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Welcome to Spirit Guides Radio, where we provide a fresh, modern voice to ancient wisdoms by charting new maps for old souls. Each week we talk to leading spiritual voices to explore what it means to live a spiritual life in the 21st century. We discuss everything from astro travel to mediumship and aura fields. So sit back, relax and get ready to level up your soul! Here's your hosts - Founders of *Spirit Guides* magazine, Arizona Bell and Morgan Garza.

**Arizona:** Oh yeah, it's so hard for me keep the giggles in when we start. [Laughter] I can't -- we just giggle before the show and then I'm just supposed to stop. I can't do it.

**Morgan:** Hello, welcome.

**Arizona:** I was just holding my breath.

**Morgan:** Spirit Talks Radio, hello!

**Arizona:** Hello! Also, I was just listening to our introduction as I always do because I love it and we've never actually talked about aura fields or astral travel.

**Morgan:** [Laughter]

**Arizona:** We need to do that! Put that on the calendar.

**Morgan:** On the list. We've definitely talked about mediumship, but yeah, we need to walk to the talk. We need to walk the talk. We are slacking, oh my gosh.

**Arizona:** Hi. Morgan. In 24 hours you're going to be descending into Phoenix. I am so excited.

**Morgan:** That's the truth. I might melt upon landing, but that's okay.

**Arizona:** You definitely will.

**Morgan:** I have this heat in my blood, I think I can conjure up the same fire that I used to have when I lived there, but I am so excited!

**Arizona:** I am so excited. Morgan is coming to Phoenix because this weekend is the Afterlife Research Institute symposium, and it is the event of the year for us. We are so excited and I mean we're just excited to be together again, too.

**Morgan:** I love thinking about the fact that that's the event of the year for us! [Laughter]

**Arizona:** But it is!

**Morgan:** It's so big.

**Arizona:** We were just talking about it in our little meeting before the radio show, like just thinking back to last year after that event and like how mind blown, heart open... Like we were just -- It was life changing!

**Morgan:** Inspirational.

**Arizona:** And I think we're riding still on that energy and it's going to be nice to go plug into that energy vortex again and just like get recharged. I'm so excited!

**Morgan:** Yeah. I think my favorite thing is like you realize how small you are, but how much of an impact you still make, if that makes any sense?

**Arizona:** It does.

**Morgan:** I think that I am just really happy to like you said, plug back into that and see all of our witchy friends!

**Arizona:** Oh my gosh, you know and also, like you guys have heard me say, I'm giving a presentation and I'm also going to be on the George Norrie panel, but do you know what I'm most excited for, the whole weekend?

**Morgan:** Yes?

**Arizona:** Morgan, do you know?

**Morgan:** Tell me! -- Maybe the banquet?

**Arizona:** No, no. That's a close second. The banquet where we dress up as who we were in our former lives. We're going to rock that; but no, what I'm most excited for is that Morgan and I are going to be sitting in a physical mediumship seance.

**Morgan:** That's right!

**Arizona:** And if anybody doesn't know what physical mediumship is, you can go way back to like, Episode 2 or 3, I can't remember, on Spirit Guides Radio with Craig Hogan called "WTF is Physical Mediumship?" We learned about it last year at the symposium and its mind blowing and we're going to do that this Friday and I am just like so excited to see what happens.

**Morgan:** Me too, and I mean I was telling my boyfriend that we are going to a seance and he's like "Oh wow cool, like you're going to call on spirits?" and I was like "No" and I was explaining it to him and he looked at me like I was a crazy person!

**Arizona:** Yeah. We can't even get into it right now.

**Morgan:** I was just like --

**Arizona:** We're crazy.

**Morgan:** I know. "It sounds nuts, but I am going to come back changed and I am going to have so much to tell you."

**Arizona:** Well we're going to snag some physical mediums at AREI to come on again and talk about everything that we do, so but that's just really exciting. And what else is really exciting? Speaking of mediumship, we have released --

**Morgan:** A Segway...

**Arizona:** A segway. We have released the theme for the Cosmic Collective for October and it's Beyond the Veil, and we're going to focus a lot of development of our powers - our intuition, our own mediumship so that we can also talk to loved ones who have passed. Andy Murphy, the rock 'n roll shaman is a dear friend of ours here in Denver and she is going to be leading a session on development, and we're super excited about that. We're also going to have a lot of live readings and it's going to be super, super beyond the veil.

**Morgan:** Yeah and we -- Like you just said, we're going to have a lot of readings as well and one of them I just want to call out right now is one of my best friends in the world, renowned medium Diane Richards, and she is going to be doing many readings; and if you knew us from way back in the day at Sedona Yoga Festival you've seen her in action, and everybody there, I can comfortably say, had their mind blown wide open. So she's going to be doing many readings for our collective. So you can still always join up. You can do a sign up for a monthly or a yearly or you can even sign up for just one month if you want to dip your toes in the water.

So we hope that you will join us if mediumship development and readings and whatnot interests you, and again you can go to [spiritguidesmagazine.com](http://spiritguidesmagazine.com) and look for the Cosmic Collective link on our navigation. So, woo hoo!

**Arizona:** Join us. It's great. It's fun! Join us. So speaking of the other side, you can never segway --

**Morgan:** Hello from the other side.

**Arizona:** Morgan! Our guest today... I am so excited about our guest today! First of all, our guest today contributed a guided meditation exclusively made for the Cosmic Collective for the month of September, which if you do ever sign up you will have access to all those archives. It's so awesome. I have listened to it twice now, and her voice it just soothes me. Her knowledge soothes me and I don't even know how we found her, but I'm so glad that we did.

**Morgan:** I know. We've been orbiting around each other for a while now and it's great that everything is taking like firm holding and we're together so much. Her meditation you guys is really -- I mean, her story, and when you just think about her story coming back from the dead, with this huge purpose but also like massive struggle before even being able to access that purpose, it's just ---

**Arizona:** It reminds you how powerful we are and how we really are all here to do something, right?

**Morgan:** Yeah. So let's just do it. Let's bring on our guest today, Worthy Stokes. She is a poly-trauma brain injury survivor, sacred mystic with super-conscious ability to uplift individuals at the deepest levels of neurological intelligence; and I can tell you that is true, via my meditation. She's a healer, a meditation teacher. She's going to come on today and talk with us about her near-death experience and the life lessons that she learned from brushing up with dead and as I said in the Instagram post, it's not probably what you've heard before. My mind is blown reading through the information that she sent to us to prepare for this interview. I am so excited to dive in. So let's without any further ado, let's bring on Worthy Stokes.

**Worthy:** Hey, hey, hey. I just found the mute button, I mean --

**Arizona:** You found it girl! [Laughter]

**Worthy:** Hey, hey, hey!

**Morgan:** Yeah. Hey, hey, hey, right?

**Arizona:** Okay, Worthy. What's up? You're in New York, right?

**Worthy:** I'm in New York, yeah. I'm in New York, living the New York life. I'm down, that's it.

**Arizona:** Cool. So we're so excited to have you with us today. Thank you for being here first and foremost.

**Worthy:** Thank you! Yeah! You're both so much fun. I've been so excited and just rocking my socks off all week.

**Arizona:** Awesome! Good. Well, ditto.

**Morgan:** You have to.

**Arizona:** This is a mutual thing.

**Worthy:** Yeah.

**Arizona:** So I don't want to waste one minute with you.

**Worthy:** For sure -- For sure.

**Arizona:** -- because you have so much to say and everybody in the world needs to hear it, and by everybody --

**Worthy:** I'm literally sitting. I'm like sitting in a stack of paperwork and like ten books and Post-It notes. I'm like ready.

**Arizona:** You're ready to rock 'n roll.

**Worthy:** Yeah. Whatever what got to do. There is so much earth and sky to cover in this moment! *[Laughter]*

**Arizona:** There is I know. So let's start with you telling us, however you want to go there, but we want to know about your journey. We want to know about your near-death experience, what happened, how it changed you etc. So if you just want to start there, give us a little baseline background on you and your experience. That would be awesome.

**Worthy:** Cool. Alright, so I'll keep it really short and super brief just in terms of the story line. So I had this plan. So my background is in documentary work. I got a degree in documentary journalism. I did lots of other things and then I guess it was in 2013 you know I thought "I really... I want to do a project. I want to do something. I want to get out of the country for a while and do something interesting and I want to go back to my documentary work", because I actually quit photographing for a long time, and I really loved tea. So I had this obsession with tea. I was all about the tea, and I thought "Okay. I think I'll go write a book about tea, and I think I want to be in Seoul because nobody goes to Seoul". You know, how many people -- We don't really hear much about Korea other than what's on the news, which is definitely usually not the case in real life.

I mean I've traveled quite a bit since I was thirteen. So international travel wasn't a big deal to me and I thought great you know, I'll be between Japan and China and I'll have access to the Asian continent and it'll be a really great place to be research. So that's really why I wanted to be in Seoul, and then in order to be in Seoul you have to have a visa so I had to get a certain visa to be there. So I'd been there for two weeks. So I go through all this process to get there and I'm ready to go to Seoul.

I arrive in Seoul, I'm there for two weeks and I am out for a morning run. Yeah, I'm out for a morning run and it's like 5:30 am. I remember because I watched and you know, I mean I'm a trained photographer so I watch the light. I mean, I just know. I know the time of day by the way the light is in the sky. So I was out for a run and it gets very cold in Seoul. It gets very cold in Korea because of the water and the proximity to Russia and just the geography of it; and I did something that morning that I have never done on any other day of my life. I wore three hats, right?

**Morgan:** [Laughter] Yeah, that's not something you do every day.

**Worthy:** No.

**Morgan:** For someone who wears hats, I have never done that.

**Worthy:** [Laughter]

**Arizona:** Right?

**Worthy:** Right! So I wore three hats. I wore a baseball cap, I wore a beanie and then I had a hoodie and that was me. So I was all bundled up and I'm out for a run and I was hit by a van; and I have no memory of this. So that's not like freaky or traumatic actually to think of or talk about. I had the green light. I was in the pedestrian walkway and this story is crazy because I was literally at that moment - and some of the people in my inner circle know this already - but I was listening to "It's a beautiful day" by U2, and if you go back and read those lyrics it's just so Freaky Friday because one of them is you know, "You can see China right in front of you". I mean it's just bizarre.

So I'm like cruising, "it's a beautiful day" - Bam! Hit by a van, and then I'm gone. I'm gone. So what happened is I had a skull fracture. I fell and head slammed against the pavement and all that stuff happened. Had I not been wearing three hats there's no way that I would have survived. There's no way --

**Arizona:** Wow.

**Worthy:** With the kind of injury that I had. There's no way because I had a 5-inch lateral skull fracture. It would have shattered my skull; and so I immediately started to hemorrhage internally and in the meantime, I was just gone. I was like "Okay, peace!" [Laughter]

**Morgan:** [Laughter]

**Worthy:** -- and then I was on the other side, so I went straight there and you know, there's always like this -- It's interesting. I tend to be sort of like protective of kind of sharing like that moment or you know what really happened while I was there, because that's not what people always want to know about, you know what I mean? But the reality is that it's so beyond words. I mean it's so beyond our language and I did make it a little video of it that I sometimes pop onto IG or like my website.

For me, it was -- the love was so -- It's a love but it's actually a love that's so powerful that it's totally neutral. It's like the complete experience of equanimity. I mean, zero judgment. So there was just this incredible state of existence that I experienced and a lot happened in that time. I was very clear about where I was and I had been meditating seriously for six years before this happened. So for me I was like, "Okay, great. Okay great. Yeah, so this is happening". I was very aware. I was very conscious and then at some point I thought "You know if I don't get into my body right now, I'm toast".

So I woke up in an ICU. I couldn't move, had a catheter and I just -- I woke up with a pain in my head beyond description and I just started like vomiting over the side of the bed. And this can be kind of a touchy subject, but you know so to be as politically -- I mean, I don't know, to be as sensitive as possible, but even though South Korea invests so much into education and English language acquisition, there is not a high level of fluency. So I woke up in an ICU full of people I could not speak to.

**Morgan:** Hmm.

**Worthy:** With a bag of my urine next to me; and I was like "Alright", and I just started practicing. I just started meditating right away. I was like "Okay, great" and "Now this is my next thing. This is the next... This is like the next project. Whatever this is, this is the new challenge " and then there's the bliss. I mean the other thing too is that I think -- I was talking to someone actually last night and you know, the bliss of the experience carries you for a certain period of time and really protects you, quite a bit. So I was still so saturated with what I was coming back from, that I just wasn't worried. I just wasn't worried in that moment and I already had the discipline of my practice.

So that's kind of what happened. I didn't have a phone with me. I didn't have my ID on me and the guy, the driver who had run into me actually had picked my body up and put it into his van and drove me to the hospital. So that was pretty amazing. I mean, the whole thing is just amazing. It just, it blows my mind when I think about it, you know?  
You know I was wearing three hats.

**Morgan:** Yeah.

**Worthy:** Like I didn't have a spinal injury when he picked up my body. Like how is it, you know? It was my brain. You know like all these little things that could have gone even more wrong.

**Morgan:** Right.

**Worthy:** You know? -- Didn't.

**Arizona:** Yeah, it's so much! So I was going to ask you about you know, coming back, what do you bring with you? You said you bring the bliss back with you. Now do you when you're coming back into this physical world, are you coming back with like any new knowledge for your path or your purpose or like where is your head at? Do you know what I mean? Are you aware that you've just had this near death and it's going --  
I mean I know you said this is the new challenge, but what other knowledge? Did you come back with any other knowledge of your life from that point forward?

**Worthy:** Yeah. So that really -- So first of all just everything was so incredibly miraculous to me. I mean I would sort of walk around in this haze of -- You know, I would like stare at sculptures, you know?

**Arizona:** Yeah.

**Worthy:** For like an hour, right?

**Arizona:** [Laughter]

**Worthy:** Right. Where most people are like "That's cool, moving along!"

**Arizona:** Right!

**Worthy:** Right and I was like "Wow! We make that! We make that! We design that and then we make that and we come from like nothing and then we build these things"...

**Arizona:** [Laughter] The wonderment.

**Worthy:** Right, right, it was that. I mean for a long stretch of time, and also this amazing -- I think what was really interesting and also funny and also ultimately tragic, was in some ways - and I have dealt with this - but, there's so much power and remarkable possibility in that space where I was and where some of us get to visit, and I definitely want to say that you know, I always only speak about my own NDE because every human being has such a unique NDE and I think we make a lot of generalizations and so I try to be careful about that.

But in mine, the experience was so remarkable. You come back and you just think... It was like I came back thinking "Great! Like everything's cool!". I mean whatever, whoever I've ever had a fight with or a disagreement with, we're good! Like we can just you know, wink at each other and be like "We're good!, right?"

**Morgan:** Well went around, we can get everyone in there, like "What's wrong with her?"

**Arizona:** Right, yeah.

**Worthy:** Right! Yeah. Right! Well I was like seriously like "Ugh!", because it doesn't matter. Like because it doesn't matter. Like whatever has gone wrong here in this material experience, there it does not matter. It just doesn't matter.

It's wiped clean, and it's liberating! It's liberating to know that there is so much -- It's that level of forgiveness, and forgiveness is such a loaded word, and as you can see it's hard to talk about this, you know? I mean even two months or three months or four months out, everyone's like "Oh my god! You need to write a book!" and I was like "Woah, I just need to learn how to walk. Like I need to just, you know, figure this out", because all this language... We use all these words! They're so loaded and they're -- A lot of them actually aren't relevant! Like it's just not relevant. It's so clean! It's so clean, it's so clear, it's so direct, it's so open, it's so --

**Arizona:** And so this -- I know this period... I don't know how long it lasted for you, but I know that we also need to talk about --

**Morgan:** The bliss.

**Arizona:** The bliss period, yeah. I know that I don't -- Maybe you can clarify, but how long it lasted, because I know that part of this that often doesn't get any press is that I know there was some trauma and depression associated with this as well at a certain point for you. So can you talk about that a little bit?

**Worthy:** For sure, yeah. So and you know what I did was I actually made kind of like a little -- I thought about this and I was thinking about kind of the sequence and I tried to make it as simple as possible, and this is what's so fascinating. So you know again, I'd meditated seriously for six years prior. I was already then really interested in neuroscience. I'd already you know, met with people like Dr. Candace Pert, who's now passed away, and I was already very aware of the cosmic capacity of the body. So I was strangely prepared for the level of complexity that I was managing, which really protected me. If I hadn't had that preparation, I don't know if I would have made it.

So the arc that I experienced is there was the bliss, there was the return with the bliss, and the bliss I think went on for I think about a year. It went on for about a year; and then there's the shock that starts to happen because what I started to do is like anyone, right? I mean you come back from an amazing experience and you want to tell your friends. You're like "I just climbed Mount Everest! Don't you want to hear about it?". So you know, and this incredible intelligence. This is an incredible level of intelligence, so I wanted to scream it from the rooftops and I wanted to be like "Listen! We can heal spontaneously! We can forgive each other spontaneously! Like we can just move forward. This is not that complicated! I don't know why it's so complicated!" and so all I wanted to do was talk about it.

I didn't want to tell the story about how I went there and came back. I wanted to tell people about the reality of who we are! And everyone was like "Okay, well that's weird. I don't even know what you're talking about". So there's that bliss, but then the bliss starts to dissipate because there's this discovery that no one understands anything that I'm saying; and that's frustrating because the whole point of having a spiritual awakening and having this new access to information is to share it, because we share a physical reality. And then on top of that, everyone who has a near death experience has such a unique story, that even you know, you can put twenty of us in a room and we're all going to have a totally different perspective.

So there's this incredible loneliness that starts to kick in because -- You know, I was left alone with the trauma of not being able to communicate the treasure of my story, not having words for something that has no language, not having people who could hear me. So there was that loneliness and you know and again, I continued to meditate. I continued to do my practice. It was my practice. You know, you go in, you go in, you go in and you wait and you wait and you wait and you wait; and then there's this shock because you know the bliss is gone now and no one wants to really sort of hear about your story, or they want to hear your story but it's more of like "Oh, you're in this like cute little petri dish... Like I want to make a list of your like, life lessons... I want to make a list of you know, of the things that you discovered there and then right them down, and it's that sweet and will you pass the sweet potatoes?"

**Arizona & Morgan:** *[Laughter]*

**Morgan:** Rude, right?

**Worthy:** Well I mean it's like a curiosity, you know? -- Because we just don't live in a place that's very present. I mean, which is what I bring to my practice, right? I mean this is what I bring to my clients. This is what I work with. I mean I'm so 155,000% there with you, and every neuron in my body is listening to like who you are, because of what I have learned of the importance of that. So then I went into shock, because I couldn't communicate the beauty, which was just so painful. That was what was painful, was not being able to communicate the beauty... not having words.

So I would go actually to the symphony. I would go to Seoul. I mean, when I was in Seoul I would go and I would do and I would listen to the orchestra and I would go as many times as I could. I would go sometimes two or three times a week just to listen to the music because it was the only thing that made sense to me and it was the only thing that communicated what I could not say. It illustrated the beauty of us in this physical body, so I hung onto that. So then okay, so the bliss is gone, I'm thinking "Okay, people can't understand what I'm saying. So I'm going to try to be normal now. I'm just going to try to be normal, right?"

**Arizona:** *[Laughter]*

**Worthy:** I'm going to try to pretend like I don't have a brain injury.

**Arizona:** *[Laughter]*

**Worthy:** I'm going to try to pretend like I didn't just come back from the dead. I'm going to pretend like I didn't just you know, have this incredible cosmic experience; and then the awareness of the physical trauma starts to come to life, and the whole cycle starts over again, because you know then I started to communicate the pain of not being able to read or the pain of you know, having such terrible fatigue and not being able to get out of bed for days at a time or the pain of not being able to remember, or the pain of not being able to smell or taste... all the pain. So the bliss starts to fade and then the trauma of the body and the physiological change starts to come to life, and no one wants to hear about that either!

**Arizona:** [Laughter] No one wants to talk about anything!

**Worthy:** Yeah! So you know, so I'm like "Okay, well you know I know you didn't want to hear my cosmic story because that's just like really Freaky Friday. So why don't I tell you about my neurological like... problems" and people were like "Woah. That's like way too much for me to deal with".

**Arizona:** [Laughter]

**Worthy:** So effort to communicate, you know, this story telling about my treasure, about like my experience... didn't work. Story telling about my trauma didn't work, and then a discovery that no one understands or believes either polarity; and so then I was left alone with the trauma of my body and the trauma of my bliss! That is heavy, heavy, heavy stuff to carry. That's heavy. That is heavy. You know everyone tells me all the time now, and it's such a beautiful thing for me to hear and it's also deeply painful for me to hear because everyone's like "Oh my god, you look so great. You look like nothing happened" and it's because -- You know, because of the lessons that I learned, because I know that this world is -- We have "x" amount of hours to spend with each other. I am not going to bleed out on you with my trauma every time I see you. So I keep that every time with my practice, you know? I keep that with my therapists, my neurology team, whoever that is, you know? I keep that in a box and I manage it, but I don't think that anyone will ever know the mountain that I have climbed, carrying what I am carrying and what I have done to transform it, to hold it, to contain it, to master it and to alchemize it and because I know that that's what I had to do.

So it became like a double-compound trauma and then when I finally got back to the United States I found out that I was missing part of my eyesight, and there was only one person. I couldn't even go back to my meditation communities, because everyone in the meditation communities where I'd been meditating for years were like "You're not being positive enough", and I was like "Okay... woah". That's too much. So like I literally walked out of a neurology appointment and I was fortunate to find one person here in New York City who's both a psychotherapist and a meditation instructor and trauma-informed, and I landed in his meditation circle because I couldn't practice alone anymore and my body was so exhausted; and so I kind of collapsed in that circle and that was really powerful for me.

So there's that whole arc you know, and then you reach your bottom at some point and the grief... You know, there's an end to the grief, but I had to give myself the chance to grieve. I had to grieve and I had to grieve hard and I had to basically separate myself from a lot of people because they couldn't handle my grief, and so --

**Morgan:** Common theme in grief in general, I think so.

**Worthy:** Yeah. So I mean that's kind of -- So it's all been like super, super weird and then I wrote down this and this so true. I mean, you know some of us spend one hour, like an hour, outside of our body and we spend ten years trying to get back in and trying to re-build it; because if we come back, we can't go back to who we were. We're changed. We're new human beings.

We've got new consciousness, we've got new intelligence, we've got new spiritual gifts, we've got new physiology. Our bodies work differently. I walked to into like a car that I didn't even know how to drive, but I was like "Alright".

So what I like to say is that you know, people who come back from NDEs are shape shifters. I mean we are the ultimate shape shifters because we sometimes -- I said to someone once, "You know, some of us have to change shape a hundred times a day"... just to adapt! Just to adapt. Yeah! So that's kind of the arc and you know, and then what I did was ultimately because I didn't know what to do anymore, you know art and I mean meditation was the only thing that was left of me from before. So I went back into meditation, but I couldn't sit with a meditation teacher anymore. I could no longer listen to the language. I couldn't... I just could not listen because we have so much colonization and so much judgment and so much shame actually built into even our greatest spiritual teachings; that I found myself walking out of almost every spiritual workshop I tried to go to for relief. And then I was like "Shit!"

**Morgan:** [Laughter]

**Worthy:** "I guess I've got to do my own thing!"

**Morgan:** You've got to become the [indecipherable] [33:20], right?

**Worthy:** [Laughter]

**Morgan:** And you say meditation is the most essential practice of our times and it's amazing that that was the one thing that was the common thread that stuck with you and I think people think about meditation and they think "Yeah! It's important", but then it's one of those things that it's hard to get around to doing, you know?

**Worthy:** Right. Right, well and we've got all these -- Yeah, I mean that's a whole another bag of worms. I mean, you know, it's like there's so much ritual and there's so much requirements. There are so many requirements and yeah, that's a whole other rabbit hole that we're not even going to go into.

**Arizona:** She's like "I'm cutting that off right now!"

**Worthy:** Yeah because... we could go on.

**Arizona:** Yeah! So on that note, so I kind of want to get into the meat of some of this, too. You know meditation being the most essential thing and meditation connection us to Source, X-Y-Z... but I also want to talk about your unique - what I consider unique - perspective on you know, coming back. We here so much about joy, bliss, love and we are all trying to - for spiritual growth - we're all trying to just be spiritual and like I to say, like "Live in our ground chakras and fuck my root chakra. Like I'm going to the cosmos, right?"

But you are saying - you've said - that we have "stopped assuming spirituality and we are hunting for it instead" and that if everything you saw on the other side means nothing if we cannot harness it. So I want to start diving in there because that really shook me when I read it.

**Worthy:** Wow, yeah. You know, that's -- I really appreciate that because that's really what I feel. I mean essentially we have this incredible access to cosmic intelligence, and here, in this temporal - so that's absolute reality - and here in this temporal, relative reality, you have a clock on the wall and you have -- I don't know... maybe, depending on how much time you spend in Silicon Valley these days, you have anywhere from like seventy to you know, a hundred years and you've got a clock and you have time to make something precious and beautiful, and I think what really alarms me... Not alarms me, I mean because you know, I'm just doing my thing. You know, I'm staying in my lane. Like I have learned, right?

**Morgan:** [Laughter]

**Worthy:** This year I'm like all about staying in my lane! That's a particular theme for a lot of people!

**Morgan:** [Laughter] 2018 - Staying in your fucking lane.

**Worthy:** Stay in your lane - #stayinyourlane! So you know, we live in a -- We're facing something that's unprecedented. We're facing, right now we're living in a culture. So first of all, from a context, right? We're in the west, you know? We are in the West, we have access to -- Even though we've got a lot of stuff that's wrong, we've got a lot of stuff that's incredibly right and we have an incredible amount of privilege, and what are we doing with that? It's like "How many retreats can I go on?", you know? "How many times can I sit in a circle and talk about my feelings?"

But if you really boil everything down -- And I'm just going to try to keep this as simple as possible - if you take any lineage... Take any lineage, from any part of the world and trace it back... Take any religion, take any you know, and it just, it comes back to -- Like you could go on all the retreats and you could take all of the plant medicine; and no offence to all of my plant medicine friends because I support that. I can't do it because I'm a brain injury survivor and we don't know what would happen to my brain. But you know, you could go on all of these quests and I guarantee you, you could spend five, ten years going to Burning Man and Bali and Peru and doing your cacao ceremony and this and that and this and that, and calling every medium and every psychic and Googling everything... and what are you doing?

You're giving up your time and your life right now and you're giving up your time... There's a clock on the wall! There's a clock on the wall counting your minutes, and you're basically what? You're going to get down, you're going to be ten years from now and you're going to be like "Wow, that was a really interesting wild goose chase!".

When, let's say you do it all right, let's say you have the best shaman in South America. Let's say you worked with the best elder in any part of the United States, from any one of those rich, beautiful, precious you know, resources we have - and I loved living in Sedona, PS because I just loved... like I would literally like get naked and you know, like just sort of press myself against the pictographs and the petroglyphs...

**Morgan:** [Laughter]

**Worthy:** -- and like receive them! That is no joke!

**Morgan:** Damn girl, I can't say ditto to that!

**Arizona:** [Laughter]

**Morgan:** I did never do that, but...

**Worthy:** I mean I have -- You know, I've done it. I've done so many different, you know... Huna, Sweat Lodge... I mean my God, we could go on and on about everything that I did before all this stuff was even cool on IG or mindbodyandgreen. That's sad. If you did all these ceremonies, and you got it all right, do you know where you would end up? You know where you would come back to? You would come back to the golden rule. You would come back to -- The ultimate spiritual teaching is "Can you make a casserole for your friend when she's sick?"

**Morgan:** Damn!

**Arizona:** [Laughter]

**Morgan:** We could just mic drop right now! Damn!

**Arizona:** [Laughter]

**Morgan:** Damn!

**Worthy:** You know?

**Morgan:** That is so true!

**Arizona:** Yeah...

**Worthy:** I mean that's it and that's what people don't get. I mean I walk out into the world now and I'm like.... and everyone's like "What's the big secret, Worthy? Like what is this?" and I'm like "You know, be nice! Like if you know someone had a brain injury, go the hospital, you know?" Even if you can't look at it, you know? If somebody has lost something in their lives or in their life, take up the phone. I mean, we're living in a space of such extreme disassociation and disembodiment that I feel like the spiritual movement has become just this like machine of escapism instead of presence.

**Arizona:** Or humanity, too...

**Worthy:** -- and even humanity, right! -- Because I can't -- You know, it's like "What can you do for me? What can you do for me? Are you going to help me with my IG presence? Are you going to help me build my followers?"

**Morgan:** Right.

**Worthy:** "Are you going to help me up-level my brand so I can get clients?"

**Morgan:** And you say the questions that we should be asking are "Are you feeling safe?"

**Worthy:** Are you feeling safe?

**Morgan:** How are you doing today? Coming back to those basics, not "Oh well, I would come visit you at the hospital, but I've got to go to this retreat". You know?

**Worthy:** Yeah... yeah. Yeah! I mean I have that right in front of me and one of the things that really came to me when I was preparing for this conversation with you beautiful human beings was -- I was like "What is it?", you know? At that point, it's safety, because you know what the core frame of spiritual empowerment is? Safety. The neurological system responds to safety, and the cosmic intelligence cannot live in your body unless there is safety in the neurological framework. They're not disconnected.

**Morgan:** Right.

**Worthy:** And so that's why I've sort of in the last weeks, in preparation for this interview, I've been thinking "You know what? Safe! Safe is my religion!"... Safe is my religion.

**Arizona:** Well, it's like along the lines of what you're talking about. Until peoples' basic resources are met -AKA – safe - they can't even dive into this spiritual shit, you know?

**Worthy:** Right. No, no they can't.

**Arizona:** So it is really important, especially coming from the West and people's privilege as you're saying, to yeah... spirituality is making people feel safe in humanity; and that's why what you're talking about hit me so hard because we are in a spiritual world. We're constantly talking about how to be more spiritual and it's like people have forgotten. And Morgan and I talk about this all the time - people have forgotten how to be a human being!

**Worthy:** Yes.

**Arizona:** It's like... why? We didn't come here --- Yeah, of course we came here to remember we're spiritual beings, but then it's to come back and embody that! Not to go sit in a cave and meditate all day long, like I do.

**Morgan:** [Laughter]

**Worthy:** Well actually, you know what you've just is a really great point. We don't have to remember, like we already *are*! I mean, I don't understand. Where did we get to this point where we have to run around reading a bunch of Google articles trying to prove the science of like, what we already are? What if you just woke up and you were like "Wow, I am a cosmically talented human being with neurological genius, that completely reflects the luminosity of my source intelligence?" which is what my meditation is all about. I'm like "Listen, there's no story here. There's nowhere to go. You're it! You're there!"

**Morgan:** So then it's just about integration?

**Worthy:** It's just about integration. It's just yeah, it's really about integration and it's about sharing what you have, you know? I mean listen, my settlement was \$10,000 from a super complicated brain injury. So you know, and I guess because of my name... it's really funny, you know? Fame doesn't really do much for me. Money can come and go. You know, I've sort of like met the greatest, most beautiful thing that could possibly be met and so I don't know... I give away whatever I can, when I can, and sometimes that's my Achilles heel is giving; and so I'm trying to work on that a little bit, but you know I'm about to launch a couple of courses and I am really committed to you know -- I ask people. I ask people as often as I can. I say "How can I support you?"... "How can I support you? You know, do you need a phone call? Do you want a sounding board? Are you stressed? Do you want me to --?"

You know, I've sent files, like I sent *A Heart Mind: Awaken your heart mind*. There are a couple of people across the country who have *Awaken your heart mind* running in beta and they were like, you know, "I can't afford this" and I was like "That's not what this about. That is *not* what this is about" and I mean I might cry, but you know at what point -- At what point did we start making Source so expensive?

**Morgan:** Yeah.

**Worthy:** You know... it's a crime! It's a crime as far as I'm concerned.

**Arizona:** You know, we've been getting that a lot too at the Cosmic Collective, people being like "You need to charge more!" and blah, blah, blah... and you know, that's where we are coming from, too, like we don't want to make this inaccessible.

**Morgan:** Yeah. That's never been the point to be millionaires off it. We want to make spirituality accessible and give people access to as much as we possibly can and as many people as we possibly can; and we've stuck strong to that and we understand the importance of not only the elite --

**Arizona:** Right.

**Morgan:** -- to have these spiritual practices.

**Worthy:** Yeah, for sure, and there are two business models, right? I mean there's low-price, high-volume.

**Morgan:** Right.

**Worthy:** Or there's high-price, low-volume, you know? And it depends on who you are, it depends kind of like -- You know, and I'm not judging other people. What I am saying, you know and I want to be clear about that. You know, everyone's -- Like I said, I'm staying in my own lane here.

**Morgan:** Right.

**Worthy:** And I'm sure that a lot of people are like -- You know, that could trigger a lot of stuff. But look, you know what? My name is Worthy. Guess what? My name is Worthy. I don't have anything to prove here and I have everything to give here.

**Arizona:** I love that.

**Worthy:** You know?

**Arizona:** Yes. We do know. Now I'm going to cry! Worthy, dammit! Okay. So just kind of... I hate... like this, I always like am sad when shows are coming to an end but I'm really sad that this one's coming to an end because I think we could talk for hours.

**Worthy:** I know, right?

**Arizona:** But I do want to before we kind of you know, get down to the wire, I want to ask you... since human embodiment is such a big takeaway for you, from your near death experience and your life sense and since it is something that's not really happening on a mainstream level within the spirituality world... like for people who are so used to hunting spirituality and going to all these things and maybe are disembodied, they find themselves disembodied. Do you have any tips on how people can become more embodied? I know you're going to say meditation! Or is it like ---

**Worthy:** No, not necessarily.

**Arizona:** Okay.

**Worthy:** Not necessarily because I mean I think it's a great question and it's something that I spend a lot of time trying to think about and figure out; and I think first of all, you know, step number one in awakening your heart mind - a little bit of a reveal here - is radical acceptance. So I think that step number one is getting into a space of radical acceptance, of really looking head-on at the fact that we are separated from each other in a way that is unprecedented in the history of humanity.

So we're doing -- and we have to come at all this from a sense of compassion because actually we now have a lot of people in our communities and parts within ourselves; we have forgotten to connect with each other. So now we're in a re-learning space. So I think part of it is meditation, but here's the funny part about the neurology of our systems. We're not designed in a vacuum. We're not designed to live in a vacuum. We're designed to live in community. So I think what we can do is -- First of all, you have to be able to listen to yourself, you know? I have this fantastic client I'm loving right now. We're doing such amazing work; and we came up with this triad because I was sort of trying to get into some spiritual beliefs that were sort of holding this person up.

So there's this triad and I think it's actually applicable to almost all of us. There are three things. There's forgiveness, there's need and there's intuition. We have got to forgive ourselves every day for not knowing what the fuck we're doing.

**Morgan:** *[Laughter]*

**Worthy:** Right?

**Morgan:** Yes.

**Worthy:** Right? Step one! Step one being I forgive myself for showing up even though I have no idea what to do. I think I'll try hugging today, right? Step two... you know another step is - I have got to acknowledge my needs. Most people can't acknowledge their needs anymore, you know? I need to be touched, and I'll tell you right now, I have lost two and a half of my senses. That has caused an enormous change in my life. I need for people to touch me. I need my friends to hold my hands. I need different contact than I ever needed before and I have to tell people that, and then I have to see if they're comfortable with that, and if they're not comfortable with that then it's like "Okay, I've got to keep it moving".

**Arizona:** *[Laughter]*

**Worthy:** But I have got to find out what my needs are.

**Morgan:** As a Leo, I totally relate.

**Worthy:** Wait, and to be clear I'm not talking about OneTaste in San Francisco for all you listeners out there.

**Arizona:** *[Laughter]*

**Worthy:** Do you know what I'm talking about? So let's be clear about that, okay?

**Morgan:** Mm-hmm!

**Worthy:** Anyway, but so there's forgiveness and there's need and then there's intuition, but the thing is that if you can't hear yourself, you don't know what you need. If you can't hear yourself, you don't know how to be okay with who you are or where you are; and if you can't hear yourself, you can't like tune in to your inner guidance, which is why meditation is helpful.

So you do that, but then I think that it's time for us to really get together in person. We're doing all this cool remote stuff and I think remote stuff is really great, and I think probably after I get my online stuff really kind of moving and grooving I am going to come out and try to do some physical stuff, like physical collaboration, which I really shied away from this year, but I had to figure out, I had to find my voice! I had to find my voice because I was so afraid that I was going to get drowned out by all of the noise, that I just ... I just couldn't go out. So I think it's community, but like micro-community. Does that make sense?

**Arizona:** It totally makes sense.

**Morgan:** Yeah, absolutely!

**Arizona:** The bliss-ness, yeah.

**Morgan:** And that's... Yeah, and we're totally on the same page with that. So yeah, so speaking of what you're doing and what's coming up, since we are kind of coming down to the minutes now...

**Worthy:** Yeah.

**Morgan:** So again, everyone we're talking to Worthy Stokes. This has been awesome. One of my favorites that we've had so far and I mean that.

**Worthy:** Do you say that to everyone?

**Arizona:** [Laughter]

**Morgan:** No, I absolutely don't!

**Arizona:** Taffies.

**Morgan:** I actually don't. I don't say that to everybody. So, but where can people find you? And I know you have a little bit of a special offer for our listeners and yeah!

**Worthy:** So, yeah! Number one - #getinyourbody

**Arizona & Morgan:** [Laughter]

**Worthy:** The other side, I'll just say this and then I'll sort of answer that other question. The other side - the other side doesn't need you. Like we are good! The people here in this material world - we need you. We need you to get present.

I don't care whatever the practice is, it doesn't have to my practice, it doesn't have to be me. It doesn't have to be anyone. Follow your instinct and find a way to get safe enough, so you can get present, to be in this world because you matter! -- Because every human being matters and we're creating and collaborating and we're making a sand castle together; and every little particle of sand is really meaningful and I don't want anyone listening to underestimate his or her part, because we get so much static! So that's one thing I want to say.

**Morgan:** We have two minutes, so --

**Worthy:** Okay! Alright!

**Morgan:** Lay it out there.

**Worthy:** So, you can -- Okay my website is [thisworthylife.com](http://thisworthylife.com). You can find me there. You can meditate with me for free on Insight Timer, by searching Worthy Stokes. I'm pretty excited, I have an average of 4.7 stars. It seems to work out pretty well for people. I get beautiful messages, which make me cry like every other day.

I am about to come out with my signature course that I have been working on for a year, which I'm super excited about. If you care anything about anything that I am bringing to the table, you're going to want to dive into this - because it's diving into *you* - and I am super excited. *Awaken your HeartMind* - a 10 day course for transformation and healing - and *then...* what else? My signature meditation technique is HeartMind, trying to get people to reconnect with the power of the heart, power of the mind, power of the breath.

**Arizona:** Yeah. One minute, Worthy! We've got to -- We're down to the wire!

**Worthy:** Yeah, yeah. I got it, because that's your connection point, and then if you're listening and you want to work with me one-on-one, I've got a special deal just for Morgan and Arizona where you can email me - [studio@thisworthylife.com](mailto:studio@thisworthylife.com). I normally do sessions one-on-one for anywhere from \$175 to \$275 an hour, and with this special code that you'll get from me, you'll be able to work with me for \$75 for an hour, which is pretty cool, and we can talk about whatever is going on with you. You know, you see dead people? Cool.

**Arizona:** [Laughter]

**Worthy:** You see rainbows? Cool. Unicorns are visiting you in your bathtub? Let's talk about. Are you sad? Are you sad because you came back from a near death experience or a transformative experience and no one understands what you're saying? Whatever you're going through, I have been there, I have done it and I have probably mastered it.

**Arizona:** Alright, everybody! Thank you so much Worthy!

**Morgan:** Thank you Worthy!

**Arizona:** Again, her email is [studio@thisworthylife.com](mailto:studio@thisworthylife.com). We've only got a few seconds left, so I'm just going to say next week we have Melanie Tonia Evans on and we're going to be talking about narcissistic abuse recovery and she's awesome!

**Morgan:** Woah! Cool! [*Laughter*] Bye!

**Worthy:** Alright. You guys are amazing, thanks!

**[Music]**

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