



Interview Transcripts

from Lilou's
Juicy Living
Tour

www.JuicyLivingTour.com



Interviews and interview transcripts
are made possible from your
donations. Support today:
www.JuicyLivingTour.com

Copyright © Lilou Productions LLC - www.LilouProductions.com

Intuitive Spiritual life coaching - Dean Griffiths, UK

Guest: Dean Griffiths

Date: September 25, 2012

Length: 18:28

Lilou's Juicy Living Tour videos and transcripts are made possible from your donations.

Thank you for your support <http://juicylivingtour.com/support-the-juicy-tour/donate-now/>

LILOU: Hello my delicious co-creators. Lilou here on the juicy living tour. Today I am back in England somewhere in England, just outside of, we're in Windsor outside of London.

DEAN: We're in the center of Windsor, right by the castle.

LILOU: Beautiful queen castle, I'm not gonna interview the queen today. But I'm certainly gonna interview somebody juicy. This is Dean. Hello Dean.

DEAN: Hello, welcome.

LILOU: How are you doing today?

DEAN: I'm lovely today. Today is a beautiful day, it's not raining.

LILOU: It's not raining in England, thank God, we thought of an inside spot so this safe, safer this way.

DEAN: True. Exactly, just in case. I think actually the weather is being good recently so I think we should be okay.

LILOU: Yes. You are a life coach, a spiritual life coach. What does that mean? Let's start with that first of all.

DEAN: I think a lot of people understand life coach as kind of come up in the last 5 or 10 years, but the spiritual aspect for me is I'm intuitive so I work with the chakras, so work with chakras. So that's kind of my twist on life coaching is I can tune in to people and pick up on certain areas with the chakras because each one links to different areas of your life to your body. I'm gonna be joined with my mind to certain part of the body, there's something happening here, so maybe on a physical level, emotional level, or maybe a spiritual level. Sometimes we go to the crown chakra and you know what, you're not satisfying the higher self, you're not doing the spiritual practice, so you might be a spiritual person but you're not actually satisfying the spiritual needs which means it could be daily meditation, yoga, whatever your



Interview Transcripts

from Lilou's
Juicy Living
Tour

www.JuicyLivingTour.com



Interviews and interview transcripts
are made possible from your
donations. Support today:
www.JuicyLivingTour.com

Copyright © Lilou Productions LLC - www.LilouProductions.com

way of to get balanced is. If you're not following that, sometimes you see the crown chakra close and often people who are going, I'm going to learn to be spiritual, I'm going all these courses, I'm reading all these books, that's good. But what do you think of yourself? What kind of practices do you do? I haven't got time for that. So the crown chakra would close from there because the needs are not being met there. So we look at the chakras and that's my gift as an intuitive is that I can tune in to chakra anywhere in the body and just pick up what the energy is telling me. There'll be emotions attached to that, there could be people attached to it. We just follow that and see where it takes us. So maybe it's my perception of what I'm feeling and then share it with the people even they will resonate with them in some way, they go and need a bit more information so I have to in a little bit deeper. But that's basically how I kind of stop my sessions with people and then we follow the process in getting them back into the right mindset, to change the beliefs and the motions which are attached to those issues.

LILOU: Because it's all about the flow, isn't it? We wanna be in the flow and everything working out easily and effortlessly, don't we?

DEAN: So that's synchronicity in there. For me, it's synchronicity in play. When we're synchronized, we're in line with our higher self, a higher truth, things flow a lot easier. We try to do something with our life that a higher self is looking at us going, what are you doing? It doesn't serve you. You find things don't flow well. When you're actually in tuned, you actually listen to the inner voice because we all have intuition, we can all listen to that. I use that as my gift when I work with people but we all have that inner voice. So when people start listening to it and start going, okay I'll follow that, you find things flow a lot easier. And then with the synchronicity, the universe gives you the science which helps you that just confirm actually that voice that told you to go in that direction, here's a science to confirm that. Okay great. And the more we go in to that kind of pattern of doing that, things just flow beautifully and that's getting people in their mindset going watch the universe around you because it's showing you where to go, it's actually taking your flow for you and showing you your path. If you're really good, you'll actually see the light, the lights will actually show you, actually like so much your path will be lit for you. Look, do you see that? That's [??] to follow you. It's a bit like the yellow brick road.

LILOU: Sometimes we seem to do detours and we're not learning the lesson that there is to learn, there seems to be some events that are really difficult for us to go through, that there is good news, there are good things in those events and if we don't understand them, we take another path and another path and we feel like we're looping and it's keep on being the same over and over and over again until we learn.

DEAN: Yeah, here's the thing, you're here for a reason, as Steven Coolley says, we're spiritual beings having a life experience, a human experience. So here's the thing, you're here for a reason, there's lessons you've come to learn, things you want to experience. So you can either do this the easy way. You



Interview Transcripts

from Lilou's
Juicy Living
Tour

www.JuicyLivingTour.com



Interviews and interview transcripts
are made possible from your
donations. Support today:
www.JuicyLivingTour.com

Copyright © Lilou Productions LLC - www.LilouProductions.com

can either be open and go, okay, I see the lesson and learn from that. We can go, I didn't see that lesson. So the universe go, okay, we'll give it to you again. I didn't see that, they'll do it again. Here's the thing is sometimes some people what happens is these lessons had they give it back to you again become bigger, so you go, okay, now I can see this lesson. For instance your lesson is to trust people. So you go into relationship, we get someone who is good looking and go, I don't know if I trust him, you try to work with it and all of a sudden you find it doesn't work, so you end the relationship. Then you meet somebody else, you go, oh God, they're really good looking, they get a lot of attention, going, can I trust that person? I don't know if I can. You go and you find, you'll see patterns with people, the pattern is that you pick, have the same trace because there's a lesson within there as well. If you go through and you just keep learning the lesson [??], we go, I'm gonna learn this pattern, I'm gonna learn how to trust that person but also trust myself because if you don't trust him, you don't trust yourself. So it always comes back to self. So learn the lessons, we just keep going on and on and learning them, that's fine. I don't care how many times you have to go through the process but I wanna make sure you learn it. If it means you have to go through it 10 times, that's fine. If you get it the first time, even better. Remember once you've learned the lesson, there's no one waiting for you. We're here for a reason. Don't think we have, in a sense, a vacation. It's not a vacation one sense, it's an experience. It's an amazing experience. There's a quote I heard a while ago that said, there are 60 billion souls waiting to have a human experience. So when you got that opportunity to have the human experience, trust me, it's a gift. You need to learn and experience why you're here because once you've understood that and you've appreciated it, you actually find the synchronicity of life, things just happen a lot easier. You'll find lessons that are dealt with a lot easier because it's not just lessons we're learning ourselves, it's lessons we're learning as groups because we're individuals but we're also parts of groups, families, soul groups. So we're learning lessons also as groups. So that then takes us and go, I thought I learned that lesson. You may have learned the lesson, but the group hasn't, so you work with the group to help them learn that lesson. And either are the people in your life, because it can be your friends, your family, your partners, [??] soul group, you may find that some of them are not actually learn the lesson. The reason why you're in the group is to help them also learn lesson. But we can also learn the lessons for the rest of the group. So sometimes you can have a really hard life in dealing with certain issues, but once you've got them, then whole soul group actually benefits from it. So we're gonna look and see why is that lesson there for you for yourself and that may also have ripple effects into other groups, family groups, soul groups. It's following the patterns and seeing where they take us.

LILOU: In the art of manifesting, we hear a lot that it's not just about the thinking, the feeling and feeling in our body, can you tell us more about that?

DEAN: Yeah, okay, so, the first thing you think of in the morning creates your thoughts [??]. so if you wake up in the morning and go, oh God, I gotta go work today, I really do not like my job. Again, to you,



Interview Transcripts

from Lilou's
Juicy Living
Tour

www.JuicyLivingTour.com



Interviews and interview transcripts
are made possible from your
donations. Support today:
www.JuicyLivingTour.com

Copyright © Lilou Productions LLC - www.LilouProductions.com

the day is not probably the best day. If you wake up and go, I'm so excited about today, I don't care what happens but today but today is gonna be awesome. Then guarantee you, your day's gonna be better. So the thing is start changing your thinking because often we'll wake up, what's interesting is we wake up and the radio comes on and I don't know about where you are but in this country, most news is always bad news. So you got the news come on, so this is the first thing that we're hearing in the morning, so as you know, as you put certain songs on in the morning, songs that are actually uplifting for them and that's the first thing they hear when their alarm gets off in the morning. We do that. You can start changing your whole process of the day because it also then links into, if I start thinking positive, your thoughts will then follow that pattern for the rest of the day. If you start thinking negative thoughts from the first thing in the morning, you find that pattern some more follow through it for the day. So it's about going back and, but it's connecting with how that feels to you because also your body will tell you. If you think of fear, trust me, your body's not gonna feel comfy, you're gonna be about, you can feel your body doesn't settle. If you think of love as I say it, my body just gonna kind of settles.

LILOU: That's often.

DEAN: Yeah. It's going also, your body's also telling you if you're having the motion of it serving you or not. So if it's negative, just turn it into positive. Remember, we have, if you look at yin and yang, there's always a positive and a negative. You can either focus on the positive or you can focus on the negative aspect. So one side is fear, the other side is love. Do you wanna focus on the fear? Or do you wanna focus on the love? The choice is yours.

LILOU: Love.

DEAN: Simple. Yeah. The thing is, we're running patterns which have been programmed in our subconscious mind from when we were a baby by our parents and the people around us so we're running in these patterns. So once we get, actually, oh my God I'm having these negative thoughts, you can start changing them. It's a process, do don't think, I can change them, straight away. You go through a process to keep changing it. So when you have a negative thought, change it into a positive one. The more you do it, the more you find that your whole thought process were changed because also then your thought creates the environment that you live in so you look at the people around you as well, your friends, your family because they're also a reflection of you. So often you find if you're having money problems for instance that you'll have friends or people around you also having money problems because they're showing you back at yourself as well. So if the motions that you're having, they're going through the same process. So if you start changing, first of all, yourself and your thinking, you find that actually the people that you spend your time with also changes because everything is just a reflection of itself back at itself. So you look at it and go, wow, I don't like the people I'm hanging out with, they're very negative, oh my God, I must be negative as well. In a different way, I need to change my thinking



Interview Transcripts

from Lilou's
Juicy Living
Tour

www.JuicyLivingTour.com



Interviews and interview transcripts
are made possible from your
donations. Support today:
www.JuicyLivingTour.com

Copyright © Lilou Productions LLC - www.LilouProductions.com

because I'm creating the environment around me and the people I see. All I see is bad news everywhere because your mind is seeing that. If you wanna see good news all the time, change your thinking into positive thoughts.

LILOU: And buzz, buzz, buzz with the high energy feeling, the things that we want in our life, we want to vibrate already, we have to feel it as if it was already there, don't we?

DEAN: Yeah, absolutely. Everything's vibration, everything you see, if you break it down into simplest form, is just energy, it's just a vibration. What drives that is how you think. So when you get your thoughts in the right vibration, these vibrations go out in the universe. So then the universe will give you back because what happens it has hit a point, the vibration then comes back to you. So what you put out, comes back to you. So if you wake up and go, today is awesome, amazing day is today, that vibration keeps going out and you're on your way to work and you keep saying to yourself, today's gonna be amazing, it's gonna be amazing, it's gonna be an amazing day, you get into work and, you know what, you're promoted. This is amazing day. You put the energy out. You keep doing it and you get in touch with you, you get in touch with the feelings because you can say that my day's gonna be amazing today, yeah my day's gonna be really good. You don't actually really believe it, you don't actually feel it. I want you to feel it in the heart. We say it, you can actually feel, you can almost feel your molecules in your body as you're saying it. Trust me when you say your negative thought, you'll also feel them changing as well. But when you get in touch with feelings and you keep reminding your system, this is what I want, I wanna feel love, I wanna feel love, I wanna feel love. And you feel that in your body.

LILOU: I am love, I am love, I am love.

DEAN: Yeah. I am, you know, I am, it's the most positive thing you can use. Believe me if you just say love, love has a vibration. If you look at, our body is 70% water, if you look at water is a transmitter, so what we put into our system through our thoughts also goes out in the universe. So if you look at the Japanese scientist, Emoto, who looked at how emotions affect the water, that's what's happening in our body at the same time. So if you're changing your thought process, you're changing the whole layer of it, the whole structure of your body naturally in front of you. You keep doing that on a daily basis, you can see people change their physical body and that happen to do a lot of work because they change the way they think, they way you think actually creates what you see in front of you. So if you change your thinking and really get in touch with these feelings, then you change what you see in front of you.

LILOU: If you don't know who Dr. Emoto, you're gonna stay tuned to the juicy living tour because I'm heading to Hawaii to meet Dr. Emoto and interview him in person with an interpreter. How fun is that that the quantum medicine conquest in [??] beginning in October. So in a few days, I'll change my [??] from England to Hawaii.



Interview Transcripts

from

Lilou's
Juicy Living
Tour

www.JuicyLivingTour.com



Interviews and interview transcripts
are made possible from your
donations. Support today:
www.JuicyLivingTour.com

Copyright © Lilou Productions LLC - www.LilouProductions.com

DEAN: Beautiful. His work is amazing to see and it just makes you think, actually what's interesting in his work, there were 2 words which kind of really stood out, one was love, the other one was gratitude. Gratitude, when you're grateful with what you have, if you just wake up, I've got friends who wake up in the morning and they just say a gratitude prayer. Say thank you for my friends and my family, for my job, for my life.

LILOU: So powerful when you go to bed with that.

DEAN: Yeah. At the end of the day, you know what, thank you for the day, today was amazing. I'm looking forward to some more of that tomorrow. Yeah, usually you will usually have better sleep as well. You go to sleep with having this kind of negative thoughts, I guarantee you, your sleep is not gonna be good. So yeah.

LILOU: Well thank you so much Dean. This was juicy conversation. I enjoyed it very much. I wish you a lot of, to attract lots of amazing things in your life.

DEAN: Pleasure and lovely to meet you.

LILOU: Thank you. Much, much love my delicious co-creators from England. Bye-bye. Thank you for your support on the juicy tour.

Lilou's Juicy Living Tour videos and transcripts are made possible from your donations.

Thank you for your support <http://juicylivingtour.com/support-the-juicy-tour/donate-now/>