

## **Nancy Tappe Transcript (March 19, 2002)**

**Key Topics: Energies, Unconscious/Conscious, Body parts (nails, nostrils), falling asleep, astral projection**

**NT:** I promised you we'd talk about the energies. So one more time, we will define what we're talking about. I'm doing it backwards. [For a graphic layout of this chart, please reference the beginning of the tape on June 3, 2008]. So this is underground or unconscious. This (gesturing) is surface or conscious. This is space or subconscious, okay, and this is air: surface. And in consciousness, that's spatial, and linear. So the energies right now are about here (Nancy draws on whiteboard.) They are going down – that means that you're getting more into your unconscious than your conscious, which means you're getting a little flaky in the head. Okay, you'll find yourself being a little bit spatial, can't remember to keep up with this or that or the other. Or you might miss details or getting behind or things like that and really not caring. And, a lot of things will go on here, which means the inner part of you, but you will not have evidence of it until it gets back to the surface.

Now the interesting thing is that we had a "storm" this past week for about three hours. Heavy winds. Snow in the mountains. So after this gets through here and comes to the surface, you may be suddenly driving down the road and there may be a pothole that wasn't there before. The disturbance took place under here but didn't come to the surface until it hits the surface, and suddenly there's a pothole or crack or something of that nature that took place down here that it had to come up. So you can pay attention to that and then when it's up here (she gestures), like when it was going on down here, you can see a lot of cars on the road, a lot of accidents, a lot of pushing. Because it's going this way, you see a lot of road rage, a lot of angry people driving on the road, a lot of spatial people driving on the road because they're not in their head. This is where the energies are so very important, to me. I look at it every day, okay. And when you get up here you get up here you get the same thing – spatial people – not angry people – people who just aren't there. You know, their car is driving them down the road. And so we watch both of those places for driving – this one you can pretty well handle. Here is where small planes get into trouble, or a big plane crashes, everyone goes down.

**OTHER:** What about earthquakes?

**NT:** The earth moves down here. Now if it happens under here, the deeper it is, the more damage comes after the fact. That you may not see it after the earthquake but a week later there's a crack in your wall.

So when it takes place underneath, it's always delayed action. It comes after the fact. If it's surface, you get it all right there. The more surface the earthquake, the less damage. If it's up here, you'll see tall buildings shake.

**OTHER:** Question about the body: nails.

**NT:** Well, remember that nails, fingernails and toenails, are history. Thumb is will, (which I sprained mine this week.) The thumb being will – the history being your willfulness is being tested. And the split nail is that it isn't complete. It's damaged.

You have to file it down to where the split is because that's deep history – deep history. See, that's why a lot of people will bite their fingernails. Eating their history. Isn't that interesting?

**OTHER:** Question about biting nails.

**NT:** Nervous about letting go. You may be kind of a willful person -- stubborn

**OTHER:** Personal question about the body: nostrils.

**NT:** Well, that involves your sinuses which involve your consciousness –blocked consciousness, in the outer world. Left is inner, right is outer.

**OTHER:** Question about nose dripping.

**NT:** Too much consciousness flowing through.

**OTHER:** Question about defining “will”.

**NT:** Will is your choice – you can be willful (stubborn), or you can be passive (weak). You make decisions about it. See our gift is free will, what we do with it is our choice, so we may use it willfully, or we may ignore it all together and let somebody else chose our will. That would be passive. The other would be aggressive.

**OTHER:** Question about defining “authority”.

**NT:** Your ability to make judgments rationally. Are you in charge or somebody else? Can you make personal decisions on your process, or what anybody else wants you to do? That's authority. Passive would be victimized, aggressive would be control issues. My way or the highway.

We all have saboteurs within us, we all have terrorists in us that block us from what we want, sucking our strength out so we're too weak to do something. We all have that. The purpose of living is to learn to be in control and learning how to hold onto your energies and be strong enough that not you nor anyone else can rob you of your dream. There is an inner source in us that is in conflict with our higher self which prevents us sometimes from being as strong, as clear, as free, as we want to be. So it is important to see that if we are willing to give ourselves up, then we are a patsy for other people. We can only be as strong with other people as we are disciplined with ourselves. So, we have to clean our basement out in order to work with the world, and when we do that we're neither aggressive nor passive. We say what we're going to do and others may like it or not like it but that's no problem of ours. This is one of the things we learn spiritually – what is the intent behind the action? That's what we pay for. That's what we get karma for – the intention behind the action.

That's why most religions will say that babies are innocent – they have no intent except to live. So whatever they do is innocent up to a certain age, and then they have to answer for it.

And when you fear, what happens? You give the other person the power. The other person has the power now, and they didn't take it from you, you gave it to them. Love can be as fearful as anything else. Sometimes, love is worse, because if we love it, we can't hurt it.

We have to refine our language in metaphysics. We're having to make a transformation from religious language to metaphysical language. Religion judges. Metaphysics doesn't – it chooses. Metaphysics does not judge – it sees things as productive and non-productive. It doesn't make things right or wrong or good or evil or good or bad. That's religious language. Metaphysics says, does this work for me? If it does, I can use it. I will pay the consequences, good or bad. And I have choices at how I look at that metaphysically. That's the key, and that's what we're having to do now. I was going to share the scientific magazine where they have a wonderful article in it where they're talking about how scientists will go so far in science and that they step over the line into metaphysics, and then they have to keep jumping back and forth. They're on the edge of something that we've never had before, that's metaphysical – beyond the body, beyond the physical.

Yes, this is exactly what we do when I teach in Switzerland. I give them meditations to work out, and they work on it in class. The key is to say okay, this is the good news. I'm dealing with the deep inner core of myself. My spiritual being. This is important. The bad news is that I'm looking at it from a mental level, which is surface. So I have to go in there and experience about what I'm going to do about this "psychic attack". Now, I'm not belittling the "psychic attack" because that does happen, but it's something you give your power to, or it wouldn't happen.

I will not allow this to happen. This is what life's all about. This is what living this experience is all about. You get it, and think, Oh, I'm through, I get that, you carve your soul a little deeper and what happens when you get into the ground – worms. And underground creatures, and then we have to clean that out if we want to make that a nice bowl.

### **General discussion from others moving from topic to topic**

I had an experience of that in real life. It was about 14 or 15 years ago. I was raised by my grandparents as you know, lived my entire life there until I was 17. It was a farmhouse in Virginia, and my cousin called me one day, because my grandfather died, he split the farm amongst the eight children and they all immediately sold it to a developing company, as children do, with a stipulation that my grandmother, the homestead, could not be sold until my grandmother died, and she died twenty years later. The developing was finished, they had no interest in the house, and so they were going to sell that acre of land with the house. So my cousin called me and said, "Nancy, that homestead is for sale," and I was going back to Washington D.C. at the time for a conference, and he said, "Would you drive by and look at it and see if we can buy it together, you and I." I said, "Okay, I'll go look at it." After the conference I drove back through West Virginia and went there and I looked at it and had a tremendous emotional experience and I don't know how many of you have been to West Virginia but its motto is "Wild and Beautiful", and it is a jungle. As I parked on the road and looked at the house, weeds were growing out the window. Out the window! Because for twenty years no one did anything to the house – grandma just lived there old and alone. The house went into disrepair, and the jungle was reclaiming the house.

And it was such an emotional thing to see the jungle taking my history away. My whole childhood was going back to the jungle. It took me months to work through that – the grieving deep inside was enormous to know that I could never, ever, go home again.

Letting it go, and knowing I could never, ever go home again. A tremendous thing to experience .

**OTHER:** [Comparing the dream to personal experience]

**NT:** We had one a one acre square, and on one side it was a track. I was a hyperactive kid. Every evening my grandmother would take me out there to the starting point, and she'd say, "okay,[triple Violet], run to the end and come back." I was ready to go to bed when I came back.

**OTHER:** Question about astral projection

**NT:** Astral projection is a normal event; everyone does it. Most people do not remember it or record it as a dream. Astral-projecting where you know your body's here, but you're in the sky. You can see beyond what your normal vision can see. And you're in two places at once – you see the planet moving but you're still on the planet, but you see it moving here, but you're down on it and that's what we call being in two places at one time. Visions come from that, and the conditions of the vision are perfect. It was what everybody dreams: the bright blue sky, the puffy clouds, the beautiful weather, and sometimes, little designs. Sometimes when you astral project, you get to see energies that are out there in the Universe. Those energies are not for you personally. They are just there in the Universe. As you project on that plane, you can see them. As a child, I used to read faces in the clouds. It was a wonderful process. Sometimes you can see what we might define as geometrical energy. Energy with a purpose. It may not be for you, but it may be for somebody. You get to observe it as astral-projection on that level.

When you get back into your body, it does not always happen smoothly. Sometimes you feel like there's two of you , and it takes a while to readjust. That's called a rough landing. And then it's a shock when you're hit like that. When you wake up you don't remember anything, and it shocks the memory away from being out of body. It's a very normal thing. Or, how many of you have awakened and could not move? That's where you've been out of your body, you've landed, but the plane and the ground are not together. It's like being out of sync. What you have to do when that happens is keeping your wits about you and take three deep breaths and you will synchronize yourself. That's all you have to do. You've had a mis-landing and you missed the landing pad. You're on the edge of it. Everybody does this at one point or another. Children do this. Or you lay down and your head is rolling backwards. You usually lose consciousness before you stop rolling. You may or not get visions then – if you get them, you may call them dreams. If you don't, you wake up with a start and wonder what happened.

The first thing you remember is your body never sleeps – only your mental and emotions sleep. The body stays awake – the heart keeps beating, the heart stays circulating, all of the functions of the body do exactly what it does when you're awake at a higher or lower intensity. Your emotions and your mental are the two processes which dream --one or the other, and that determines the type of dream you have. And so the mental always has to translate it. If you awaken yourself with alarm clocks or

Mother has to awaken you, or somebody awakens you, 80% of the time you won't always remember your dream because you haven't read the paper yet. See, as you're coming to consciousness, you read the dream. You had the experience, but you read the dream, and if you are awakened by artificial means, you may not have the story complete. And that's where, when you do dream therapy, you never set an alarm clock except in your system.

**OTHER:** Question about the Lady of Fatima

**NT:** Not today, I'd have to reread it. What I mean by that is that in the Catholic Church, where Bernadette had the vision of a Fatima and the predictions of the future and they released half of it and when they were supposed to release the other half in 1999, they refused to release it because it had too much horror story in it [about the catholic church] and about the history of the world. That was going to happen. The last half is predictions of the future. The Vatican said we will not release it because it is too horrible. That's the Catholic Church deciding what we children can tolerate.

Well, that's not in the Vatican, that's here. What have I said about the last two years? Everything hidden will be put on the table. Personally and publicly, it will be put on the table. We will hear more scandals last year and this year than we thought possible – most leaving Clinton looking good.

**OTHER:** Question about how to handle the upcoming energy and how to work with it.

**NT:** There's a country western song that says, "You breathe in, and you breathe out". Put one foot in front of the other. Take one day at a time, and pray that you find what you love the most and live with it. Truly, that's a country song. What I mean by that is – the key is that you don't try to design your life today. It's just the first day of spring. So in that time period you get your design then in the spring you start working on it and that's why I use that phrase – I'm not trying to be funny – the time to plant is over. January through March. Winter starts in November. Winter starts in November and ends in March. The key is that now as the time – you should have your seeds ready to plant. Look at it as a farmer since I'm a country girl, okay. In the winter time you rest, but while you're resting you decide what you're going to plant in the spring time. You plant your garden. You turn the soil over so the winter cold can freshen it up. And then when spring starts, you get your seeds and you start planting your seeds to reap in the summertime, and then you clear it off in the fall, dream in the winter, and recede in spring.

This is one of our challenges. We think we should work at this. We want to make it hard work.

Enjoy [the energies]. Take one step at a time. Breathe it in, let it out. Take one step at a time, and then find what you love and use it. Consume it. Make it yours.