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Is there a life after life ? Anita Moorjani is a living proof!!!! Check this out!!

MUST SEE

Guest: Anita Moorjani

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LILOU: Hello my delicious co-creators! Lilou here. I'm in Glasgow with Anita Moorjani. Hello.

ANITA: Hi, Lilou. I'm so excited to see you in person for the first time.

LILOU: Oh my goodness. Seeing you and we're here at the Crown Plaza in Glasgow where the conference tomorrow is happening, the I Can Do It conference and when I stepped in and I saw you, it's like I knew you already. It was so amazing after all those beautiful skype interviews we have done.

ANITA: Yeah, those skype interviews were amazing and I felt like I knew you. I saw you coming in and I thought, oh my God, there's Lilou, I recognized you straight off.

LILOU: You have such a beautiful and loving energy and it's the same energy when you could feel through skype and something really miraculous happened to you and you're carrying that with you. You have this vibe.

ANITA: Wow. Thank you. I don't know what to say but, I mean, you also carry an incredible energy. It's just amazing. You told me that you drove in from Manchester to Glasgow and the way you travel for these interviews, it's really incredible what you do. It's so inspiring.

LILOU: I'm inspired by people like you. I think it's so important that these days those interviews, those messages are shared. People are going through hard times. People have cancer, people lose their job, people are fearful of their future. And you teach a lot about fears and we're gonna go into it. You lived a near death experience. You were instantly healed, I guess you could say, miraculously healed and there's so many things about near death experience that I find really interesting. I'll actually be interviewing Dr. Raymond Moody that is one of the persons that coined the term near death experience in '75 in his book Life after Life. I'll be interviewing him over Skype, as well as Dr. Jeff Long.

ANITA: I'm excited you're interviewing both of them. Jeff Long who is a personal friend of mine now because he was the first one that publicized my story by putting it on the home page of his website. It's because of him that my story actually went out and reached people like Wayne Dyer to become a book.



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LILOU: Because Wayne Dyer, after my interview with him in Maui about a year ago in Hawaii, he had printed out from this website.

ANITA: Yes. That was from Dr. Jeffrey Long's website. Dr. Jeff Long actually featured my story because he researches NDE's and he said after receiving, I don't know, 20,000 NDE's or something, he said mine was one of the most remarkable he had ever read and so he featured it on his home page and so a lot of people read it and shared it around the world and that's how it got to Wayne Dyer.

LILOU: This is so beautiful. I love it. What's so touching about those stories, well, first, you're alive here and vibrant and enjoying life and healthy, hopefully, and living for many, many years. But you're reporting some things about this total awareness, this unconditional love, the light that you felt, there's no time, there is this healing that takes place, there's this choice that we have, there's the life of fearfulness that you lived. So I want to talk about all those different topics because I feel those are relevant for us and our lessons in our life right now. So where do we start? Because first of all, tell us about your story so we can recap where we are at and then you went into coma.

ANITA: All right. The story in a nutshell is I had cancer for 4 years and it progressed until I reached the point where I went into a coma. By that point, my muscles had completely deteriorated and also I had open skin lesions, I had tumors throughout my body, like from the base of my scalp all the way down, under my arms, my chest. I had fluid in my lungs and I was breathing with the aid of the oxygen tank and it was at that point that I went into a coma. But in the coma, I was aware of everything that was happening around me, all the people around and what they were doing. I was aware of the medical team. But I was also aware of much, much more. I became aware of my purpose on this planet, my purpose in this life. I became aware of what had caused my cancer and it was with that understanding that I became aware that if I chose to come back into my body that my cancer would be healed. I knew it would be healed because I understood what it was that caused my cancer in the first place.

LILOU: So there was this knowing, you just knew, because you felt really good. You felt really, really good and you knew that you were gonna suffer coming back and your body would ache and yet you decided to come. So something very powerful choice there.

ANITA: Absolutely, there's a very powerful choice there that I made. I had the choice of whether I wanted to go onward into death or come back into my physical body. The instinctive choice was to stay there and continue on in another realm because that realm was absolutely amazing. It was the easier choice was to stay there because I felt so free and so incredibly light and unconditionally loved. I never felt like that in my entire life. But then I kind of awoken, it was like an awakening into an awareness where I just knew that now that I knew the truth of who I really am, my body would heal. And because my father and my best friend were also in that realm with me because they had both passed on, they



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seem to imprint upon me that now that I knew the truth, I need to go back and live my life fearlessly. And I knew, I knew that now that I knew this, my body would heal. It was knowing it, it wasn't even a wishful thinking or anything, it was a knowing and even though when I first came back, my body was still sick, it needed physical time to recover. Inside, within my soul or consciousness or whatever you want to call it, I knew that I was already healed but my body just had to catch up.

LILOU: Within how many hours or days was those tumors, those 21 tumors were gone?

ANITA: Within 4 days, they had shrunk by about 70% and the doctors were astounded and they had to wait for me to get a bit stronger. So within 2 weeks, they were starting again to run all the tests to find the cancer cells and the tumors, they couldn't find any trace of cancer. In 5 weeks, every test that I had done, they just couldn't find any trace of cancer.

LILOU: How did they react? Because scientists, I know they're receiving more and more testimonials of NDE's, so some of them are open, some of them are even welcoming or asking that the nurses relayed information so they come, but how was it in that moment? their mind must have gone blank.

ANITA: They were quite shocked in that moment. I had several doctors looking out for me and one of them was my family doctor who was there throughout. He actually almost scolded me, he actually said, 'you really gave us a scare there.' The oncologist said he didn't know what to even make of my case. He just didn't know what to make of it. Later on, when other people studied my medical files, everybody seemed to come up with a different conclusion. The only thing they all agree with is that I'm lucky to be alive. They all agree that the medical files show, every way they look at it, they show that I should have died. But the reasons they've come up with as to why I'm still alive are all different. Nobody can agree as to the reasons. You know, one feels it's the naturopathic treatment I have been taken up until that point had helped me and there's another one feels it was the chemotherapy that helped me that reacted. Another one feels that the chemotherapy absolutely could not have done that because I was so far gone that if anything, the chemotherapy should have killed me because it weakens you. so they're all in conflict about it. For me, I just feel that, it was like I accessed something, it was my state of consciousness was altered and that is what healed me. That is what I feel.

LILOU: And I guess you've heard many other stories since then that are similar cases. Dr. Jeff Long I'm sure will speak to us about many, many of those, thousands and thousands that he has. The oncologist that was there, because I just want to raise that point because I know it's in a lot of forms, he doesn't reply anymore to any messages, is that the same one that is now in Hawaii?

ANITA: The one that's in Hawaii is the one –

LILOU: His name is Dr. –



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ANITA: Dr. Peter Cole, he is the one that flew down after he heard about me. So he was living in, he spends part of the time in Hawaii and part of the time in Pasadena and he heard about my case because somebody sent him again Dr. Long's link. Someone sent him the link. He received the link from 2 different people because he, Dr. Peter Cole researches spontaneous remissions, so when he received it the first time, he didn't read it because it's a very long story. When he received it the second time, he thought, okay, this is a sign I'm meant to read this. So he read it, he was intrigued and he tracked me down and he spoke to me on the phone and he asked me about my medical records. He told me to send a few pages like the one for the test taken on the day I entered the hospital and so on. So I scanned them and then I sent them, I emailed them to him and he called me back and he said, your test results are really scary, whichever way I look at it, you should be dead. And so he flew down to Hong Kong and I took him to the hospital where it happened and he went through my medical records and he confirmed that there is no way that I should have come out of that alive and he made copies of the records and he sent them to about 5 different cancer institutes, all of which confirmed that they have never seen anybody make such a rapid turnaround on such a late stage of cancer.

LILOU: Less than 36 hours, they told you, or even few hours to live?

ANITA: Yeah, they said that I would be lucky to even make it through the night. They didn't even think I would last the one night and they said the next few hours would be really critical. So, he actually had that confirmed and then more recently though ever since the book came out and he even gave me a testimonial for the book because he actually said, 'you should write a book about this', and he said, 'I'll write a little testimonial for you so that the skeptics don't get you.' So which is what he did and that's what I've put in the book. But –

LILOU: He's swamped now.

ANITA: Exactly. Since the book came out, so many people have been trying to contact him and email him that he's actually stopped responding to the emails.

LILOU: And your book for the people that have not read Anita's book, it's Dying to be Me, and it's a beautiful, beautiful, delicious book. With the foreword of Wayne Dyer and it explains all the detail, what you went through, in your childhood and how you were raised all the way up to now.

ANITA: Yes.

LILOU: You must be so proud to see this book out and be at the I Can Do It conference with all the Big Hay House authors and now you're definitely one of them, at the top of the list.



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ANITA: I know. It's really thrilling. I still feel like it's a dream. I keep wanting to pinch myself and think, oh my God, is this really happening? When I saw the very first copy of my book after it was published, I cried. It's like giving birth to a baby. It really was. It was really amazing. And then Wayne, I mean Wayne has been amazing and he said to me that this is just the beginning of something really huge for you.

LILOU: It's for the world because that's what's beautiful is that one has the courage to live. You went through this, you decided to come back, you knew you had a mission. Now, you're talking and you wrote this book and we're doing these videos and this message is healing the world and it has repercussions because then other people share the videos. Her last video, the first one we did a year ago, I mean 300,000 views, so many people comment and share them. Wayne Dyer was talking about your story in his facebook page and conferences. There's just no end. And people then carry that with them. I feel that with the near death experience stories, that's why it's so fascinating and so important, there's many testimonials right now and we have this conversation, because then it opens up a new dimension for people. It's really, there's something about those stories that really impact us profoundly even though we haven't lived them personally.

ANITA: Yeah, well, and that's really my only reason to share because for a little and this was before Wayne Dyer discovered my story, before I wrote my book, for a little while, I went through a period as to not doubt about what happened to me, I knew what had happened to me, but doubt as to whether my sharing it was actually helping people or not. I was actually concerned that it might make people feel that if it happened to me, why isn't it happening to them or other people they knew and things like that. So I actually stopped sharing for a while. But then I realized that that was not, my purpose was to share it, that was why I came back. And the amount of feedback that I have been receiving from people, that's what keeps me going. For me it's so not about selling books but it is just, nothing makes me happier than to have people tell me that I have touched their life in a way that it has changed them. It has changed them for the better or it has helped them or it has helped them in their healing and I have received letters and email that have actually made me cry. And that's what keeps me going and I mean cry in a good way, tears of joy as to what people experience when they hear my story. I think, oh wow, this is what I came back for. This is really what I came back for.

LILOU: Let's go into the unconditional love part. Tell us once you, so you saw yourself as most people come out of your body and then you went through a tunnel and then you met loved ones, or was it not exactly like that for you?

ANITA: Mine was a little different. I didn't go through a tunnel and various different NDE experts, people who study NDE's have had theories about that, they've said because mine wasn't a sudden death, like some people have a sudden like a car crash, a heart attack and they feel their body shooting out through a tunnel. Mine was a gradual because I went into a coma. And so that's one theory but whatever the



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reason I didn't go through the tunnel but I felt myself expanding as though I was no longer my body. It was like I was pure consciousness and I started expanding and expanding as though to, first, feeling the wound and then far beyond the room. But, what you were saying about unconditional love, that was amazing. I felt not only that I was loved unconditionally, it was like I just was loved just because I existed, no other reason. But I also felt unconditional love for everyone and everything even for people that may have hurt during my life. All I felt for them was unconditional love and compassion and a knowing that no matter what they did, even if they hurt me really badly, no matter what they did, they were still doing the best they knew how at that time. It was like I understood why they did what they did, so there was no, it's like the feeling of unconditional love is not even a feeling of forgiveness towards those that hurt you, it's beyond forgiveness. It's like I understand why you did what you did and therefore there is nothing to even forgive. Because when I understand you, to me, it means you haven't even done anything wrong. To forgive means to say you've done something wrong and I forgive you so there's a judgment there. There was like no judgment. It's like a knowing, it's almost like having walked a mile in their shoes. It's a knowing that if I was in your shoes, I would have done the same. So there's nothing to forgive. That's the kind of feeling of unconditional love. And in the realm, that was all I could feel for everyone and that was what I felt that I was surrounded with and I encountered my father who had passed away 10 years before and my best friend, Sonny, who had passed away 2 years prior to that. I was also surrounded by other beings who I didn't recognize. But all I felt from them was this unconditional love as though they were there purely to help me, to guide me, help me through this transition.

LILOU: You speak about we are all one. Could you go into that? Is that what you're saying that you felt the same that they but from an unconditional love perspective?

ANITA: Yes. In fact, that's what I mean by we are all one in that when we are in that consciousness place, in that place that is not of our body, when we don't have our body anymore, it's like we're all connected, we're all one, we're all part of the same and so this is why there's this feeling of total understanding of everything that everyone is feeling, everything that they're thinking, everything that caused them to do what they do and so there is total empathy, compassion because it's just like we know them and it's like we are connected, like part of the same soul or part of the same consciousness. We're all facets of one consciousness. That's what it felt like.

LILOU: Did you have, at any point, conversations about what you came here on earth that you might have lived that situation or that's set up already before, did you have a recollection of even before your birth while you were going through all this?

ANITA: The interesting thing is that time is very different in that realm. It doesn't run linear. So even recollections of what I could interpret as previously or past life, it felt like it was happening



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simultaneously then and there. And so I had a recollection of another life with my brother which could be interpreted as a past life but everything that was happening, it was like time and space didn't exist. No matter what I focused on or what was relevant in that moment, that was what came in front of me, whether it was another lifetime or another space in this lifetime, like my brother getting on a plane in India. So it was like time and space was irrelevant and time was not linear.

LILOU: You realized the fear part because I think a lot people live through fear and live fearful lives and we're afraid of doing something because of the consequences or we're definitely living ourselves in so many ways, it's becoming such a prison for most of us on the planet and you are living this life and now you're, obviously I'm sure you still have fears but they're definitely, maybe you don't? they're not the level that they were.

ANITA: That's absolutely right because I realized in that realm that my life had been completely limited by fears and what happens is that when we feel really fearful about everything, our lives become smaller and smaller because what we do is we tend to do things to avoid our fears and fears can actually mobilize us. So what do I mean by fears? Well, I was fearful of everything from, first of all, the most basic ones is fearful of not being liked, fearful of not meeting other people's standards, fearful of not being popular enough, not being good enough and also fear of failing. Then there were other fears like fear of cancer, fear of everything that causes cancer, you know, I believed that mobile phones caused cancer, being out in the sun too much causes cancer, microwaves cause cancer, drinking out of plastic bottles cause cancer and so on. So basically living in the 21st century causes cancer and that makes for a very fearful life and for me, I watched 2 people very close to me, close in my age and my best friend who I'd grown up with like a sister, she was one of them, so 2 people very close to me, I watched them die of cancer before my eyes. And then I would read statistics, in America, they actually have banners that say 1 in 3 people will get cancer and that's really crazy. So here you've got 2 people close to you, in front of you that are dying of cancer. So what do I feel? Am I gonna be the 3rd person? And low and behold, I got cancer. I did get cancer but it was almost like a self fulfilling prophecy. It's really interesting. But I feel that the precursor was not even the fear of cancer, but the fear of life. The fear of being myself, the fear of being an expression of my own truth. It started with that. And making my own existence smaller and smaller.

LILOU: The thing with the disease or when there is I guess, when we hear about it is that then there is more that comes in, of course, and then it is kind of a vicious circle to break out of. I'm sure a lot of people would love to [??] near death experience that are going through cancer to go there, come back, or just go.

ANITA: In fact the purpose for me sharing my story is that so that people don't have to wait for near death experience because what I tell people to do is that even if you have a diagnosis of any kind of



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illness, do not obsess about the illness, do not obsess even about the healing of the illness. I know that could be challenging but what we do is we tend to wake up every morning and obsess about how we are going to heal this. So we do everything, we read everything on it. We research on the internet but the problem is that actually makes us more fearful because no matter what you research, you'll always find something the opposite of that and that's what happened to me and that's what caused more confusion. But not only that, what ends up happening is you spend all your days obsessing about that illness. What I want to ask you to do is instead of obsessing about the illness, find gratitude in life and find gratitude in the things about you that are still healthy and go and do something to celebrate that. Celebrate health. And no matter where you are in your health, whether you're well or you're not well, instead of being fearing illness, instead of constantly going and looking for illness and checking up for illness and scanning for illness, I suggest you actually go out and celebrate health. We really have to learn as an entire culture, as an entire society to celebrate health. Nobody actually teaches us what does healthy look like. All we do as a society is we say, as a society, we become obese, we become this, we become diabetic, we become, nobody out there teaches you what healthy looks like. And here's what really interesting, they tell you in places like wherever, cancer is rising, obesity is rising, diabetes is rising, but nobody tells you how to stop it from rising. All they it's because we're eating too much fast food. Now you step out of your apartment and you walk down the street, what do you see? I mean everywhere you go, all you see are fast food, junk food restaurants. It's so hard to get healthy food really easily. Nobody is being taught that. It doesn't seem to be our default. So on the one hand, we're all being brainwashed by advertisers and so on to eat the junk food and then we are all being told that we're unhealthy, we're diabetic, we're obese and so on. So what is every, so then everybody starts to get fearful.

LILOU: Definitely serves some people. There's some wallets are getting really filled up. I mean, unfortunately, there is, I think, this world has become quite greedy. There is never enough. And for the profits, for the sake of profits, in the sake of making more money, we don't have time, this is why these conversations are so important to start to see life through different eye to the real eye, to see reality as it is and not the reality that we've kind of been imposed on.

ANITA: Exactly. And then, we don't get told that our illnesses are, we think that our illnesses are because of our genes and we don't get told, it's because of our lifestyle. Now when I say our lifestyle, I don't mean just what we eat. That's a part of it but that is definitely not the whole thing. It is our fear based lifestyle as well. So fear is a huge part of it, this whole fear about getting cancer, getting diabetes, but it's also even the fear about not being enough. I mean, we are very competitive as well. Everybody feels they've gotta be better, feel better, work harder, make more money and so on. That's again another fear base thinking. So we have been brainwashed from the time we're very young to be fear based and my biggest wish for everybody and for this world is to see that for what it is and to see it for



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the damage that it's doing us and to see what it's made us. It is because we are a fear based society that we have so many problems in the world. This is why people are so intolerant with each other because we fear what's different. We don't embrace it, we don't accept it, we don't love our neighbors, we don't even love ourselves. That's the problem. We grow up hating ourselves, fearing ourselves, fearing our own bodies. My biggest wish is for people to see what it is and for people to actually become more aware of what does living a healthy life really look like. Nobody tells us that. You know. What does a healthy lifestyle look like? To me, a healthy lifestyle is one where people are more in touch with who they are, their authentic self and this means not only in everything they do, it's in everything they do, it's in everything they eat, it means you don't have to constantly worry about what people think of you, you don't have to worry about chasing, pursuing, it means trusting that all I have to do is be myself. My body knows, my body knows what it wants to eat, it's trusting your body even in terms of what to eat, in terms of what to do, what to follow, follow your heart.

LILOU: And allow life to happen.

ANITA: Exactly. Allow life to happen. Allow life to unfold before you rather than chase it, pursue it, rather than trying to control it. We've also become control freaks and that's a result of fear.

LILOU: Ooh lala. Isn't this juicy? Oh my goodness. This is juicy, I have to share this. You have to share this everywhere. I love this. Anita, thank you so much. Oh my goodness, you're so delicious. I'm so happy. I'm holding her.

ANITA: I love you Lilou. You know I just want, there's one message, it's interesting, I just feel the need to share it. It's to do with unconditional love. And I had a caller in one of my radio interviews, radio show's [??], who asked me, who said to me that she found out her husband wanted to leave her but she didn't want to leave him and she was trying to force him to stay and I did respond to her something that I had no way to get in touch with her but I think this would apply to a lot of people so I just feel compelled to say that after that call, much after that call, it kind of hit me what I really should have said to her and what I really should have is when we learn to love ourselves unconditionally, we are able to love other people unconditionally and if you are in an issue, if you're having an issue in your relationship, the conversation that I would really like to see you have is something along the lines of saying to your partner that I love you unconditionally enough for you to have what you want in life. But if what you want goes against my values for myself, I love myself unconditionally enough not to have to put up with it. So, in other words, the difference between regular love as we tend to practice it in physical life, we tend to place conditions, we tend to have actual contracts, like marital contracts, and we expect people to stand by the contracts whether they feel love for us or not. Unconditional love is when you love somebody enough that what you want for them is for them to have what they want for themselves. And if what they want for themselves is not quite what you want in the relationship, unconditional love for



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yourself allows you to leave the relationship and if that person doesn't want to lose you, if they love you and want to give you what you want, they will stay in the relationship but it will be a much more real relationship than a conditional one where 2 people are doing it out of obligation.

LILOU: Wow. That was a big piece. I'm sure for a lot of people. Oh my goodness. This is direct factors right there we can all get some of that for sure. Thank you.

ANITA: My pleasure. I just felt the need to say that. Yes.

LILOU: Very, very good. I'm glad you did and this is part of the spontaneity and living in the moment and expressing what you feel and kind of we're all being channeled, kind of the hands and the mouth of the universe, aren't we?

ANITA: Yeah, exactly, we all are and that's the truth of it. The thing is that I personally, I don't believe in treating anybody like a guru because what I want people to know is that you have a guru in here so listen to that.

LILOU: Very, very important. Thank you Anita.

ANITA: It's my pleasure. It's such a pleasure talking to you Lilou.

LILOU: I can't wait to see you on stage tomorrow with Wayne Dyer.

ANITA: I'm so excited. Wayne Dyer has been absolutely amazing and I'm so excited to be on the stage with him and I'll wave at you.

LILOU: Yes! Much love my beautiful co-creators! I send you much, much love from Glasgow in Scotland and here with Anita Moorjani and her book is Dying to be Me. You have to read it or check this out or send those videos. Thank you for your support on the juicy living tour. Thank you for your donation. This is how the tour works. So I'm so, so grateful to be able to take my little camera round the world and interview amazing people like Anita. So much, much blessings to you guys. I love you. see you soon.

ANITA: Namaste.

LILOU: Namaste.

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