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Letting the Divine take the lead - Tosha Silver

Guest: Tosha Silver

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LILOU: Hello, Tosha.

TOSHA: Hi, Lilou.

LILOU: How are you doing today?

TOSHA: I'm good. I'm very good. Happy to talk to you.

LILOU: Yes. I want to say all viewers, sorry for the little bit blurry connection. This is probably one of those skype technical difficulties sometimes that we have. But, to me, what is important is that we spread these messages on the internet and sometimes we have to overcome the quality of the image but the message is the most important and our heart will surely listen to this one because we're gonna speak about listening to our inner divine.

TOSHA: Or people can just visualize me however they want me to look and I can be their fantasy.

LILOU: Good. The goddess.

TOSHA: The goddess.

LILOU: Fantastic. So you wrote your, your book is called 'Outrageous Openness: Letting the Divine take the Lead', from my understanding, you're talking about an inner divine, not the outer divine as it is set in the religion.

TOSHA: That's true. Although, I would say, it's inner and outer in a sense not so much the religious sense traditionally, but in a way that there is this force, maybe you call it the [??], the chi, that's inside us but also that it's constantly trying to interact with us in the world all the time in a very specific practical way. So the book is really like a guideline for how to have this relationship all the time with that force.

LILOU: So this force, it's the force of love? Can we call it that way, too?



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TOSHA: Yes, it's like that.

LILOU: So this force of love, this force, this divinity, is it going through us, are we part of it and we are it, it's inside of us and outside and everywhere? How do you see it?

TOSHA: Yes. That's really how I see it. That it's what is encompassing everything and in that sense, what I was writing about, it's not that uncommon, there's many people that quantum physics is even saying this of course this love permeates everything but I think the difference of what happened in this book is that there aren't a lot of specifics out there about how to really engage with that force in a very practical day to day way, it tends to be more abstract like, oh yes, we're all love, open up to it. But when you get to things like, what do you do when you're standing in line at a bank for half an hour and you're frustrated? How do you invite that force in or how to invite it in when you need a new place to live in 30 days? Or all these very practical ways that relationship encompasses everything.

LILOU: Because when really the shit hits the van, that's when we really need to remember and it seems like sometimes we lose it, we find it, we lose it, we find it, we lose it and we can feel those moments, I'm sure, I know many of us feel it and then all of a sudden, ding, there's something that happens and it goes. How do you invite it back in? or how do you connect back to it?

TOSHA: Yes, well I think that's exactly what the book's about. I'm a Capricorn, so I'm very practical. So, for me, a lot of what was happening was that it's exactly as you described. One thing when people are meditating or one thing when people are on their yoga mat, but then eventually, roll up the yoga mat and now you have to go be in whatever the challenges and one of the principles in the book. Here, should I share the book? Because it has a really pretty cover.

LILOU: Yeah, it's beautiful. Yes, please.

TOSHA: The cover is the –

LILOU: A little bit higher.

TOSHA: The goddess from Thailand, I think, originally. But –

LILOU: She's winking.

TOSHA: She's winking which I think is what the universe is always doing to us. So, anyway, what was happening is that suddenly you're in that challenge and lost the energy. One of the principle that you can use in that challenge and not lose that state that you might have in meditation or you might have on yoga mat, so the book covers things like that. There is a principle called divine order that is really we're just aligning with whatever the outcome is at that any given moment, to allow that to become and a lot



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of it is really about getting out of the way so that the mind is taking the lead and the larger energy is taking the lead.

LILOU: Tell us more. Because we can feel that and how can we really invite it in? how can we dance with it? How can we feel that like within an instant get back into it?

TOSHA: Well, I'll give you an example because there's a few different ways I approach it in the book. One of the easiest ways is this thing called change me prayer. And what you do in the change me prayer is that you're really in the moment, it's very different from affirmations, I'm not saying there's anything wrong with all that, but you know, people saying things like, 'I am now peaceful'. When you're not peaceful, that doesn't necessarily do anything. The person just keeps saying, 'I am now peaceful' and the mind sort of says, 'not really'. But a change me prayer, because the whole nature of the book is about the direct relationship with the divine, that's all it's about, just like you met somebody that you were madly in love with and you want to just spend time with them all the time, it's exactly the same with the internal divine. So the change me prayer, let's say you're anxious, in the moment you're just creating a prayer, sounds so basic, but it's not what people think to do that says 'change me right now into somebody who is completely calm. Change me into somebody who feels your presence right now in this moment.' as simplistic as it sounds and in one way it's not because there's this immediate invitation, the larger energy comes in and surrender to that energy and be transformed by it. And so, I use this all day long. It's very powerful and you can use them for anything. You come to a moment, I had to do it with skype because we were talking and I've never used skype before and I was like, it's important and I suddenly realized you had to download and count to get skype up. So I was like, 'okay I have 6 minutes to figure this out. Change me into somebody who can figure skype out.' Because those things don't always come easily and people use them with anything, so inviting in the larger energy. And also, there's another principle in the book called living divine order and divine order is where no matter what your problem is, there is always the solution that's already selected that much beyond what the mind can think of. So, it's not like manifestation work, it's not like all that, this work I find very different than let me go visualize what I want, they will make it happen, because that so often is the ego and that to me is the great limitation of that kind of work. Divine order says, 'God already has the solution, the divine has already picked the solution' [??] 30 days and the mind is going, 'oh my God, better visualize all the things I need. Bla bla bla', forget all that. Divine order, let's say the [??] is already picked and as soon as you put yourself into that alignment where you say the perfect place for me to live is already selected and I'll be guided to it the right way at the right time. You can feel the spaciousness because unfortunately, a lot of manifestation stuff that people do, even though I know it has its merit because it's created with our mind, but a lot of it comes through the ego-grasping and saying, 'okay I want this Milwaukee pampering us until it comes.' With divine order, you feel the space, it's like you're receiving as opposed to thinking where you want to go create. You're saying I'm in alignment with this world that



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already has the answers and if you don't feel an alignment, you can actually change to be in alignment and then you're receiving whatever the highest outcome is. So, those are the kind of principles a lot and over time, the more you use them, anyone uses them, [??] believe in so-called God, you can simply be talking to love as you say or to trees but you're inviting in that force to take whatever the highest [??] with any [??] and the more you use it, the deeper the connection to that force becomes.

LILOU: This is awesome and it makes sense. Did you discover as you were, because from my understanding you did a lot, a lot, a lot of readings and is it how you used to be able to read, you were always inviting and working with the higher forces to receive messages and to be connected?

TOSHA: Well, I think yes and no, I mean, I think that I keep reading really hardly at all anymore. So back when I was doing them, yeah, I did have 30,000 readings over the years and I think the information came mostly to people, astrology chart that I was working and also true with the cards but more this way of approaching things, I think it mainly happens from because of, some people may be familiar with Florence Scovel Shinn, she wrote a book called the Game of Life and How to Play It. Back in 1940's, she was way before the renaissance and the book is amazing because it's very specific about divine and how to align with this thing but also what's happening to me in all the readings, I was realizing that everybody has the same kind of question. They don't know how to trust, they didn't know how to let go and how to cross at the after already selected, that by they were calling a reader. They were like, 'tell me when I'll be moving here. Tell me when I'll find my next love. Tell me this, tell me that.' Whereas, already go [??] once you know the principles how to do this, you really don't need someone from the outside. You start to really be guided from the inside in a very specific way. In a way giving all those reading what a real preparation for saying, 'wow, this isn't what I want to do. I want to teach people how to know this inside themselves.' It's beyond intuition. It's really specific tools for how, it's like a breadcrumb trail the universe gives, once you invite it in and you say, 'this is the problem, show me where you want this to go.' Sends the sign and shown in very specific ways if you're just –

LILOU: Yeah, if you're tuned, if you stay in that quest and not go back in to fear.

TOSHA: That's exactly it and the book has a lot about that, about how to let go of your fear because you're right, it's a holding on to that state and even a lot of law of attraction work and manifestation work and all these things that people are doing. Often we're very fear-based, it's like I better do it over and over because I'm scared of I won't get what I want if I don't keep doing this, right?

LILOU: Yeah.

TOSHA: I have to go, it's like [??] that there is this force, this divine force, that so wants to help you in every conceivable way and already has all the [??] picked, they're already selected. [??] all that begins to take the fear away anyway and then also the [??] really good with fear because then you begin to keep



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saying 'change me into somebody who's not afraid. Change me into somebody who [??] the process. Change me into somebody who likes to take the lead.' All kinds of miracles have room should begin because I think what you're saying is so true [??] what blocks the synchronicity from being able to happen but you don't have to rely on yourself to get rid of the fear. That's the greatest thing. The ego [??] get rid of it. [??] but that's why there's help beyond the ego, right?

LILOU: Yeah. But when you ask that you kind of ask still on the outside or how do you then, because most people are used to ask on the outside, so you're calling in the divine force but how do you feel that it's you also and you're part of it, is that part of, not the trick, but the thing that they have to do to make it work too.

TOSHA: I would say it's not really a trick, it's really what is that you are that divine. The book is really good, like I've given the book to cynic who [??] say this is so crazy, I don't think of myself as divine and they write me later and they're like, I don't know, you're convincing me. Because if you think that even a tree, is a miracle going on in that tree that are making the leaves know when to fall off, right? There's some miracle going on that, let's say a bird know when to sleep and go and fly. There's something inside that's divine. And so you really start to get that atunement that in a way it's a very unfortunate that they [??] inside of a culture and makes us think that the answers are always from the outside or that makes us think that we have to keep grasping for something. It's really about that the answer is really coming from within but in a very practical way and so, a lot of tools in the book are how to be in all these different situations and knowing that you are the divine and knowing that you in that moment will be guided to exactly the reactions to take.

LILOU: And it's like this when you ask please transform me in the person that tadada, you really, I could feel that you become that. It's like this force kind of brings that to you then you start to embody it. What happens there in that moment?

TOSHA: That's such a good question. I mean, I would say, you [??] are that force, all that you're doing [??] level of consciousness [??] you remember. If not, you mean like some poltergeist coming from the sky and taking over, it's like you are that, like you are that divine and just like any of us on a bad day, I do this, too, I stop myself in the middle of the day where I have a lot of [??] and think, 'oh my God, I'm behaving this. I don't know who I am.' And then you go back and you remember. And so, it's really just the package in a way I'm really athletic so it's not that different thing you're doing in the gym and developing a muscle. You just start to practice remembering that at any moment you have a connection to the divine, you're part of that energy and also primarily that there's a reason the title is Let the Divine take the Lead. That energy will always guide the way. It just has to have the invitation, if the fear and anxiety are willing, it doesn't really have room. There's a lot of tools [??] need that.



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LILOU: Yeah. Because most of the time when there is a fear or challenge, something you feel alone and totally separated, we don't even breathe, we shut ourselves up completely, like if we were the only one and nobody could help or understand, but we forget to tap in the divine or letting it in even in the deeper way you described.

TOSHA: Yeah. I think that what's so interesting with it is that going back to the metaphor of meeting the person that you might be really drawn to, if you met somebody and you said, 'wow this person's amazing. I want to know everything about them.' All this time energy, no matter how busy you are, all this time and energy would get put into how can I be around this person? So it's very similar with the divine. I think [??] people see it like, well I said a prayer, too and I don't feel that connected. It's not really like that. It's an energy that over time, like an outside individual, you keep inviting it in. [??] what am I going to do later? Okay, you show me. Okay, the perfect [??] for the rest of the day is big, you show me. So you start to get in the habit of inviting this energy. It's really just the higher aspect of yourself and all of a sudden, the partnership starts to take off on its own. There's some line where they say if you move [??] divine it moves 3 steps. I think it's like that, like you have to do all the work or you kind of have to do it, unlocking the door and I do, I [??] a lot now and one of the things that's interesting is that [??] people, they call themselves like recovering religious people because they have a whole background where they are so turned off understandably to a lot of traditional route [??] filled with rules and regulations and all the [??] and yet they could feel that they're on the connection to something much deeper. So I [??] up water where they really, this is a lot of what this work is, you realize, wow you can reclaim this force, it's always been you and without a lot of rules and regulations, actually habits like, it's really like a love affair with the internal divine and if you [??] love affair with somebody, you would be [??], you know. You mostly just need the attention and the love.

LILOU: Yeah. I love the relaxing in to this divine, inviting it in and being really the vessels and a lot of teachings that we are vessels. We have a soul with the divine and we can just let in those forces but we don't really, we're still, it's good you take it at another level, I like that.

TOSHA: Anybody can do it. Because so much of the training [??], most of the training out there, even with, sometimes people will say we're doing the manifestation where it's [??]. Well, you don't know what you want to create, you'll never create it, right? That's the common line people say. I would say back, I don't care what I want to create. What I care about is what the divine wants to create through me. That's so much more interesting because you can create through your own ego or you can visualize through your ego, it's so limited compared to what this completely unlimited energy could create. So why focus on what my ego would want? So you actually don't even need to know what you need or what you want or what the next step is. I think sometimes people are very stuck on that. [??] who cares? You really get that if you read the book, if you read [??]. it's like there's a quality of inviting the divine in and to take the lead. It leads you but it's the highest aspect of yourself, right? So it knows what you need



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next and whether what you need next is a big turning point in relationship or in your career or you need to move to a new town, it knows, it guides you. once all the agenda are dropped away, you know, when you stop telling it, I need this and I need that, things will actually start to really be guided. It's very practical.

LILOU: Yeah. It's practical. I can tell that it's a fun book with a wink. Wonderful. Well, thank you so much. I have this last little question regarding how is this linked to astrology? Do you as much now practice it or look at it or did it really, it's really just a tool for you that allows you to be where you are now, where you fully trust and just whatever events happen, you invite the divine and you flow with it.

TOSHA: Yeah, that's a really good question. You know, I'm on facebook almost everyday because people can [??] on facebook. It's a conversation on facebook that I have almost everyday with people because I do some astrology for the people there. But it's from a very different place and most people write about astrology because it's what you say, it's not like, I believe in paradox, so I think most things are true. The stars are very useful to know about, I don't do astrology readings anymore but I still write about it some and yet when you believe how to achieve this divine order and you know how to use these principles, you don't fear the stars anymore, you don't fear about the transit, you don't –

LILOU: The superstition isn't there anymore.

TOSHA: You know that there's the force that's really protecting you that will guide you no matter what the transit is, you don't have to be coming from that place and oh, my start might be hitting Venus, I'm so scared [?]. because you trust that the natural divine order will say and give a moment, the highest expression of what needs to happen to you. [??] and so the stars are just extra information to have that's very useful to have but you integrate it with the knowledge that the divine will lead. And so it's actually a beautiful blend and people are curious, they take time on facebook because everyday there's [??] it's powerful to connect with you.

LILOU: Beautiful. Thank you so much, Tosha. I hope people could see that the image was a little bit blurry and I apologize. I might need to do a little montage [?]. we'll see. we have to meet in person. Where are you located in the world?

TOSHA: I'm in Oakland. I'm near San Francisco.

LILOU: Nice.

TOSHA: You ever come back here?

LILOU: I was there last year on the Juicy Tour US. I spent a lot of time, there's a lot of very wise people in that area.



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TOSHA: Yeah. When I went to India, they said, 'why are you in India. You should just stay home in the bay area, that's where all the [??] are.'

LILOU: Yeah. It's a very empowering, beautiful, beautiful, beautiful place. I really enjoyed. I was born in Santa Barbara. I'm French but I was born in California. So I have a little bit, my heart just beats very fast for California, as well.

TOSHA: Hopefully, we meet. That would be great.

LILOU: That would be lovely. Thank you so much for this conversation. I look forward to sharing it with everybody and everybody watching, please share this. We send you much, much love wherever you are.

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