



Darius Barazandeh presents,

You Wealth Revolution Shift 2012



Interview with Kaitlyn Keyt

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**Topic: Q&A – Vibrational Energy: The New
Frontier in Natural Solutions & Human
Empowerment**

Darius: Hello and welcome everyone. This is Darius Barazandeh. You're tuning into the *You Wealth Revolution Shift 2012*. We had some interesting things happen with our phone system and when we get thousands of people on these calls, which we do and we have over sometimes 1,500 people listening in a day to these calls, quirky things happen as we sort of stretch the possibility.

Sometimes even I do quirky things, so I would never put it past me just to be a complete silly person and make some crazy mistake. I think we're good, though, and I am very excited today because we're going to be talking about vibration energy.

If you were on the little short intention circle, one of the things that we mentioned was that we control the destiny of our life, that destiny of our life whether we chose life in the high vibration side of the world, which I would consider to be the side of all possibility and truth, versus the low vibrational part of the world which, really, in my expert opinion of this as I studied energy and hypnosis and psychology and sort of transformation for the last 18-plus years, is that the low vibrational part of the world is falsity.

It's illusion. It's the part that people that are living the lives that they do not want spend the majority of their day living in false energetic prisons. I want you to write that down – false energetic prisons. We set the height of our vibration, of our vibes, how high we want to go. Do we want them up or do we want the down?

We set that. Yet, it's difficult in a world that is surrounded by so much low vibrational energy for many people to stay up into the high vibration. People like me and many of you that are in high vibration and enjoy living in that space we want to stay in that space. We want the tools to stay in the highest vibration possible.

We're going to be talking about how this vibrational energy works. How we can release the fears of EMS vibration, low

vibrational entities that may be drawn to us because you're going to learn if you get really low in energy vibration, you become literally a magnet for every other low vibrational energy sucking vortex of the universe.

There are so many different levels of energy that it's garbage that is drawn to you. In fact, we've done exercises where we get into a heightened state of awareness. I've literally seen people of very low vibration as they walk across the street literally having other low vibrational entities – call it astral garbage – literally following them. If you can imagine like somebody with just all this stuff trailing them in their chakra, that's low vibrational energy.

We're going to talk about that. We're going to talk about how when you're in this high vibrational state, you actually activate more of your brain, more of your DNA and how nature can teach us to be generators of energy. This low vibrational energy, in my opinion, is really sort of a fabrication of human kind. We need to surpass and transcend that.

Our guest here today is Kaitlyn Keyt and I am so excited to have her because what she's going to do is unlock a lot of this for us and show us a great deal. She's a five-time visionary awarded inventor, speaker and the creator of, Vibes Up, a resource for vibrational energy, education and tools.

She's referred to as an intuitive scientist and she's going to take us on a playful journey to reveal the key secrets of the universe and understand how we can begin to unfold our life, our wisdom in a fun and simple way, how we have the magic to create the life that we want and the tools to create our dream life in our everyday life. Also, she's going to reveal her findings of how she does this by creating physical real things that are in our environment that change our lives. Kaitlyn, welcome back to the *You Wealth Revolution Shift 2012*.

Kaitlyn: Well, thank you, Darius. I'm so excited to be here. I feel like 100 directions that we're going to go at once. We're going to bring together all these little puzzle pieces and clues and hints and we're going to bring it together into a clear aha and I love ahas. That's my intention here is really to bring all these pieces together where a lot of them are inner knowings that you have already where you, *yeah, I kind of knew that*, but it's just to kind of magnetize all those together into a unified clear understanding of who we are, how powerful we are.

I really want to talk a lot about the word belief that you brought up earlier – there's so much to that word – really have you leave this call much more aware of who you are and how powerful you are. Hopefully, inspire you to further your connection with nature. That is my intention for today and I'm really looking forward to our time together.

Darius: Sounds wonderful and let's maybe start so we can really create the bridge and ground all of this because we're going to go in 100 directions, but the direction I want to first explore and then we can sort of weave all the branches off of that is this work that you've done –no pun intended – with Vibes Up, the physical products that you've created, which I have on my desk.

I've got like five of them and every day I've been putting this cream on my pineal area. I've been putting it on my third eye. I've been putting it on my temples. It's amazing what I feel as like my whole energy vibration goes up. Start from there, like why did you start this company and create these products? Why and what do they do?

Kaitlyn: I've had a close connection with nature since I was young. Then I kind of broke away from that and the timing was right. Nature kind of started nudging me and giving me ideas and inspirations. I study nature. I just sit out in nature and I watch how perfect

everything functions in nature. It has its own solutions built in. It's just brilliant.

From that I, literally, was being nudged on creating these products. I'll tell you, Darius, I had no clue what I was doing or why I was doing it in the beginning. I just felt this strong inner nudge that felt right for me. I've learned to go through my life with these nudges. When you feel those little nudges, pay attention to them.

What I do, when I feel a nudge, I feel does this feel uplifting to me? Does this feel like love? Does this feel like more truth and if it does I don't even get my logical head involved in it, I just go that direction. If it feels sinking or not my truth, I don't go that way. I'm constantly running this little inner guidance system. What I did, nature just nudging me and guiding me on how to make these tools. Later on, it all came to me and once the scientists came in and the testing, the pieces started to come together. I remember standing out under the trees and looking up and going, *okay, now I get it.*

The first level I got, Darius, was that we affect our environment and our environment affects us both directions – as above, so below, as without, so within. There is this affect that goes both directions. The first aha I got of why nature wanted me to do this was that as we are raising our consciousness, raising our vibrations, our awareness, in order to raise our vibrations when we're in this modern environment that's marinated with the low frequencies of artificial manmade like positive ions and EMS and Wi Fi, just so much. Like I said before, you look around your environment and we don't usually think about this, but look around how much nature and negative ions.

I'm going to explain negative ions. Nature is negative ions. It's the minus. It's the earth energies like on a car battery, how you have a plus side and a minus side. That's the earth's energies. That's the

minus side of the battery and it kind of pulls out like the excess toxins and it's a very important part, kind of like breathing in and breathing out. The plus side of the battery is the positive ions and more like your air around you and the manmade version of it would be electricity. These two come together and they're both very important. We don't want to judge negative and positive ions as one's good and one's bad. It's just we need this certain balance and ratio.

Darius: Ratio.

Kaitlyn: To plug our battery in, right. What we are right now in our modern society, when you look around, it's like, *whoa, we've got that plus side of the battery more and more in and we're unplugged on the minus side*, which is the nature. When you look around your environment whether it's your artificial carpets even the microfiber sheets, the paint, the building material...I don't want people to get overwhelmed and go, "Ahhh," run out of their houses. "I can't live in there," but what it is it's about bringing in balance.

I know that when you're under a tree, think about throughout history how many people have had so much inspiration and ideas and connection when they're in nature, especially under trees. There's a reason for that. When you're out in nature, your body starts to adjust to that environment and natures in that correct ratio. You know how we talked about the pinecones? Do you want me to bring that up again about the pinecones?

Darius: Yeah. I'd love to...yeah, let's do that and I also want to be sure that we know that we're going to be taking some questions as well from people.

Kaitlyn: I'll leave some time for that, for sure. To sum up the ratio in nature, a pinecone is great to look at. You have the minus side is eight swirls that come up from the earth. That's the minus side of

your battery of the polarity. That's the earth. That's the feminine. In that pinecone, you have five swirls that come down from the sky and that's the plus. That's the male side of the polarity. Wherever those two polarities come together on a pinecone, where the swirls cross, there's a seed. Life is created. Everything in nature is in that ratio. It's why it's the Golden Measurement. It is this life creating zero point, this incredible creation energy.

Nature, when we're out in that, our body because every cell of our body all throughout our being, we're not just boys are all male and girls are all female. We have the polarity in our brains, in our cells all throughout our bodies and they've gotten out of balance. As I said before, no wonder we're only running on 4% of our brain and two strands instead of 12 of our DNA as we've unplugged the one side of our battery.

That's kind of a little recap on why would we want to plug that other side in. We really want to generate all this energy to run this whole, full miraculous system that we have. Human beings are so...if you only knew how powerful you are and all the abilities that you have, you would be pretty excited about who you are.

Nature, when you're out in nature, we adapt to that environment. We start to feel that connected and plugged in and inspired and energized and refreshed, but not everybody, as you said, can be out in nature affected by that balanced, beautiful, incredible environment.

I love how you said you go out to the beach. You go out in nature when you want to create a shift. Right before this call, I went out in my hammock in my backyard, Darius, and I was just like feeling just this harmony of nature. I was so inspired to bring up a suggestion to people. It's to create your own little sacred space.

Even if you're in the city, if you have a little backyard or a little balcony or something, create yourself your own little...I have a

house, a cabin, up in the mountains and that's fabulous, but I have a home in the suburbs. So I just created a little place in my backyard there that's my space where, like my nature spot, where I go connect and hang out. Just be creative with creating your own little place outside like that.

Again, not everybody can be out under trees all day. We're in cars and offices and these environments that are so out of balance. What nature was doing was bringing me a way that I could bring the infrared delivery deep down into ourselves and our DNA of that balance in nature to people when they're sitting at the desk at work. When they're in their cars or in their homes, it's actually going to be like bringing that tree into their home, bringing that nature into them.

In this really unique, fabulous delivery that...I was telling you before, I didn't do well in school. I barely made it through school and yet all the scientific information on how to do this really while not just raising and balancing our vibrations, but our food, our beverages and our water because what we consume affects our vibrations a lot. I really want to help people shift out of the fear of things around us and not look at, oh gosh, what's bad for me next. Where you kind of feel like giving up, it's like all so bad for me.

I'd really like to shift that or when we pick up ingredients and we read the labels and we're terrorized in the products. Really, to say it's okay, we don't have to leave our modern comforts and run out into the cold forest. We can visit the forest and we can still maintain our busy lives that we have, but nature taught me a way to bring that in and to the whole part of our lives – again, the food, the water, our bodies, even neutralizing the electronics, the cellphones, the computers.

It's just such a beautiful solution and I'm really grateful to nature for inspiring me on how to do that. We can get into a lot more details, but nature's been teaching that so that's a natural product,

a tool. Then also a lot of information on what we're about and it's time to remember who we are and how moving we are. There are both of those that come in.

There's that belief in yourself and remembering who you are and then there's that helping to raise your environment and be connected to nature so nature can help us remember who we are. Darius, you and I and all the listeners, you know what we are? We're nature and we forget that sometimes.

Nature is actually our nature. Nature makes the best teacher. I always remind people you know your own truth, feel your own way. Also, that nature is not there to be your belief system. It's not *oh, great God, of the tree* or even with my products, it's not *oh, great God, of the bracelet or the water bottle*.

Nature is just a friend that's helping to remind us who we are. Back to about belief, it's kind of come in throughout the...I'm sure some questions are going to pertain to that, but that belief word is so key because whatever you believe in is where your energy goes. As we're empowering ourselves, every bit of energy that we have, we want to use this energy to empower our lives and our creations and our ability to create abundance and love and all this beauty around us.

That energy is important for us to have right now. If you believe in something outside of you that's where your energy's going to go to. I always bring in that. Let's remember to bring that belief energy back to ourselves.

Again, my tools are not, oh, they're going to make...just put the bracelet on and – boom – your life is going to be perfect. It's more like a gentle rising of vibration and bringing you back to remembering who you are and bringing that belief back into yourself and remembering who you are.

I'm excited about...I love questions because they really can stir some things that I even forgot that I knew about, so I'm really serious to know what those questions are and know where we journey with this.

Darius: Okay. Let's do this. Everyone, if you have questions for Kaitlyn, go to www.youwealthrevolution.com/now and submit your questions. Then I'm going to just start reading some of these off that people have.

One lady, Selina, from Wilmington said, "I grew up in the mountains of West Virginia and I always felt that I had a mystical connection to the earth, but now..." I guess she's living in Delaware. She feels like she's lost it. "How do I get it back?" What would be some of the things that she could do to sort of take that connection to the earth and bring it back to her at where she is?

Kaitlyn: That's the perfect question to start with because many of us are feeling that disconnect from nature. Even the food that we're eating, the GMO food, is not in its balance anymore. As many ways as you can, bring nature into your life and then start to communicate. We've heard, *oh, talk to your plants*, that they actually thrive, but I think it's not just the plant that thrives when we talk to it. I think we start to thrive when we develop that relationship and connection.

I had one of my biggest, just huge core life lessons given to me from a city tree in a parking lot at the grocery store. You don't always have to be out in the deep forest to get that connection. I was just telling someone. I was going to a motel on I-5. I stopped halfway on a trip and I was just standing in my motel and I was like thinking what was our original diet that was meant to be, where we wouldn't need to kill our harmony?

All of a sudden this little tree, just a decorative tree outside the window just starts piping in all this great information and it was

talking about how trees are. Dog's man's best friend, well, I look at trees as our best plant friend. The tree was like we are so here for you humans. We give you shade, we give you food, we give you...they'll give their wood to build your homes.

They really are there for us. It was talking about how it gives us gifts of food and nobody has to die. It gives us fruits and nuts and I was like, wow, that's amazing how much nature and trees are there for us. You can get connected to a plant or a tree or that wisdom in nature wherever you're at. I would say bring some of that in your house.

I also dialogue with the earth – some of us say Father, Spirit or whatever – have a communication. Well, there's that other side of the polarity. You can also have that communication with Mother Earth. Just form a relationship and go with what feels right for you. That may not feel right for everybody, but just follow your heart on what feels right and reconnecting to nature in your own way.

Darius: Now, for the people that are just sort of living in the city and just their normal daily life, sitting in an office chair for nine hours a day in an office with like 20 computers, everybody having a cellphone and signals and all sorts of things going on, ungrounded.

What can they do in those nine, ten hours to bring that into their life and similarly, we go to bed, we work all day, we drive home, we get in our car that's not grounded. It's got rubber tires. Then we go home, we walk on our carpets and our floors and whatever else that are not grounded because it's synthetic grout and all this stuff that isn't grounded.

Then we go lay in a bed that's not grounded for ten hours of sleep and we're literally living like 95-98% of our life never really touching the earth or being grounded. That's creating all sorts of imbalances that are creating a lot of challenges. What do they do

beyond just sort of connecting to nature through trees? What do they do to really like bring this into their space, into their energy space?

Kaitlyn: That's part of what the tools that I was inspired, that's a big part of that. Like, for example, the mats that I have they're this concentrated rocks, flowers, plants, trees, nature concentrated in there. They're pulsing. Just breathing in and out so it's feeding all that nature energy up into our being and then it's pulling out, which is the grounding, pulling out all that excess buildup. It's not just electronics and Wi-Fi and the synthetic materials around us, there's also other people's toxic energies and emotions that were kind of built up in our system as well.

If we were grounded and I'm glad you brought up grounding. For example, the mats...like I'm sitting on one right now. I have the soles in my shoes. I sleep with a mat under my sheets on my bed. I have it in my car when I drive. My dog had puppies and the puppies were born on the mat. It's funny because just this morning I had a mat lying on my kitchen floor and my puppies went right over and they're like hanging out on the mat. Like once you go mat, you can't go back. It's like dogs were made to lie on the ground and walk on the earth. It's like they have that knowing and mine, any time they see a mat, they're on it. They realize that energy is important for them to be grounded.

Pulling out all that and releasing, no wonder, if a house is not grounded, Darius, all this electricity will build up and it's chaotic and it short circuits and it's just a mess. Well, human beings are very electrical as well and we're designed to be grounded. We're designed to have our feet on the earth, to sit on the earth, to lie on the earth at night. What that does in grounding us, several things.

One – it pulls out all that excess chaotic stuff. No wonder people are feeling just that anxiety and buildup of like they want to short circuit. It pulls that out, but there's another really important thing.

In order to pull in the universal, the cosmic energy we have on top of our...our chakras are not a myth anymore. They can film them on cameras now. We have these energy centers throughout our body. On the top of your head, you have like this white funnel and that pulls in all this universal. There's so much energy in the sky. Look at lightening. There's just so much incredible energy there and intelligence and brilliance and ideas and information. In order to pull that in, you have to be grounded to do that.

I was in the shower the other day thinking about this, probably a lot of you guys, too, get ahas in the shower, but because...by the way, the water in your shower is grounded. That explains it. When you're grounded, you get more ahas because you can really bring in those...your crown chakra can pull in those information. Now let's look at this again.

The crown chakra, that's the plus, right. Like you're a battery, right, the top of your head, that plus side of a battery and the bottom of your feet, that minus side, right. Let's look at this. In order to pull that incredible energy in from the universe, you need to have the pulling part plugged in, which is your feet on the earth.

The earth does this pulling and as it's pulling, it's pulling that universal energy down in through your crown chakra throughout your body and your body can use that energy to revitalize your system and ideas. It's incredible. So your crown chakra really opens up and starts to become like a magnet pulling that in once you plug your feet into the ultimate magnet, which is the earth.

The mats and the soles are concentrated earth and they do the two steps like the earth does –the breathing in the breathing out – and it's just really some simple magical ways to bring that nature in. Here's what I like, Darius, because my life is so busy. I don't have time to stop and do a whole lot of regimens, you know what I mean?

Darius: Exactly.

Kaitlyn: Yeah, the more something can just jump into my life with me like, *hey, I'm on the run here, jump on*. Like I put a bracelet on, I don't have to think about putting that bracelet on five times a day. My water bottle, the water's automatically re-harmonizing into the earth energy. I go to bed on my mat. I'm doing work on my body while I sleep. It's something I don't have to work a lot at or move a lot of effort towards and it's just there for me. Those are and there's so many ways to do that. I just brought in all these fun, simple, magical creative ways to integrate that into our unbalanced synthetic lifestyle.

Darius: When you talked about us having sort of a positive and negative and one side being the top of our head and the bottom being out our feet, I thought about everybody just doing an experiment here today. You can do it during the call. You can do it after the call. You can show it to your kids and your family.

That is like take anything that is battery operated, remote control, a light, pull out one of the batteries and just stick one side of the battery into the terminal. Pull the other side out. See if that thing that that battery is supposed to ignite, if the thing that that battery is supposed to turn on will work. If it's a flashlight or a light and you pull one side of the battery out, so it's only touching the bottom...

Kaitlyn: Or a car battery.

Darius: Yeah, will that light come on? Will that light come on? Our lives are that way because so many of us are living with our light turned off and yet – this is kind of an analogy metaphor – and we're trying to turn it on. Yet, we're not grounded and we're not getting it from above at the top and then we're not releasing from the grounding at our feet so those energies that don't serve us can go. For a lot of people, the simplest thing to do is be outside and

walk through the grass and be grounded, but for many of us that have day-to-day lives, we can't do that. That's why this is so important to share.

I want to take another question real quick, Kaitlyn. We've got, oh boy, we've got a lot of people asking questions of how do I bring this into my life? How do I do this? One person's asking about, well, one person's asking about people in their outside world. It's kind of a long question, but when you're around people that sort of are angry and sort of negative energy, what's the best thing that they should do, maybe this energy vampire type person. If we can keep our energy grounded and sort of high, those people generally probably won't really care too much to be around us because they just can't get anything out of our battery. It's like they can't suck it out.

Kaitlyn: Darius, we talked about a little bit before, but I'm glad this came up again because we talked about the energy beach ball about when you're with someone like even you and I right now having this conversation. We're both vibrating high, we're throwing inspirational ideas back and forth and I'm not keeping your energy and you're not keeping my energy because we know we can generate our own right, but when you have this conversation with someone that maybe can fear, vibrating low and no judgment that's just where they're at in their journey.

When you throw in conversation, in other words, you throw an idea or even your side of the conversation to someone, you're actually throwing energy that way and the normal way is energy exchange, like an alternator on a car. The energy goes back and forth, it generates more energy.

Someone that is an energy vampire, you throw them the energy and they keep it because they're afraid. I want to go a little bit further with that. You've got the back and forth. I want to talk

about how somebody takes your energy. We're offering it up, we have the choice. Awareness really brings more choice for you.

Here's one of the biggest techniques that people use to take your energy. You'll recognize it that it's happened in your life and as you see it coming towards you. You'll see it and go, "Oh yeah, I remember Kaitlyn taught me about this. Now I have a choice to give my energy or not." Remember how I said whatever you believe in is where your energy goes. If any part of you feels wrong, bad, broken, you don't believe in yourself, your energy leaves you.

Let's just play with this a minute. Let's say somebody pokes you. If somebody's low in energy, what they'll do and a lot of times they're not conscious about it, it's just something that they've learned from a child that's worked for them. They are running low on energy. They need to feed and they're looking at you like *yummy, tasty energy*. What they'll do is they'll poke you in your belief of yourself. They'll make you feel that something is wrong with you on whatever level. When they do that, *oh, they poked you*. Now you're leaking energy and you'll try not to think about it.

You know you run through your head like, *oh, she said and I said and I shouldn't have said that, no, maybe was I right, was that bad*, you play this in your head back and forth and as you're doing that, you're losing energy because you're doubting yourself. As that energy leaves you, guess where your energy goes, where your thoughts go, your energy flows?

When you're doubting yourself because of this person telling you you were wrong or bad or whatever, guess what you're thinking about? It's them, so all that energy that's gushing out of you because your belief in yourself is lowered is going right to them. When you realize that you go, *oh okay*. So now when it happens again, you can just bring your awareness.

Well, awareness is fantastic. So I love that you're bringing these shows, Darius, and increasing our awareness because there's a lot of power in awareness. When somebody pokes you and your belief in yourself, you can, *oh, I know how this game works and you can bring your awareness in and go, okay, so they're needing some energy. Bless their hearts, they're feeling a little low and they're poking me in my belief in myself, but now I have a choice.*

I can send them my energy or I can say, "Wait a minute, no, I'm going to keep my energy for myself and they can go out and learn how to generate their own energy instead of making people doubt themselves to get the energy." That's just a little kind of side tool for understanding a little bit how that goes, but back to what you said, Darius, when you're vibrating high, people that are vibrating low, you're very irritating to them because high low vibrations can't coexist.

As much as you can, I would remove myself from the environment of people that are like this. Replace them with people that are making choices to vibrate high. If you're in the workplace I would have as much high vibrating tools around you and then be just constantly keep being back aware of your belief in yourself is important.

That DVD I have in that package, Darius, is powerful on believing in yourself. You can be told, "Oh, believe in yourself. You're wonderful. Believe in yourself," but to actually embody that is different and if you are shown proof and why and how that what you really are is an unlimited all powerful being of love, if you were shown that is really...remember how we're remembering who we are.

That's who we really, really are and we've been here collecting experiences, every kind of experience. Along the way, Darius, we got confused. We forgot who we are, but that helps us actually be in the experience and we started to think those experiences that

we had are who we are, but they're not, like imagine yourself licking on a chocolate ice cream cone.

It's an experience that you're having, but is that who you are? It's not who you are as an all-powerful, unlimited being of love that's come here to collect every kind of feeling experience that there is. Everything that you've ever done and I'll get a lot more into it in that DVD, but when you really get shown why you are amazing and reasons to believe in yourself, it's a lot easier when you get the bigger picture of how amazing you really are.

Darius, we allow ourselves to have what we think we're worth. If we think we're wrong, bad, broken, anything, if we think little of ourselves, we only allow ourselves a little. That flow of wellbeing is all around us. It's our natural state of being to be abundant and loved and that's just our birthright.

What we do is we block ourselves from that birthright from feeling that we're little or we're not worthy. Really important is to bring that core shift in of remembering who you are. Once you do, that flow just starts to happen. It's kind of like a limbo bar – the higher you raise that bar of your belief in yourself, the more will flow in.

That's part of nature's job and my tools are to help remind you. Remember you're this amazing all powerful being of love and when you get back in balance and start generating energy, your awareness expands. Your ability to go, *oh, that's who I am*, but you know when you're constricted in that lower vibration, it's really hard to see and remember how amazing you are. Can I share a story about my son?

Darius: Oh sure.

Kaitlyn: Okay, this I'm going to get a little personal here in that my son went through...he was right-brain, creative, they were calling the ADD. I call it NBG. He went to this school. This is somewhere they

were judging him on the left brain and literally making him feel not worthy and he struggled a lot with his own belief in himself because of what he was being labeled at through the school system.

Also, I have two teenage sons and if any of you parents out there have ever experienced how your kids will whatever you're into, they're not. You'll learn that, Darius. They get to a stage where they kind of like aren't into what you're into. It's funny because as I just said this, my son called in. He must have felt the vibes.

They were not really into my tools and what I do. They were like, *oh, that's crap* and they weren't into, but my younger son is a skateboarder and he hurt his foot. Skateboarding is so important to him that he broke down and said, "Mom, alright, let me try some of those your shoe inserts. It might help my foot." Well, when he did that, Darius, his consciousness started to expand and on his own he came then and asked me, "Mom, can I have one of the mats?"

He goes, "I really feel different." I put the mats under his sheets and then this is, to me, just as a Mom, it was just brilliant because instead of forcing my child...he has the posters on his walls that were all the negative like teenage boys will do, right? Instead of me having to go in there and take them down and say *this is not good*, on his own as his awareness started to expand, he started to make different choices.

I found my son transformed and it all started with a skateboard injury. He on his own became more aware. His confidence started to shift, his courage, how he carried himself. He went on his own and took down all those non-beneficial posters off of his walls and he now has all new stuff up. He has scenes from nature and he has...I'm standing in his room just basking in the new vibe of his room and the beauty that he chose to do that. He did that at 15.

I'm standing in there going this boy is changing at the core, but on the humorous side, he had a picture of Einstein on one wall and on one side of that he had Buddha. Now, he's not Buddhist. He thinks that there's a lot of good philosophy through there. He had a poster of Buddha on one side, Einstein in the middle and on the right side there he had a girl with a cute butt, right.

Darius: That's some good anchoring there, so he's going to anchor. Oh wow...

Kaitlyn: I'm like, "Son, you know what? Einstein would be honored to be on your wall between Buddha and bootie. He would love it." It was just really, really exciting as a parent to watch somebody open up and transform and start to make different choices on their own, start to carry themselves different. His belief in himself is so much higher and it's just really fun to watch somebody's life progress like that. That was very up close and personal to watch that transformation for me with my son.

Darius: What I think happens is when people connect to that high vibration energy, it's kind of like the universe sort of opens up this like true activation. It's like imagine I've got this light again and there's the battery. I don't have that one side of the battery fully in touching the connector.

Then once I push it in, it's like, *oh, that's a light. Wow, that's cool.* It's our life is like that. Once we totally connect on both poles, *oh, I'm supposed to have a great life. I'm supposed to be abundant. I'm supposed to have ideas and have the courage to make them happen and help other people.*

Let's do this. We're getting a question in from Samuel who says, "What are some of the symptoms or things that I may want to look for to know that like I'm ungrounded that maybe I'm not really firing on both sides of my natural state. I'm not really connected to this energy that you're talking about, Kaitlyn. I'm not connected

to the things that I really need to be". What would that really look like in someone's life, Kaitlyn?

Kaitlyn: Well, I'm a good one to ask that because I am...my physical body is naturally very ungrounded. One thing, I would try to eat food to ground myself. Even if I wasn't hungry, sometimes, I would be like I need to get something to pull myself back in my body. That kind of floaty, unfocused-like and unfocused is not bad, but you know the kind I mean, where you just feel like you're not in your body.

Grounding, it's kind of like you can get a million ideas, but you don't actually bring them into fruition when you're not grounded. Grounding is taking an idea, which would be spirit form, right into physicalness, so it's able to complete what you're starting, able to bring those ideas into something that is not scattered, that is actually physical. That's just to name a few, but again, when you're grounded, you also find yourself getting a lot more courageous, I would call it, a lot more centered.

When you're not grounded, you're just subjected to the winds around you, other people's emotions. Oh, this happened or that happened and, whoa, you're blown this way and that way and really affected by things around you. I find when I'm grounded and I'm centered like those experiences come and move through me. I don't get blown out of the water by them. I just see them as, okay, here comes an experience and there goes the experience.

I would say that's some of the real big ones that I know. Some people, when they put the soles on or sit on the mat, they'll be like I can feel a tingling up through my body. Other people, it's a little more subtle. They're like, "Wow, I really handled that situation differently. I wasn't as affected by that or I wasn't holding on to the bitterness of that situation. I let it go."

You'll find different degrees and here's what's neat with nature is nature reads us. It will only give us what we're ready for. If you're

feeling a lot, that's because that's what you're ready for in the moment. If it's more subtle, well, that's what your soul's ready for at that moment – a little more subtle – but the mat and the products have a consciousness like nature does and they will activate for you when you need more and they will back off when you need less and that's the beauty of it.

In fact, someone was asking me about the earthing, the grounding mats that you plug into the wall. By the way, those work great as well. I know that because at the place where I have my stuff tested, they also tested theirs and said that they worked really well. As a little side note, my gut said because somebody asked me, “Well, what about the two together or should I do this one or should I do that one?”

My gut was saying they'd amplify each other. They like each other. Anyway, recently I was excited because recently I've had all kinds of new testing done, but I just recently had somebody who has those and she's a scientist in Canada. It's a little off subject, but I want to bring it up before I forget. She's has both of those tools and she tested it as a scientist, but her body is like a machine.

It's funny because I have all of these machine-testing that I do, but this lady, she can pick something up and go, *okay, this is helping the kidney or the adrenals or the whatever*. She can just feel it and she's very accurate. I just asked her out of curiosity to try what my gut was saying and she put them together and the words she used was they have a party together. They really like each other. That was really fun – how much that they liked each other. That was just a fun little experiment.

I also, Darius, have all kinds of other testing that I'm currently having done and some of it was inspired by your listeners. I don't have the results back yet, but I will get those to you like maybe in the form of an email and if at some point you want to send that

out to your people, you can feel free to do that. Probably like a couple of weeks or so for that.

Darius: I would love to. We're getting a question from Robin who's asking, "Talk about how these products you create actually know when you need more energy and they give you more energy". Like how does that work because she's wondering are they alive, are they intuitive or is sort of our own body pulling from them like a battery and they're pulling in from the universe, this sort of free energy, and then circulating it now to our system or how is it working?

Kaitlyn: I'm glad that she asked that. How that works is nature is, yes, alive. It is conscious and in the product, it is alive in there. How all this even came up, Darius, was people would ask me how come when I'm like really stressed or something my stress bracelet gets warm. At the time, I didn't know, but I said, "Well, I'll try to figure it out." It came to my attention, a book called, *The Secret Life of Plants* and in there it said that the guy that invented the lie detector test, he did an experiment on a plant.

He hooked the whole lie detector test up to it and he just thought in his mind. He didn't even actually do it. He just thought what would happen if I burned a leaf on that plant. The graph started going crazy on the plant and he was like this is a huge major breakthrough. We actually have evidence that plants can read humans minds. They've done all kinds of fun further testing on that.

When I heard that I go, ah, that's why the products...how their able to read us. It is that consciousness in nature and nature will not over ride our free will. Nature knows how to read you, Darius, differently. It knows that your system needs a little different than what mine does. That's like when you eat a salad, that salad especially the more conscious it is, like the higher vibrating, the more organic it is, it's intelligent and it's reading you and knowing

what to activate and what to back off. Our gut knows this. Our common sense knows it, but here's some fun further explanation of why we've always been drawn to the natural or the synthetic.

Let's say you have a headache and you have a choice. You have this natural herb thing here or you have this synthetic drug. If you take the natural product, it's going to read you and know how much you need, when to back off. Where you take a synthetic, it'll bring an energy, but it will not have the ability to read you and know how much to bring forward and when to back off.

That's why you can mix all those vegetables in that salad and they'll work in this perfect symphony and deliver the perfect amount of what you need. They can not only read you, but they read each other. That's why when you take something that's synthetic they cannot read you or each other. That's why you have to be so careful about mixing different drugs because they're all going to bring it at once and with no awareness of each other, you can get too much of something.

That's the beauty and we work with things that are natural. Not only being able to read us, but being able to read each other and know what to bring and know when the...like carrot knows that broccoli's got enough Vitamin D covered. It's just this incredible harmonious perfect symphony that nature does, but it's so touching.

Like with my products, when I feel them step forward for me, I'm like, *wow, there's nature really reading me and stepping forward for me* and it just furthers my connection and my relationship with nature. When I realize how much nature cares for us, it's beautiful. It's an unconditional love.

Darius: We've heard that, too. We had one lady that wrote in. She said, "I just want to say how excited and impressed I am. I am already with the Vibes Up products. The minute I put the first bracelet on,

I felt something at the bottom of my spine". She says, "I'm recovering from a long illness and I find these very helpful."

Another person was saying that the products are just indescribable. A lot of people are just kind of feeling like the products come alive when you put them on. I guess that's because in a way they kind of are alive, but from like the sense of just the energetic side.

Kaitlyn: They do and I have this thing called a travel size vibe checkup. This is fun, Darius. Imagine little square magnet pieces and that you can put them on your fridge or you can carry them in this little carrying case. You can deal them out on a table if you go out to coffee with your friends. They're all coated with the Vibes Up coating for different frequencies, different themes like courage and love and health. You can run your hand across it and you'll literally feel some of them activate for you and some of them not.

It's wild because it's like, *wow, that one's stepping forward for me and that one's not*. You can ask different questions. You can say, "What about this job," or "What energy is best for me today for this situation." They will literally step forward. What you'll feel is like a tingling kind of warmer cooler different sensation from it as it activates.

I did a talk recently on courage and before I do talks, sometimes I go over to that and I run my hand and go, *okay, what energy would be best for me to bring into this talk*. Well, the one that starts feeling buzzy, I turned it over and guess what it was? It was the theme of courage – pretty wild.

We have a couple of them set up in our house and one guy came over recently and he did one and he got three of them on that board, right. Then he went over and he did the other one and he got the same three on the other board. He was like, "Wow." It's

like very, very accurate, but it's just really fun to feel that nature step forward for you. That's called the travel sized vibe checkup.

Darius: Very, very cool. Oh my gosh. Okay we've got a couple more questions I wanted to make sure we can kind of move through it. Let me read this, yeah. She says, oh yeah, Debbie says, "My son and I are literally in our home 24/7. That's a long time to be in your home. He literally tries to trigger me intentionally".

She says she feels so sensitive. What's the quickest way for her and her son to ground themselves? I don't know if it's being outside, but I don't know how long they can be outside. Is it maybe just getting a mat a like putting their feet on a mat or in bed? What would you suggest there?

Kaitlyn: Yes, absolutely, like the mat to sleep on, the soles for the feet. The soles for the feet are very important. Sitting on...like kids doing homework, like when she said her son would trigger her – oh, I know what she's talking about with that. My son, I caught on after a while, but it became a fine art. He would sit down to do his homework and he would have a hard time focusing on that and he would start poking my buttons.

They learn your buttons and will go poke, poke, poke, poke until I got mad, right. Then what happens is you're all mad, upset, the adrenaline gets going for both of you. Well, for kids like this, that's adrenaline helps them to be able to focus. I'm like, "He's pushing my buttons so he can get this adrenaline going." I'm saying there's got to be a better way to get in that state.

The mats, I wanted to explain this because my son's ADD, which I call NBG – new brain gift. We're not disordered. It's our gift. I am this way, my father is this way. What I notice is for me like I don't even process through reading books, but that's okay, Darius, I've learned that I process differently. I just put a question out to the universe and the answers come back to me like an antenna would.

I don't have to go look it up in a book, right. We're all capable of that.

To get me to stay focused on something is not the easiest thing to do. I like to be out there, right. I was going to a class where it was a three-day really highly intellectual class and usually the teacher will be talking and my brain will be off way over there and over there and all these different subjects not what the teacher is talking about.

This one time I had some pain in my body so I brought a mat cause it helps to transform because pains a low vibration. If you raise the vibration, you've now created an environment that the pain's not thriving in. I brought the mat. I'm sitting on it and all of a sudden I can not only follow right along with what the teacher was saying. I was jumping ahead of her. I was, "Brain, you are doing so good."

Then on the second day somebody asked to see my mat and I let them see it and they were playing with it and then the teacher was, "Oh, let's start." I sat down I wasn't on my mat. There was my mind again – bloop, bloop, bloop – all over the place. I'm like, "Ahh." In nature, when we would sit down to work on something, guess where we would sit. We would sit on our butts right on the earth, right, and our tailbone would literally be connected to the earth.

Our tailbone runs the spinal fluid that goes all the way up to our brain and fluid is very energetically conductive. What would happen, we would sit our butt on the ground, we'd plug our brains in by sitting down on the earth. I was like, *oh, that's our natural state* and when we sit down to do a project we would plug our brain in.

What I've learned and I've had so much good input with this is when you put children...let them sit on the mat when they're

doing their homework. It's not going to totally like go instant A+, but there's going to be so much more ease and grace of them being able to absorb and process and be able to complete their work without their mind just going off in all these different directions. That was a fun aha with the mat.

Darius: Someone was asking with the mat, really quick, do they need to be replaced? I know the answer because we talked about it last time, but for people who are hearing about these mats and the energy and how they work, a lot of people are thinking, well, do they need to be plugged in and do they need to be replaced?

Kaitlyn: No, they do not need to be plugged in. Again, if you have the mats that do plug in, just put them together. The way that the testing with the lady, the Vibes Up mat went on top, but no. They're portable. They create their own two steps – the grounding, so it's electromagnetic. The electro is feeding the energy up through our body all this natural healthy essential oils and gems and flower essences, all this beautiful harmonious energy up into our bodies. Then the second step is the magnetic, which is the pulling out. It's not a natural magnet. It's the breathing in and breathing out, that natural flow that the earth does. That one question, Darius, was does it need to be plugged in. No, it does not. Does it need to be replaced? No, it does not.

I went over this a little bit in our last talk, but I think it's important for people to know how it creates energy because, again, I'm somebody if I'm going to work with energies, I want to know what they're about, how they work so that I can decide if that feels right for me. I like people to have the whole knowing and how it works.

In the mat, Darius, imagine me baking in the kitchen. It's all ooey gooey. I'm mixing all this stuff up. I pour it into a cookie sheet and in that there are little balls of clear quartz. There's liquid crystal, essential oils, flower essences, gems, all those nature goodies are

in there. The little spheres of clear quartz, Darius, when you apply pressure to clear quartz, it gives off something called piezoelectricity, P-I-E-Z-O electricity, which is over one million infrared rays of pure, free, healthy energy, nature energy per second. I'll repeat that –over one million infrared rays of energy per second.

So imagine I've spread this on a cookie sheet that was supposed to be the mat and then as it dries, it shrinks a little bit. Now, it is applying pressure to the quartz, so now they're giving off that piezoelectricity. It's just always going to keep going. It's not going to run out. It's the battery that never runs out. It's never-ending energy. They don't need replacing.

Darius: Wow, okay, that is very cool news. I was going to make a joke, but I don't know if it's appropriate. Oh, well, I will. Are you ever going to make underwear out of the piezo energy that we can wear and have with us all the time?

Kaitlyn: I got a little flash forward when I first started to do this, Darius, and there are all these areas that I'm going to be working on to help. We're all helping to recreate our planet together. We're all going to be contributing new ways. Everything is going to change and all of us are going to be the ones that are going to be bringing the ideas and inspiration and creativity on how to change things and to be more flow energy and this force energy, more balance, harmonious, sustainable way of living.

I got a flash forward and one of them is agriculture and one of them is definitely education. Ah, I feel so much stronger about that. All these different areas that I knew I was going to be passionately working in, bringing in as much of this harmonious energy. Hey, if I can figure out how to do the underpants, I would certainly do it, but I know it's going to come in in every way that I can think of and I'll illustrate you can.

I do know that it is possible to make materials this way and I feel that will be coming, but even like if you know some of my products, everything I can think of that are synthetic and unbalanced, things that are in our life, I'm bringing in affordable, beautiful alternatives to that that are fun, simple, magical ways of just shifting some of that old toxic stuff out and bringing in the harmonious loving nature energy back into our lives. That's a pretty good question. Don't worry about it being inappropriate. It's fun.

Darius: What I love is the fact...in my mind I said, well, like I use that crystal cream on my face and you have the pendants and you have the water bottles and stuff and when you start using it, you love it so much you want it on your body all the time. I just think like, well, what could I just have against me all the time and so that was just where that came from. I think it's pretty neat stuff.

Kaitlyn: That's a good question. One thing I do, Darius, is there's a product we have called the Plate Mat and it's imagine it like put your hand out and spread your fingers it's about that big. It's a round plate size. Actually, in alignment with what you said, I have one or two of those on my body all the time and I have them against my skin. It might be on my hip, might be on the side, under my bra where your glands are kind of under there. It might be on my tummy or my upper back where your shoulders are all stiff.

You intuitively move that around and it does enter an intense energy treatment on that area, sends the energy that the body knows and people will say and write me and say it cured this and cured that. I'm like I know vibes doesn't cure anything and I always make this clear. It's just sending your body this bio available, pure source of energy that the body goes, "Ah, I know what to do with that."

Your body has the intelligence to fix and repair itself. It's just blocking the energy. What bio available means, by the way,

Darius, is when we eat food for energy, which is one of our main ways we try to get energy even though it's mostly beat up and not in very good shape, but it takes our body a tremendous amount of energy just to convert that food into usable energy.

It's almost using up as much as it's getting to convert. What the Vibes Up supplies is what's called bio available energy. It's a pure efficient form of energy that doesn't need converting. It can go straight to you. It doesn't take any effort on the body's part to convert that and put it into use. You're right in what you what you were saying. I do it, have it against my body and I move those around. There's also the little small squishy square size that you can move around your body. Yeah, I need to get you that, huh?

Darius: Well, I've got one actually and I've got it against my neck and I really started feeling the tingling. I want to get one big question that came up from Antonio and then I want to tell people...let me do this. let me give people the page where there's a lot of this information and Kaitlyn has a pretty special package that is severely underpriced because there's so much here, but let me do that. It's at www.youwealthrevolution.com/vibesup, www.youwealthrevolution.com/vibesup.

There is a special package that you put together and I'm just going to read through it real quick and then I've got one question for you and then I'm going to go through this package. That includes the infrared vibrational grounding mat that you can put your plate over and different things like that. We're going to be talking about food, but also your body you can sleep on it.

The sippy-bottle, which has the special piezo energy at the bottom of it that is naturally rechargeable doesn't need anything. The earth ionizer pendant, the nature's armor EFM cellphone insert, the crystal cream that I've been using, also, her DVD workshop, which talks about all of this and gives you some strategies. Plus,

she's giving some special bonuses that actually are available to you, so we're going to talk about that.

Kaitlyn, we did not talk about the food part. That is that when people can use these Vibes Up products, Antonio is asking, "How does it relate to food?" If you put like one of those mats under your dinner plate or your water and you leave it there, what happens to the food? Does it change its structure? Does it just make it more bio usable, tell us about that?

Kaitlyn: Okay, I would love to. On the testing that I had done with that, for one, you can do your own testing – your body is an incredible machine that can test vibrations. If any of you have ever muscle tested before or if you haven't, I'll tell you how to test. It's just so simple. Hold one arm out have somebody push down on your arm. Have them take their two fingers and like push on your wrist and then you resist.

Okay, now, this is your little strong/weak meter. Anything that you hold up to you while they push on your arm if it's uplifting your vibration, you'll hold strong. If it's lowering your vibration, your arm will go weak. It's that simple. You don't have to be this big expert in the subject.

You can go around once you get your Vibes Up products and test things. Like you can test that cookie in your arms and then you charge your cookie and you can test it again. That's your own inner guidance and your own built in incredible machine that you can use, but I do send them off to be tested and here are some of the things that happened with that.

Food, even unfortunately, our organic foods absorb a lot of the radiation stuff out of our environment. Once you test it, it showed that in the food. So I would still buy organic, though. At least its core is not as out of alignment as other foods are, but I am having more tests done on that. The last question you had for me, Darius,

your question last time we talked was can it bring non-organic food up as high as organic. That's one of the things I'm going to get back to you on the email. That's being tested.

Back to the food – foods are pretty beat up now. They're not in their natural state. Their vibration is low. When you eat them, they lower the vibration of your body. When you put the food on anything Vibes Up, that mat's kind of neat because there's so many different uses, but you could set it in your kitchen like a little charging station and, yeah, fun, huh?

It's pretty because it looks like granite. I call that clear, Darius. It's clear because everything that you see in there is nature. That's all the rocks and gems and all that is what you see. When you look closer, you can see all these different colored little fun stones in there. It looks a little bit like granite. You could put it on your counter.

What it will do is it will partially raise the vibration of the food. It will clean the non-beneficial energies from the food including the radiation and helps to re-harmonize the food. When a food vibrates higher, guess what? Just like human beings, Darius, when we vibrate higher, our consciousness opens up.

We're more aware. We're more intelligent. We're more brilliant, right. We know how to interact in the world in a bigger way. Same thing goes for food. The higher food vibrates, the more intelligent it is on working with you and connecting with you and being beneficial to you.

When foods vibrate lower there is a little bit – dird der der – I don't know what I'm doing. They don't know what to do. They're confused. They don't have that intelligence turned on. Think about this when you're eating foods. It's not knowing where to go in your body. It's not knowing how to be the best benefit to you. That's a big thing on raising vibration of the food is increasing the

intelligence. The other is when you eat high vibrating food, it affects your vibration.

Another experiment you can try is think about a food that you eat that afterwards you feel kind of – yaaah – drained. Try that food again, but charge it just as an experiment. Notice if you feel that drain afterwards. More than likely you will not. Now, I'm not saying for you to go around and eat portable junk food all time. No, I'm not saying that, but whatever it is that you're going to eat it will be so much more beneficial to your system if it's at a high vibration and cleared of the non-beneficial energy. I would say just charge things as much as you can.

A question people will often ask is how long does the charge hold? I'm verifying some more tests on that, but my gut tells me not that long. The reason for that is water, when we take water out of the ground...when it's in the ground it's in its state of the earth energy, the negative ion. When you take it out, in less than a minute water becomes its surroundings. It becomes charged with the positive ions. It becomes an electronic Wi-Fi like liquid electronics.

Food and water, just like our bodies, take on and are affected by the environment pretty quickly. That's why I charge my food right before I eat it. I don't charge it and then later that day eat it.

Darius: Fantastic. Let's do this. We've got a bunch of questions about what's in the program. If anybody was on the 'now' page and you didn't see the link to kind of follow through with what we're going to be talking about, just refresh your page because for some reason it wasn't showing up, but now it is. Refresh your page and then there are also some bonuses that Kaitlyn has for us that are going to be available for the next several days if not a little bit more. So, Kaitlyn, really quick, the page is www.youwealthrevolution.com/vibesup, www.youwealthrevolution.com/vibesup.

Kaitlyn, the first thing is the infrared vibrational therapy grounding mat. This is an 8x11 mat. I've got one actually under me right now. This is the one that you were talking about that sort of like pulls out the non-beneficial energies physical and emotional as well as the toxins and then recharges us. We can sleep on this. We can lay on it. We could put our pet on it, put our food on it. Tell me more about this here.

Kaitlyn: It's like your concentrated little piece of earth there. I think I have about 40 uses for that listed. You can add your own creativity to that. Think about this is kind of a fun one. Grounding pulls out and it's been shown to help pull out inflammation and help balance. In fact, myself, Darius, just from being grounded, my hormones used to be way out of whack like really low progesterone, really high estrogen. Just from being grounded, when I had testing done, everything came into balance and alignment on my tests except my protein was too low. I needed to increase my protein.

I was shocked looking at this because I was always out of whack my whole life and I was just like being grounded helps us bring us back into our balance. It makes sense. Balances are chakras and all these things within us where we're living in our natural state, bring more balance.

The other thing I was just thinking of, Darius, is I was like a chiropractor addict. I'm all for chiropractors, but I was so like it's not my natural state of being to be constantly going and going and going, readjusting, readjusting. I'm like, *wait, humans in our natural state wouldn't constantly be out of alignment like this.* What am I doing that I would constantly need to get put back in alignment?

So what's interesting is that since I've been wearing my soles and spending more time barefoot outside, I haven't had an adjustment in years. I'm not saying don't ever get one. I'm just saying even a chiropractor would agree that it's not good to be constantly out of

alignment like that and being adjusted over and over and over. I would say go as you feel your body needs that tune up.

What I'm saying is is how interesting that, additionally, my spine and the way my body functions started to become naturally more in alignment. That was just a bonus that I thought of on the way – hey, my neck hasn't been bothering me for ages – so that was really fun. I think what it is is all these things that we're experiencing and if you go to the most eastern medicine people, they'll say what disease is caused from is imbalance in our systems.

Darius: Imbalance, hm.

Kaitlyn: If you look around our environment, we're like no wonder we're out of balance. We're just not living in our natural state. It's just kind of a common sense thing. Back to the mat and the grounding – have you ever heard of those mud wraps that they do on people? They've gone on a cruise and they had the little mud wraps.

Darius: Yes, yes.

Kaitlyn: You lose all these inches. Think about mud. What is mud? It's grounding, right.

Darius: Is earth grounded, yeah.

Kaitlyn: If grounding removes inflammation, I'm like, ah, well, that's how that works. They're putting all that earth on someone and no wonder they're losing inches, right. What people also do with their mats is like sleep with it on their tummy and they'll notice the inflammation go down or anywhere. My aunt had a surgery and both of her legs were just incredibly swollen and my mom put one on that. She wrapped it around one of my aunt's legs and the next morning, one leg was normal and the other one was swollen.

Darius: Oh, wow.

Kaitlyn: You can really get creative, yup.

Darius: I was going to say just wrap it around your waist. It's actually pretty long. You could wrap it around your waist and give yourself like a tummy tuck if you wanted to. Pretty cool stuff.

I want to ask you about a few of the other things because you've got the sippy bottle. Really quick on that because that's included and then the earth ionizer pendant, that's the one that people say, "Oh, that thing starts heating up when I need a lot of energy or I'm dealing with something." Tell me quickly about those two.

Kaitlyn: Okay, as you noticed, this package I've put together for you guys is some of my very favorite things. I love this little kit because you can get so much benefit out of these items. The water bottle is one when someone says what are some of your most important, the water bottle because our bodies are mostly water. We're trying to plug in the other side of the battery, right, that minus side.

Water is a big part of that. We're designed to drink water. That's negative ion water right out of the earth. Again, when water's out very long, it becomes positive ions. The water bottle holds it in that earth energy. In the testing that I had done, it actually negated the fluoride, the medication, that's built up in our water supply system.

Darius: Well, you talked about how like when people excrement...I hate to interrupt because this like grossed me out, but it's true and we need to be aware. Like when people excrement, they go to the bathroom and flush all that stuff that comes out of their bodies, which is all the toxins and all the prescription drugs and all the crud that so many take. That gets into our ground water and then we're literally taking in a lot of that medication inadvertently. Now, there may not be bacteria in it because all the yucky stuff has been taken out, but those chemicals are still in the water.

Kaitlyn: They are and small children are testing with birth control and heart medicine in their systems and they're not taking those and it comes from the water supply. I had it tested specifically for that. It cleared that. Again, the fluoride, which is important because fluoride calcifies our pineal, which is our third eye, we certainly don't want that calcified. We want to awaken that which is part of what you're helping to do with your pineal cream that you're working with.

The water bottle is just incredibly important. Oh and I think I mentioned before that one of my favorite health guru guys, when he was asked what's the two important things for a human to do for their health he said grounding and drinking live water. The water, you'll notice on your own that the water has a little more silky feeling to it because when something vibrates higher, it's silkier.

When it vibrates lower, that would be like hard water and soft water. Hard water is actually a lower frequency. It's more dense and course. It'll taste a little bit sweeter and it will be alive and infused with all that essential oil, flower essence, gem stones. Those piezoelectric rays literally carry the frequency of those into the water.

Then the other bonus is you can hold that water bottle, the bottom of it and it's beautiful. You can see all these gems and abalone and all this beautiful stuff in the part that's on the bottom. Kind of like a built in coaster. You can hold that bottle anywhere on your body that wants a little extra energy. Let's say your knee is bothering you.

You can hold it to that area or your neck. I love holding it on my heart space and just doing clearings on all that stuff we've stuffed in our hearts. We're really trying to move into our hearts at this time, but with all that stuck energy in there, our heart chakra is really not functioning at its fullest. That gets in there and nature is

like, *ah, I can help clear some of this and help really get this area functioning better.*

Let's say you're at a red light in the car, instead of being stressed out over the red light, hold the bottom of the water bottle right to your heart space and give yourself a little spa treatment right there at the red light. Really, like the water bottle, it's a sippy bottle, so you don't have to open the lid. The little thing just flips up on the top and it's like a grown up sippy cup. I enjoy that water bottle a lot. Then the next item you had was, oh, the earth ionizer pendant.

This is wild, wild and your common sense is going to come up here and go, *whoa, that is so cool.* Nature's brilliance, nature's intelligence has got it all worked out. There's this design like you would see on a shell swirl and that's called the Fibonacci wave. It is the geometrical perfect design of the universe. It is so intelligent, that design, that they've even built systems for working the stock market off the mathematics of that system. It's really wild. You might have heard of that, but...

Darius: I have.

Kaitlyn: This is just this perfect ratio and there's so much intelligence in it and I'll give you an example. White will bring energy in. Black will bring energy out kind of like breathing in breathing out, right. Clockwise pulls energy in and counter-clockwise spins energy out. Look at the little creature that lives in that shell. That design that's on the shell is naturally the white, clockwise. You've got the pulling the energy in.

The black counter-clockwise is spinning the energy out, the non-beneficial energy. Kind of how we eat and then we release. That design is energetically bringing in what that little creature needs and is spinning out what it doesn't.

What that pendant is, the back of it has a nice big deep cup. It's silver around the edges. I filled the back of it with all these essential oils and plant essences and beautiful things in nature – black tourmaline, a lot of that and all this is great. I also did on my products the same ratio as the pinecone.

I did the eight feminine to five masculine, but it's oils and gems and all those things have different polarities as well. I put everything in that same ratio that nature is in – eight feminine to five masculine – which creates this just brilliant energy, that creation energy.

I filled the back of that little pendant. It is a throbbing, alive, infrared ionizer, in other words, bringing all that earth ions to your body. That's what we really need to add so much more when you look around us. All the positive ions, it's like, okay, every way we can let's bring those negative ions in. This little pendant sits right there. That's your thymus area on your on chest. It comes with a courtesy cord, but you can put on any length cord that you feel comfortable or one of your own chains.

Those ionizers in the back part, which is touching you, and on the front is that actual shell swirl. So it's brought the intelligence to that pendant of what to pull in and what to spin out when you need it and when your body's ready to release it. It's an intelligent ionizer and that's nature's intelligence on there.

I love that one. It goes with everything. A man or woman can wear it. I wear mine 24/7. I sleep in it. You always want to have the white part facing out because that's the way that it's supposed to go as far as the clockwise and counter-clockwise. That is just one of my favorites as well. Go ahead.

Darius: Oh, well, I was going say let me tell people it's at www.youwealthrevolution.com/vibesup. If you're listening on the

'now' page, just refresh your page because we updated something on the 'now' page, so you can actually get to this page.

There's a lot here and I'm going to just read through it and then I want to ask you about the bonuses. There's also the earth armor EMF cellphone insert so that you can use your cellphone and get around all the electronics and not have sort of that excess of positive ions that we're now finding are creating so many challenges because they're out of that divine ratio. We have too many of the positive ions, not enough of the negatives, correct, Kaitlyn, and that puts us just way out of that ratio?

Kaitlyn: Out of balance, yes, for sure.

Darius: Out of balance.

Kaitlyn: Again, when we get back in balance, we're plugging in both sides of our battery. We're generating energy within our own being to ignite our full system. I love all the EMF products because I love to use common sense on things. All these electronics are putting off positive ions, which are like the electricity, the electronic energy.

Let's call that the male. That's the Daddy energy, right? Every atom seeks balance. It's wanting to become back in balance. The positive ions, this is how and why our cellphones and computers are harmful for us is as that energy comes out, it's looking for the negative ions and needs that to balance itself back out.

If you're standing outside barefoot and talking on your cellphone with nature all around you, it would come out of your cellphone and, *oh, there's the negative ions*, balance itself out and become non-destructive, but what happens is we're in our car, in our home, outcome those positive ions and look around your environment right now. What do you think the most concentrated form of negative ions are around you right now?

It's you. It's your body. Your body is that organic mass material, that negative ion. That's why the cellphones and the computers and those things are harmful to us is that it is etching off of our bodies to re-balance itself out. How it works for the EMF is really neat. It's not going to stop phones from producing their positive ions, their electronic energy. It's just going to feed the negative ions to it so that it re-harmonizes and doesn't need to feed off of our bodies and our systems.

That little insert, by the way, can go inside of your phone, like in your phone cover. You can use it for other things, too, and your mat also. You can put that underneath your laptop, but really, I'm talking about some things that aren't in the package also as they come up.

Darius, when you get this package we will email you an instant coupon that you can use for 41% off. You'll have your little starter package here and then you'll be going, *oh, I want one of those lap desks*, which by the way, I love the lap desk. It's got eight different uses. It's like a little pillow-shaped like a little pyramid that you can read books and have more clarity.

You can use it for your iPads or electronics. You can flip it upside down and you have a TV tray that will charge your food that you can sit and eat food right off of that part of it. You can put your laptop on it. Anyway, there are all these other things, really, you just kind of feel your way through the website and let your inner knowing be the guide on what's going to be beneficial for you, but you can get your little package that Darius has here and then you get that instant coupon. You can go in and create your own package with that coupon.

Look at your wrist, Darius, see the blood veins in your wrist. I'm really big on this one. When you're on your laptop guess where your wrists are sitting? On that radiative device, right, and it's charging those blood veins and the blood now is...remember,

liquid takes on the radiation really quickly. Your blood is charged with that electronic energy, the radiation, and then it circulates it to your whole body.

No wonder when you get off the computer you're like – oh, so, so blah. There's these little squishy squares that we have that your wrists sit on and they're great. They're pocket sized. You can carry them in your pocket. There are so many uses for them. I won't get on my laptop without those so my wrist is sitting on the nice earth energy instead of the laptop and sending good energy through my body or beneficial energy through my body. That was the cellphone insert and then we had a couple bonus items, too, right.

Darius: We've also got the crystal cream, which a lot of people put that on and they feel something, but let's talk about the bonuses because these expire here probably in about a week or so. It looks like they're going to expire, less than a week. You have the vibrational therapy bracelet, which is pretty cool. Then you have some other things. Tell me about the bracelet because this is actually infused with oils and gem spheres and liquid crystal coatings and things?

Kaitlyn: Mm-hmm, they do stuff. Did you want me to touch real quickly on that crystal cream first?

Darius: Sure.

Kaitlyn: Okay, the crystal cream is vibrational therapy for your skin. You can get creative with it. We had samples of it at a show once and they nicknamed it the buzzy cream. You can use it on your skin, your face and your neck. You can put it on any area of your body that you want to bring some vibration to that area. If you have a sore throat, you can put it on your throat.

The crystal cream, I use it on my face and my neck and then when I get done, I put it on the back of one hand. The reason I do that is as your skin becomes more and more vibrant, you forget what your skin looked like before, but if you look down at the top of

your two hands and over time like a week, two weeks, you'll just notice the progression of that one hand that you put the cream on looking more vibrant and smoother than the other hand. I love to teach people how to do their own little experiments of the products. That's the one with the crystal cream.

Okay, the bracelet, let's talk about that. The bracelets, I would say one of my most popular items. People love it. You have different stations of a radio. You can tune into different frequencies. These bracelets are literally naturally tuned into different frequencies. When we send out thoughts, those thoughts are going out like radio stations of frequencies. Like when you think *I am abundant*, *I am abundant*, *oh, I'm so abundant*, you're sending out and tuning into that station.

It's hard to hold our thought on that all day, so the bracelet will raise vibration, they'll infuse with all that good nature energy whatever their around, but they will also specifically send out signals attracting back to you. That's how a radio works. It sends out a signal, attracts back to a specific station. That's what the bracelets do. They're tuning you into specific energies and they work amazing.

I think I shared with you like one of my customers taught me this for hot flashes. Put a PMS bracelet on each wrist and, unbelievable, like it was hot flashes from a ten down to a two. When I'd take it off – boom – a hot flash again. I was like I got all re-excited. One of my customers got me all excited. Each one is specific to that theme. We're going to put a surprise bracelet in there.

What we've done is set our intention. There are 19 different themes. We've set our intention that the bracelet that you end up with is one that will be – and you'll intuitively know – it'll either be very beneficial to you or someone close around you. There's going to be surprise bracelet in there. You don't know the theme

ahead of time. That's the vibes bracelet. They're stretchy. They're one size fits most. They're made with gem stones and they're coated with the vibes up coating sending out all the infrared little rays of energy.

Then the other bonus item I'm pretty excited about. I don't know about you guys, but I'm pretty aware of the poisons that are in our deodorant. Over the years, I've tried and tried to find something. You want natural, but you want something that's going to work. There is like this constant little hunting going on for me with that. There's some that kind of work. This one is beautiful because it neutralizes odors into a harmless salt. Even if somebody has some odor already started, been out in the sun playing volleyball or something, *uh-oh, too late*. They can put that on and it will literally neutralize the odor into a salt.

The other great thing is it smells phenomenal. There's all these minerals and good healthy stuff in there and there's essential oils that are actually helpful with uplifting moods and releasing stress. It smells so good, but not overpowering. It's not one of those where you walk in the room like, "Whoa, Bob, what have you got on there?" It's very subtle. It's got lotus and these really beautiful oils in there.

The best part is I've had it tested, so it's one thing in theory to say, "Well, these ingredients are good." I sent several formulas to get tested and I was really surprised. This one that was really natural, it was not good. It was actually blocking the glandular system. It wasn't good. I'm like, wow, I'm so glad I have the ability to test it.

This one here, it was the whole body. It was all harmonious and it wasn't harmful in any way and it's been re-harmonized. In the bottom of this little deodorant, it has that eight to five re-harmonizing formula so that anything in there that's not totally natural, it helps. Everything, Darius, was once natural. All these chemicals and harmful things, they were natural once.

What we've done, in making them harmful, what we've done is simply gotten them out of balance is what causes them to be harmful. Re-harmonizing something is taking that precious thing that was once balanced and harmonious back into a harmonious vibrational state. That deodorant works, smells good, good for you, it's beautiful. That little one that's in there is cute because it's a pocket size. You can have it in your pocket or purse on the go with you. Then we have regular size ones. They're all refillable.

I have a whole line of vibrational therapy personal care products. They're beautiful. You don't have to throw the packaging out. You just keep refilling it with ecofriendly pouches. The deodorant is kind of fun. It only takes you a couple of minutes and you can just make your own. You'll have a little oil. You add your own oil in there and make your own deodorant. That comes in there as well as the bonus items.

The package like you said...what did you say? It's outrageously affordable. My intention with this, Darius, is and nature was very strong with me. This is about getting these tools to the masses and we have most of the times and it's not about profit for us. Of course, we want to support our families and pay bills and all that, but the bigger goal for us...I think that was a comment I heard you say to someone in the beginning, like, *wow, she puts so much love into these and yet they're so affordable.*

That was another thing from nature that was very strong with me is I don't ever want somebody to say I really want one of these teddy bears for my kids, but you know \$100 teddy bear, I don't know if I can do it, but a \$19.99 teddy bear, I could do that. I always want people to be able to bring this supportively into their lives.

This package is like really, really affordable and part of the reason is, one, I want everyone to be able to experience it. The other is the best advertising is to let somebody decide for themselves if

they think that your goodies are good. You know how when you look at ads and people are, "It's amazing. It's fantastic?" We get jaded. We look at these ads and go, "Is it?" Every ad says their stuff is amazing.

What I like to do is let people decide for themselves and experience it so that's what's kind of nice with this package is that people can get it affordable. They can experience it. They can check in with their inner knowing and do their own muscle testing and see if they actually feel it's wonderful and amazing for them. If they do, I know they'll be back and sending their friends.

If I like something, I'm like mom and my friends, I tell people about it. That's how we are and that's how most of us decide if we're going to get something. A lot of times it's from a friend saying, "Hey, I've already checked this out and it's really a good thing."

From my heart, I appreciate if you love it, tell your friends about it. Part of what's helping me to bring it out affordable is I look at it like I'm going to let people be able to play with it and kind of get to know it by having this package so affordable.

Darius: I agree and these are physical products. They're not something that it takes time and energy to manufacture and put these together. It's at www.youwealthrevolution.com/vibesup. It's at \$127 for just this huge bundle of things that you can put into your life right now.

Also, we have the bonuses actually expire on the 29th, so literally it's looking like less than a week, like six days or less they will expire. If you want to get the vibrational bracelet, maybe give it as a gift, the vibrational deodorant and also the Vibes Up coupon that is 41% off, which is a lot and all the other stuff. That's also available here. It's at www.youwealthrevolution.com/vibesup.

Kaitlyn, I want to ask another question for, geez, this is always what I feel sometimes that people...one person says, "I'm already starting to feel naked not having these things". I tell you, Kaitlyn, I don't think we should ever become addicted to anything even Kaitlyn's products. I don't feel like you've got to have it on or else you're going to go crazy. That's not really the point here.

It is the point that you need to be in your in the environment that's going to serve what you are meant to be. I think what's happening, we talked a lot about ,Kaitlyn, was that we're sort of detaching from our natural environment and whether there's a consensus that we are sort of detached from what we are or not. Whether it's intentional or it's not, it's happening.

If you can't get this just try to bring yourself back into that harmony by being with nature, but what a lot of us are finding is that we love that harmony that we're in so much that we say, well, it's a worthwhile investment to be like one of the few people in the world that's totally connected to source like all the time. It's a worthwhile investment for us because we know we get back so much more. That's just sort of the thinking.

Kaitlyn, I just want to look if there are any other questions here. Someone says the coupon states it's April 15th, just refresh your page. It's actually expires the 29th. Refresh the page. We did fix that. Okay, so Kaitlyn, for somebody that's here and they're just really dealing with a very challenging day or very challenging week or month and they're just wondering *how is my life going to get better? How am I going to get back to what I really am? How am I going to get out of this huge challenge?*

What advice do you have for people that just may be really in a lull state and they need something to supercharge themselves out of that low vibrational toxic place that they've just found themselves in maybe for years. What would you do if you were in that place right now?

Kaitlyn: There are two factors that I want to apply to this. One is when we raise our vibrations, we are attracted to things that vibrate higher and those things are attached to us. When we're vibrating lower, we seem to be a magnet for the more harsh dense experiences, the more limiting experiences. Everything's electrical in our universe and we're sending out constant signals and what our vibration is at is what affects what we're attracting in our lives in addition to how much we believe in ourselves, so raise your vibrations.

The next thing that I want to bring up is when you raise your vibrations and we're going to play with this because when you get a visual on something, you can carry that visual with you more than you could just words. We're going to talk about your consciousness, your conscious awareness, how it is affected by vibration.

We're going to go down and we're going to pretend that you're lying face down on your carpet that your body is at a low frequency. Your face down on the carpet and imagine what you could see from there. Imagine that you had a challenge the size of a grape in there. You're going to see that's a big part of your awareness right there that challenge.

Let's pretend you've raised your vibration and let's pull your body up. Let's say you're up on your knees. What is your awareness? What can you see now? So much more at that higher vibration, you have an expanded awareness. What is the size of that grape now?

It likes quite small and, in fact, it's not getting your full attention anymore because you have such an, *oh yeah, there's a grape*, where before the grape you couldn't think about anything, but the grape. It was right there in your limited awareness. It seemed like a huge deal, but now that you're up at a higher vibration and your awareness has expanded, it's very small.

Then let's rise up like you're standing up and your awareness expands out even bigger and now that challenge is smaller yet. Go up above your house, up above, way up, airplane height. What is that challenge going to...how much of your attention is going to be on that challenge? It's quite small at that point probably wouldn't even notice it at that point.

The more our awareness expands, the more the little challenges really are not taking up all our attention. They're not right in our face. That is a good visual for you to recall – hey, when I raise my vibration, wow, my awareness expands and that little subject is not that big a deal anymore.

Darius: Yes, there you go. That is an amazing example and it's an amazing way to look at our life and it's true. I love that. I love that so much and I love what you're doing, Kaitlyn. I love the work that you do and I love your energy. People said, "Oh God, the minute Kaitlyn got on the phone..." or even people said, "The minute I go to that site and I look at what she has, I feel the energy."

This came from your heart and from where you are so your energy and this high vibration is as much part of this web page we're telling people to go to. The products, your voice, just this whole interview, it's all just you. That's the beauty of it. It's fresh. It's honest. It's real. It's genuine. It really vibrates at a high level because it's truth. I love it. I love it so much.

Kaitlyn, thank you so much for being here, coming back and sharing and taking questions and helping us to really just see if there's a fit for this in our life and where we want to go with this in our amazing experience here in the third-dimension.

Kaitlyn: Yes, I would just sum it up by saying get yourself out in nature as much as you can. Get nature in your life as much as you can. Really watch that DVD that's in there over and over. It's full packed full of all kinds of juicy tidbits and analogies. I bring in the Mayan

calendar and I show the whole human journey and what we're about and just watch.

If you sit on down and your vibes are feeling down, you can use your products and you can pop that little video in there and go, *oh yeah, I forget I'm amazed*. This is what I'm really here for. This is what I'm about and that alone, that awareness and re-remembering how incredible you are, is going to raise your vibrations as well. Thank you for having me on here. I just love throwing the energy ball back and forth with you, Darius.

Darius: Thank you, too.

Kaitlyn: It's great. I look forward to speaking with you again sometime in the future and thank you again for having me.

Darius: Yeah, well, we'll definitely bring you back. I know we've got a lot of questions from people and that sounds just absolutely amazing. Thank you so much, Kaitlyn. Was there one last thing you were going to say? I didn't mean to cut you off there.

Kaitlyn: Nope, that's it. I think we're complete.

Darius: Wow, what a call and what a just amazing person and what an amazing gift she has. So much love, everyone, much love. Everyone, we'll see you on the next *You Wealth Revolution* call. We love you. I care about you. Much love, everyone. We'll see you on the next *You Wealth Revolution* call. Goodbye and I love you. You are a gift. I will see you. We have an amazing week planned. You're a miracle. Goodbye, everyone.

End of Transcript