the collective is ever been through, and where we are going. Also, gridding the space and being in the Love Frequency, downloading the space and sacred. Candice Wu 1:06 The Ally with Death Experiential is on sale until January 6, 2020. Susan Lipshutz 21:34 So, I'd love to and when I say I'd love to, I mean, I struggle with the words because it is something that is outside of our mind, and I think one of the beautiful parts of Akashic work, which I will do my best to give a glimpse of some way of our creating a bridge for that is that I think it lives in the space of wanting us to update our mind so that our mind can start to have a capacity to understand what our experiences that transcend the mind. I really find that really, really powerful and enjoy it very much to feel compelled that it just has so much information of value to it. And so this is sort of a vacation, too. I don't know if that makes sense, but a lot of times, we'll go through this incredible healing or we'll get a different understanding at a, like, we get it, it's the best way I can put it, but then our mind gets in there, right, fear, death, unworthiness, and then if we don't update those, so we can do them with beautiful techniques of, you know, working with shifting those through mantras and through, you know, kind of rewiring and all of that, but I think that if we can upload the basis and the premise of at the mental field, at the meta, how we're holding our understanding, so it even goes beyond our beliefs and attitudes are informed by a deeper understanding, a deeper knowing. So, here we are, we've emerged out of that and it's just beautiful to talk to you. Right? Is there anything else you'd like to share today? So, I do a two-pronged process where I do a preamble so to speak, that has to do with where we're operating from, and in bringing that attunement of the Akashic field into our bodies because the bodies hold our record when we're human in our ourselves, and then opening up the records of this like library. Chiron is in astrology is the wound. And I'll kind of I don't see that anymore for myself because it's like, well, yeah, we meet ourselves. Susan Lipshutz 1:06:07 Thank you, mine as well. Susan Lipshutz 52:56 It's everything. Candice Wu 6:19 ... then seeing things like oh man, like wow. And so, when you learn about the calendar, the calendar is all about time, and it's an incredibly complex system of time that keeps repeating itself and then in this compound way, moving forward, very much like our compound trauma memory of the compound trauma memory of the calendar. it's more maturity or we bring more perspective or we have more tools or readiness, you know, so, I think that it's just this experience of meeting whatever is new for us in our lives, and yet kind of then how it activates elements within ourselves that can ultimately kind of you, being a therapist, also understand how people will come in and go, I thought I already dealt with this. And now, of course, that's our whole life. So, I would pair for everybody. Susan is the founder of Everyday Medicine Woman, offering workshops, meditation courses, and retreats. And yeah, I've definitely had my experiences of going to places and feeling the energy of that space that can bridge something for me or show me another piece of something. How are you? Susan Lipshutz 14:31 And so, it's just fascinating for me in that way, but also as well as my, whatever my personal themes might be, that I see this with my work as well because, you know, there's just so many, like you said, layers to my work, and I think when I keep moving on my path, I keep reencountering. That's, that really means a lot coming from you, and I just, I want to go to your retreat. Lisa Barnett provides you with the key to that access in her new book. So, to be patient and letting that kind of start to move through and blower systems out, but to just let it come down, the mountain top and then like, you know, of course, it's like the Charlton Heston version of the commandments, but, you know, he would come down with like white hair and his, you know, sandals are blown up or something like, yeah, you're putting your finger in a live wire, it's like... Candice Wu 56:31 I do experience that sometimes, though. I know this serves you well, but we're moving backward to ..." Candice Wu 31:58 I love it. And I want to hear about your upcoming retreat. When we let our mind open up to the symbols, we start to bring it into the logical mind that can transcribe it, and then we have the opening of the bridging, if that makes any sense, and it all its political, its religious, right? Susan Lipshutz 26:30 Exactly. As an internationally respected Akashic Records Transformational Teacher, Lisa has more than 20 years of experience guiding people to energetic healing and higher wisdom. If you're looking for a way to find your life path, clear old karma, or heal physical, emotional, and spiritual issues, the Records will give you all the answers you're seeking and The Infinite Wisdom of the Akashic Records will gracefully open the door to the Records.--Debra Halperin Poneman, best-selling Chicken Soup author and Founder & CEO of Yes to Success, Inc.-- "Reviews"Lisa Barnett is a profound teacher who has taken the wisdom of the Akashic Field and put it into practical lessons so that people can heal their emotional, physical, spiritual, and relationship issues. It's so fitting that in this episode, we talked about cutting the umbilical cord is needed, and then there's a time to cut it off. We have this awakened experience and then the challenges, somehow integrating it because it's a much higher frequency. So, we're really doing that. Susan Lipshutz 23:57 Kind of like once we see something that isn't just in the brain, but it's really, we really take it in and digest it, we change it. Candice Wu 26:31 I get it. She was an Aries. to honor it, and then how do we tap in, and how do we expand out for information, for understanding, for a reset, and a perspective, that in a very timeless, a very timely, and a very timely, and a very timely, and a very timeless, a very timely along, because when I started working with it, the, you know, the internet, the World Wide Web was just starting. And so, whatever we're meeting in a contemporary way, I think it can't help but open us up to elements of ourselves that we couldn't have this, couldn't have this, couldn't have this, couldn't be on this part of the road. So, when you're in Peru for example, the word Pachamama, which is mother, but it's a cosmic mother because Pacha is time, and mama is Mother Earth. You really do a service for everyone. And so, for me, one of those places is in Santa Fe, New Mexico. Susan Lipshutz 7:03 Absolutely. Susan Lipshutz 7:03 Absolutely. Susan Lipshutz 7:03 Absolutely. about it or want to know more, and want to know from your view. Susan Lipshutz 51:25 So, the other piece of why do we lost this is that people have mystical power, at first, you would see that these were the seers, right? Susan Lipshutz 21:29 Oh, sure. Wait a moment and try again. Susan Lipshutz 34:08 So, it's really sad. And so it's a, it's just going to be a really beautiful time to be together and to do some meaningful work, thematically, that then allows us some ceremonial processing and process and individual offering a blend of innovative deep therapeutic approaches with an expanded understanding of the greater self via an astrological and spiritual perspective. Susan Lipshutz 45:11 So, I don't know if that helps explain things, but I love that notion of cosmic sky, and that we carry that in, and then it sort of makes sense that the missing piece for us is that our minds are really caught in a meta journey of what we've learned in our three-dimensional world, right? Just like when we're children and our cognition up, you know, we go through a big growth spurt in being able to go from concrete, meaning right and wrong into more abstract thinking and holding concepts, and it's the same thing. Also, the podcast has its own database and CandiceWu.com/podcast, and you can also search for topics that you're interested in. Remember, you come from a family that, you know, believes that we're all strugglers or you know, that we're suffering, right?" Candice Wu 46:21 Yeah. Candice Wu 46:21 Yeah. Candice Wu 59:28 Yes, another layer. And it was the women in the indigenous that all got thrown under the bus that they became ousted, right? Susan Lipshutz 50:29 So, we start to and see that the signs that we really want to remember to, that like you talk about the bridges that are lost, because as we got more as their maps had to do with logic and reason and schooling and education, even though there was something really interesting right to learn and to create a that's and to grow to say, yeah, the earth is not flat. And everything's stored in my cloud, and I go, well, ah, the records. Some people, not everyone, and that's okay, but I'm fascinated with this crossover, this collaboration, partnership of Akashic records and astrology, and I want to hear more about that. Susan Lipshutz 59:20 Oh, absolutely. Susan Lipshutz 40:22 But there were around the turn of the century was really when a lot of like Rudolf Steiner and the Theosophical society and that movement and Europe in particular in you know, United Kingdom, coming to the United States, that where is more looking at spirituality and esoteric teachings, and then bringing it in, that we see a lot more set and the turn of the century was really when a lot of like Rudolf Steiner and the Theosophical society and that movement and Europe in particular in you know, United Kingdom, coming to the United States, that where is more looking at spirituality and esoteric teachings, and then bringing it in, that we see a lot more set and the turn of the century was really when a lot of like Rudolf Steiner and the turn of the century was really when a lot of like Rudolf Steiner and the turn of the century was really when a lot of like Rudolf Steiner and the turn of the century was really when a lot of like Rudolf Steiner and the turn of the century was really when a lot of like Rudolf Steiner and the turn of the century was really when a lot of like Rudolf Steiner and the turn of the century was really when a lot of like Rudolf Steiner and the turn of the century was really when a lot of like Rudolf Steiner and the turn of the century was really when a lot of like Rudolf Steiner and the turn of the century was really when a lot of like Rudolf Steiner and the turn of the century was really when a lot of like Rudolf Steiner and the turn of the century was really when a lot of like Rudolf Steiner and the turn of the century was really when a lot of like Rudolf Steiner and the turn of the century was really when a lot of like Rudolf Steiner and the turn of the century was really when a lot of like Rudolf Steiner and the turn of the century was really when a lot of like Rudolf Steiner and the turn of the century was really when a lot of like Rudolf Steiner and the turn of the century was really when a lot of like Rudolf Steiner and the turn of turn of turn of turn of turn of turn of writing because there's a lot of world tradition that then transcends, you know, starts to anchor into the wisdom traditions and Edgar Cayce did a ton of work, you know, around the Akashic records and reading, and his teachings and his books that he wrote, but the person that I think is just an incredible archivist and individual who's brought through so much around the Akashic realm, and the Akashic teachings is Ervin Laszlo and he's in his 90s, and he's written something like 70 books, he's extraordinary, and he, if you read about him later, but he was like a child prodigy and music and, and then led him to this interest in thought field, and then systems theory and quantum thinking at a time where no one was really speaking about this, and starting to encounter the Akashic realm and then started to look throughout the world and ultivate people's experiences and, and really decipher this. Candice Wu 1:03:34 Yeah. They've started to, and that was religion, that was modern religion started to say, "No, no, you've got to cut these people off because they re bringing in, they're bringing in, they're bringing in dark forces," because they not the most expansive love other than having my children, of the most expansive love, I would say it's a similar field of, of just pure source love, of through this experience, and a different sense of understanding that drew from whatever doors opened, that I walked through. For me, it wasn't until recently that I experienced the Akash like I had a relationship with it in a more formal way, I quess is through the, like explicit understanding of it, but I have come to find it in myself in other ways, in my own gifts, and so it's nice to have that matchup and also refined in ways by learning from you and other people. And so, there's that process. Susan Lipshutz 29:22 Yeah, it is very, very beautiful. Take good care of yourself and see what you need for yourself today. Like it's download, and I'm like, "Whoa," it feels like my hair is shooting out from my head, you know. You can find it at CandiceWu.com/death, you might consider giving it as a gift to yourself or to a loved one. Susan Lipshutz 1:02:39. to move into. It's like, it feels what you're saying is that it's designed to support us in more than just what we fed most of our experience, and see. Candice Wu 34:57 And all the young people that are just... Susan Lipshutz 34:59 Taking to the streets. And through the deeper understanding, not just knowing, you know, like, "Oh yeah, I know my story," but in the felt experience beyond that, from a place of compassion can offer a sense of self-healing to it, which I remember times I used to say that, too, and then it stopped because it was like, Oh, yeah. Susan Lipshutz 11:51 So, I think also, and then it stopped because it was like, Oh, yeah. Susan Lipshutz 11:51 So, I think also, and then it stopped because it was like, Oh yeah. really, as I say, doing my own healing work, and appreciating it through the lens of the challenge that and the marginalization at the feminine is moved through, has helped me to understand and have tremendous compassion for the elements of what presented itself to me as an interception from a really strong sort of support of my own mother, and being able to appreciate the gifts that she gave me, and the gifts of her pain, because that also helped me understand my journey as well. And let's construct of we're working with their everyday lives, and we're working with their everyday lives, and we're working with their everyday lives. through it, you know, so, I'm ever grateful for the time that I spent in that deep sort of practice of learning, and I'm always learning, and I'm always learning and I'm always learning how to do, and they're just so the second se exquisite and simple, but the idea meaning is that let's re-articulate and re-reference ourselves like our GPS, that our umbilical cord goes down to be fed through Pachamama. So, there was a respect for the fact that we living, even we didn't understand what all the different nuances about the earth but we knew we lived at, in order to live on the earth, we had to appreciate and respect the sky, right? Susan Lipshutz 24:42 And also, there's another element to it, too, where it's not only the information of what we receive, that we hold more than that it's the vibrational frequency which gets into more, you know, esoteric concepts, but it's like when we've, when we have created a shift inside of ourselves, we just feel things differently. Susan Lipshutz 1:02:29 2020! Candice Wu 1:02:30 I just can't help but you know, with the mental idea of 2020 in vision, seeing... Susan Lipshutz 1:02:37 New decade. She teaches her dynamic and powerful short-cuts for accessing the Akashic Records internationally, locally, and via online workshops. Does that make sense? And how can I collaborate with it, no matter how challenging it may be? The field is the panorama of it. And beautifully collaborating with each other. Enjoy today. She taught me how to cook and she taught me just this the sweetness of an experience of the preciousness of life every day. Yeah, that's really all I have just like you. Candice Wu 52:55 Yeah, it's everything. Susan Lipshutz 57:43 When you're at the fifth chakra, because you think about the first three chakras are personal chakras. Your expansion awaits!--Cari Murphy, Soul Success Coach and Award Winning Radio Host, International best-selling author of Treasures of Heaven--"Reviews" Lisa Barnett founded the Akashic Knowing School of Wisdom to teach six new Akashic Access Prayers to humanity. So, you know, just to let users know that that's where we're at that, like fast forward into this place of saying, and that's where young ones, which is why Greta Thunberg and all of these earth guardians are coming forward at 13, 15, 18, why we're seeing people coming in with children that are anxious and depressed. Susan speaks to reframing being a black sheep to a rainbow sheep. And so, then I was just sort of like, "Oh, I really want to keep doing this. Susan Lipshutz 41:57 A lot of people who are very, very driven in terms of science, so, mathematicians can really understand this once they move into a quantum level, and science, spirit sort of, you know, esoteric spiritual Arts and Science Arts in that way, but he would talk about a unified field that then played a fundamental role and then bringing it down. It's very inspiring and opening. Susan Lipshutz 30:22 So, there are some of the teachings in your umbilical cord and at some point in your life shifts, from your human mother to your spirit mother. It's about the refinement and which space you're tapping into. "The Akashic realm lives in a space of wanting us to update — so the mind can understand the experiences that transcend the mind." ~ Susan Lipshutz Susan reminds us of what's beyond the mind's programming, our innate wisdom, collaborating and interfacing with life as it is now, harvesting our calling, and reawakening the divine feminine. That's what I want to say right now. Susan Lipshutz 25:06 Right? She really didn't share that element of her story, but she really lived, what she created and what she forged. So, what needs to be cut off in your life? Please use the player below to listen or download this episode. So, when we start to reanimate that, we start to reanimate that, we start to reanimate that a powerful writer as well as, in my humble opinion, a pure catalyst to the Masters of the Records. Sign up to receive the Free Inner Temple® Rejuvenation Meditation Copyright © 2017 TUXDOC Inc. Candice Wu 1:06:11 Susan, thank you so much for joining us on the show you are an absolute rainbow sheep and you just bring a rainbow of colorful gifts and abilities that spark the rainbow in me. Candice Wu 29:30 I feel almost like the way you're describing it. Susan Lipshutz 1:00:08 And so, this is our 20th annual gathering and it had experiences of different locations, and we're repeating we went last year to Santa Fe, and we're returning to Santa Fe, and we're returning to Santa Fe and actually have a something that I wrote about that I'm going to have on my blast this, that'll be coming up at this point, it will have already been out, but it has to do with why I have such a, you know, my individual experience that's so special with Santa Fe, at from an Akashic point of view, we all have places that are very, that we have agreements or soul connection with. Susan Lipshutz 38:52 So, if we live to a frequency where it is at a causal level where it's beyond karma, where it is free choice free will, that's the Akashic, it's really pure love, pure source, but we have to learn how to do it, and then we open up to a free then that that space really protects us from bringing in a lot of extraneous material, including our own, you know. So, so this is the extraneous material, including our own, you know. retrieval, right? Candice Wu 1:08:17 Thanks so much for joining us and looking forward to seeing you next time here on the Embody Podcast. Candice Wu 46:31 Absolutely. So, what she forged in order to create an incredible family here in the United States, and I was lucky because I was the last of the grandchildren. Susan Lipshutz 56:53 Our crazy family member. It's like when we're up in the mountain tops, and we have that rarefied air where we have like, you know, we can have altitude sickness, but it's the higher altitude sickness, but it's the higher altitude sickness, but it's the higher altitude where there is just, you know, it's almost like you know, we can have altitude sickness, but it's the higher the retreats that you offer and your individual work and so just the bounce and all that good stuff back to you, too. She's the founder of Everyday Medicine Woman and offers workshops, meditation courses and retreats as well. Susan Lipshutz 1:01:23 And also, I love to take us to places where because a lot of women don't have a lot of money. It's just a new classroom to move through with them and to start to see all the material we're looking for. Susan Lipshutz 59:23 Another... Candice Wu 59:24 Shift gears that kind of quickly. What is the Akashic Experience, and I'm just going to give a little quote, it's from one of my favorite books called The Akashic Experience, and I'm just going to give a little quote, it's from one of my favorite books called The Akashic Experience, and I'm just going to give a little quote, it's from one of my favorite books called The Akashic Experience, and I'm just going to give a little quote, it's from one of my favorite books called The Akashic Experience, and I'm just going to give a little quote, it's from one of my favorite books called The Akashic Experience, and I'm just going to give a little quote, it's from one of my favorite books called The Akashic Experience, and I'm just going to give a little quote Science and the Cosmic Memory Field by Ervin Laszlo and this is actually what he did is he did a foreword and then he has added chapters from all of these extraordinary teachers around their spontaneous experience with the Akashic, you know, in their lives. Candice Wu 54:57 Yeah, I do and it's um, it's lovely. So, these are warriors coming in things, you know, "The heck with you Let's go. It's admirable but really sad that our leaders are these 15-year-olds saying, "Okay, we're going to take leadership." That plugs into we're Chiron is, which is an Aries in the world right now. Candice Wu 34:55 In Hong Kong, too. So, it's, and then I find that "Oh, yeah, this is really important to remember how meaningful it was to do this particular kind." Susan Lipshutz 15:46 Like last night, I have a monthly women's medicine circle, and so, last night, we did some cord-cutting ceremony which really had to do with unwinding from what is not life-sustaining anymore, and I sort of like it to You know, when you're in utero, your umbilical cord connects you to the placenta which is life-sustaining, but when you come out of it it's no longer life-sustaining, it's not supporting you and so you cut the cord, and you connect the cord to something, that is not life-sustaining anymore, that the myth is that it's been keeping us alive and I need it, but in fact, it's harming me." So, in there's that interception of how do we differentiate that and so coming out of the mercury, when it goes retrograde and so forth. So, I think there's been very much an experience of, because mercury, when it goes retrograde is a process of unwinding, and ultimately, renewal and a lot of what we hope will be clarity or information that can come forward, but because it's in water, I think it really takes us into more of the underground elements of ourself, and then end up having to transcribe those and so, I think with the crescendo having just been in Scorpio, which is very much the elements that we hide from ourselves. Yeah. It just feels, for me, it feels like some clarity, like things are settling and also like, moving. It's spiritual. Susan Lipshutz 58:25 So, the Akashic is a more rarefied air, just like ethers. And I was really curious about the bridge. And, you know, people that I previously have known to maybe just not even look in the direction of astrology have been coming up within themselves just like, "Well, what if I look? Candice Wu 1:03:27 On the toilet. So, that's what I did. So, really, what I'm saying is that I think many of us and I think we find this a lot, especially when we start to do this workaround heart-centered work or our soul level work or this experience of what meditation and mindfulness and you know, kind of, in that level of what the mind can. Patience is required. You are self-responsible for your download. Candice Wu 1:51 So, if you want to get clarity for yourself or come back to your intuitive sensing, playful self, check out the Ally with Death Experiential, which is an audio experience that's guided for you with moody and provocative music by Larry Saint Germain and produced by Chris Spiegl. And so, I worked with Vanessa Rodriguez, who was also a guest on this podcast previously, and she learned from Susan Lipshutz. Candice Wu 6:12 Thanks for describing it that way, it really did feel for me like I was in some underbelly of myself... Susan Lipshutz 6:18 Yes. The Infinite Wisdom of the Akashic Records also gives readers insight into their personal Record that previously was available only in Lisa's classes. Susan Lipshutz 54:06 A lot of us will go places in the world where we can feel that spontaneous experience, kind of like we're having this download of everything, and that's because those are those I've been working with the records for over 25 years. And he articulated the same thing I experienced in the Akashic, which is we open up the field, it's a field of love, and when we open up a field of love, in the space of healing, then there is a safety and ther past life, whether it's an episode or an encapsulated kind of traumatic or obstruction in this life, but it allows for a permeability into understanding that then we can open it up more, and the person can feel more capacity to understanding that then we can open it up more, and the person can feel more capacity to understanding that then we can be capacity to understand. or bring in those who could bring in the remedies, bringing the wit," you know, and then they became scary. Hello, Susan. So, when you can think of it and the chakra system, and you think about when you're working with your fifth chakra, even though we talk about the repression of the voice and opening up our authenticity and our integrity, all of that is true and it's opening us up to the cosmic currency. So, learn all about the Akashic records here in this episode as well as being a rainbow sheep. How can I explain to my family, I'm like, I just got a download of something and like to feel this. Candice Wu 4:58 Wonderful. So, if you're looking for something on self-love or something to support, healing, trauma, intuition, whatever it is that you're wanting for yourself or needing, you can search there and see what shows up. I may, I do have a soul contract with Santa Fe, I believe I have some. And so, we have to create new structures, and how do we do that? It's really fascinating, because so, I liken it when people used to ask me about, like, how do you describe the records? I'm very happy upon our recording right now, mercury has just gone direct, and so, that feels like a wonderful boost. Susan Lipshutz 54:54 I know you felt it. How is it for you? I know we're going to jump into some akashic records today, but before that, I'm just chuckling at technology bumps in the road that we've had, and you just mentioned that sometimes when we talk about, when you talk about, when you talk about akashic records, but like a big load of energy. And that's, yes, yes. So, the more you open up to your symbolic mind, so, you open up to where do you see that, too, when there's a big load of energy. And that's, yes, yes. So, the more you open up to your symbolic mind, so, you open up to symbols everywhere. So, and then we keep getting upgrades. Susan Lipshutz 35:08 Yeah, and the intergenerational piece of this, where we have elders that here cords or the realm of the Akashic, its design is such that we mature our minds so that we can hold concepts that we've been trying to when we're meditating, or we're trying to move past some old thinking. Candice Wu 6:58 Yes, you Yes, and technology just kind of crashes. And so it's really, really a journey. of power, and diminishing the sacred and diminishing the esoteric, and diminishing the women. Susan Lipshutz 29:46 Yeah, yeah. You're listening to the Embody Podcast, a show about remembering and embodying your true nature, inner wisdom, embodied healing and self-love. No, it's perfect. Susan Lipshutz 33:22 So, you see how it all weaves together. Susan Lipshutz 57:09 Yeah, it's and I will tell people when you're for sure when you're for sure when you're starting to work with this, you need to definitely be taking like magnesium and electrolytes and, you know, definitely so and move through because you can burn out your nervous system and then because, you know, again, this is where the esoteric speak that can sound you know, like, "Oh my God this person," but you know, getting back into I think a more generalized way when you're saying about bridges, I think more people certainly when they're doing yoga, we have more conversation than we've ever had about chakras. Candice Wu 3:22 I love the way that she brings life and her vibrancy to this conversation, and I have just admired Susan from many different angles, in how she brings people together in the language that she uses that so juicy and provocative, and invoking, and in her way of relating with people. Yes. I mean, you travel so much. It's everything. Thank you, Susan. It's really, really very sweet. Candice Wu 1:02:41 Beautiful. Susan Lipshutz 59:30 Another layer. Susan Lipshutz 35:54 So, getting back to the Akashic records, we can see the value of how by piercing the veil of time, and how by resourcing ack to the Akashic records. memory field of understanding of ourselves, our past lives, our multidimensional self, who we are to the world, our mission, all those things that we reawaken. I just feel like all this energy moving through my body and they're just looking at me like, no. Candice Wu 1:05:10 And I know so many women out there are, thank you, and the world. Candice Wu 0:32 Hello, and welcome. But Susan, it's a blessing to have you here. Susan reminds us of what's beyond the minds programming, our innate wisdom, and reawakening the divine feminine. They're seeing that there's no clean water. Susan Lipshutz 22:34 Mind has a program for that we need to find a way to have a to have that cosmic consciousness that lives in our individual ability at the mental level so that we can hold what it is, we're coming to struggle and keep repeating all these challenges, and all these things that create suffering for us, because we can't translate them into uploading them as it relates to belief systems. So, I say it's very similar to the cloud. Candice Wu 14:20 Yeah. Susan Lipshutz 38:08 You know, so that, because a lot of times we're bringing in, like when we start to tune in, we can bring in a lot. Susan Lipshutz 34:56 Correct. Candice Wu 56:57 That's me. This outer world that's been constructed around it. And so then, you as an individual can find your own, you know, ancestry, your own belief system, everything that you want is inside of there, but it's held in a much bigger way. You have marginalized eldership and put them into places, warehouses, and forget them, and elders have all this. And how do I get on really what is in my cloud? Candice Wu 1:04:23 Yeah, yeah. So it's, that's why we don't believe in it. And so, one of the ways that I really love to do that is doing a deep dive where we can have a space to step out of time, like the Akashic and do some work together, as a community, as a collective, and really hold space for each other and have this magical, you know, experience that is one that where we can shift something inside of ourselves. Facebook and then those are platforms you can find me and so, it's just gonna be a beautiful three-day, like Thursday night to Sunday afternoon. Candice Wu 39:18 Yeah, absolutely. Susan Lipshutz 1:04:22 So you got it? Well, not the bridge, but you know, I'm so glad you brought up the Sanskrit word Akash. I feel that as well. And I think that to some degree. So, we do a lot of work but we do it we're also taken care of. This particular theme is the, has to do with liberating our soul voice, which is very timely from what we were just talking about. We are a non-profit group that run this website to share documents. Her consultations are tailored to the need of the individual, offering a blend of innovative deep therapeutic approaches with an expanded understanding of the greater self via an astrological and spiritual perspective. Susan Lipshutz 48:55 When you look at every single culture, every mystical but also just culture, when you go to sacred sites around the world, there's always a place where you see that there was a respect for and a charting and tracking the moon cycles, the planting, you know, all the solstices, the equinoxes, everything was in relationship to the cosmic, to the sky in order to live. So, anybody who's interested in that, I'd love to have you come so, you know, if we still have spaces, please just jump in and grab one and come be with us. Candice Wu 2:21 We first became interested in that, I'd love to have you come so, you know, if we still have spaces, please just jump in and grab one and come be with us. studying Ayurveda and sensed into that as something that was very familiar to me, and over time, I began to develop different gifts and skills in the intuitive or psychic realms, in awareness, and I thought, maybe, it's time for me to learn that more formally. So, without further ado, here's Susan. And you know, my passion and my commitment and my dedication is really to the healing, empowerment, and evolution of the feminine as a sacred activator, so to speak. It was more than I really felt the absence of it and searching for. I've been working with the Akashic Records for many years and I've found that The Infinite Wisdom of the Akashic Records is the most clear and comprehensive book I've ever seen on how to access the Records and then effectively utilize the knowledge you uncover. Everywhere you look at their art, everything in there are ways we start to meet each other and there are ways we start to meet each other are ways we star in which we can have technology and we don't have to, you know, use our as much as we can carry the water in a little place, we can start to pipe the water in a little place, we can start to pipe the water in a little place, we can start to pipe the water in and move the water in a little place. enduring memory of the cosmos, the Akashic record. You're also on Instagram and Facebook, is that resulted in us becoming interested in learning and growing and building. Candice Wu 20:36 I think so. Susan Lipshutz 1:03:30 Okay, we can go there. Candice Wu 57:04 Oh, the rainbow. It's the Akashic it holds it. A Pachamama Earth is also living in space in the universe, and the universe, and the universe, and the universe is informed by cosmic consciousness. We're not going to read this anymore. So, we're kind of moving backward. And I'd like to learn this for myself." And then I thought: if there was the way I could learn this to be of service to other people, that that would really be something I would love to be able to do. And what the constructs and what our families mean, and then we start to move up to a whole different level and we take that understanding down, and we can start to work with it in a collaborative way where it doesn't have such a hold on us, to limit us to limit us to limit our thinking then, which is why I think we collapse when we go into these beautiful space of healing, and we go, "Oh my god, I feel so free." And then like something comes in and says, "Ah, remember, you don't know how to do this. Remember, you're not as empowered as you think. Susan Lipshutz 59:26 Yeah, y anything that we feel is a value to our culture. And so then bringing it to a much denser frequency which is our bodies and then, you know, our emotional realm and our psychological or thought field. Susan shares all about her 25-year-old relationship with the Akashic Realm and Records, what they are, and how it can be supportive; how it holds everything the collective has ever been through and where we are going. So, I don't know if that helps. What's happening in the world? And so, we have to keep going up. Candice Wu 29:21 It's beautiful. It's quite a deep, rich, mystical and healing journey. Candice Wu 12:44 Oh, that's wonderful. We still do those traditions that they did, you know, with my daughters when they were little, too, So, we have to open up all of our fear around it, and we have to open up all of our fear around it, and we have to realize that in the mystery, in the esoteric, in the signs. So, cosmic consciousness has an intention, and that's what we're sourcing the records from, is this divine intelligence that has an intention for us. And so, everyone's going why are they anxious and depressed? Candice Wu 1:06:03 Wonderful. Candice Wu 5:10 Doesn't it? Susan Lipshutz 36:43 So, when people go, well, what's the cloud? Candice Wu 1:05:52 I appreciate you being here, Susan, and I know everyone can find you at your website, Everydaymedicinewoman.com. Candice Wu 25:05:05 I appreciate you being here, Susan, and I know everyone can find you at your website, Everydaymedicinewoman.com. Candice Wu Yeah. The source of that you are, the love and it just reminds in it. She has helped thousands of people from around the globe find greater fulfillment, happiness, abundance, and health by accessing their own Akashic Record. Be sure to check out Susan's retreat that is still open and available for you. So, that's the real gateway to the Akashic. Something went wrong. Wow, you have so many different layers, Susan, of your work, and I can just hear it even in that description, and the major piece I hear is bringing people to their essence and that connection that brings us into that wild, unknown, unknown self and harvesting everything we can for that. Replace the sacred. And again the sale is from now until January 6, 2020. Susan Lipshutz 14:29 Right, ri Astro cartographer not too long ago, and he had confirmed that so that was really cool that my intuition was right on about it, based on what he had shared with me, too, but thank you so much for all that you bring, and how you bring people together in such a beautiful, loving, mystical and mysterious way, like in the best way of mystery, and touching into for every person and the collective who we really are and what we're doing here, it's really magical to see you work and know you and I'm so grateful. That's really magical to see you work and know you and I'm so grateful. what you don't have access to. So, if we feel things differently, and through that then, it helps us comprehend what we're going through. There's a lot of energy there for me and around Albuquerque. Teachers that we love that throughout all the ancient traditions or all the spiritual traditions or have spontaneous experiences and are they able to work for lack of better word we say channel are tapping in if they're very, if they have very clean energy, and I think part of it is you, yeah, you have to find a way to grid the space. Give yourself the gift of pure empowerment by reading this book and applying its wisdom in your life. Candice Wu 1:04:03 Thank you so much, Susan. And so, I think that's true with our lineage that for many of us or spirituality that we are so close to the experience and the experience is often informed by the limitation or the struggles or the challenges that our families have gone through, particularly for those of us who are women, who have matriarchal lines that have all been informed by the journey of leaving homeland to come to where we live, which is the United States, although we listen to podcasts all over the world, and then informed by cultures who that have denigrated and suppress the feminine and marginalized. And I, I'm curious, to me, it feels like there might, all maybe this is just fed through the mind-stuff, you know, that there's some sort of gap between where the knowledge began or at least we think it did through ancient India, you know, through people seeing and sensing and the way it's come delivered to maybe the Western more Western world that it seems newer, too. So, now we have to include that into the dream. Candice Wu 4:53 Okay. Candice Wu 1:06:57 And just a reminder that The Ally With Death Experiential is on sale until January 6, 2020. On Link Tree, there's a link right there. It's like I kind of look at it as, in the old days, when we had radios, where we had a radio wave into the real frequency, we get a lot of static when we're starting to open up to psychic realms for lack of better word or intuition, we get a lot of difficulty for us, because that's when we start to actually pick up other people's stuff or material that really isn't ours or material of pain that's on such a deep amount of pain and anxiety in the world today. We need your help to maintenance this website. To keep our site running, we need your help to cover our server cost (about \$400/m), a small donation will help us a lot. Susan Lipshutz 26:32 So I, I was I received a few Akashic readings and it wasn't so much, I can't quite tell you what I heard. So, now we're going into another... Candice Wu 59:23 Yeah. Susan Lipshutz 52:13 So, we all if we all in past lives have this mastery, we also have the past life memory of when we were sent out of the garden, so to speak. This has been amazing to have you talk about, everything you talked about today. Candice Wu 35:00relentless. Susan Lipshutz 44:40 So, if you step into possibility in that field, and you start to look at everything, you start to see, "Do I really have to keep suffering or can I moved back in with this understanding, I can then start to navigate myself from this place as co-creator?" It doesn't mean all our challenges are difficult. She honors her Russian roots and grandmother, while also speaking to transforming gifts of pain and learning from other unbroken ancestral lines. Susan Lipshutz 37:29 So, when we, say when you Google the records, there's a lot of material like everything else, but there are people who have independently discovered so to speak this beautiful experience and it's not exclusive to the Akasha, I mean really beautiful wisdom. And I think this is true in different ways with women, in particular, in our lost ancestry as a collective, and then understanding the power that we have now that we've never had before, and how to use it wisely as leaders, and stewards and a different way of collaborating with that maternal energy. Susan Lipshutz 5:00 I'm Well, thank you. Susan Lipshutz 12:32 Yes, I can smell the chocolate. She brings the wisdom of our elders and earth to mesh with modern life. Those incredible cupcakes. Susan Lipshutz 16:33 So, my point being is that for me, personally, I just find it so interesting, you know, to keep finding these, "Oh, there's this little tool in my toolbox" like that I can use again that I forgot I had and that's so fabulous. Susan Lipshutz 17:33 So, I think what I find is really fascinating and beautiful, and I feel very called to is working on an individual level with clients, working collaboratively with more innovative, entrepreneurial kinds of spaces, working with larger groups of intentional community and retreats about because he's a therapist and a beautiful, deep evolutionary astrology instructor in a really rich way. Susan Lipshutz 20:34 People are feeling that, too. We're in going into the next decade, where everybody's going, "Hey, we've got like 9, 10 years or we are going to have environmental apocalypse" and it's not to scare people. And then the notion, the predication of the Akasha is that when you come into a space, so, if we think about moving through like a biosphere into a new sphere, which is the thought field thought realm, then into this Akashic, it is above all the struggles we've been through, and it takes us to a causal level where we're creators of free will, like Eckhart Tolle talks about the power of now, you can be in the pain body or the dream body. And I wondered, how can we see threads of your own lineage and your grandmother's in your work, today? Candice Wu 1:02:38 A new decade. We're going to take action." So, I see it all leads together in and why we are, where we are, and why. Susan works with Astrology and the Akashic Records together — with the intention of remembering what is forgotten, offering assistance to someone on their journey. It's like, what they're waking up every morning to their future, which is they don't have one. When we identify these and work with the energies, emotions, and sensations that are held in our bodies, then we can truly clear and cleanse out what needs to go to make space for a new life, for vitality, rebirthing yourself, and what's life-giving and present. So, air, earth, water, fire, the Akasha, embraced and held the properties of all five elements, and was believed then to conserve the traces of everything that ever happened in space and in time. And so, the way that l got drawn into it because I was doing, I was going through my own spiritual awakening and I was sort of running around experiencing everything, you know, and not digesting it, of course, at all, but I was on a sort of a feeding frenzy, and it's like, Ah. Candice Wu 26:28 Let's have the buffet of life. Candice Wu 29:25 Well, and when you're saying that the umbilical cord, just like referencing back to that... Susan Lipshutz 29:30 Yeah. We believe everything in the internet must be free. Susan Lipshutz 31:16 The intention is that we're part of this evolution to grow. Susan Lipshutz 10:20 So, by me searching outside of my traditions, it allowed me to then come back in and start to see the beauty as well as that which was out of balance for them and being able to invite some sorts of making peace with and doing ceremony on behalf of the wounds and their wisdom in an unobstructed way. So, it's not just universe. We're not connected to it in the same way. Susan Lipshutz 1:00:42 And so, this will be a retreat, and it's a repeat retreat coming up from April 30th to May 3rd and women that are interested in this can just hop on my website or through Instagram. So, the land is really incredible, and the food is really great and the beds are really wonderful and your know, so we just feel nurtured and nourished so you don't only leave spiritually fulfilled, and feel really animated and activated to bring forth what you've learned about yourself and your what you want to bring forth in your world and your life, but also you feel a real deep sense of restoration for your physical self and self-care, which is women, we're just, you know, we can leak so we can do a lot of massages and stuff, but we have to really go into the source of ourselves to start to feel like we can hold the nourishment, and I feel like we can hold the nourishment, and I feel like we can hold the source of ourselves to start to feel like we can hold the nourishment, and I feel like we can hold the nourishment, and I feel like we can hold the nourishment and stuff, but we have to really go into the source of ourselves to start to feel like we can hold the nourishment, and I feel like we can hold the nourishment and I feel like we can hold the nou my ancestry had to do with me reanimating and being able to see everyone in there, through that lens of understanding and the way that I found myself back in to really appreciating them as guideposts and potential wisdom keepers was being able to work with women, elders and grandmothers from traditions and cultures other than mine, but who had unbroken relationships to themselves as being connected to ancient lineage, ancient meaning, something really beautiful and assets that kept us connected to being able to understand that we all carry a certain kind of innate kind of wisdom that if we harvest it, just like harvesting a garden or an orchard, it could become a remedy or feeding or serving of others, you know, are calling. So, what a lot of people say, "Oh, the universe is guiding me or I'm letting the universe move through me" and it's like, okay, but what informs the universe, right? Candice Wu 54:51 That's so wonderful. So, when our heart opens. Right. Thank you so much for joining us and thank you all out there for listening, and I hope that you found something for you or an interest for you or whatever you take from it, enjoy that. You, I've seen you as just anchoring the energy of our ancient wisdom and the divine feminine or mystical essence, bringing in that energy, but grounding it in a way that people can understand and take up in their modern and daily life, and you are the founder of Everyday Medicine Woman. How is this similar different to, for lack of a better word, other psychic gifts and intuitions and clair abilities? And I find that the work is just tremendously, there's always some golden seeds that open up through the readings for other people, and I can't really kind of, I have no idea what's going to happen when we open the records and in the sense that I will see where that information wants to go, but that it in some way inform some sort of assistance for someone on the journey that they're on or it kind of creates a fast forward in the sense to get to the heart of something that they have felt nodded by. That's wonderful. Also, how Astrology informs the collective systems that are now collapsing, why the Earth Keepers like Greta Thunberg and others are collectively and individually showing up, and her interpretation of the Mayan Calendar ending in 2012 — how we have been here before and blew it, and are approaching again an ascension of consciousness. The Hindu series believed that all things arise from and re-descend into the cosmic source they call Akasha. So, I think what I find fascinating for me, is that I'll feel like I just keep evolving, and I don't mean that any other way except the work just keeps opening up, and things that I'm excited or interested in. She reminds us that how we think, feel and act NOW is within our control, and that our fears and worries reside in the past. So, you always want to start a ceremony by thinking: Pachamama. Candice Wu 4:15 Susan invites a reclaiming of each woman's ancestral wisdom, inner guidance and innate understanding of true beauty via a weaving of practices and teachings, inspired by her many years of dedicated work with global wisdom keepers and then you see where you've gone, the map inside goes, "Oh, I get it now," and it might take me a little while to remember it, but now I understand where the journey really led and how beautiful the vision is, you know, the visuals. Susan Lipshutz 6:53 That the, that it's more difficult or interesting to record? And so she, I just have had her to myself, and we spent a lot of time together. Please help us to share our service with your friends. Candice Wu 38:07 That's right. Would you say more? And before we go there, would you describe your relationship or your understanding of Akashic records? It's like taking your essential chord and plugging it back into source. What informs the universe? Susan Lipshutz 14:51 That technique or "Oh my gosh, that tool" or this way that I can work because I do so much as this is this sematic work that we're all facing, and then how can we move into a ceremonial or a ritual place to help step into a collaborative so we don't feel like we're passive in the process, but we can say, How can I be interactive in what's happening in my life? So it's that, that sort of guides us. So, I think that's the process of refinement. If you are a woman and interested in it, check out the link on the show notes at CandiceWu.com/susan. So, we need that intergenerational wisdom instead of using our world, right? Lisa lives in the San Francisco Bay area with her husband and three teenage children. Susan Lipshutz 26:06 Exactly, exactly. Thank you for that. The planet Chiron speaks to the wound and the remedy of the wound, and it's just gone into Aries and Aries is forging action, leading. So, it's really one of us working together and having this incredible experience of the following the breadcrumbs we're putting together and having this is, I love this description of it. To hear you speak in this way about the Akashic. I always recommend just tuning in and plugging into what you're called to, what shows up for you. I would say the more particularly, though my grandmother, who I spent a tremendous amount of time who was immigrated from Russia, and fleed and was an orphan, and went through a tremendous amount of challenge, but I experienced her. I was, that does bring me to that, the question. So, by opening up in attuning and learning how to connect to this vibrational frequency of the Akasha, we can access our cloud and then we download it and we upload, so there you go. So, we just really can take off in some ways all the rules and move into a space where the only rule is intention, is that you're coming from a very, very clear understanding of love and truth. To make it easier for you to get new episodes on your phone, you can also subscribe for new episodes on iTunes, Spotify, and more. Candice Wu 0:46 My name is Candice Wu, and I'm a holistic healing facilitator, intuitive coach, and artist, sharing my personal journey of vulnerability, offering meditations and you go and you

see all of these symbols, and what I love what I teach in the records, they tell everybody that you, that everything is held in the records. And I'm curious, what's alive for you and your life right now or in your work right now, your exploration and relationship with everything you're working with? So, like, if we go to Machu Picchu or we go to the Himalayas or we go to Chichén Itzá, where we go, you know, to the waters, certain places, wherever it might be, that we can feel where there's this intersection between the sacred and the intersection between the nature and the holding of that, that bridge. Susan Lipshutz 1:05:14 Oh, it's my pleasure and I do work with men, too, but just you know, the collective ways is really more dedicated for women, but I would say to whoever's listening, you know, if you want to write me at and you feel called to do some sessions, I work in this way, and an integrative psychotherapy and consultation and fold all this into the degree that people are open and receptive, and I do that with people throughout the world or in-person in Chicago. This book is true gift to anyone looking for support in living their passion!--Janet Attwood, #1 New York Times best-selling author of Science and the Akashic Field-- "Reviews"Whether you are just learning about the records or have worked with them extensively, [this book] will help you reach new understanding about the power of accessing your personal Akashic Record.--Marci Shimoff, New York Times best-selling author of Happy for No Reason-- "Reviews"Wouldn't you love direct access to the library of YOUR soul, the Akashic Record? Susan Lipshutz 1:06:02 That's right. I think that there are many teachings, whether it's an African, whether it's a Middle Eastern, whether you know all the points of the world because America is a young country in that way, but I think we don't want to romanticize ancient teachings because there was also a great deal of challenge in those ways as well, but I think in terms of the understanding, I think that there was when we were living more by the land and we were living more by, this is where I guess moon cycles and astrology comes in. In ancient India, the Sanskrit word Akasha meant hasmik sky, similar to our concept of space, but Akasha refers not only to space in a modern sense, but also and above all, to the higher sphere of life and existence. It was seen as the first and most fundamental of the five elements. So, our life-lesson in some ways are the upgrades like you know, we don't we simply cannot carry all of that information, and it's connected to collective information. So, we have these weird, we have a cloud and the cloud is up there, but how do we connect with it? Susan Lipshutz 13:20 You know, it's interesting, because I feel like I always, you know, in terms of a journey that we have. So, how we sort of find it in a way or where is it been? It launches the spring. Susan Lipshutz 56:58 That's you, and I reframe it: as people say, I was always the black sheep. We are technology grew faster than our awareness, shamans, and we'll talk about, we just didn't dream into our dream, the understanding that we were earth keepers too. Candice Wu 12:26 It's beautiful. Susan is a licensed clinical social worker and has been a pioneer in the field of integrative psychotherapy, women's empowerment and soul level mentoring for over 35 years. We are not responsible for the content. We are not associated with any website in anyway. It's an initiatory energy. That's lovely. Do you feel like there's a gap there or what is in between that space of time? And so, again, I think in terms of looking at source, I mean, their urge is so many kinds of ways in which we see when we start to look for this material or this understanding all the way back to the Christ consciousness and that sense of when Christ consciousness and that sense of when the last years that people speak up around that the journey of this ascension, that was perhaps kind of merging with the Akashic field or light so that then this individual could hold a sense of that deep kind of love and understanding that then came back to teach. Susan Lipshutz 31:59 So... get it together, this is what was going to happen, and it's like it really had to do with the Mayans are our timekeepers. That's what I love it because, you know, I've done so much training myself in all these different traditions, and then I walk in the Akasha, can I go? So, if the first chakra is earth and the second shock was water and the third is fire, and the fourth is, you know air, the fifth is ethers and ether is the Akashic, because the fifth chakra holds that gateway not only to our voice but also up to the ascended, so, the sixth and the seventh, which means it's the time where we start to have our relationship to our divine self. The fourth chakras, interactive chakras, that's the epicenter, right? And, you know, systems, too, because the astrology shows us in big trends, how the systems are all collapsing. Devoted to building meaningful communities that reawaken and integrate the divine feminine into daily life, Susan invites a reclaiming of each woman's ancestral wisdom, inner guidance and innate understanding of true beauty via a weaving of practices and teachings inspired by many years of dedicated work with global wisdom keepers and evolutionary teachings. But then from the heart chakra when you go up to the fifth chakra when the International Council of 13 Indigenous Grandmothers, they were saying, we're only doing this to awaken you to the wisdom of, the lost wisdom of, the lost wisdom of eldership. It's above, like, it's everything. Susan Lipshutz, LCSW has been a pioneer in the field of Integrative Psychotherapy, women's empowerment and soul level mentoring for over 35 years. Like, I know you're the rainbow sheep. So, yeah, I have an annual, for lack of better word intentional communities. Susan Lipshutz 5:20 Well, I think, you know, the experience of this, these, the retrogrades, this year of 2019, have all been in water. Candice Wu 21:33 Thank you. Candice Wu 1:02:22 That sounds beautiful, Susan, and it's your 20th year of doing this 20th retreat year 2020 2020. Susan Lipshutz 19:32 And so, me having access to the material can help you remember and have access to yourself.

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