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Life without a centre - Jeff Foster, The Netherlands

Guest: Jeff Foster

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LILOU: Hello my juicy co-creators! Lilou here. I'm with Jeff today. Hello, Jeff.

JEFF: Hello. Hello.

LILOU: We're just wondering where we were because both of us travel so much. I'm like, I started doing the intro and I was like, where are we Jeff?

JEFF: I have no idea. I don't think it matters. But we're here. We're here. We know that. We know that. We're here.

LILOU: Jeff is British but you're here visiting and doing some workshops in Holland, we're in the Netherlands, actually pretty much in the center of the Netherlands and not far from Deurne, not far from [??] and that area, beautiful area. We found the forest and this is where we decided to have this conversation. Thank you.

JEFF: I think it's the perfect place for this conversation.

LILOU: Yes. I'm very intrigued by your story and I've seen some of your youtubes and I love your tone and your presence and your freshness, your fresh blood. I love having conversations with people of our generation too because often I interview people in their 80's. There is so much freshness in what we bring too, I feel, on this world and then, I'm interviewing kids because I think they have even more this purity. Anyway, so I'm grateful for this conversation. You studied at Cambridge University astrophysics but then you became, from my understanding, went through a period of illness, and then you were looking for spiritual enlightenment and then you found out about non-duality. So I would love to speak about that transitions and what happened between your studies and non-duality, so that you came here to this place and now teach people all around the world. You wrote many books, they've been translated, it's awesome.

JEFF: Yeah. It's a mystery how I ended up here actually. I was such like a painfully shy child and teenager. I don't think I spoke to anyone until I was like 20. I was so mixed up and miserable. It just got worse and



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worse, the self-consciousness and shyness and the self-hatred and I was so lonely. It just got worse and worse until, yeah, in my early 20's, I had this breakdown and that's when I started looking for enlightenment because back then I saw enlightenment as this future's thing that would happen to me and it would solve all my problems. So for a couple of years, I was desperately trying to become enlightened because I thought that would end all my pain and my sadness and my fear. I used to think of enlightenment as like some future thing that would happen, that would end my pain.

LILOU: What kind of books were you reading then, what kind of teachings were you looking at?

JEFF: I just devoured everything. I was, I read everything, Christian [??]

LILOU: [??] Eckhardt Tolle with The Power of Now.

JEFF: Yeah I read all sorts of Buddhism, Christianity, I was just obsessed. I locked myself away in my room for a year. I was obsessed with finding enlightenment. To me it was like get enlightened or die. It was that obsessed. So I just read everything. I did everything practice, yoga, meditation, like what will get me there, what will get me there, wherever I thought there was. I had all sorts of spiritual experiences, states of bliss, states of this, states of, all sorts of states came and went. But then they would come and they would go. So states of bliss would come and then I think, I've got it now, I've got it now. But then the bliss would pass and then you're on the next bliss. You wanna get back to the bliss that you had or great peace would arise or great joy would arise. I've got it now, I've got it now. But then it would pass and anything I try to hold on to, it would pass. So then, I mean this is why, I really say to people I failed to awaken to my search for something other than what's actually here fails. I just became exhausted from seeking. I think I just became exhausted from my always looking for something, not knowing quite, not quite knowing what I was looking for but just knowing I had to find it.

LILOU: How do you come across non-duality and how do you define it?

JEFF: Actually, a mail started with an experience I had just a few years ago. I was so exhausted from all this seeking, all this trying to find something. I just remember one day I was lying, just lying on my bed at home because I was living with my parents at that time. I'd gone back to live with them. I left London and gone back to live with them. I was just lying on the bed, just exhausted, fed up with the whole seeking thing. I'm never gonna become enlightened, I'm never gonna, just completely just given up. I just remember looking over a chair, it was the most ordinary chair, it was just a chair. And suddenly there was this recognition that, oh my God, it's, wherever I've been looking for, it's here but it's disguised as this ordinary life. It's disguised as a chair. This oneness, this wholeness, whatever I've been looking for, I realize that had always been my idea, my concept of wholeness, my idea of oneness. Actually whatever oneness is, whatever wholeness is, it's actually, it's already appearing as this. That's why we don't see it because it's already here. It just became as clear as anything. It was the chair and it



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was the carpet and it was the ceiling and the doors and the windows, it was this body, included this body because I always thought oneness was about you had to escape the body and reach oneness or something. This time the whole thing on its head, it was, oh, it was, oh. It's all here already. There was just this sense of, everything I've been seeking, it was already here. There's the sense of gratitude and humility and I think that experience really, I can't even call it experience, but whatever that was, that really changed things because now I just knew on the deepest level that life wasn't about me, it wasn't about me. It wasn't about me trying to become something, it was about the birds singing and it's about breathing and it's about this –

LILOU: Enjoying.

JEFF: Yeah. Life became infinitely more simple, it just became realizing that whatever is here is supposed to be here. It kind of, it took away that basic sense that something was wrong with life. I've been living with that my whole life, this basic sense that something was wrong with me. I think so many people live with that, this basic sense something is wrong with me or I'm not complete somehow, something is missing. This kind of, you turn the whole thing on its head because actually, how can anything be missing [??], it's the sound of the birds singing, it's breathing, but it also includes all the stuff that your whole life you've been trying to escapes. So it includes discomfort and pain or fear, none of these, everything has its place, you know, we spend so much energy trying to escape all this stuff and ourselves that we label as negative or dark, this shouldn't be here, that shouldn't be here and actually, all of it should be here because it's all just a perfect expression of life. So there can't be anything wrong with you. I know that more clearly than I know anything. There can't be anything wrong with anyone. That's what we forget, of course. That's the thing. There's nothing with us, we forget how perfect we are and that's where all our suffering begins. It's not that we're imperfect and we have to become perfect, it turns the whole thing on its head. Actually the perfection is there from the beginning and we forget that and then we try to become perfect. It becomes so exhausting.

LILOU: For you, the suffering is more the pushing away what, is the wanting to get rid of it that makes us suffer?

JEFF: Absolutely. That's –

LILOU: If you would just accept whatever is there, there's no suffering.

JEFF: Yeah. Suffering is just our attempt to escape this moment and there's a problem because this moment is it's already as it is, this is already happening. These thoughts, these sensations, these feelings, whatever is appearing now, they're already here. In the deepest sense, this is what I talk about these days, I don't really talk about non-duality anymore because I find that that word confuses so many people. It sounds like some strange cult or something, non-duality. These days, I prefer to talk about in



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simple language. I talk about in terms of acceptance, I call it the deepest acceptance of life. So whatever is appearing in person this experience right now, these thoughts, these sensations, whatever it is, on the deepest level, who you are has allowed it. That's why these thoughts were appearing, that's why these sensations were appearing, that's why these feelings were appearing because on the deepest level, who you are has allowed them in. so in a way, acceptance isn't something that you do, it's another word for who you are. Who you are is this open space of acceptance. There's always allowing, it allows in these thoughts, it allows in these feelings. It's unconditional acceptance so it allows in every thought, the ones we call positive and the ones we call negative. It allows in all feelings, the ones we call positive and the ones we call negative. It doesn't discriminate. So what you are just holds all of it, it allows all of it.

LILOU: Can we talk about neutrality point zero, being in this space of all that is?

JEFF: Yeah, that's the thing. In the end, you can't put words to it because all words come later and the moment you use words, the moment we use words, words are inherently dualistic. Every words has an opposite, so when you're in the world of words and thoughts and language, already talking opposites. Light and dark, right and wrong, up and down, left, right, it goes on and on and on. Who you really are, it doesn't split, it's not split in that way. If I talk about in terms of the ocean, it's like who you are is like a vast ocean in which all waves are allowed. The waves, we call light and the waves we call dark. The waves we call positive and the waves we call negative. The ocean itself, it doesn't know positive and negative, it just knows waves.

LILOU: When we have strong fear, it appears so real, so vivid, it can even immobilizing or how do you just stop? You can't move, you can't, nearly you're thinking is stop. We feel so separated, so is there steps towards really feeling the present moment or accepting all there is? Is there some questions we could ask ourselves in those moments?

JEFF: Often what we try to do when intense fear appears because the waves of life can be quite intense sometimes, pain, physical pain can be quite intense, let's not pretend otherwise, often what we try to do, we try to accept, we try so fear appears, we try to accept it, we try to allow it, we try to say yes to it, because that's what a lot of spiritual teachings tell us, you have to allow, you have to say yes, you have to be in the now, we try to be present, there's a lot of trying going on. So often, especially when the waves are very intense, we try to allow the fear, for example, and what we find is that we can't. but that's beautiful, actually. There's actually a deeper truth in that. If what' appearing is non-acceptance of fear, you see from the perspective of who you are, who you are allows everything, it's unconditional so it even allows in this moment non-acceptance. That's how, it's like unconditional love. That's what, it's another way of talking about who you really are, it's unconditional love. It allows in everything. Because what happens, if often we're trying to accept and then if non-acceptance appears, we don't accept that.



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If resistance appears, if resistance to this present moment appears, we say that that resistance shouldn't be in there. So we start to resist resistance so then it becomes this vicious circle.

LILOU: But you know the deep dark place I'm talking about. You went through depression. Some people even think of dying. I think we're in those moments where there's so many things that come up that people might think of it, might think of giving up life. So it feels to me like in that place, there is a lot of maybe darkness and we need that spark of light in there and then life can take over, maybe, I don't know, I never found myself, I'm intrigued to, I know how thick it is though because I had those panic attacks, not wanting to get rid of my life but just, you know, it's so dense, it's accepting this denseness, it's relaxing into it.

JEFF: It's noticing and this is why we talk about these things. It's not, acceptance isn't something that you do, you can try to accept and what you can find is you can accept. On this deeper level, who you are has already accepted it because it's appearing. If it's appearing in present experience, it's already been allowed then. That's huge. Even if what's appearing is darkness or even if what's appearing is the sense of despair or a sense of frustration or a sense of not wanting to be here, whatever it is, however dark it appears, on a deeper level, who you are has allowed it. It's not a mistake.

LILOU: How do you know that for sure?

JEFF: Because if you find it in present experience, it's already here, even if it's a sense of despair. So which means that what you are hasn't blocked it out, what you are has allowed it because it's here. If it's here, it's like, I talk about it in terms of the ocean and the waves, you can say on the deepest level, the ocean allows all of its waves. It's not because the ocean decides to allow its waves, it because the ocean is the waves, the ocean is the waves. So it's like what you are as, instead of ocean, you can say consciousness or awareness or presence or whatever words, you know, what you are allows all of its waves, consciousness allows everything that appears in consciousness. It is allowed in consciousness because it is consciousness.

LILOU: Good news too is that I see if we encounter ourselves even a resistance towards something, then it means that that person is somewhat ready, even though how much resistance that person would be giving, there is the opposite that is there right there we can tap in any situation into the, not the opposite side, but its counterpart.

JEFF: Life is just this constant invitation, just to notice like how vast you are and how unlimited. What I am even allows this, what I am even allows this. It's like the mind is always trying to make everything into a problem so it comes up with resistance and say that that shouldn't be there or it comes up against sadness, that shouldn't be there, or it comes up against whatever sense of discomfort, that shouldn't be there. There's always pushing everything away. Then it dreams of some future state where everything



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will be perfect. From the perspective of who you really are, if it's appearing, it's appearing, it's not a mistake. If it's appearing, who you are has allowed it even if in this moment, it's uncomfortable. Life is just showing you, look, you're much faster than you ever thought; look you even hold this, you can even hold this, it's not just the happy positive stuff that you can hold. You can also hold what we call the negative, dark stuff. It's like that's, you're not this limited separate self, you are, you are just a space for life. All of life can appear in you. It's not even because you allow it to. It's like in a way, I don't have the power to allow, I don't have the power to allow life, who am I to allow life? It's already allowed, this is, it's on a much deeper level. If it's appearing in you, in a way that you'll never understand, what you are has already allowed it. That's why this moment is exactly as it is because it's already been allowed to be this. That really turns the whole thing on its head. This acceptance, this allowing has already happened and it's like who you are has already said yes to this moment. However this moment appears, even if this moment contains sadness or fear. Knowing that on the deepest level, that really changes things, that brings a real sense of rest and ease and peace into your life because now you know on the deepest level that nothing appears that isn't supposed to. It's the beauty of it. You'll never find anything in your present experience that has not already been allowed in. it sound crazy, to the mind it sounds crazy because they go against everything we're taught. Because we're taught, you know, get rid of the negative and moves toward the positive but actually who you are, it doesn't need to move from one place to another, it's already holding all of this, it holds the birds singing and it holds sensations in the body and it holds any thoughts that are coming up now. It's just this constant embrace, that's what you are. That's the embrace that everyone's looking for.

LILOU: So then, good or bad, things show up in our life? Good or bad, things show up in our life. I just read that you're number 51 most influential spiritual people in the world. You're surprised about that yet something that you have done has allowed this.

JEFF: I can't take it too seriously. That's the funny thing, I don't really identify myself like a spiritual teacher, that's the thing. I've never really had that identity. I'm just –

LILOU: Doing your thing.

JEFF: Doing my thing, yeah, yeah. That's it. I just do my thing and I talk to whoever I talk to and people call me a teacher or they call me, I don't know –

LILOU: Life has brought that which is some recognition to surmise of some people and some validation and this further your exposure too and you know we're meeting and we're doing interviews and you're invited at conferences. I'm asking those questions because I would love to know how you see if we have to invite life to come to us or if it's just that we're living everything perfectly as it is, we're more



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supposed to live it and things come in like that or if you, how do you think things manifest in life. What is your sense of manifestation?

JEFF: Oh, man. It's a mystery really. This is the last thing I ever, ever expected to be doing in my life. I was so painfully shy. A few years ago, I had never spoken in public before. Now, I'm going around the world and speak in to 50, hundred, we have many people at conferences and it's really a mystery. I just gave up trying to work all out. That's the problem. Years ago, I have worked everything out. I think that's why I was so miserable. That's why I was so unhappy because I knew everything. I knew about everything. I was certain about everything. I knew who I was. I really, I don't know anything. I just don't know anything anymore really. I could make up some clever story.

LILOU: So you're unconditional with life and life shows up. You don't have conditions. I feel like when we have conditions and goals and even intentions, it's great to have intentions, but goals are really fixed ideas on how thing should turn out then we block the flow of life.

JEFF: I think these days, life has become so much simpler. In a way I just follow what moves me. I just follow and I don't even, I find myself saying yes to things and I don't even know why. I found myself saying no to things but I'm not thinking about it so much anymore. It's just that whatever I feel moved, it's really love I think, I do what I love, in a way I'm no longer trying to, the goals, I'm no longer trying to become a success or become enlightened or become popular or become, all that seems to be so irrelevant. It's just –

LILOU: It just is.

JEFF: It is.

LILOU: It is. We are. We're doing – it's the same thing the juicy tour's unfolding. I have no idea how this is coming into manifestation, I'm just showing up. We're just showing up.

JEFF: That's it. That's the mystery, you show up and it moves, evolves, it goes in places you never imagine but you just get the sense that you're not in control of this. In so much, I think so much of our suffering comes from trying to control life. I must make my life go the way I want it to. It's all about my life. Actually you get so lost in this bubble of my life that you end up missing life. It's about life really and just the mystery and the wonder of this. That's the beauty of it. It is as it is.

LILOU: Why change it?

JEFF: Yeah. The thing is it moves, it goes on. That was the question that always drove me crazy. If it just is then how does anything happen? I realized that even that question wasn't necessary, maybe, because the mind wants to work that one you know. It is and it goes on. It doesn't just stay static, it's not.



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LILOU: And emotions just seem to be transmuted very fast. I'm really surprised how emotions can go through our body and second sadness, we don't need to, it doesn't need to be a long suffering. I think the emotion in itself, there's a study that's 7 seconds long we're generally in, we just decide to suffer and to suffer and to hold on to it like if it was ours. But sometimes it just needs, we're vessels, aren't we?

JEFF: We're just the capacity for life. You're just the space in which all of life is allowed to move. All human emotion, feeling, thought, any thought that anyone has ever had is available here. Any thought that human, it's all human consciousness, it's not, I think that's where we move into the illusion out of the whole range of possible human thoughts, we cut off a small chunk of them and say, these are my thoughts. Out of the whole incredible range of human emotion, any feeling that anyone has ever felt is available to this consciousness. But what we end up doing is, these are my feelings, these feelings are mind, the rest I would never feel, I would never feel that or I would never think that.

LILOU: How is that possible?

JEFF: How is that possible? That's really how we live, that's how people live. This is me, I know who I am, I would never fit, I would never do that, I would never feel that, I would never think that. But we're really limiting ourselves so much. What you are, as you said, we're vessel, we're the capacity of all of human consciousness. All of humanity flows through you. So really when sadness appears, the secret is it's not really your sadness. The suffering begins. We forget it's human sadness, it's part of human consciousness, it's ancient, everything's ancient. From the perspective of consciousness, everything is ancient. It's beloved child.

LILOU: How about if we lose somebody that we love and we have sadness and then it's our –

JEFF: That's the thing. It's a paradox really I think. Ultimately, in the beginning, thoughts, they're not my thoughts, they're just thoughts, they're part of consciousness. Sadness, it's not really my sadness, it's just part of consciousness, it just wants to flow through you. That's all it wants to do. It just wants to move, it just wants to express itself.

LILOU: So we can call in joy and love.

JEFF: Yeah. So, that's the thing, you know, if I get a phone call tonight that might, my father has died, I don't know what will happen, maybe sadness will appear, maybe a big intense wave of sadness but it's not a problem. It's a movement of love. It's just love moving. Love isn't the opposite of anything. For me, love is just another word for this movement of life. It allows sadness, it allows fear, it allows bliss, it allows everything. But that's the paradox. Somehow when I'm grieving for my father, I can get so lost in the bubble of my sadness. I'm grieving for my father. And there was a truth in that, we don't wanna



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deny that. But on a deeper level, you take away my, when it's just sadness in a way that now you're no longer on your father, in a way, you're now, you become anyone who is ever lost a father because the same sadness, it's just human sadness. And that's when compassion really begins. In a way, I think when we lose touch with that, when we lose touch with that personal nature of life, we can get so lost in our own bubble of me and my grief.

LILOU: And only isolate ourselves further.

JEFF: Yeah. We don't wanna make that wrong either. Maybe it's all just an invitation to on a deeper level recognize that maybe it's not really my sadness, it's sadness coming, I am anyone who is ever lost anyone. And that's where you're totally connected with this incredible heart-breaking compassion for all of humanity.

LILOU: Oneness.

JEFF: Exactly. So it's like the most intimate personal experience, even tragedy in your life like losing a father or losing a loved one. Maybe on a deeper level, it's just a call to this incredible compassion to all of humanity because I'm not really losing my father, I'm anyone who's ever lost anyone. And now I'm totally reconnected with all of humanity. I don't feel lonely anymore. We can feel so lonely and lost in our, my sadness, my anger, my fear.

LILOU: So then there is even gratitude that could come in?

JEFF: Exactly. Exactly. That's where like the worst tragedy in your life could be the, that's where you will be able to find such an incredible gratitude that it breaks your heart like it's, I think that's the invitation of life. It's gratitude. Because what's left really? What's left is just gratitude for this moment. However have much pain, the thing is gratitude includes all of that. It's not I'm grateful because there's no pain. It's not I'm grateful because, it's like gratitude for all of it.

LILOU: Yeah, gratitude for deep connection and a deep understanding to life, to death, to consciousness, to feeling this oneness in that moment, sharing this deep feeling of life and knowing that we're not separated. I think that's huge to be grateful for and creates just this big vastness.

JEFF: I think really that's what we've lost as a species that basic sense of gratitude for this moment, for the fact that we're here, just the basic fact that we're here.

LILOU: And it's not raining.

JEFF: And it's not raining. It's gonna start raining now isn't it? And jus the sense of , we can get so lost in our search for something in the future for me. I don't wanna make that wrong, there's nothing wrong



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with that. Maybe that's part of the game as well but so easily we get so lost in that, that search for something in the future. We end up just losing, grounding like a ground which is the ground, literally the ground we stand on. We forget what a miracle it is. The mind ways, I know what this is. Really, do you really know what any of this is?

LILOU: Do we have the arrogance to know?

JEFF: That's the thing. As children, we didn't know.

LILOU: We would explore.

JEFF: As children, we didn't know yet all this, we didn't have the names, we didn't have the names. We existed in wonder and we were explorers and we were fascinated. As adults, we know so much, we think we know so much. I was just thinking because my father has been diagnosed with Alzheimer's, actually he's had it for a few years now. It's actually very, there's something very beautiful about it, of course it's sad but somehow at the heart of it, there's something beautiful about it. That kind of fascination is returning. He's always someone, he knew everything, all of his life he knew everything. As that knowledge is starting to fall away, it's a beautiful in a way, like he's become my child in a way like, my son, he starts to ask me, Jeff, what's that? Literally, like a child. What's that and what's that? If you just meet him, that's the thing. You just meet him in that wonder. And then there's no problem. It's very strange. If I go in the story, oh, I'm losing my father. That would be suffering, for me and for him. But I really just have this sense there's something that cannot be lost. Whoever he really is can't be lost. Disease can't take it away. Alzheimer's can take it away. Pain, nothing can take it away.

LILOU: You get to experience his fullness to as you say. He's probably in a place of beingness more than ever of his life and you get to experience –

JEFF: I don't wanna romanticize it because of course Alzheimer's is mess as well. There's something happening there, this loss of a false, this loss of his ideas, his stories, his memories. The question is is that who we really are anyway is our story of ourselves. So there's something quite beautiful about watching in everything that is false in him, kind of dying, and then what's really true can't die. The thing is that the cause of miracle sends some that which is I have no idea what the cause of miracle says, it's gone.

LILOU: It's gone. The cause of miracles.

JEFF: That which is real cannot be threatened and that which is unreal doesn't exist. Yeah. So it's just so beautiful just to meet someone in that place of wonder like he, I don't even know what that is actually. When he asked me, Jeff what's that? If I just stop pretending for a moment that I know anything,



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actually I don't know, tree, do I know what a tree is? So something beautiful about that question. What's that? And just to sit in that place of wonder.

LILOU: And feeling it.

JEFF: And feeling it. And feeling it. Yeah.

LILOU: Wonderful. Well this felt really good to be speaking with you today and to have this juicy conversation. Thank you Jeff. Thank you for being you.

JEFF: Thank you for being you.

LILOU: It's been very juicy sitting with myself on a log in a Dutch forest.

JEFF: Yeah. Big forest.

LILOU: Thank you my beautiful co-creators for watching, for sharing, for supporting the tour, for spreading all these little videos through facebook, twitter, it's going like trrrt all around Europe. Europe is waking up big time. It's happening. We're shaking it up. Much, much love from Holland. Bye Jeff.

JEFF: Bye.

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