



DR. ROBYN BENSON + SELF CARE REVOLUTION PRESENTS
HEALTHY TRAVELER'S GLOBAL SUMMIT
SPEAKER TRANSCRIPT

- Robyn Benson:** Hello everyone! Welcome to the Healthy Traveler's Global Summit! My name is Robyn Benson, I'm a Doctor of Oriental Medicine and I practice here in Sta. Fe, New Mexico. And the creator of the Center for Optimal Health. We're actually celebrating our 10th year and it's just been quite an amazing journey. And we're just really excited today that in this summit, we have seven different categories and we've got an amazing speaker, Sandra Ingerman, who's joining us today. Before I bring her in, I am going to introduce my co-host on the Self-Care Revolution.
- Kevin Snow:** Kevin Snow, I'm an intuitive councilor in Sta. Fe Soul and a shamanic practitioner and I'm really excited in this interview today. And that's why we start [tendering him his 00:00:49.28] work and what she's done in the world and this advice that she's going to share with us today on how to really be a conscious traveler.
- Robyn Benson:** So as I've mentioned, the Healthy Traveler's Global Summit with seven categories and we've learned so much about food, importance of movement; we've learned about toxicity, how to restore your guts, how to prepare for travel. And a very important topic of today is, as Kevin mentioned is consciousness. And Gregg Braden and Norm Shealy two of these extraordinary human beings in the world of consciousness and meditation and on how we show up in life in everyday life.
- And also just bring this idea of how Shamanism, which is gosh what I've learned from Sandra, our speaker today, one of the oldest, forms of medicine and healing on the earth. I think dating back 50,000 years. Is that right, Sandra?
- Sandra Ingerman:** Actually, over a hundred thousand years.
- Robyn Benson:** Over a hundred thousand years?!
- Sandra Ingerman:** Correct.

Robyn Benson: That's pretty impressive! So we're very excited to have you here. I mean, this have been an amazing time for you. You're writing you're, which, what number would be on for your book?

Sandra Ingerman: Well, I have my tenth book coming out. Yes.

Robyn Benson: Your tenth book, that's impressive!

Sandra Ingerman: Yes.

Robyn Benson: And Sandra just shared her work at Atlantic locally here. Gosh! Three or four hundred people came together and you did a beautiful community blessing in Heather. And we all got to journey together so that was really exciting. So, again, so, we're really excited to bring you here and to share your incredible wisdom since I know you too, Sandra, traveled the world. And you have shared and you have really brought Shamanism into the. It's really something that's been so ancient and one of the oldest, again, healing traditions you brought it into the western mind. So, thank you for all the incredible work that you do and for being here with us today.

Sandra Ingerman: Thanks Robyn! It's exciting to see the resurgence of Shaman, the practice of shamanism on the planet right now. So many people are interested. And there are some really good tips that come from shamanic teachings that will be helpful for people who are traveling right now during these very wild times.

Robyn Benson: They are wild times. So again, let me just, all of you who are listening a little bit more about Sandy. Sandra is an award winning author of nine books, including Soul Retrieval: Mending the Fragmented Self, Medicine for the Earth: (One of my favorites) How to Heal Personal and Environmental Toxins and Walking in Light: The Everyday Empowerment of Shamanic Life.

She is the presenter of seven audio programs produced by Sounds True, and is a creator of the Transmutation App. Sandra is a world renowned teacher of shamanism and has been teaching for more than 30 years. She teaches workshops internationally on shamanic journeying, healing, and reversing environmental pollution using spiritual methods. Sandra is recognized for bridging ancient cross-cultural healing methods into our modern culture addressing the needs of our times.

Wow! We love the fact that, you know, you can bring in so many different aspects of how to travel healthy. But, why don't just we hear a little bit from your own words, Sandra, how you got in to this work and you know just kind of a snapshot of the last 30 years of your life.

Sandra Ingerman:

Life? Well, I'd think about it. I grew up in Brooklyn, New York and I kind of came in a very spiritual child. And I had three near death experiences in my life, where I went into place of unity with source and experiencing the unconditional love of the universe and what the soul's purpose of human beings are on the planet to really come in a spirit to manifest form. And I grew up in the 60s and had a chance to really be part of that whole movement of let's create a different world, let's bring love and harmony, and peace onto our planet.

And so I explored many different avenues on my own. Whether it's from mind-altering substances to living in the [inaudible 00:05:22.16] in San Francisco, but I always had this underlying spiritual knowledge that I came in with of really understanding that there's so much more to the world than what experience on a tangible level. I just didn't have a form for my work, an actual formal practice. It was just of more knowledge and kind of floundering from different aspects of life to try and figure out how to channel those spiritual energies into my own life and to help others.

And in 1980, while I was going from my Master's in Counseling Psychology at the California Institute of Integral Studies, I had the opportunity to take a weekend workshop on what was called shamanic journeying, which again, was a universal tradition. All people around the world practice shamanism and that practice had survived and had really grown through tens of thousands of years because of the incredible result of being able to help people.

And with shamanic journeying, a shaman or shamanic practitioners, as we call ourselves, in a modern day world goes into an altered state of consciousness using some form of percussion and opens up those realms between our visible tangible realms. They can step through fully with our body and move into another reality where there are helping compassionate spirits who are right there ready to give us guidance and healing.

And so, when I learned this practice in 1980, it really gave me a form of how I loved it, you know, just my first shamanic journey was just incredible, meeting up with this helping spirit who met me and shared with me the issues going on in my life and gave me really step by step practical guidance of what I needed to do. And so it was all of a sudden, I found a way to work in a very practical way to integrate spiritual practices into my daily life.

And shamanism really is a way of life. And that's why it can be bridged into such a topic like healthy traveling, because shamanism is not about message and technique, it also is about how we live our lives and bring consciousness to our life and learn how to love ourselves and honor and respect their selves and also honor and respect other, every living being in the planet and the earth itself. For shamanism believe that everything is alive and has a spirit and that all of life is connected to a greater web of life. And that every single living being participates and add strings and gifts to the health of the entire web of life.

And so shamanism has always taught since the beginning of time how to live a daily conscious life and bring spiritual practices into our moment to moment life, not just something you do in the morning when you get up, but how do you bridge it into your life. When you're in a car and stuck in traffic and on line at the bank, or on line at the grocery store or in a very challenging situation at work - this is all part that shamanism really provides for us and as I said, it has survived for tens of thousands of years, because the practice has really worked.

And so the past 30 years of my life has really been about engaging on deeper and deeper levels with my own shamanic practice, working with clients to help them heal, but also to help them improve their quality of life and then to teach other how to do the same. So it's been a really exciting journey for me and it's just incredible to watch how my students and myself are bridging these ancient practices into a modern day culture to deal with the challenges that we all face in the year 2015.

Kevin Snow:

It's really, really beautiful and I find myself listening to you. I'm a student of one of your students. And I really feel the interconnectedness of all that. And how grateful I am to be hearing your voice and having this training in my own life and how profound it's been for me. The idea of energy and I find myself explaining this to clients and the people that I'm talking to. We use this word energy a lot and we're talking about protecting

our energy in these traveling situations. Can you share a little bit about how you perceive what our energy is and then a little bit on what we can do to protect that energy?

Sandra Ingerman:

Absolutely! Well, we talked about in our culture, body, mind, and spirit. And who we are beyond our skin is our spirit and there are different levels that we could explore of who we are in this spiritual level. On the absolute highest level, we are divine light. We're spiritual beings and on that level, we can't be harmed and that's part of the highest level of working as a healthy traveler is to realize you're just light, just like the stars and the night sky, and the sun.

And just to let that light radiate, and then you end up sharing light with all the other travelers and you don't need any protection. But there are also, we are humans and when we talk about spirit on that level, we're transcending the world of duality and ego and separation. And so in our spiritual practice and in our life, there is a paradox that we have to keep dancing and that on one level where these divine beings that are always radiating light and heal by our presence in the world. And on that level, no harm can ever come to us because there is no such thing as negative or positive energy once you move out of the world of duality.

And the other part of the dance is we are these human beings, we came here to have a life adventure. We have a personality. We have an ego. We have a sole purpose. And we came here to experience a life adventure. And the egoic part of ourselves, the personality part of ourselves, does live in nature. We are nature. And in nature, the sun goes up and the sun comes down. So there's the light and there's the shadow. And that's part of being in nature. And so we perceive energies as good energies and energies that seed the best of our own health and the health of others. And then there are negative energies or challenging energies from a shamanic point of view. That would be the energy behind our thoughts and emotions that can often times be very challenging.

So in the practice of shamanism, where shamans always work in the invisible realm. They're always looking at what's behind the physical. And in the practice of shamanism, it is taught that there's a difference between expressing and sending. So it's very healthy to express our emotions. I feel angry right now. We came here as human beings to experience an entire range of emotions, from bliss and joy to depression and desperation, and fear, and

anger. We came here to have that whole experience and range of emotions.

But what happens from a shamanic point of view is there's a difference between being able to express "I feel anger right now. I feel frustration because my plane is late. I feel fear you know I'm walking into the unknown, I don't know what's going to happen." And it's healthy for us to express those emotions but we want to be a cautious about what we're sending out into the collective. Because whatever we send out, we're sending to ourselves and our loved ones and to all of life.

And so if you go to visit a traditional shaman, and you might go with what a medical profession called the diagnosis of cancer. That shaman, when he or she diagnoses you, might actually say somebody's sent you anger. And we don't understand the difference of that in our culture, where an indigenous culture, it's understood, you express the emotion that is coming up. And through intention, you transmute, you transform the energy behind those emotions. So that what is being sent out to the world is the energy of love and light. and because we don't understand that in our culture, when we go out in the public, when we're in a service profession, when we walk down the city street, when we go into an airport or a bus station or a train station, there's all of these energy that's flying around, that's being sent through the lack of understanding of what happens with our energy when we don't transmute or transform it.

So people travel and they go into these public arenas and realize that something doesn't feel right, it's dense here, I don't feel good in the airport. I don't feel good going through TSA. I don't feel good with all the drivers who are right behind me, who are up on my tail. And I can feel that energy coming towards me. And so it's really important for us to number one, learn how as human beings to be more conscious about the energies that we're sending into the world. But until human consciousness shift and we do become more conscious about those energies, like people have always been in indigenous cultures, we need to learn how to protect our energy field. So that we're not taking on something that might create illness for us on an emotional

Robyn Benson:

So what was the best way to do that?

Sandra Ingerman:

Well there are different ways from a shamanic way of working. And one way is to, we all have this helping spirit. We're all born

with helping spirit. So even if you don't have a formal practice of shamanic journeying, you can set your intention and ask for your helping spirit, or if you like the world angel better, because of your own religious belief, to call them in and ask them to fill you with power and protect you. When I was at a party once in the 1980's in Berkeley, we were all sitting around and talking about protection. And there was a too much medicine woman at a party and she was talking about seeing yourself surrounded in a blue light. And I love the color blue and I really resonated with that.

I started working with it and it really worked. And I've taught thousands of people, I write about surrounding yourself in a blue light in every single book that I've written. And if another color light seems like you're more attracted to that that will work too. Because everything in shaman is in the surrounding tensions. So when you go into the public, either call your helping spirits to you or your guardian angels to you to fill you with power or see yourself surrounded by a blue light or another color. Or imagine a symbol of protection inside of you in your solar plexus radiating through you so that you're so filled up with this power that nothing can come in to harm you.

Robyn Benson:

That sounds great! So you're saying actually protecting yourself from others is really about this taking care of your own energetic field, correct?

Sandra Ingerman:

Exactly, yes! Because basically, what we're talking about is when we're in public, we're open to what other people are sending. If we don't know how to express our own emotions, we turn them inside and make ourselves sick. But that's another aspect. So learning how to express our emotions is really important. But when we're in public, until human consciousness understands the power of the invisible energies behind their thoughts and emotions. We all need to learn how to work with our own protection. I don't work with those particular forms of protection anymore. I do work with the highest way of working of seeing myself as a divine being of light, of being starlight, or sunlight, where that's what I'm radiating out into the public and nothing else can come in to fill up my body except that light that is radiating through me.

So I like to work with that. But I did work with the blue light for many, many years, probably over 20 years. And of course, working with practice of shamanism. I'm always working with my helping spirit so that they're with me throughout the day.

Robyn Benson: I love this message Sandra. I can tell you this is very unique. Come think about everybody else and what the topic is. This is a very important one, because we're just so much more than our physical beings and what we're eating. And then there's the toxic issue. But just to really think about the light being sent that we are being connect to this web, as you started this conversation that the impact that we have in the greater web of life. And boy, are we in a big web when we're in the airport, when we're in the skies together, you know. And to bring that awareness into each moment, and knowing that we can create a good one no matter what the circumstances are or we can make ourselves miserable.

Sandra Ingerman: Absolutely! And I think, you know, many people listening to this already know this, but as human beings are so sensitive. And often times, you might be sitting in the airport or on a plane and you're feeling fearful and you don't even know why. And you don't realize that you're picking up the energy of other people. You know, oftentimes, we don't realize our own state of consciousness is being impacted by that public collective that surround us.

So learning how to separate ourselves from that and to do our spiritual work. Whether it's calling helping spirits to us or seeing ourselves protected by a light or seeing an inner shield protecting us inside or seeing ourselves radiating light. These are things where we can really keep our health. Because then you're not impacted by all the energy that surround you.

Robyn Benson: [Crosstalk 00:22:43.07] Go ahead.

Kevin Snow: We've heard from several people about this basic idea of jetlag and we've heard about melatonin and we've heard about how to get proper amount of sleep. We've heard about the physical and pretty much and also emotional maybe mental state that are appropriate how we can adjust time zones mentally. So speaking about our spiritual being, our energy, our energetic. How can we energetically prepare ourselves from changing time zones and eliminate some issues of jetlag?

Sandra Ingerman: Well, we have who we are, as people; we have a soul, a vital soul. And the definition of soul is our essence, it's our life force. It's that part of ourselves that keep us alive. And what I've explored with the whole issue of jetlag, because when I first started teaching in Europe in the 1980s, it was like you know dealing with whole jetlag issue. What I realized was that there

was a lag between my physical body and my soul. My soul wasn't leaving on the plane with the rest of my physical body.

And so what I learned how to do back in the 1980s and again this is all through intention is to ask for my soul, my essence to stay with me, to travel with me, and to keep up with me through the different time zones. And it was amazing to see the results on the lack of jetlag that I was experiencing. And then I started to teach that same thing to other people. And it's been really wonderful to hear the different results that people are having. So it's all about asking soul to keep up with you. So there isn't the lag between the soul and the physical body.

Kevin Snow:

That's excellent!

Robyn Benson:

That's a really, I love that! Asking your soul to keep up with you. When you're like seven or eight hours away from your normal rhythms of your body and how that affects you, that's a great, great idea. Anyway, I'm writing this book, the Healthy Traveler: 8 Pathways to Smart and Effortless Travel, and just the reader as healthy conscious traveler, and just I love this whole expression of consciousness and how important that is, even dealing with jet lag, and even dealing with those, you know, the unknowns of travel. But you've talked about angels; you've talked about helping spirits. Can you talk a little bit more about on how we can call these spirits for our concerns in travel?

Sandra Ingerman:

Well, the first thing I do when I get on a plane, I used to wait until they close the doors. Now I do that pretty much as soon as I get on a plane. First, I call my own helping spirits to me. Again, just through intentions, I don't journey. I don't put on drumming, it's just through intentions. Because these helping spirits, that is their role in life is to act as your guardian angels and to be with you. So I call in my helping spirits and I ask them to help with a safe and smooth flight to whatever my destination is. And I say my destination.

And then I call in the helping spirit to the pilot, the co-pilot, the air traffic controllers, the stewards and stewardesses on the airplane and all the passengers. And then I know this seems odd, but from a shamanic point of view, again everything is alive. So the airplane has a helping spirit too, so I call in the helping spirits of the airplane. And I have this little list before we take off, calling in the helping spirits so that everybody involved in the flight to bring us safely and smoothly to our final destination.

Kevin Snow:

I love that! I really think making that point again that everything is alive. We really do have a sense of this as children. And I mentioned it in my practice a lot of times that if I'm feeling like I'm eight years old I think that I'm doing this shamanic practice, right.

Sandra Ingerman:

Absolutely! I mean it's amazing. You know I teach how to teach children how to journey. But they already know how to journey. Unfortunately, in our modern day culture, kids are getting so into the media, and their devices, that the valves are closing earlier in life than they did in traditional shamanic cultures. We really didn't have to teach children how to journey again until puberty, because they're already in that world. Now kids are so into their, how they look and fashion and their weight by the age of three or four. So I do teach my students how to teach their children how to journey.

And they just take to it immediately and so it's a practice we are all born with. It's through our social conditioning that veil between the world that close down. It's not that we're relearning a practice. Well, it is that we're relearning a practice; it's not that we're learning something for the first time.

Robyn Benson:

So I love this idea of transmutation. Can you define that for people that may not have really heard that probably don't understand what the term is? How important that is as we are walking in this traveling life?

Sandra Ingerman:

Well, transmutation, the word that I use along with transmutation is transformation, because I think in our culture we understand transformation. So if you're sitting in an airport and you're eating fast food. And you're saying to yourself that this food is toxic that I'm taking in right now. Or you're sitting in the airport or you're standing on line at the TSA and you say to yourself, "this energy that I'm standing in is toxic right now."

Our perception creates our reality. If you believe that you're breathing toxic air, that you're eating toxic food, and that you're eating toxic energy. Then that's exactly how your body translates it. It's that you're taking in toxins, you're absorbing toxins. And so in spiritual practices, in this process, through all traditions, it's part of shamanism, but it's in every tradition is to learn how to change your perception. So as you're eating your food at the airport, see that food as light. And absorb the light of your food. As you breathe the air, absorb the light of the air. As you're sitting in the

airport, or on a plane or going through security, see everybody in their divine light. Everybody is a divine being.

Instead of seeing them as suffering or fearful or sending out energy or sending out frustration, see them in their light. And that creates transformation. So we end up transforming the energy that we absorb through our food, the water that we drink, the air that we breathe, and the energy field that were around with other people. And that is the spiritual term "transmutation" of taking a form and shifting it to something else. But again in our culture, I'd like to use the word transformation because that's something that we can understand.

And just always remember your perception creates your reality. So you know I've had people go into crowded streets in New York City where they're walking on the streets with back to back traffic. And I instruct them to breathe in the air and experience themselves absorbing the light of the air. And it's amazing how people come back and talk about the difference of their experience.

Now of course, on a physical level, there are things we need to take care of and try to avoid all the toxins and stop polluting our environment. That's part of raising consciousness that we need to learn as human beings. But until that change has happened, how do we protect ourselves and our own health? And how we do that where we can't control the air that we breathe, the food that we eat, and the energy that were around, is to shift your perception. See the beauty and the light in everything and absorb that.

And if you do that even for one hour, you'll really notice the difference when you eat your food, drink your water, breathe the air. And go into public places, you'll really notice a very big shift and how you feel more energetic and healthy from doing that instead of fearful about what you're taking in.

Kevin Snow:

It's such a profound message and I really think that we've looked at all these different aspects. The physical, mental, emotional, and then the spiritual aspect of really feeling connected or as you're saying taking in this light that is ever present and always available to us. I'm a happy subscriber to your newsletter, The Transmutation News, and I encourage any of our listeners that are interested in Sandra's work to get in your website and to sign up to for this newsletter.

The thing that stood up to me in this newsletter is spiritual maturity. And I think that also has something to do with what we're talking about today, about, you know, invoking some of some of these practices on a regular basis. Can you talk a little more about that?

Sandra Ingerman:

Absolutely! I think that as we learn how to integrate spiritual practices into our daily life, we start to develop skills and we start to develop a maturity about how we look at life and how we can perceive more than what's happening on a physical level. How we can perceive more what's happening on an invisible level. And then we end up knowing within ourselves how to make appropriate changes. And what we can do to heal ourselves in the current lifestyle that we're all living and what changes will promote our own health and wellbeing.

But it really has to do with making a decision. I know that we're all stressed out. Everybody talks about "I just don't have time." But we really have to talk about our priorities and it's really not enough to "I feel to get up in the morning and do our meditation and yoga practice or our exercise practice." And then go through the rest of our day just in an ordinary state of consciousness where we don't bridge or integrate any of the wealth that shared through our meditation, or a yoga, or a physical exercise, or any other physical practice that we're doing.

And so how we do reach a spiritual maturity is everyday making a decision to get up and give thanks for our lives and to honor and respect all that's alive. And to be more conscious about how we treat the environment and how we treat ourselves, and how we treat each other. And as we slowly begin to everyday 5 minutes more become more of the spiritual being, more of a conscious being. Then the world changes around us, because every shifting consciousness that we make ripples throughout the entire web of light.

So if you're sitting on an airplane and you see yourself as light and you perceive anybody on that plane as light, you're not sending anything to them, you're not healing them without them without permission, you're just perceiving them as light instead of as suffering beings who are all trapped in this airplane with you. You perceive them in light; you have no idea the change that you make in other people.

And we just did a remote experiment on a class that I'm teaching where we had substances on people on a hotel room outside the boulder. And we had a camera called the GDV camera that measures the energy, the auric field of substances in people. And here were people all around the world to who were simply shining their light, radiating their light, while focusing on this room. Not sending anything to this room, just receiving everything in this room as light.

And it was amazing to look at the photos before and after. So the lesson that comes from this is just by being a more conscious being and a experiencing your own divine light and perceiving others in theirs too, it just changes the world around us in that way who we become that changes the world. It's not the actions that we do or trying to force change, but by being a present in the world really creates change. So we can do so much in our local communities, at work, and in our families, and while we're traveling just by being this light-filled presence.

Robyn Benson:

I just loved that positive message that you're sending out to all of us. It's such an empowering message too that we can all make a difference in our environment. And I'm thinking, because I'm remembering Sandra, when you introduced Dr. [Motto 00:37:41.24] here in Sta. Fe, couple of years ago, the messages from water and just the power that we have over, how immersing ourselves in this most important element. Can you talk a little about the work that you've done with water? And maybe give our travelers here some great information on how they can make good choices with water.

Sandra Ingerman:

Yes. What we did is exactly what I just described. That's how we worked in this hotel room. We actually, when we first started out, and I worked with a physicist and a chemist. And so we really designed the experiment with controls and we did everything that we could to adhere to certain rules of research. We took the ionized water, which is water that has no minerals in it, and we put ammonium hydroxide, which is a common pollutant on the planet into the water. And we took it up to a pH that will kill any living being that drank the water.

And we put the water in the middle of their circle, and we would not send anything to the water. And that's a little bit how the work that I'm sharing is different than [Inaudible 00:38:59.10] we didn't put words on the water. We didn't send blessings to the water. We didn't do anything to the water. It's just in the middle of our

circle. What we would do is do a shamanic journey and meditation to experience who we are beyond their skin, which is light. And experience inner star light, inner sun light. And just let it radiate. A star doesn't send its light anywhere. The sun doesn't send its light. They just shine. And when we just shine, the outer world reflects back to us our own inner state.

And so we did the experiment around the world for many, many years. And the pH always shifted without sending anything to the water or thinking about the water, just experiencing our own divine light and seeing the water in its divine light and its perfection. And it's always shifted back towards neutral. I taught a workshop in Spielberg, Austria once, where we actually drank the water afterwards. And the water would have killed anybody beforehand who would have ingested it.

And so it's a real teaching for us with water. Water is a living being. We live on a planet of water, it's mostly water. Our bodies are mostly water. And again, shamanism teaches us about the importance of honoring life. So every day, giving thanks and gratitude to the water that you drink and that you wash with. The water that sustains life in the planet. And when you drink water wherever you are, as you drink it, to give thanks, for all nurturance that this water and all the sustaining power that this water is giving you.

And to also to see it in its light is a very powerful way to work. And we still experiment with the water, just not using ammonium hydroxide and it's just a very, very powerful way to work with anything - food, water, substances, people around you, energy - it's just a very powerful way to work.

Kevin Snow:

It's such an important message for us to realize that we are interacting with everything that surrounds us. We are in a relationship with everything and that can extend out into feeling overly responsible. I really think that your message today is how to practice this and be in integrity with this process and really be in light with it or have fun with it. I really think that's the message that I'm receiving from you and feeling as well. And I think

Sandra Ingerman:

Absolutely!

Kevin Snow:

So we asked everybody what would you do and to transform change in the travel industry and so you're making a direct

recommendation to the industry as a whole, as being of light, what can it practice in the ways of what you're teaching us today?

Sandra Ingerman:

I think what the industry can really practice is honor and respect, because in our culture, industries have gotten a little bit into the, and I'm saying this in a way, a little bit into the greed factor. So things are about money, instead of about life. And to understand that we can be successful in business and the travel industry can be very successful in business when love is shared with customers, care is shared, honor and respect, people are being honored and respected, and where it's not the bottom line that is being looked at, but it's really what' the service, that is going in. What's the love? What's the care of providing a service to bring people in a graceful and smooth way to their final destination?

And the more love and care that the industry would bring in to how they maintain their airplanes, work with the staff, work with the passengers, every part of the way, I think that success would really boom, because it would be a reflection of the love and care that goes into the work.

Robyn Benson:

Beautiful! I love that! I appreciate the wisdom that you brought to this entire call and for people; I think it leaves you in the thinking of how we can travel on a whole new way. Don't you think that it can be, we had one of our [Inaudible 00:44:19.17] you know, traveling is just so challenging and so many people are not wanting to travel even. And I think that this perspective just really, it's really comforting to know that there's this new way. There's this way that has always been available, where conscious beings are part of this whole web and just appreciate everything that you shared, Sandra.

Sandra Ingerman:

Thank you!

Robyn Benson:

And also, just thank you for this incredible work that you do in the world and our community right here in Sta. Fe., appreciate you as a friend in all the ways and which you're really enlightening people as a literally travel through light. [Crosstalk 00:45:07.02]

Sandra Ingerman:

Robyn and Kevin, thanks for the brilliant work that you're doing. You know that you're really making a huge difference in our community and in our global community around the world.

Robyn Benson:

So any final message you want to share with, because literally people around the world are here listening to this Healthy Travel's

message. Anything you want to say, one final [Inaudible 00:45:25.10]?

Sandra Ingerman:

Yes, just a couple of things. One is in shamanism, it is believed that we're always dreaming the world into being, with every daydream, every thought that we have. And so, I just really want to invite everybody, whether it's about traveling, or about any of the challenges that we're facing in the world right now to really use your daydreams. You are born with this given gift of imagination.

Start to imagine, engage, stir up your imaginary senses to experience the best that we can bring forth and manifest and create as the spiritual beings who came into this world to manifest forms. Start to use your imagination to daydream the best. And it might be in your traveling world and to remember that the spiritual practices that we do really do make a difference in the world. And we do have to take action to change our physical behavior in the world.

But as we do that the spiritual practices that we do, really do make a difference. It's where we all have personal power right now to participate in being positive change makers for the planet.

Robyn Benson:

Thank you!

Sandra Ingerman:

Thank you!

Robyn Benson:

Well, take care and keep shining your light, which you do so brilliantly. And you're such a good example for so many of us. I love it. Yes, this is a really great message, Sandra. Thank you so much! You all take care! And we look forward to join you with our next fabulous speaker on the Healthy Traveler's Global Summit.

